

School of Health and Human Sciences Research Projects

1 Jan 2016 – 31 December 2016

In 2016, staff of the School of Health and Human Sciences were involved in a broad range of research projects and collaborations with international and local partners.

Names in bold indicates Southern Cross University Researchers.

Christina Aggar

Project Title: Evaluation of the Graduate Certificate in Australian Nursing program for internationally qualified nurses

Investigators: Ms Christina Aggar, Associate Professor Lynette Stockhausen, Ms Lucy Shinner, Ms Anna Foster, Ms Tamsin Thomas

Description: The Graduate Certificate in Australian Nursing is a Nursing and Midwifery Board of Australia (NMBA) approved program accredited by the Australian Nursing and Midwifery Accreditation Council (ANMAC) for internationally qualified *registered* nurses (IQNs). The program builds on prior knowledge, skills and nursing experience to develop a deeper understanding of nursing in the Australian health care context. The aims of this study are to evaluate the Graduate Certificate of Australia Nursing program at Southern Cross University from the perspective of the IQNs enrolled in the program and clinical facilitators and nurse preceptors, supervising the IQNs professional experience placement

Project Title: Social prescribing for individuals living with mental illness

Investigators: Ms Christina Aggar, Ms Tamsin Thomas, Ms Jacqueline Bloomfield, Mr Christopher Gordon, Mr James Baker

Funding Body: Primary and Community Care Services Pty Ltd

Description: This project evaluates the existing, de-identified dataset provided by Primary and Community Care Services Australia (PCCS). The aim is to evaluate the clinical and economic outcomes of a Social Prescribing and Linking (care co-ordination) program targeting patients with persistent mental illness. This includes a large number of patients with a history of high frequency, high cost hospital admissions. This analysis will include examining the impact of the program in terms of participant wellbeing, quality of life, self-managed care, (self-report and proxy measure for health improvement), clinical indicators, health perception, self-efficacy, and hospital utilisation.

Project Title: The partner's experience and perception of inpatient rehabilitation service delivery following a catastrophic injury

Investigators: Ms Christina Aggar, Mr Murray Fisher, Ms Julie Pryor

Description: The aim of this study is to critically review the research literature investigating the experiences of providing care to a spouse or partner during inpatient rehabilitation following a catastrophic injury (namely, stroke, traumatic brain injury [TBI] or spinal cord injury [SCI]) and their perceptions of inpatient rehabilitation service delivery.

Project Title: Development, implementation and evaluation of a Transition to Professional Practice Program (Community)

Investigators: **Ms Christina Aggar, Ms Tamsin Thomas**, Ms Jacqueline Bloomfield, Mr Christopher Gordon

Funding Body: NSW Health and Northern Sydney Local Health District (NSLHD)

Description: The aim of this project was to evaluate new graduate registered nurses' intention to stay in the community nursing workforce upon completion of the Community Transition to Professional Practice Program. A Quasi-experiment, mixed-methods approach was applied. Graduate nurses in the Community Transition to Professional Practice Program were compared to graduate nurses in a traditional acute-care hospital transition program. Graduates and their preceptors completed questionnaires regarding job satisfaction, confidence, competence, and a program evaluation after each rotation (6 and 12 months). Graduates also completed a follow-up questionnaire about intention to stay in community nursing (18 months). Semi-structured interviews are currently being conducted.

Project Title: Developing a Graduate Nurse Transition Program to Primary Health Care

Investigators: **Ms Christina Aggar, Ms Tamsin Thomas**, Ms Jacqueline Bloomfield, Mr Christopher Gordon

Funding Body: Northern Sydney Medicare Local

Description: Increases in ageing, chronic illness and complex co-morbidities in the Australian population are adding pressure to the primary care nursing workforce. Initiatives to attract and retain nurses are needed to establish a sustainable and skilled future primary care nursing workforce. We implemented a transition to professional practice program in general practice settings for graduate nurses and evaluated graduate nurse competency, the graduate nurse experience and program satisfaction. This study aimed to determine whether a transition to professional practice program implemented in the general practice setting led to competent practice nurses in their first year post-graduation.

Alex Barwick

Project Title: An investigation of the relationship between neural and microvascular function in Charcot neuroarthropathy

Investigators: **Dr Alex Barwick**, Associate Professor Vivienne Chuter, Dr Peta Tehan

Description: Charcot neuroarthropathy (CN) is a debilitating condition that produces permanent foot deformity and is associated with ongoing ulceration, amputation and death. It affects a proportion of people with diabetes induced neuropathy, thought to be caused by associated neurovascular disturbances on bone density. A lack of clarity surrounding the pathogenesis of the condition hampers early diagnosis and treatment. This study aims to compare specific types of nerve dysfunction, small blood vessel function and foot bone density in people with diabetes and a history of CN and people without these clinical conditions, to guide preventative strategies, diagnosis and future research into the pathogenesis of the condition.

Joanne Bradbury

Project Title: Patient-centered total healthcare: Exploring the factors that enable and prevent patients in the safe and effective integration of their healthcare

Investigators: **Dr Joanne Bradbury, Associate Professor Sandra Grace, Dr Cathy Avila, Professor Susan Nancarrow, Ms Anna du Chesne**

Funding Body: DVCR seed funding grant

Description: The aim of this study is to explore how healthcare consumers integrate their total healthcare (primary, allied and complementary health) needs and to explore the extent to which this could be enhanced using digital technologies. This project conducted several focus groups to help inform the design of an online survey. SCU investigators collaborated with a digital specialist, Tony da Costa, to recruit participants for the survey through social media.

Project Title: The lived experience of involuntary transport under mental health legislation

Investigators: **Dr Joanne Bradbury, Associate Professor Marie Hutchinson, Associate Professor John Hurley, Dr Helen Stasa**

Funding Body: CRN Collaborative Research Network seed grant

Description: First study to explore the lived experience of involuntary transport under legislation from multiple perspectives. Sixteen interviews were conducted and analysed from consumers, carers, mental health nurses, police, and paramedics. Collaboration was between SCU, USyd, NSW Police, NSW Ambulance, NSW Health (NSWNHD). Invitation to present verbal and written evidence to the Federal Senate hearing on "Indefinite detention of people with cognitive and psychiatric impairment in Australia" in March, 2016.

Project Title: Chronic Psychological Stress Was Not Ameliorated by Omega 3 Eicosapentaenoic Acid (EPA)

Investigators: **Dr Joanne Bradbury, Professor Stephen Myers, Associate Professor Barbara Meyer, Dr Jonathan Peake, Professor Con Stough, Professor Andrew Sinclair, Dr Lyndon Brooks**

Funding Body: NHMRC Project grant

Description: This study was a collaboration with leaders in their fields from Swinburne University, University of Melbourne, Deakin University, and Queensland University of Technology. It was a publically funded RCT to test for an effect of the omega 3 fatty acid, eicosapentaenoic acid (EPA) in chronic work stress. The trial recruited 90 people from the Northern Rivers community and randomized them into two groups (2.2 g/d EPA or olive oil) and monitored their stress levels for 10 weeks. At the end of the supplementation period, there was no difference between the groups in the primary outcome, stress levels. However, those in the fish oil group had lower levels of denial, a destructive coping mechanism.

Project Title: Curriculum design from first principles: deriving shared learning outcomes for undergraduate health research

Investigators: **Dr Joanne Bradbury, Associate Professor Wendy Gilleard**

Description: This project is part of a review of undergraduate research teaching and learning requirements for the School of Health and Human Sciences. All academics across multiple health disciplines (nursing, midwifery, sports and exercise science, osteopathy and allied health) within the School were openly invited to attend and contribute towards a series of brainstorming meetings that aimed to derive a set of common graduate capabilities and the scaffolds required throughout the various courses to achieve them. A thematic analysis was undertaken on the meeting notes to identify emergent themes. The capabilities themes were also checked for alignment with the institutional graduate attributes and the thresholds of learning outcomes (TLOs) stipulated by the Australian Government Office of Learning and Teaching. All course coordinators and academics across the school were invited to collaborate in the project.

Suzanne Broadbent

Project Title: Development of a National Fitness Survey

Investigators: **Dr Suzanne Broadbent, Professor Shi Zhou**

Funding Body: Southern Cross University 2015 Research Seed Grant

Description: There is currently no physical fitness normative data of Australians across the age continuum despite the growing problems of inactivity and lifestyle diseases. We presently compare Australian fitness levels to norms from other countries, which may have different social and regional influences. The aims of this project are to review and develop the most appropriate methods to assess physical fitness (cardiorespiratory, muscle strength and flexibility) in adult Australians aged 18 to 60 years via literature review.

Paul Butterworth

Project Title: Clinical decision-making recommending extracorporeal shockwave therapy for the treatment of chronic lower limb ulcers: a qualitative study.

Investigators: **Mr Paul Butterworth, Ms Dominique Carnley**

Description: The primary aim of this study was to explore the clinical decision-making process used by an expert wound care nurse in recommending ESWT as an intervention for lower limb ulcers. The secondary aim was to investigate and describe the decision-making processes of the wound care nurse both prior to and post experience using ESWT as an intervention. Consequently, this study has also aimed to answer the following research question: *what factors influenced decision-making when deciding on using a new technology as an intervention for lower limb ulcers.*

Project Title: Prevention of venous thromboembolism by Australian podiatric surgeons

Investigators: **Mr Paul Butterworth, Ms Jemma Matthews**

Description: VTE causes significant mortality and places a strain on our health system with substantial economic costs. VTE results in more deaths than breast or bowel cancer or acquired immune deficiency virus [AIDS], and the combination of falls and transport accidents. In Australia in 2008, there were an estimated 14,716 cases of VTE and 5,285 resulting deaths. In addition, the financial cost to Australia was \$1.72 billion, and in Australian hospitals, VTE deaths equate to approximately 7% of total mortality. VTE is a potentially life-threatening complication and patients undergoing foot and ankle surgery are at a higher risk, thus making this well worthy of further research. The practice of Australian podiatric surgeons in the prevention of VTE has not been previously assessed. The aim of this research therefore, is to investigate the strategies used to prevent VTE by Australian podiatric surgeons and compare their practices against best-evidence guidelines.

Andrew Cashin

Project Title: Nursing and midwifery prescribing: exploratory literature review

Investigators: **Professor Andrew Cashin**, Associate Professor Tom Buckley,

Funding Body: Australian Health Practitioner Regulation Agency (APRHA)

Description: Currently the Nursing and Midwifery Board Australia (NMBA) does not have sufficient background evidence to determine whether there is a need to expand the role of registered nurses and midwives to include prescribing. This research initiative will contribute to ensuring there is a current evidence base to inform the NMBA in decision making about educational and regulatory requirements for prescribing by nurses and midwives.

Sonja Coetzee

Project Title: Aquatic exercise as an intervention for Chronic Fatigue Syndrome: a pilot study

Investigators: **Dr Sonja Coetzee, Dr Suzanne Broadbent, Ms Rosalind Beavers**

Funding Body: SCU DVCR Seed Grant

Description: This 5 week pilot trial investigates, firstly, the effects of a single session of gentle aquatic exercises and stretching on reported fatigue, tiredness, pain and other CFS symptoms; and secondly, the effects of a four-week block of twice-weekly aquatic exercise on fatigue, tiredness, pain, cardiopulmonary fitness, upper and lower body strength and upper and lower body flexibility in individuals with Chronic Fatigue Syndrome.

June Colgrave

Project Title: Exposure of undergraduate students to the paediatric population in a community setting: An innovative clinical education model

Investigators: **Ms June Colgrave, Dr Kolleen Miller-Rosser**

Description: This research project has examined nursing students' perspectives of attending Kidney Camp Australia as their clinical placement. As this camp is predominantly for children, and nursing

students are exposed to minimal paediatrics throughout their degree, we have been interested to uncover what they perceived their experiences to be.

Project Title: Innovative professional experience clinical placement: a study of the lived experience of undergraduate nursing students in a primary care setting

Investigators: **Ms June Colgrave, Dr Kolleen Miller-Rosser**

Description: The aim of this study was to explore nursing students' experiences of their engagement in an innovative primary care setting: 'Kidney camp'. The research was undertaken using a three stage approach to explore the students experience within this primary care setting. Face-to-face interviews focus groups and questionnaires, and using semi-structured questions. The findings demonstrate immersion of nursing students in a primary care setting provides them with a powerful, rich and a broader perspective of the patient being the centre of care.

Rosanne Coutts

Project Title: Evaluation of a schema for the learning of reflective practice in clinical nursing

Investigators: **Associate Professor Rosanne Coutts, Ms Pauletta Irwin**

Description: This research project aims to evaluate the educational effectiveness of utilizing SPROUT as a schema for the teaching or reflective practice to first year undergraduate nursing students. SPROUT is a mnemonic device developed by the researchers to teach the skill of reflective practice. As a process the design conceptually sits within a learning ecology where past experiences and current situations are blended to find meaning and potentiate learning. Towards the goal of professional and personal growth, becoming a reflective learner is theory driven and SPROUT contributes a practical pathway. During 2015, SPROUT was introduced in a first year philosophy unit and integrated into the undergraduate clinical experience units in Nursing. This project evaluates the educational impact; utilising an embedded strategy where reflective skill and confidence will be assessed via the use of a pre and post a modular teaching approach.

Jim Donnelly

Project Title: You can do it! The effect of audience support on physical and perceptual-cognitive performance in cyclists.

Investigators: **Dr Jim Donnelly, Dr Chris Stevens, Ms Bethany Bradhurst**

Description: Research has shown that audience support can have both positive and paradoxical effects on physical performance. Evidence also suggests that audience effects can be tempered by anxiety, although this evidence is not consistent. Little is currently known about how supportive audiences influence physical and perceptual-cognitive performance concurrently. This study tested the effects of an interactive and supportive audience on cycling and concurrent cognitive performance. It was concluded that cycling and concurrent cognitive performance were neither enhanced nor debilitated by the presence of a live or recorded supportive audience. Implications for sport performance and recommendations for future research are discussed.

Project Title: Test-retest reliability of a single-channel, wireless EEG system.

Investigators: **Dr Jim Donnelly**, Mr Peter Wilson, Mr Jeffery Rogers, Mr Stuart Johnstone, Ms Anna Aminov

Description: This study investigated the test-retest reliability of a wireless EEG recording device that would be appropriate for some research settings. Recording systems to acquire electroencephalogram (EEG) data are traditionally lab-based. However, there are shortcomings to this method, and the ease of use and portability of emerging wireless EEG technologies offer a promising alternative. A previous validity study demonstrated data derived from a single-channel, wireless system (NeuroSky ThinkGear, San Jose, California) is comparable to EEG recorded from conventional lab-based equipment. The current study evaluated the reliability of this portable system using test-retest and reliable change analyses.

Project Title: Factors mediating dysphoric moods and help seeking behaviour among Australian parents of children with autism.

Investigators: **Dr James Donnelly, Mr Matthew Snow**

Description: This study compared levels of state affect, dysphoric mood, and parenting sense of competence in Australian parents of children with or without autism. The effects of personality and location on the parents' experience were also examined, while controlling for current affect. Possible relationships among personality, location factors and help-seeking behaviour were also explored in parents of children with autism. Prior findings of higher dysphoric mood levels in parents of children with autism were supported, as was the positive correlation between dysphoric moods and Neuroticism levels. Parenting Sense of Competence did not differ across locations, and there were no parent type by location interactions. Access to services among parents of a child with autism did not moderate dysphoria levels. (PsycINFO Database Record (c) 2016 APA, all rights reserved)

Project Title: Using the Montessori approach in community dementia respite centres

Australian Journal of Dementia Care, Vol 6, Number 1

Investigators: **Dr Jim Donnelly, Mr Andrew Hanna, Ms Margaret Allen**

Funding body: Hastings District Respite Care

Description: This project is a longitudinal study of the effects of a Montessori approach to non-residential respite aged care on clients, staff and carers. Hastings District Respite Care Services funded a PhD scholarship.

Project Title: To C or Not to C: The Relationships among Birth Preferences, Body Image Influences, Fear of Pain and Erroneous Knowledge

Investigators: **Dr Jim Donnelly, Dr Elaine Jefford**, Ms Michelle Scott,

Description: The rate of caesarean delivery has soared over recent decades, and is associated with increased maternal and infant mortality and morbidity. The relationships among elective caesarean preference, body image influences, fear of pain, erroneous knowledge and information sources were investigated. Also, an attempt was made to shift reported caesarean preference by making the scarring aspect of caesarean surgery salient. The findings have implications for how to best support women in their birthing decisions, especially those who hold misinformation about caesarean delivery.

Project Title: Effects of social marketing on attitudes and bystander behaviour towards intimate partner violence.

Investigators: Dr Jim Donnelly, Ms Jodi Wittenberg

Description: Intimate partner violence (IPV) has been identified as a global social dilemma. Bystander intervention in IPV situations has the potential to reduce harm to the victim and decrease the likelihood of future violence. This study examined the effects of Australian community service announcements, one being 'bystander focused', on viewers' attitudes to IPV and behavioural intentions. Additionally, we explored the potential effects that neighbourhood proximity, community interaction, personal experience and use of informal social control methods, had on participants' attitudes towards IPV and willingness to intervene as a bystander. The results indicate that video focused on the role of the bystander had no greater immediate effect on viewers' reported attitudes or bystander intentions than the other videos. However, participants who had more frequent interactions with their neighbours reported higher bystander intentions compared to participants who had less interaction with their neighbours.

Project Title: Observer Effects on Cognitive and Physical Performance

Investigators: **Dr Jim Donnelly, Dr Chris Stevens**, Ms Bethany Bradhurst

Description: The presence of observers has been reported to have both positive and paradoxical effects on skilled performance. This review examined empirical evidence and relevant theories to elucidate the observer-performance association. It was concluded that observer effects interact with a complex mix of factors including observer characteristics, individual difference factors, and characteristics of the task in influencing performance outcomes. The reviewed evidence revealed a predominant pattern of physical performance being enhanced and cognitive performance debilitated in the presence of observers. Studies of cognitive performance during exercise were also reviewed to clarify the effects of exercise on cognition independent of observer effects. The current evidence indicated that cognitive performance was generally enhanced during acute exercise. Implications for future research are discussed.

Michelle Donelly

Project Title: Moving and Doing: functional outcomes of neuro developmental treatment. A randomised controlled trial

Investigators: **Associate Professor Michelle Donelly, Dr Kate Bain (SCU Adjunct)**, Ms Suzanne Davis, Dr Chris Chapparo, Professor Dina Reddihough, Dr Robert Heard

Funding Body: NDTA (Neuro-Developmental Treatment Association)

Description: The research project investigates whether there is a significant difference in the functional performance of children with moderate to severe cerebral palsy who participate in a multi-modal intervention program in comparison to those who are involved in an alternative treatment program. Multi-modal intervention utilises three interventions to improve functional performance: (1) task specific training; (2) use of targeted physical cues and (3) instruction in the use of cognitive strategies to teach, apply and control movements in a way that fits the task and task context.

Frances Doran

Project Title: Nursing student's knowledge and attitudes towards domestic violence

Investigators: **Dr Frances Doran, Associate Professor Marie Hutchinson**

Description: Domestic violence, is a significant public health issue and a fundamental breach of women's human rights. Nurses have an important role in identifying people who are victims of domestic violence through screening and facilitating their access to assistance and support. Undergraduate nursing education is key to shaping attitudes and providing students with a comprehensive understanding of domestic violence. Little research has been undertaken exploring nursing students attitudes towards domestic violence. The aims of this study was to explore undergraduate nursing student attitudes and views towards domestic violence: and employ the findings to inform undergraduate curriculum development and appropriate responses to domestic violence presentations

Elizabeth Emmanuel

Project Title: Evaluation of use of eportfolio and Blackboard Collaborate among students in the EN/BN Pathway

Investigators: **Dr Elizabeth Emmanuel**

Description: Eportfolio and Blackboard Collaborate are electronic innovative platforms that add another dimension to learning. This is particularly important for students who undertake a flexible mode of delivery and rely on online strategies and distance learning as those in the EN/RN Pathway. These platforms provide an innovative approach to tying learning experiences together while demonstrating continual development of personal qualities, competencies and experiences that are essential to professional practice. Popularity of ePortfolios and Blackboard Collaborate continues to increase, but there is limited evidence to confirm their effectiveness specifically to enrolled nurses entering tertiary studies for the first time. This pilot study is essential to understand the uptake of these innovative approaches and its effectiveness in teaching and learning.

Sandra Grace

Project Title: Osteopathic students' perceptions of peer physical examination.

Investigators: Associate Professor Sandra Grace, Mr Brett Vaughan

Description: The aim of the project was to investigate the perceptions of first year osteopathy students about performing physical examinations on their peers. Participants were asked to complete a brief demographic questionnaire, the Examining Fellow Student (EFS) questionnaire and the Peer Physical Examination Questionnaire (PPEQ), developed by Consorti et al. (2013). The participants were then asked to complete the EFS and the PPEQ at the end of session/semester. Inferential statistics were used to examine any differences between the questionnaires at the two time points, and for any differences between the demographic items and the EFS and PPEQ scores. Correlation statistics were used to examine the relationship between the scores on the EFS and PPEQ. Internal consistency statistics were generated for both questionnaires.

Project Title: Reliability of a viva examination of clinical reasoning.

Investigators: Associate Professor Sandra Grace, Mr Paul Orrock, Mr Raymond Blaich, Mr Brett Vaughan

Description: Clinical reasoning (CR) is the process by which a health professional gathers information about a patient, synthesises that information then develops and implements a treatment and management strategy. There are a range of methods by which the CR of a student can be assessed. The use of an oral exam based on simulated cases has been reported to be a reliable method for assessing clinical reasoning when the case scenarios and marking criteria are consistently applied. Previous research by the investigators of the present study has developed a viva (oral) examination of clinical reasoning in osteopathy. The aim of the project is to investigate the reliability of the previously developed exam.

Project Title: Patient-centered healthcare: How do patients integrate natural medicine with primary and allied health care services?

Investigators: Associate Professor Sandra Grace, Dr Joanne Bradbury, Dr Cathy Avila

Funding Body: Australian Traditional Medicine Society (ATMS)

Description: In this project, focus groups of digitally-literate consumers of natural medicine are currently being conducted to explore how people manage their healthcare service providers, particularly in relation to digital technologies. This project also investigated how consumers integrate their healthcare, particularly how they integrate their use of natural medicine (NM) products and services with mainstream health services. A Facebook (Fb) page was set up as a platform for engaging an audience of consumers and practitioners who were interested in NM research and evidence. A two-stage methodology was used: (i) a series of focus groups of consumers, and (ii) an online survey of people who included NM as part of their healthcare. Participants will be asked how they manage their healthcare including the types of practitioners they consult and frequency of consultations. Outcomes will include a visual map of the network of the practitioners around the individual. This research provides a better understanding of the types of risks and benefits involved in the combinations of treatments used, and the changes consumers perceive as necessary to advance patient-centred healthcare delivery.

Project Title: The effect of manual therapy and exercise on age-dependent lung function: a randomised controlled trial

Investigators: Associate Professor Sandra Grace, Dr Suzanne Broadbent, Mr Paul Purchase, Ms Sophie-Anne Bruce, Mr Matt Meadows, Mr Holger Honum, Ms Inaki Ruiz, Mr Anthony Wrigley, Dr Roger Engel (Macquarie University)

Description: Ageing is associated with a range of anatomical and physiological changes that include the respiratory system. These changes begin as early as 40 years of age and include stiffening of the spine and chest wall. This stiffening has an impact on breathing mechanics and is a cause of the progressive decline in lung function typically associated with ageing. The aim of this trial was to investigate whether reducing stiffness in the spine and chest wall improved lung function in people over 50 years of age. The trial was designed as a randomised controlled trial with 306 healthy people between the ages of 50 and 65 years randomly allocated to one of three equal groups. Group 1 (Control) received a standardised exercise program performed on a treadmill. Group 2 received a mobilisation protocol designed to increase joint mobility in the thoracic spine and ribs followed by the same exercise program. Group 3 received a manipulation protocol designed to increase joint mobility in the thoracic spine and ribs followed by the same exercise program. Each participant received six intervention sessions over a period of three weeks. Outcome measurements included non-invasive lung function measurements, chest expansion and a respiratory function questionnaire. Lung function was measured using spirometry (exhaling into a tube) and chest expansion measured using a tape measure.

Project Title: The utility and effectiveness of the 'Breathing Basics for Asthma Program' for osteopathic management of patients with asthma and dysfunctional breathing: A pilot study

Investigators: Associate Professor Sandra Grace, Ms Gabrielle Biland, Ms Anna Ryan, Ms Rachel Gorge, Ms Rosalba Courtney

Description: Breathing retraining has been shown to assist symptoms and quality of life in asthma sufferers. It is most likely to be helpful for asthmatics who have poor breathing habits such as mouth breathing or who have dysfunctional breathing. Training asthmatics to breathe through their nose rather than their mouth has been shown to reduce severity of asthma symptoms and decrease asthma exacerbations. Research evidence suggests that breathing retraining that improves dysfunctional breathing patterns improves breathlessness and other symptoms that may exist in asthma sufferers.

Dr Rosalba Courtney developed the 'Breathing Basics for Asthma Program' (BBAP), a four week intervention that combines breathing retraining with manual therapy. The three main components of the BBAP are patient education, breathing exercises and manual therapy. This pilot study investigated the utility and effectiveness of the BBAP for osteopathic management of patients with asthma and dysfunctional breathing.

Project Title: Generating practice-based evidence: N-of-1 trials for natural medicine

Investigators: Associate Professor Sandra Grace, Dr Joanne Bradbury, Dr Cathy Avila

Funding Body: Australian Traditional-Medicine Society (ATMS) funding grant

Description: We are collaborating with the Australian Traditional Medicinal Society on this project.

Our proposal aims to implement a pilot program for capacity-building of natural medicine practitioners in Australia to undertake N-of-1 trials. This includes:

- rigorous training for natural practitioners in N-of-1 methodology
- academic support, including publishing findings, for natural medicine practitioners
- a template for N-of-1 studies, with standardised data collection methods
- a pathway for ethics applications for natural practitioners
- a repository for trial data for primary and secondary statistical analysis

John Hurley

Project Title: Integrating Emotional Intelligence in Clinical Decision Making Processes within Hospital Settings: A Multi Case Study Project

Investigators: **Associate Professor John Hurley, Professor Iain Graham, Associate Professor Marie Hutchinson, Ms Leann Whitehair**

Funding Body: SCU DVCR Seed Grant

Description: Errors in clinical decision making are highly costly in terms of both human and financial considerations. Current frameworks for clinical reasoning fail to include Emotional Intelligence. By developing an evidenced theoretical model of clinical decision making reflecting of effective Emotional Intelligence behaviours the occurrence of such instances should be diminished. This research project aims to inform multi-disciplinary clinical decision making within hospital settings to improve patient outcomes. By developing a new theoretical model of clinical decision making that incorporates Emotional Intelligent (ET) capabilities, this study also seeks to develop an outcome measure suited to further assessment of effectiveness through Randomized Control Trial.

Peter Hassmen

Project Title: Treating Major Depression with Physical Activity

Investigators: **Professor Peter Hassmen**, Professor Per Carlbring (Stockholm University, Sweden), Professor Greg Neely (Umeå University, Sweden), Professor Gerhard Andersson (Linköping University, Sweden), Mr. Markus Nyström (Umeå University, Sweden)

Description: Major depressive disorder is one of the most common diseases today and is the second most common cause of disability in the world. Although depression can “self-heal”, those who recover without support have an increased risk of relapse, with the time between relapses decreasing over time. In contrast, those who have received psychological treatment run a significantly lower risk for relapses. This project aims to compare traditional psychological treatments with regular physical activity.

Project Title: Adherence to Lifestyle Interventions in Obese Adults

Investigators: **Professor Peter Hassmen**, Associate Professor Kate Pumpa (University of Canberra), Ms. Emily Burgess (University of Canberra)

Description: Lifestyle intervention programs are efficacious in the management of obesity, but often report poor adherence rates that hinder treatment effectiveness and health outcomes. The purpose of this project is therefore to investigate the determinants of adherence in obese adults and how healthcare professionals and obesity management services can better assist the implementation of sustainable lifestyle changes.

Project Title: Mental Health in Elite Sport

Investigators: **Professor Peter Hassmen**, Assistant Professor Richard Keegan (University of Canberra), Dr. Kirsten Peterson (Australian Institute of Sport), Dr. Renee Appaneal (Australian Institute of Sport), Mr. Joshua Sebbens (Australian Institute of Sport)

Description: Poor mental health is relatively common in the general population, and elite athletes are no exception. Our vision is to foster systems within elite sport in which people have the skills and confidence to effectively identify and respond to someone with poor mental health. This research project is an effort toward realising this vision by developing and evaluating a sport specific mental health awareness program to increase the mental health literacy of key persons within the sport system.

Project Title: Resilience in Elite Sport

Investigators: **Professor Peter Hassmen**, Assistant Professor Richard Keegan (University of Canberra), Dr. Kirsten Peterson (Australian Institute of Sport), Dr. Renee Appaneal (Australian Institute of Sport), Mr. Umut Dogan (Australian Institute of Sport)

Description: High performance sport demands that athletes be highly resilient at benchmark events. Resilient athletes are those that can respond positively and productively in the face of challenges, adversity and even failure, and who can consistently deliver to their potential. We seek to explore how resilience can be enhanced through psychological techniques: an area of research still in its infancy.

Project Title: Sport coaches Interpersonal Style and Athletes Wellbeing

Investigators: **Professor Peter Hassmen**, Professor Magnus Lindwall (Gothenburg University, Sweden), Dr. Andreas Stenling (Umeå University, Sweden), Dr. Andreas Ivarsson (Halmstad University, Sweden).

Description: We aim to increase our knowledge of the leadership process using Self-Determination Theory. Particularly how coaches' autonomy-supportive and controlling interpersonal styles longitudinally are associated with young athletes' motivation and ill-/well-being. The dominating leader-centric perspective will be complemented by a follower-centered perspective, in which both leaders and followers are jointly considered to affect the leadership-process. This enables us to gain increased insight into the role of followers in the dynamic and interactive leadership process.

Project Title: Overtraining, Underrecovery, and Burnout in Elite Sport

Investigators: **Professor Peter Hassmen**, Associate Professor Göran Kenttä (Swedish School of Sport and Health Sciences, Sweden; PhD 2001), Associate Professor Henrik Gustafsson (Karlstad University, Sweden; PhD 2008), Dr. Sören Hjälml (Örebro University, Sweden; PhD 2014), Dr. Erik Lundqvist (Umeå University, Sweden; PhD 2015).

Description:

Burnout is a multidimensional response to stress afflicting also athletes and coaches in elite sport. Relatively much is known about determinants of burnout, but less about recovery from burnout. This is a longitudinal project in which all above named collaborators have successfully defended their individual doctoral thesis with Dr. Hassmen as Primary Supervisor.

Project Title: Motivational Climate and Social Networks in Elite Sport

Investigators: **Professor Peter Hassmen**, Assistant Professor Richard Keegan (University of Canberra), Dr. Kirsten Peterson (Australian Institute of Sport), Mr. Craig Appaneal (Australian Institute of Sport)

Description: Social support research on elite athletes has primarily focused on dyadic relationships, for example between the athlete and the coach, parents, or peers, respectively. Thereby not acknowledging complex interactions and the dynamic nature of an elite athlete's total social support system. By using personal network analysis, we aim to assess the athletes' social networks and how they affect motivation and sport-performance.

Marie Hutchinson

Project Title: Psychometric testing of the Inventory on Beliefs and Attitudes towards Domestic Violence

Investigators: **Associate Professor Marie Hutchinson, Dr Frances Doran**

Description: Domestic violence (DV) is an international public health issue associated with adverse health outcomes for adults and children. There have been widespread calls to increase nurses' capacity to respond to DV and improve undergraduate nursing education in this area. There are few valid, reliable and contemporary measures of nursing attitudes and beliefs towards DV suited for use in evaluating education programs. This study aimed to develop and validate the psychometric properties of a newly developed inventory designed to measure student nurses beliefs and attitudes towards domestic violence. Cross sectional survey of undergraduate nursing students (n=503) enrolled in a three year degree at a regional university in Australia

Project Title: Self-reported patient safety confidence and competence among Australian nursing students: a cross-sectional survey

Investigators: **Associate Professor Marie Hutchinson**, Ms Kim Usher, Dr Glenda Parmenter, Dr Tamara Power, Ms Wendy Chaboyer, Ms Sharon Latimer, Ms Jane Mills, Ms Lesley Sieglhoff, Ms Debra Jackson, Ms Judy Mannix, Ms Cindy Woods

Description: Patient safety is critical to the provision of quality health care and thus should underpin nurse education. This study examined undergraduate nursing students' self-reported patient safety

confidence and competence during their education program. Undergraduate nursing students enrolled in seven Australian universities completed the 15 item Health Professional Education in Patient Safety Survey (H-PEPSS) between September and December 2015. Patient safety dimension scores were compared across learning settings (classroom and clinical), year of nursing course, and previous healthcare experience.

Project Title: Australian nursing students' knowledge and attitudes on pressure injury prevention

Investigators: **Associate Professor Marie Hutchinson**, Ms Debra Jackson, Ms Susan Barnason, Mr William Li, Ms Judy Mannix, Mr Stephen Neville, Ms Donella Piper, Ms Tamara Power, Mr Graeme D Smith, Ms Kim Usher

Description: The main aim of this study is to investigate attitudes and knowledge of Australian nursing students on pressure injury prevention. Pressure injury incidence is widely accepted as an indicator for the quality of care. Poor knowledge and negative attitudes toward pressure injury prevention could undesirably affect preventive care strategies. Conversely, extensive knowledge of pressure injury is essential to enable good prevention. It is important to identify widely spread misconceptions, and evaluate educational needs, about pressure injury prevention in order to develop strategies for improving the quality of pressure injury education and prevention.

Project Title: Workplace bullying in the Australian public sector

Investigators: **Associate Professor Marie Hutchinson, Associate Professor John Hurley, Dr Joanne Bradbury**, Dr Graeme Browne

Funding Body: CRN Collaborative Research Network

Description: A large cross sectional survey of public servants in Australia were surveyed about their exposure to bullying. A total of 3345 completed the survey, of which 798 provided extensive open-ended, narrative responses about their experiences. From this survey, several papers have arisen including the validation of an instrument to measure workplace bullying and a qualitative analysis of the bullying experiences.

Elaine Jefford

Project Title: Validation of the Australian version of the Birth Satisfaction Scale – Revised (BSS-R)

Investigators: **Dr Elaine Jefford**, Professor Caroline Hollins Martin (UK), Professor Colin Martin (UK)

Description: Birth satisfaction represents a woman's subjective and uniquely personal appraisal of her birth experience. This complex multi-faceted construct includes elements of perceived quality of care, coping efficacy and reflections of the birth experience as a whole and in context. The BSS-R has been found to be a valid and reliable measure of birth satisfaction and has been validated in a number of countries including the UK, the USA, Greece and Turkey (Barbosa-Leiker et al., 2015; Cetin et al., 2015; Fleming et al., 2016; Hollins Martin and Martin, 2014; Vardavaki et al., 2015).

The purpose of the current investigation is to develop and validate an Australian version of the BSS-R and evaluate its psychometric properties in terms of key indices of validity and reliability.

Project Title: Midwives decision-making & prevention of perineal trauma.

Investigators: **Dr Elaine Jefford**, Ms France Guy, Professor Julie Jomeen (UK), Professor Colin Martin (UK)

Funding Body: Mid North Coast Local Health District –Research Support Program

Description: In 2015 a collaborative research project with Southern Cross University Midwifery was undertaken. It explored how midwives make decisions about perineal management and factors that may or may not contribute to that decision-making. Findings demonstrated unjustified and at times un-evidenced midwifery decision-making and illustrated some poor midwifery practice, thus some midwives clinical practice could be improved. To address this problem a midwifery specific, interactive online learning package was developed with the aim to improve midwives clinical decision-making around perineal management. This is called Enhancing Decision-making & Assessment in Midwifery (EDAM) Perineal Management Module.

Project Title: Midwifery decision-making process when assisting women to maintain perineal integrity during active second stage labour.

Investigators: **Dr Elaine Jefford**, Mrs France Guy, Professor Julie Jomeen (UK), Professor Colin Martin (UK)

Description: Midwives are held legally and professionally accountable for their clinical reasoning and decisions; however, no models are available that outline a midwife's process of clinical reasoning and decision-making during second stage labour. The study aimed to give transparency to midwifery clinical reasoning and decision-making processes when used to achieve a desired outcome, in this case perineal integrity. In providing this transparency, the potential of improving quality, safety and midwifery accountability will be enhanced.

Project Title: Enhancing Student Midwifery Clinical Reasoning Processes and Decision-Making Skills

Investigators: **Dr Elaine Jefford**, Mrs France Guy, Mrs Belinda Newcombe

Description: This pilot study aimed to develop and evaluate the educational effectiveness and acceptability of a midwifery specific clinical decision-making learning package. The study engaged two higher education institutions offering undergraduate programs leading to midwifery registration and critical stakeholders in the development a midwifery specific, pedagogically sound and engaging clinical decision-making on-line learning package for student midwives. The critical stakeholder group developed and evaluated the on-line learning package which enhanced the potential for narrow systemic adoption of a clear, pedagogically sound, educational standards for undergraduate midwifery students.

Beverly Joffe

Project Title: Small Talk: Identifying communication problems in maltreated children

Investigators: **Dr Beverly Joffe**, Associate Professor Margarita Frederico, Ms Annette Jackson, Ms Carlina Black, C.M., Dr Allison Cox,

Funding: Department of Health and Human Services, Victorian Government, Australia

Description: The aim of this study was to develop a tool for non-speech pathologists to assist in identifying a child's need for assessment by a speech pathologist so that there could be early identification of problems. A culturally sensitive tool developed to be completed by the child's carer included questions on language, speech and hearing, voice, fluency, understanding sentences, vocabulary and expression. Sixty-five children aged between 4-8 years, who had experienced abuse and /or neglect participated in the study. The tool was found to be high in sensitivity but low in specificity.

Project Title: A survey of Australian preschool teacher's perceptions of school readiness

Investigators: **Dr Beverley Joffe**, Dr Chyrisse Heine, Dr Tanya Serry, Associate Professor Elspeth Froude

Funding: La Trobe University Small Grant

Description: This study investigated preschool teacher's views and perceptions of school readiness, the factors that determine a child's school readiness and the processes used to determine whether a child should be 'held over' in preschool or transition to formal schooling. Participants were 103 preschool teachers who responded to a mailed questionnaire. Data was analysed descriptively and thematically. Results suggested that the majority of teachers described school readiness as a child having appropriate skills in all areas, and being socially-emotionally mature.

Project Title: Using mindful reflection in Speech Pathology

Investigators: **Dr Beverley Joffe, Mr Jonathan Purdy**

Description: Learning within a theory subject and within a combined theory/practical subject are explored. Data included written reflections completed by two student in their first year of a 4-year undergraduate course. De-identified documents were analysed qualitatively and interpreted via inductive coding and themes. Findings from the research provide a perspective of students' thoughts about aspects of their chosen profession and in relation to the clients for whom they will be expected to provide assessment and treatment in future. Further highlighted in the findings, are students' thoughts about their learning around particular skills required to practice within this profession, as well as about their thinking about learning.

Project Title: The developmental profile of young children identified with speech and language concerns through developmental surveillance and screening within the early childhood education and care setting

Investigators: **Dr Beverley Joffe, Ms Danielle Roan, Dr Beth Mozolic-Staunton**

Description: Children facing early developmental challenges are not identified within the current early detection (ED) procedures of primary care. This project aimed to promote ED in the setting of early childhood education care centres (ECECs) in the Gold Coast community as part of a larger research study. Thirteen children identified with speech and language concerns were assessed on the Bayley Scales of Infant and Toddler Development or the Developmental Indicators for the Assessment of Learning. The children's assessment subtest values were considered 'average' 57% of the time. Five children identified by educators received speech pathology referrals based on speech fluency, unintelligibility and expressive communication challenges.

Project Title: Parent-child interactions around television and other on-screen content: Considering communication and social skills

Investigators: **Dr Beverley Joffe**, Ms Claire Lusted

Description: Reported interactions of parents and their pre-school and young school aged children around television and other forms of on-screen content were investigated and associated and predictive factors that impact on the quality of these interactions were considered in relation to the development of children's communication and social skills. A mixed methods approach was used to analyse online survey responses of 163 Australian parents/ carers of pre-school and early school aged children.

Project Title: Coaching parents to implement strategies to help their child with speech difficulties

Investigators: **Dr Beverley Joffe**, Ms Emily Freiermuth

Description: The research explores qualitatively parent experiences and perceptions as they attend a seminar pertaining to speech sounds and then implement learned intervention strategies for their young child with speech concerns.

Desirée Kozlowski

Project Title: The (limited) effect of psycho-education on women's attitudes to labiaplasty

Investigators: **Dr Desirée Kozlowski**, Dr Stephen Campbell Provost, Ms Shauna Byrne

Description: Despite a lack of data on the complications associated with labiaplasty, demand for the surgery has been increasing at least since 2005. However, between 2014 and 2015 there was a 28% decrease in labial surgeries funded by Australian Medicare. This drop has been attributed to guidelines recommending general practitioners provide education to women seeking surgery. This study investigated the effect of psycho-education about genital diversity and the possible complications of labiaplasty on women's genital appearance satisfaction and their attitudes towards labiaplasty. Despite receiving education on the possible negative outcomes of labiaplasty and the diversity in female genital appearance, women's subjective dissatisfaction with their own genital appearance appears to be the main driver of their attitudes towards undergoing labiaplasty. The efficacy of education to deter women from undergoing unnecessary labial surgery is thus, and not for the first time, brought into question.

Project Title: Getting to the bottom of backlash: the social cost of sex role violation

Investigators: **Dr Desirée Kozlowski, Dr Stephen Campbell Provost**, Ms Harriet Hulme

Description: Females in stereotypically masculine careers can experience discrimination. Role Congruity Theory proposes that this results from negative evaluations formed by a perceived incongruity between the gender traits (personal characteristics) females are conceived as holding, and the requirements of specific careers. The aims of the study were twofold; firstly to investigate whether males are also subject to negative social evaluations as a result of transgressing stereotypically gendered careers. Secondly, to test whether transgression at different levels of normative gender traits and jobs impacts observers' judgments of them. Simple effects revealed that sex/trait congruent females (female/feminine trait) were perceived as more likable and competent than females with masculine traits. Interestingly, males were rated as significantly more likable and competent when they exhibited at least one sex-incongruent (i.e., feminine) aspect.

Project Title: Precarious perceptions of men and masculinity

Investigators: **Dr Desirée Kozlowski, Dr Stephen Campbell Provost**, Ms Jessica Gillies

Description: Precarious Manhood theorem suggests that 'manhood' is a tenuous and socially bestowed state. Beliefs in precarious manhood have been linked to male anxiety, violence, gambling decisions, and attitudes towards homosexuality. However, the influence of such beliefs on visual perceptions of others has not directly been explored. Kozlowski, van der Zwan, and Brooks (2016) found that observers judged target walkers significantly more often to be male than masculine while female and feminine judgements did not differ. When observers were given the option to respond neither male nor female, walkers were consistently judged male more often than masculine and female more often than feminine regardless of PMBS scores.

Gopi McLeod

Project Title: Work-related musculoskeletal injuries among Australian osteopaths: A preliminary investigation

Investigators: Dr Gopi McLeod, Mr Michael Murphy, Te Marana Henare, Bernadette Biblik

Description: This research sought to collect preliminary data to establish the prevalence and types of WRMIs among Australian osteopaths. Previous research has shown that WRMI is a significant risk for registered manual therapists from other professions, including physiotherapists, occupational therapists and chiropractors. The physically demanding nature of manual therapy has been identified as the common factor in WRMIs among these professions. All members of the professional association Osteopathy Australia were invited to participate via an online survey. A total of 160 surveys were completed. The incidence of WRMI was high, with 58% of respondents having sustained one or more injuries. Results indicated that the wrist and the fingers are the most frequently injured areas, with the prevalence of injury highest in recent graduates (less than five years' experience). This research identified implications for those involved in the profession of osteopathy, including practitioners, educators and regulators. Research to benchmark training in work-related injury prevention across Australian pre-registration and continuing education courses is recommended.

Project Title: Exploring the experiences of Australian osteopaths who have sustained a work-related musculoskeletal injury (WRMI)

Investigators: **Dr Gopi McLeod, Ms Katarina Annels, Ms Jessica Cohen, Mr Sam Edwards, Mr Daniel Hodgins**

Description: This qualitative research was the second arm of a larger survey study investigating the prevalence of work related musculoskeletal (WRMI) injuries in Australian Osteopaths. Thirteen osteopaths who had sustained an injury during clinical practice were interviewed revealing that apart from a small number of work injury insurance claims, most WRMIs in osteopaths go unreported, and many practitioners find themselves alone in their struggle to continue working while managing their injury. Participants in this current research offered numerous suggestions for injury prevention and risk minimisation that reflected their awareness of causative factors and the need for attention to safe work practices. All participants agreed that employing general self-care and health-seeking behaviours was key to minimising the risk of injury. In addition to matching work-ready fitness to hours worked in clinical practice, exercise, stretching, addressing poor ergonomic work postures and reducing prolonged and static loading were the most frequently mentioned strategies. However, from participants' comments, it appears that risk minimisation strategies were often realised post injury.

Project Title: Perceptions of senior student osteopaths of learning to be a reflective practitioner

Investigators: **Dr Gopi McLeod, Ms Tess Shannon, Ms Isabel Carey, Ms Emma Winn**

Description: The aim of this project is to explore the perceptions about reflective practice among senior student osteopaths. Reflective practice has only recently been embedded into the osteopathic curriculum. Findings from this survey research will assist educators to gather recommendations for improving student engagement with the reflective practice strategies as well as informing the broader osteopathy community of student osteopaths' experiences of learning to become a reflective practitioner. The survey data was gathered at the end of 2016 and work on the analysis and dissemination of the results will take place in 2017.

Rudi Meir

Project Title: The development and validation of the Adolescent Sport Doping Inventory

Investigators: **Dr Rudi Meir**, Dr Adam Nicholls (University of Hull)

Funding Body: The World Anti-Doping Agency with support from the School of Health and Human Sciences

Description: The purpose of this World Anti-Doping Agency funded project is to develop and validate a cross-culturally valid questionnaire to assess factors that predict doping among adolescent athletes. In order to achieve this aim, athletes and coaches from the United Kingdom, United States, Australia, and Hong Kong were recruited across all phases of this three year project, which will allow the research team to identify cultural differences. This project commenced in late 2014 and is due for completion in 2017.

Project Title: Does shank-to-foot length ratio influence knee-to-wall ankle DROM performance?

Investigators: **Dr Rudi Meir, Dr Zachary Crowley-McHattan, Dr John Whitting, Dr Sonja Coetzee**

Description: The aim of this study was to establish if a shank-to-foot length ratio had an influence on the knee-to-wall assessment score. Ankle dorsiflexion range of motion (DROM) is often assessed to establish functional ROM of this joint. Ankle mobility is an important factor in influencing performance during squatting, jumping and landing, movements of daily living and balance (1-4). Findings suggest that neither the length of the foot, length of the shank, nor their ratio, had any influence on the knee-to-wall assessment of ankle joint flexibility in the sample analysed. It is reasonable to conclude therefore, that the knee-to-wall technique provides valid information about ankle joint DROM, an important factor in a range of lower body functional movements.

Project Title: Is a digital smartphone app a reliable and valid method for assessing ankle dorsiflexion ROM?

Investigators: **Dr Rudi Meir, Dr Zac Crowley-McHattan, Dr John Whitting, Dr Sonja Coetzee**

Description: The aim of this study was to compare three weight-bearing ankle dorsiflexion range of motion (DROM) assessments, performed by an experienced rater. The aim was to test the reliability and validity of a freely available smart phone app' inclinometer against two commonly used clinical assessment techniques. This study established that a digital smart phone app inclinometer is a reliable and valid method for assessing ankle DROM and would be appropriate for use in both clinical and non-clinical settings.

Project Title: Shod versus barefoot effects on force and power development during a conventional deadlift

Investigators: **Dr Rudi Meir, Mr Mark Hammer, Dr Zachary Crowley-McHattan, Dr John Whitting**

Description: The aim of this research was to identify possible kinetic benefits of performing a conventional deadlift in a shod or unshod condition. Strength and conditioning researchers, and a range of industry practitioners, have stated that weightlifting shoes, non-compressive soled shoes, or unshod (socks only or barefoot) conditions are essential in providing a stable platform and effective force transfer from the ground to the bar. In contrast it is claimed that soft soled shoes, such as cross trainers, produce instability and indirect ground reaction force (GRF) transmission, potentially reducing performance. Preliminary findings revealed no statistically significant differences between shod and unshod conditions for the kinetic and balance variables analysed. Future testing should enlarge the sample size to investigate any possible trends for load effects or shoe × load interactions.

Gail Moloney

Project Title: Developing the efficacy of the Immediate Registration Opportunity paradigm

Investigators: **Dr Gail Moloney**, Dr Michael Sutherland, Ms Anne Judd

Funding Body: NSW Donatelif e and SCU DVCR Seed Grant

Description: Donation intent is now recorded on the Australian Organ Donor Register AODR (the Driver's License was phased out in 2012). However, in December 2015 only 22% of the eligible population had

registered their donation intent. The aim of this project was to develop the Immediate Registration Opportunity paradigm. Our previous research demonstrated that the attitudinal endorsement that currently exists towards organ donation can be successfully translated into registrations when people are provided with an immediate as opposed to a delayed registration opportunity (the latter mirrors Australia's current registration practice). The project empirically investigated various factors integral to its success with both mainstream and culturally and linguistically diverse communities

Project Title: Enabling success in higher education for culturally and linguistically diverse students from low socio-economic backgrounds

Investigators: **Dr Gail Moloney**, Dr Thomas Roche, Dr Suzi Hellmundt

Funding Body: Higher Education Participation and Partnerships Program (HEPPP)

Description: The project piloted a new educational pathway at SCU College for culturally and linguistically diverse students from low-SES who are currently not eligible for study at SCU. The pathway consists of 15 weeks of SCU College's English Language Program tuition (5 weeks General English followed by 10 weeks English for Academic Purposes); followed by SCU College's Preparing for Success Program. This pathway facilitates the acquisition of both general and academic language skills and develops academic literacy and study skills enabling access to and success in undergraduate study at SCU.

Beth Mozolic-Staunton

Project Title: Right Kids, Right Time, Right Services: developmental surveillance in early childhood education settings

Investigators: **Beth Mozolic-Staunton**, Associate Professor **Michelle Donnelly**, **Dr Jacqui Yoxall**, Dr Josephine Barbaro

Description: Children who are at risk for autism spectrum disorder (ASD) and other developmental challenges would benefit from early identification and access to early intervention, as this takes advantage of children's early brain plasticity. Valid and reliable tools have recently been developed to accurately detect early signs of ASD and other developmental challenges in children as young as 12- 18 months of age. The aim of this project is to implement and evaluate a prospective developmental surveillance program by providing professionals and carers in early childhood settings with reliable and valid tools and training to accurately identify and refer children at risk to appropriate support services as well as follow-up comprehensive developmental assessment and referrals through the SCU Health and Wellbeing clinic.

Susan Nancarrow

Project Title: Victorian Allied Health Workforce Research Program

Investigators: **Professor Susan Nancarrow**, **Dr Joanne Bradbury**, Ms Gretchen Young, Ms Katy O'Callaghan, Ms Kegan Barlow

Funding Body: Victorian Department of Health and Human Services

Description: Allied health plays an important contribution to health and wellbeing. In Victoria, the allied health workforce comprises approximately 42,000 health professionals in over 27 separate registered and unregistered disciplines across a range of sectors. The 3 year Program aims to provide an up-to-date evidence base of the allied health workforce size, location, profession and profiles, including patterns of workforce turnover, and an understanding of the main aspects of workforce attrition and retention. This data will help inform workforce policy and planning in Victoria.

Project Title: Assessing availability and cost of same-day general practice appointments for adults and senior patients within Northern NSW

Investigators: **Professor Susan Nancarrow, Dr Joanne Bradbury, Dr Cathy Avila, Dr Frances Doran, Dr Sabrina Pit, Professor Gary Freed**

Funding Body: DVCR seed funding grant

Description: This study was a collaboration with NNSWHD and Prof Gary Freed, University of Melbourne. It used secret shopper methodology to measure the prevalence of same day availability at GP clinics around our region. It was a cross-sectional, census study that included all 184 general practices across 12 local government areas in northern NSW. Practices were phoned in a randomized sequence on weekday mornings by a researcher.

Project Title: Patient Perspectives: Understanding and engaging with patient preferences for different approaches to health care delivery using social media

Investigators: **Professor Susan Nancarrow, Dr Joanne Bradbury, Dr Cathy Avila, Dr Frances Doran, Associate Professor John Stevens**

Funding Body: DVCR seed funding grant

Description: This study was a collaboration with Australian Musculoskeletal Network (AMN). It established and promoted a Facebook page to engage with healthcare consumers about what they want from healthcare service integration. The Facebook page linked to a survey that collected data about what was important for consumers.

Jenny Parratt

Project Title: A qualitative analysis and interpretation of a qualitative research question from The First 30 Minutes After Birth research

Investigators: **Dr Jenny Parratt**

Funding Body: Australian Midwifery Scholarship Fund

Description: The research project aims to understand women's preferences for care in the first 30 minutes after birth; ultimately to optimise caregiver practice, reduce postpartum hemorrhage (PPH) rates and improve women's satisfaction.

Joanne Rowley

Project Title: Glycaemic Control to Treat Foot Ulcers

Investigators: Dr Joanne Rowley,

Funding Body:

Mid North Coast Local Health District *Description:*

To determine whether controlling blood glucose intensively in people with Type 2 Diabetes who have diabetic foot ulcers prevents the incidence of amputation.

Project Title: Mental Health Young Men's Suicide

Investigators: Ms Joanne Rowley, Mr Graeme Browne

Funding Body: Mid North Coast Local Health District

Description: Phenomenology project aims to understand specific mental health care needs for suicidal young men

Golam Sorwar

Project Title: Intelligent In-Home Health Monitoring

Investigators: **Dr Golam Sorwar**

Funding Body: SCU DVCR Seed Grant

Description: Modern healthcare systems are undergoing a paradigm shift from in-hospital care to in-home monitoring, leveraging the emerging technologies in the area of bio-sensing, wireless communication, mobile computing, and artificial intelligence. In-home monitoring promises to significantly reduce healthcare spending by preventing unnecessary hospital admissions and visits to healthcare professionals. In this project, we viewed the problem of in-home monitoring from the perspective of caregivers and present a framework that supports various monitoring capabilities while making the complexity transparent to the end users. We presented an initial prototype of the system designed according to the proposed framework.

Chris Stevens

Project Title: Does training in additional clothing induce heat acclimation and improve endurance performance in the heat?

Investigators: **Dr Chris Stevens, Dr Jim Donnelly**

Funding Body: SCU DVCR Seed Grant

Description: Southern Cross University's School of Health and Human Sciences is teaming up with local triathletes to improve their performance and minimise the risk of heat illness when they head to Hawaii for the Honu Half-Ironman Triathlon in hot and humid conditions. In preparation for the event,

researchers in sport science are trying to find ways that the athletes can become accustomed to these hot conditions, even though they will be forced to finalise their training in the Australian winter months. The effects of wearing extra clothing during their training across a two week program were investigated. The use of this strategy may be able to lower the core body temperature and make sweating more effective when it comes to racing in the heat. It is also hoped that such heat acclimation can minimise the risk of hyperthermia and exertional heat illness on race day.

Project Title: Exercise and Sports Science Australia Graduation Destination Report

Investigators: **Dr Chris Stevens, Professor Susan Nancarrow**

Funding Body: Exercise and Sports Science Australia, \$17,050

Description: The popularity of higher education courses in exercise and sport science in Australia has increased exponentially in the last 20 years, with 72 courses across 28 Universities holding the status of full accreditation with Exercise and Sport Science Australia (ESSA). Anecdotally however, careers in exercise and sport science are thought to be limited. Nevertheless, graduates may have a wide scope of career possibilities from health, recreation and sport development through to high performance sports programs. While a career as an Accredited Exercise Physiologist (AEP) is known to be the most well defined career pathway, only a small percentage of exercise and sport science graduates complete the postgraduate study required and obtain membership with ESSA as an AEP. Therefore, this project aims to identify the number of students that graduate each year with a degree in exercise and sports science in Australia, and their subsequent career destination, development and progression through an online national survey.

Winkel, Heather

Project Title: Building greater cultural knowledge and understanding in regional universities

Investigators: **Dr Heather Winkel**

Funding Body: Australia-Korea Foundation

Description: The aim of the project was to foster closer linkages, engagement and cultural understanding between psychology at Southern Cross University and Kyungnam University, both regional universities. This has been achieved through (1) a series of workshops/meetings conducted at Kyungnam and Southern Cross Universities, (2) an exchange program between academics/students at the two institutions, (3) joint collaborative projects/studies investigating language and intercultural communication and understanding in Australians and Koreans, (4) internationalization of the curriculum – innovative ways of embedding cross-cultural skills, knowledge and understanding into the undergraduate curriculum, and (5) innovative ways of using social media to build closer linkages and ties between students, so that they can share, engage and exchange ideas, knowledge and experiences.

Andrew Woods

Project Title: Bachelor of Nursing clinical nursing laboratories student peer support program (COMPASS) pilot

Investigators: **Mr Andrew Woods, Mr Michael Grande, Ms Fiona Lotherington, Ms Paula Steffensen, Ms Theane Theophilos**

Funding Body: Southern Cross University Higher Education Participation and Partnership Programme (HEPPP) Project Funding 2016

Description: This project involves the establishment of a new student peer support program aimed at improving the retention and success of students commencing the Bachelor of Nursing (BN) at SCU. A large proportion of BN students are from low SES, first in family and ATSI backgrounds. The project spans the administration and evaluation of a pilot trial including the creation of associated sustainable resources. The project is designed to complement existing student support programs and resources.

Shi Zhou

Project Title: A preliminary investigation on the effects of intermittent exposure to hypoxia on glucose homeostasis

Investigators: **Professor Shi Zhou, Associate Professor Allan Davie, Dr Suzanne Broadbent, Ms Yun Wang, Mr Charl Neuhoff, Mr Erich Wittstock**

Funding Body: Altitude Training Systems (a division of Pulford Air and Gas) and Southern Cross University 2015 Research Seed Grant.

Description: The aim of this research project is to examine the efficacy of intermittent exposure to moderate hypoxia as an intervention for individuals with hyperglycaemia in a clinical trial. There have been recent reports in the literature that intermittent exposure to hypoxia (ie. breathing air with oxygen levels lower than normal), with or without exercise, may have beneficial effects of lowering blood sugar in individuals with type 2 diabetes, as well as in weight control. The aim of this research is to conduct a preliminary study on whether intermittent exposure to hypoxia has an effect on blood sugar level in individuals with impaired fasting glucose.

The research has two phases:

Phase One is to investigate the acute effect of hypoxia intervention. Participants will be given one hour intervention session per week, for four weeks.

Phase Two is to determine the effects of eight weeks intervention with three one-hour sessions per week

Project Title: Assessing Football Skill: An Ecological Dynamics Approach

Investigators: **Professor Shi Zhou, Dr Rosanne Coutts, Dr John Whitting, Mr Jamie Hetherington**

Description: This project aims to determine how changing the experimental task and information constraints of a football skill test affects the perceptual-motor performance and coordination of junior representative level football players. The research utilises 3D motion analysis to determine the relationship between football players' performance outcome and production measures in response to progressively more complex tasks. Using the ecological dynamics approach to evaluate skilled performance and perceptual-motor skill in football represents an important step forward in

understanding best practice for the evaluation of perceptual-motor skill. This has implications for talent identification and skill testing and training in football.

Project Title: Effects and molecular mechanisms of acute and intermittent exposure to hypoxia environment and endurance exercise on glucose homeostasis and insulin resistance in obese mice with Type 2 diabetes.

Investigators: **Professor Shi Zhou, Associate Professor Allan Davie, Dr Suzanne Broadbent, Ms Yun Wang,** Professor Yong Zhang, Professor Li Wen, Mr Xinhao Wang, Ms Youyu He (TUS)

Funding Body: Internal research funds from Southern Cross University and Tianjin University of Sport.

Description: This project, continuing from 2014, aimed to determine the effects of acute and intermittent exposure to a hypoxia environment during both non-exercise and exercise conditions, on glucose homeostasis and insulin resistance, and to examine the mechanisms underlying these effects, for potential new interventions for diabetes. The research is conducted in collaboration with Tianjin University of Sport, China.

Publications

School of Health and Human Sciences Publications 1 Jan 2016 – 31 December 2016

- Aggar, C. (2016). Implications of caregiving. *Australasian Rehabilitation Nurses Association Journal*, 19(2), 15.
- Aggar, C., Bloomfield, J. G., Stanton, C., Baynie, C., & Gordon, C. J. (2016). Practice manager expectations of new graduate registered nurses in Australian general practice: a national survey. *Australian Journal Of Primary Health*. Online. doi: [10.1071/PY15078](https://doi.org/10.1071/PY15078)
- Ahern, C. M., van de Mortel, T. F., Silberberg, P. L., Barling, J. A., & Pit, S. W. (2013). Vertically integrated shared learning models in general practice: a qualitative study. *BMC Family Practice*, 14(1), 144-144.
- Alder, S., & Grace, S. (2016). *Changing practices through practice dialogues: being part of an active thriving practice is more fun than you can possibly imagine*. In Higgs, J. & Trede, F. (eds), *Professional Practice Discourse Marginalia*. Sense Publishers, The Netherlands, pp. 179-188.
- Banbury, A., Chamberlain, D., Nancarrow, S., Dart, J., Gray, L., & Parkinson, L. (2016). Can videoconferencing affect older people's engagement and perception of their social support in long-term conditions management: a social network analysis from the Telehealth Literacy Project. *Health & Social Care in the Community*. doi: 1111/hsc.12382.
- Banbury, A; Parkinson, L; Nancarrow, S; Dart, J; Gray, L; & Buckley, J (2016). Delivering patient education by group videoconferencing into the home: lessons learnt from the Telehealth Literacy Project. *Journal of Telemedicine and Telecare*. 22(8), 483-488.
- Barling, J., & Davis, K. (2016). Stories of dying and death as told by family members' of Adolescents and Young Adults (AYAs) who have died from cancer. *Journal of Palliative Care & Medicine*, 6(5), 1-9.

- Barlow, S. E. (2016). Gestalt therapeutic practice, physiotherapists and people with chronic pain: a literature review. *Gestalt Journal of Australia and New Zealand*, 12(2), 47-70.
- Barnett, L. M., Lai, S. K., Veldman, S. L., Hardy, L. L., Cliff, D. P., Morgan, P. J., Zask, A., Lubins, D.A., Schulz, S.P., Ridgers, N.D., Rush, E., Brown, H.L. & Okely, A. D. (2016). Correlates of gross motor competence in children and adolescents: a systematic review and meta-analysis. *Sports Medicine*, 46.
- Barwick, AL; Tessier, J; Janse de Jonge, X; Chuter, V (2016). Foot bone density in diabetes may be unaffected by the presence of neuropathy. *Journal of Diabetes and its Complications*. 30(5), 1087-1092.
- Barwick, A., Tessier, J. W., Janse de Jonge, X., Ivers, J. R., & Chuter, V. H. (2016). Peripheral sensory neuropathy is associated with altered postocclusive reactive hyperemia in the diabetic foot. *BMJ Open Diabetes Research & Care*, 4(1). doi: 10.1136/bmjdr-2016-000235.
- Birks, M., Hartin, P., Woods, C., Emmanuel, E., & Hitchins, M. (2016). Students' perceptions of the use of eportfolios in nursing and midwifery education. *Nurse Education in Practice*, 18, 46-51.
- Bitcon, C., Evans, S., & Avila, C. (2016). The re-emergence of grassroots herbalism: an analysis through the blogosphere. *Health Sociology Review*, 25(1), 108-121.
- Bradbury, J., Hutchinson, M., Hurley, J. and Stasa, H. (2016). Lived experience of involuntary transport under mental health legislation. *International Journal of Mental Health Nursing*. doi: 10.1111/inm.12284.
- Broadbent, S., & Coutts, R. A. (2016). Graded vs intermittent exercise effects on lymphocytes in Chronic Fatigue Syndrome. *Medicine & Science in Sports & Exercise*, 48(9), 1655-1663.
- Broadbent, S., Coutts, R. A., & Coetzee, S. (2016). Targeted exercise interventions in improving injuries, flexibility and strength in female dragon boat paddlers. *International Journal of Therapy And Rehabilitation*, 23(1), 11-18.
- Brunetto, Y., Xerri, M., Farr-Wharton, B., Shacklock, K., Farr-Wharton, R., & Trincherio, E. (2016). Nurse safety outcomes: old problem, new solution - the differentiating roles of nurses' psychological capital and managerial support. *Journal of Advanced Nursing*, 72(11), 2794-2805.
- Campbell, S., & Graham, I. (2016). Solving the context-process problem. *Nurse Researcher*, 23(4), 6-8.
- Cartwright, C. M., White, B. P., Wilmott, L., Williams, G., & Holbrook-Parker, M. (2016). Palliative care and other physicians' knowledge, attitudes and practice relating to the law on withholding/withdrawing lifesustaining treatment: survey results. *Palliative Medicine*, 30(2), 171-179.
- Cashin, A. (2016). Autism spectrum disorder and psychosis: a case study. *Journal of Child and Adolescent Psychiatric Nursing*, 29(2), 72-78.
- Cashin, A., Buckley, T., Trollor, J. N., & Lennox, N. (2016). A scoping review of what is known of the physical health of adults with autism spectrum disorder. *Journal of Intellectual Disabilities*. Online. doi: [10.1177/1744629516665242](https://doi.org/10.1177/1744629516665242)

- Cashin, A., Heartfield, M., Bryce, J., Devey, L., Buckley, T., Cox, D., Kerdo, E., Kelly, J., Thoms, D. & Fisher, M. (2016). Standards for practice for registered nurses in Australia. *Collegian*. Online. doi: [10.1016/j.colegn.2016.03.002](https://doi.org/10.1016/j.colegn.2016.03.002)
- Cashin, A., Theophilos, T., & Green, R. (2016). The internationally present perpetual policy themes inhibiting development of the nurse practitioner role in the primary care context: an Australian - USA comparison. *Collegian*. Online. doi: [0.1016/j.colegn.2016.05.001](https://doi.org/10.1016/j.colegn.2016.05.001)
- Cashin, A., & Yorke, J. (2016). Overly regulated thinking and autism revisited. *Journal of Child and Adolescent Psychiatric Nursing*, 29(3), 148-153.
- Chau, J. Y., Sukala, W., Fedel, K., Do, A., Engelen, L., Kingham, M., Sainsbury, A. & Bauman, A. E. (2016). More standing and just as productive: effects of a sit-stand desk intervention on call center workers' sitting, standing, and productivity at work in the Opt to Stand pilot study. *Preventive Medicine Reports*, 3, 68-74.
- Coatsworth, K., Hurley, J., & Miller-Rosser, K. A phenomenological study of student nurses volunteering in Nepal: have their experiences altered their understanding of nursing? *Collegian*. Online. doi: [10.1016/j.colegn.2016.07.003](https://doi.org/10.1016/j.colegn.2016.07.003)
- Colgrave, J. & Austen, K. (2016). Changing clinical education and stamping out the stigma. *Australian Nursing & Midwifery Journal*. 23(7), 52.
- Craike, M., Gaskin, C. J., Courneya, K. S., Fraser, S. F., Salmon, J., Owen, P. J., Broadbent, S. & Livingston, P. M. (2016). Predictors of adherence to a 12-week exercise program among men treated for prostate cancer: ENGAGE study. *Cancer Medicine*, 5(5), 787-794.
- Doran, F. M., & Hornibrook, J. (2016). Barriers around access to abortion experienced by rural women in New South Wales, Australia. *Rural Remote Health*, 16(1).
- Doran, F. M., & Hutchinson, M. (2016). Student nurses' knowledge and attitudes towards domestic violence: results of survey highlight need for continued attention to undergraduate curriculum. *Journal Of Clinical Nursing*. Online. [10.1111/jocn.13325](https://doi.org/10.1111/jocn.13325)
- Dunstan, RH, Sparkes, DL, Dascombe, BJ, Macdonald, MM, Evans, CA, Stevens, CJ, Crompton, MJ, Gottfries, J, Franks, J, Murphy, G, Wood, R & Roberts, TK 2016, Sweat facilitated amino acid losses in male athletes during exercise at 32-34 °C. *PL o S One*, 11(12):1-16.
- Edmonds, L., Cashin, A., & Heartfield, M. (2016). Comparison of Australian specialty nurse standards with registered nurse standards. *International Nursing Review*, 63(2), 162-179.
- Ee, C., Xue, C., Chondros, P., Myers, S. P., French, S. D., Teede, H., & Pirotta, M. (2016). Acupuncture for menopausal hot flashes: a randomized trial. *Annals of Internal Medicine*, 164(3), 146-154.
- Efendi, F; Chen, C; Nursalam, N; Andriyani, N; Kurniati, A; Nancarrow, S (2016). How to attract health students to remote areas in Indonesia: a discrete choice experiment. *International Journal of Health Planning and Management*. 31(4), 430-445.
- Emmanuel, E. (2016). Teaching humanity to nursing students: evaluation of an innovative teaching strategy. *Nurse Educator*, 41(5), E1-E3.

- Engel R, Beirman R, Grace S. An indication of current views of Australian general practitioners towards chiropractic and osteopathy: a cross-sectional study. *Chiropractic & Manual Therapies*, 24(17). Doi 10.1186/s12998-016-0119-6
- Evans, S., & Avila, C. (2016). Partners in practice: practitioners' perceptions of herbal medicine manufacturers revealed through dispensary decisions. *Australian Journal of Herbal Medicine*, 28(2), 41-47.
- Fairbrother, G., Cashin, A., Conway, R., Symes, A., & Graham, I. (2016). Evidence based nursing and midwifery practice in a regional Australian healthcare setting: behaviours, skills and barriers. *Collegian*, 23(1), 29-37.
- Fong, J., Buckley, T., Cashin, A. & Pont, L. Nurse practitioner prescribing in Australia: A comprehensive literature review. *Australian Critical Care*. Online. doi: 10.1016/j.aucc.2016.11.003.
- Fraser, J. A., Hutchinson, M., & Appleton, J. (2016). Nurses' experiences of home visiting new parents in rural and regional communities in Australia: a descriptive qualitative study. *Journal of Childrens Services*, 11(3), 204-216.
- Fuller, N. R., & Courtney, R. (2016). A case of remission from pre-diabetes following intermittent hypoxic training. *Obesity Research & Clinical Practice*, 10(4), 487-491.
- Gaskin, C. J., Craike, M., Mohebbi, M., Salmon, J., Courneya, K. S., Broadbent, S., & Livingston, P. M. (2016). Associations of objectively measured moderate-to-vigorous physical activity and sedentary behavior with quality of life and psychological well-being in prostate cancer survivors. *Cancer Causes & Control*, 27(9), 1093-1103.
- Gilbert, J. M., Reichelt-Brushett, A. J., Bowling, A. C., & Christidis, L. (2016). Plastic ingestion in marine and coastal bird species of southeastern Australia. *Marine Ornithology*, 44, 21-26.
- Gilroy, J., Donnelly, M., Colmar, S., & Parmenter, T. (2016). Twelve factors that can influence the participation of Aboriginal people in disability services. *Australian Indigenous Health Bulletin*, 16(1).
- Girvin, J., Jackson, D., Hutchinson, M., (2016) Contemporary public perceptions of nursing: a systematic review and narrative synthesis of the international research evidence *Journal of Nursing Management*, 24 (8), 994-1006
- Grace, S., (2016). The evidence debate. *Journal of the Australian Traditional Medicine Society*, 22(3): 139-144.
- Grace, S., & Cooper, L. (2016). *Challenging practice discourse dichotomies: a view from orthodox and alternative practices*. In Higgs, J. & Trede, F. (eds), *Professional practice discourse marginalia*, Sense Publishers, The Netherlands, pp. 137-144.
- Grace, S., McLeod, G., Streckfuss, J., Ingram, L., & Morgan, A. (2016). Preparing health students for interprofessional placements. *Nurse Education in Practice*, 17, 15-21. doi: 10.1016/j.nepr.2016.02.001.

- Grace, S., Orrock, P., Vaughan, B., Blauch, R., & Coutts, R. (2016). Understanding clinical reasoning in osteopathy: a qualitative research approach. *Chiropractic & Manual Therapies*, 24:6. doi: 10.1186/s12998-016-0087-x.
- Harnett, J., Myers, S. P., & Rolfe, M. (2016). Probiotics and the microbiome in celiac disease: a randomised controlled trial. *Evidence-based Complementary and Alternative Medicine*. Online. doi: 10.1155/2016/9048574
- Hastie, C., Fahy, K. M., Parratt, J. A., & Grace, S. (2016). Midwifery students experience of teamwork projects involving mark-related peer feedback. *Women and Birth*, 29, 252-259.
- Hodgins, J., Moloney, G., & Winskel, H. (2016). The importance of Australian national identity to a sense of belonging of Anglo-Celtic and Chinese cultural groups in regional Australia. *National Identities*, 18(3), 345-368.
- Holding, R., Meir, R., & Zhou, S. (2016). Can pre-viewing sport specific video influence reactive agility response time? *International Journal of Sports Physiology and Performance*. Online. doi: 10.1123/ijsp.2015-0803.
- Horstmanshof, L., Lingard, R. G., Coetzee, S., & Waddell, L. P. (2016). Clinical exercise physiology students learning with older adults: an innovative simulation-based education programme. *Advances in Simulation*, 1.
- Horstmanshof, L., & Moore, K. (2016). Understanding the needs of all the stakeholders: issues of training and preparation for health work students and their clinical educators. *Asia - Pacific Journal of Cooperative Education*, 17(2), 93-100.
- Hurley, J., Cashin, A., D., Mills, J., Hutchinson, M., Kozlowski, D. & Graham, I. Qualitative study of peer workers within the 'Partners in Recovery' programme in regional Australia. *International Journal of Mental Health Nursing*. Online. 10.1111/inm.12308
- Hurley, J., Cashin, A.J., Mills, J., Hutchinson, M.L., & Graham, I.W. (2016). A critical discussion of peer workers: implications for mental health nursing workforce. *Journal of Psychiatric and Mental Health Nursing*, 23(2), 129-135.
- Hurley, J., Hutchinson, M., Bradbury, J., & Browne, G. (2016). Nexus between preventive policy inadequacies, workplace bullying, and mental health: qualitative findings from the experiences of Australian public sector employees. *International Journal of Mental Health Nursing*, 25(1), 12-18.
- Hutchinson, M., & Jackson, D. (2016). Editorial: Intentional rounding: Unpacking the ritual, routine and evidence impasse. *Journal Of Clinical Nursing*, 25(1-2), 5-7.
- Hutchinson, M., Higson, M., Cleary, M., & Jackson, D. (2016). Nursing expertise: a course of ambiguity and evolution in a concept. *Nursing Inquiry*, 23(4), 290-304.
- Jackson, D., Hutchinson, M., Barnason, S., Li, W., Mannix, J., Neville, S., Piper, D., Power, T., Smith, G.D. & Usher, K. (2016). Towards international consensus on patient harm: perspectives on pressure injury policy. *Journal of Nursing Management*, 24(7), 902-914.

- Jackson, D., Hutchinson, M., & Wilson, S. (2016). Editorial: in defence of patients. *Journal Of Clinical Nursing*, 25(9-10), 1177-1178.
- Jackson, D., Wilson, S., & Hutchinson, M. (2016). Harm-free care or harm-free environments: expanding our definitions and understandings of safety in health care. *Journal Of Clinical Nursing*, 25(21-22), 3081-3083.
- James, D., Ferguson, W. A., & Butcher, A. (2016). Assessing children's speech using picture-naming: the influence of differing phonological variables on some speech outcomes. *International Journal of Speech-Language Pathology*, 18(4), 364-367.
- Jayawardena, R., & Winskel, H. (2016). Assessing the modified receptive field (MRF) theory: evidence from Sinhalese-English bilinguals. *Acta psychologica*, 171, 65-71.
- Jefford, E., Martin, C. R., & Jomeen, J. (2016). Determining the psychometric properties of the Enhancing Decision-making Assessment in Midwifery (EDAM) measure in a cross cultural context. *Pregnancy and Birth*, 16.
- Joplin, S. K., van der Zwan, R., Bagga, H., Joshua, F., & Wong, P. K. (2016). Pilot study assessing the novel use of musculoskeletal ultrasound in patients with rheumatoid arthritis to improve patient attitudes and adherence to medication. *International Journal of Rheumatic Diseases*, 19(7), 658-664.
- Keegan, S., Arellano, J., Gruner, T. (2016). Fresh capillary blood analysis using darkfield microscopy as a screening tool for iron and cobalamin deficiencies; a validity study. *Advances in Integrative Medicine* 3, 15–21.
- Keegan, S., Arellano, J., Gruner, T. (2016). Validating the measurement of red blood cell diameter in fresh capillary blood by darkfield microscopy, a pilot study. *Advances in Integrative Medicine* 3, 11–14, doi: 10.1016/j.aimed.2015.10.001
- Kilo, R.A., & Hassmén, P. (2016). Burnout and turnover intentions in Australian coaches as related to organisational support and perceived control. *International Journal of Sports Science & Coaching*, 11, 151-161.
- Kim, I. E., Cashin, A., & Yearwood, E. L. (2016). *Strategies for mental health promotion in children and adolescents*. In E.L. Yearwood & V.P. Hines-Martin (eds), *Routledge Handbook of Global Mental Health Nursing. Evidence, Practice and Empowerment*. Routledge, London, pp. 276-312.
- Koppe, H., van de Mortel, T. F., & Ahern, C. M. (2016). How effective and acceptable is Web 2.0 Balint group participation for general practitioners and general practitioner registrars in regional Australia? A pilot study. *Australian Journal of Rural Health*, 24(1), 16-22.
- Kozlowski, D., Brooks, A., & van der Zwan, R. (2016). The disconnect between observers' male and masculine judgments from sparse gait cues conveying gender: perceiving precarious manhood. *Gender Issues*, 33(4), 285-298. doi:10.1007/s12147-016-9151-z.
- Kunst, E., Mitchell, M., & Johnston, A. N. (2016). Manikin simulation in mental health nursing education: an integrative review. *Clinical Simulation in Nursing*, 12(11), 484-495.

- Lin, X., Wang, D. P., Wen, L., Zhou, S., Xi, Y., Hu, Y., & Zhang, Y. (2016). Intron polymorphism in MYL1 gene is associated with individual cardiac trainability to endurance training in human. *Journal of Sports Medicine and Physical Fitness*. Online. <http://www.minervamedica.it>.
- Lundkvist, E., Gustafsson, H., Davis, P., & Hassmén, P. (2016). Workaholism, home–work/work–home interference, and exhaustion among sport coaches. *Journal of Clinical Sport Psychology*, 10, 222–236.
- Lynch, D.E., Smith, R., Provost, S.C., & Madden, J. (2016). Improving teaching capacity to increase student achievement: the key role of data interpretation by school leaders. *Journal of Educational Administration*, 54(5), 575-592.
- Martin, V.Y., Smith, L., Bowling, A.C., Christidis, L., Lloyd, D.J., & Pecl, G. (2016). Citizens as scientists: what influences public contributions to marine research? *Journal of Science Communication*, 38(4), 495-522.
- McLean, S. M., Booth, A., Gee, M., Salway, S., Cobb, M., Bhanbhro, S., & Nancarrow, S. A. (2016). Appointment reminder systems are effective but not optimal: results of a systematic review and evidence synthesis employing realist principles. *Patient Preference and Adherence*, 10, 479-499.
- Meedya, S., Fahy, K. M., & Parratt, J. A. (2016). The Milky Way educational and support programme: structure, content and strategies. *Women and Birth*. Online. doi: [10.1016/j.wombi.2016.01.006](https://doi.org/10.1016/j.wombi.2016.01.006)
- Moloney, G., Jedrzejczyk, C., & Hall, R (2016). Thémata et représentations sociales in Monaco, G. L., Delouvé, S., & Rateau, P. (Eds) *Les représentations sociales: Théories, méthodes et applications*: Bruxelles: De Boeck Supérieur.
- Moore, K., & Field, B. J. (2016). Enhancing clinical education in the private practice setting: a case study in osteopathy. *International Journal of Osteopathic Medicine*. Online. [10.1016/j.ijosm.2016.06.003](https://doi.org/10.1016/j.ijosm.2016.06.003)
- Moore, K., & Horstmanshof, L. (2016). Twelve tips for educating tomorrow's clinical educators today: a Proactive Approach to Clinical Education (PACE). *Focus on Health Professional Education*, 17(2), 58-69.
- Moore, K., & Vaughan, B. (2016). Assessment of Australian osteopathic learners' clinical competence during workplace learning. *International Journal of Osteopathic Medicine*, 19, 50-60.
- Moore, K., & Vaughan, B. (2016). Students today...educators tomorrow: could peer assessment support the transition? *The Clinical Teacher*. Online. 10.1111/tct.12569
- Moore, K., Vaughan, B., & Kleinbaum, A. (2016). Near-peer teaching in Osteopathy clinical education. *International Journal of Osteopathic Medicine*. Online.
- Morgan J, Coutts R. (2016). Measuring Peak Experience in Recreational Surfing. *Journal Of Sport Behavior*. 39(2), 202-217.
- Munn, J., Coutts R., Knopke, J., Grant, A & Bartlett E. (2016). The academic skill needs and Competency of first year health science students: Views of educators. *Journal of Academic Language and Learning*, 10(2), A32-A47.

- Myers, S. P., Mulder, A. M., Baker, D. G., Robinson, S. R., Rolfe, M. I., Brooks, L., & Fitton, J. H. (2016). Effects of fucoidan from *Fucus vesiculosus* in reducing symptoms of osteoarthritis: a randomized placebo-controlled. *Biologics: Targets and Therapy*, 2016, 81-88.
- Nancarrow, S., Banbury, A., Buckley, J. (2016). Mechanisms to enhance the effectiveness of allied health and social care assistants in community-based rehabilitation services: a qualitative study. *Health and Social Care in the Community*, 23(4):389-398.
- Nicholls, A. R., Levy, A. R., Jones, L., Meir, R. A., Radcliffe, J. N., & Perry, J. L. (2016). Committed relationships and enhanced threat levels: perceptions of coach behavior, the coach-athlete relationship, stress appraisals, and coping among athletes. *International Journal of Sport Science and Coaching*, 11(1), 16-26.
- Nicholson, J., Nancarrow, S., & Hudak, N. M. (2016). Commentaries on health services research. *Journal of the American Academy of Physician Assistants*, 29(5).
- Nieuwoudt, J. E., Zhou, S., Coutts, R., Booker, R., Yoxall, J., & Booker, S. (2016). Evaluating the reliability and validity of the proposed muscle dysmorphia criteria. *International Journal of Sport and Exercise Psychology*, 14(3), 195-209. doi: 10.1080/1612197X.2015.1016088
- Nilaweera, I., Rowe, H., Nguyen, H., Burns, J., Doran, F., & Fisher, J. (2016). Sri Lankan-born women who have given birth in Victoria: a survey of their primary postpartum health-care needs. *Australian Journal Of Primary Health*, 22(2), 133-139.
- Novak, A. R., Bennett, K. J., Stevens, C. J., Dascombe, B. J., & Fransen, J. (2016). *Development of a video-based task to assess decision-making ability in mountain bike athletes*. Poster presented to Exercise and Sports Science Australia Conference, Research to Practice 2016.
- O'Shea, R. P., Brini, S., & Wade, N. J. (2016). Ragona-Scinà's (1847) method for, and observations of, simultaneous color contrast. *i-Perception*, 7(2).
- Orrock, P. J. (2016). The patient experience of osteopathic healthcare. *Manual Therapy*, 22, 131-137.
- Parratt, J. A., Fahy, K. M., Hutchinson, M., Lohmann, G., Hastie, C. R., Chaseling, M. J., & O'Brien, K. (2016). Expert validation of a teamwork assessment rubric: a modified Delphi study. *Nurse Education Today*, 36, 77-85.
- Provost, S.C., Monk, P., Lynch, D., & Smith, R. (2016). Development of an instrument to measure 'readiness for teaching improvement'. In K. Sell, D. Lynch & T. Doe (Eds), *Leading school improvement: A focus on the work of the school leader*. London: Oxford Global Press.
- Rogers, J. M., Johnstone, S. J., Aminov, A., Donnelly, J., & Wilson, P. H. (2016). Test-retest reliability of a single-channel, wireless EEG system. *International Journal of Psychophysiology*, 106, 87-96.
- Rogerson, S., Meir, R. A., Crowley-McHattan, Z. J. D., McEwen, K., & Pastoors, R. (2016). A randomized controlled pilot trial investigating the impact of a workplace resilience program during a time of significant organizational change. *Journal of Occupational & Environmental Medicine*, 58(4), 329-334.

- Rose, L. M., Zask, A., & Burton, L. J. (2016). Psychometric properties of the Meaning in Life Questionnaire (MLQ) in a sample of Australian adolescents. *International Journal of Adolescence and Youth*. Online. doi: 10.1080/02673843.2015.1124791.
- Salehuddin, K., & Winskel, H. (2016). Developmental milestones, parenting styles and self-construal of caretakers from Malay, Chinese and Indian backgrounds in Malaysia. *Journal of Comparative Family Studies*, 47, (2), 147-167.
- Salehuddin, K. & Winskel, H. (2016). Penggunaan penjodoh bilangan melayu dalam interaksi orang dewasa dan kanak-kanak. In M.F. Jaffar, & I.S. Zainudin (Eds.), *Linguistik Terapan dalam Penyelidikan Bahasa*, pages 147-170. Mahkota Enterprise.
- Saxton, A., Fahy, K. M., & Hastie, C. (2016). Pronurture Plus at birth: a risk reduction strategy for preventing postpartum haemorrhage. *Women and Birth*, 29(3), 279-284.
- Scanlon, A., Cashin, A., Bryce, J., Kelly, J. G., & Buckely, T. (2016). The complexities of defining nurse practitioner scope of practice in the Australian context. *Collegian*, 23(1), 129-142.
- Sebbens, J., Hassmén, P., Crisp, D., & Wensley, K. (2016). Mental health in sport (MHS): Improving the early intervention knowledge and confidence of elite sport staff. *Frontiers in Psychology*, 7, 911. Online.
- Shahzad, M., Small, D., Morais, C., Wojcikowski, K.P., Shabbir, A., & Gobe, G. (2016) Protection against oxidative stress-induced apoptosis in kidney equilibrium by Angelica and Astragalus. *Journal of Ethnopharmacology*, 179, 412-419.
- Sharpe, E., Moloney, G., Sutherland, M., & Judd, A. (2016). The Power of an Immediate Donor Registration Opportunity: Translating Organ Donation Attitudes Into Registration Behavior. *Basic and Applied Social Psychology*, 1-11. doi: 10.1080/01973533.2016.1249792
- Smith, T., & Gilleard, W. L. (2016). Three-dimensional analysis of a lofted instep kick by male and female footballers. *European Journal of Sport Science*, 16(1), 57-64.
- Snow, M., & Donnelly, J. F. (2016). Factors mediating dysphoric moods and help seeking behaviour among Australian parents of children with autism. *Journal of Autism and Developmental Disorders*. 46(6), 1941-1952.
- Steele, J. R., Mickle, K. J., & Whitting, J. W. (2016a). Preventing Injuries Associated with Military Static-line Parachuting Landings. In A. Gefen & Y. Epstein (Eds.), *The Mechanobiology and Mechanophysiology of Military-Related Injuries* (pp. 37-68). Cham: Springer International Publishing.
- Stevens, C. J., Bennett, K. J., Sculley, D. V., Callister, R., Taylor, L., & Dascombe, B. J. (2016). A comparison of mixed-method cooling interventions on pre-loaded running performance in the heat. *Journal of Strength and Conditioning Research*. Online.
- Stevens, C.J. and Best, R. (2016). Menthol: A fresh ergogenic aid for athletic performance. *Sports Medicine*. Online. doi: 10.1007/s40279-016-0652-4

- Stevens, C. J., Kittel, A., Novak, A., & Dascombe, B. J. (2016). *How do elite road cyclists use resistance training?* Poster presented to Exercise and Sports Science Australia Conference, Research to Practice 2016.
- Stevens, C. J., Kittel, A., Sculley, D. V., Callister, R., Taylor, L., & Dascombe, B. J. (2016). Running performance in the heat is improved by similar magnitude with pre-exercise cold-water immersion and mid-exercise facial water spray. *Journal of Sports Sciences*. Online.
- Stevens, C., Novak, A., Taylor, L., Callister, R., & Dascombe, B. (2016). *Should endurance athletes competing in the heat focus on cooling before or during competition?* Oral Presentation. Exercise and Sports Science Australia Conference, Research to Practice 2016.
- Stevens, C., Taylor, L., & Dascombe, B. J. (2016). Cooling during exercise: an overlooked strategy for enhancing endurance performance in the heat. *Sports Medicine*. Online.
- Stevens, C. J., Thoseby, B., Sculley, D., Taylor, L., Callister, R., & Dascombe, B. J. (2016). Running performance and thermal sensation in the heat are improved with menthol mouth rinse but not ice slurry ingestion. *Scandinavian Journal of Medicine & Science in Sports*, 26(10), 1209-1216.
- Stevens, J.A., Dixon, J., Binns, A., Morgan, B., Richardson, J., & Egger, G. (2016). Shared medical appointments for Aboriginal and Torres Strait Islander men. *Australian Family Physician*, 45(6), 425-429.
- Thoseby, A., Stevens, C. J., Fransen, J., Taylor, L., & Dascombe, B. (2016). *The effects of hyperthermic conditions and mixed-method cooling on team sport exercise performance*. Poster presented to Exercise and Sports Science Australia Conference, Research to Practice 2016.
- Tindle, R., & Longstaff, M. G. (2016a). Fine motor movements while drawing during the encoding phase of a serial verbal recall task reduce working memory performance. *Acta psychologica*, 164, 96-102.
- Tindle, R., & Longstaff, M. G. (2016b). Investigating the lower level demands of writing: handwriting movements interfere with immediate verbal serial recall. *Journal of Cognitive Psychology*, 28(4), 443-461.
- Trollor, J. N., Eagleson, C., Turner, B., Solomon, C., Cashin, A., Iacono, T., . . . Lennox, N. (2016). Intellectual disability health content within nursing curriculum: An audit of what our future nurses are taught. *Nurse Education Today*, 45, 72-79.
- van de Mortel, T. F., Marr, K., Burmeister, E., Koppe, H., Ahern, C., Walsh, R., Tyler-Freer, S. & Ewald, D. (2016). Reducing avoidable admissions in rural community palliative care: a pilot study of care coordination by general practice registrars. *The Australian Journal of Rural Health*. Online.
- van de Mortel, T. F., Silberberg, P. L., Ahern, C. M., & Pit, S. W. (2016). Supporting near-peer teaching in general practice: a national survey. *BMC Medical Education*, 16.
- Vaughan, B., & Grace, S. (2016). Perception of peer physical examination in two Australian osteopathy programs. *Chiropractic & Manual Therapies*, 24.

- Vaughan, B., & Moore, K. (2016). The mini Clinical Evaluation Exercise (mini-CEX) in a pre-registration osteopathy program: exploring aspects of its validity. *International Journal of Osteopathic Medicine*, 19, 61-72.
- Vaughan, B., Moore, K., Macfarlane, C., & Grace, S. (2016) Australian osteopathy student perceptions of Interprofessional relationships. *International Journal of Osteopathic Education*.
<http://dx.doi.org/10.1016/j.ijosm.2016.06.004>
- Vrousgos, G. (2016). Lifestyle factors that can induce an independent and persistent low-grade systemic inflammatory response: a wholistic approach. *Open Medicine Journal*, 3, 34-48.
- White, B., Willmott, L., Cartwright, C., Parker, M. H., & Williams, G. (2016). The Knowledge and Practice of Doctors in Relation to the Law that Governs Withholding and Withdrawing Life-Sustaining Treatment from Adults Who Lack Capacity. *Journal of Law and Medicine*, 24, 356-370.
- White, B., Willmott, L., Cartwright, C., Parker, M. H., & Williams, G. (2016). Knowledge of the law about withholding or withdrawing life-sustaining treatment by intensivists and other specialists. *Critical Care and Resuscitation*, 18(2), 109-115.
- White, B. P., Willmott, L., Williams, G., Cartwright, C. M., & Parker, M. (2016). The role of law in decisions to withhold and withdraw life-sustaining treatment from adults who lack capacity: a cross-sectional study. *Journal of Medical Ethics*. Online.
- Whitting, J. W., Meir, R. A., Crowley-McHattan, Z., & Holding, R. C. (2016). Influence of footwear type on barbell back squat using 50, 70 and 90% of one repetition maximum: a biomechanical analysis. *The Journal of Strength and Conditioning Research*, 30(4), 893-1176.
- Willmott, L., White, B., Parker, M., Cartwright, C. and Williams, G. (2016). Is There a Role for Law in Medical Practice When Withholding and Withdrawing Life-Sustaining Medical Treatment? Empirical Findings on Attitudes of Doctors. *Journal of Law and Medicine*, 24, 342-355.
- Winkel, H., Jing zhou, Zhang Li, Gao Xiao Mei, Peart, E., & Booth, K. (2016). Challenges of foreign language learning in early childhood. In S. O'Neill, & H. van Rensburg (Eds.) *Global Language Policies and Local Educational Practices and Cultures* (pp. 142-156). Deep University Press.
- Winkel, H. (2016). Insights into reading processes through investigating diversity. *Australian Journal of Psychology*. Online. In press.
- Winkel, H., Ratitamkul, T., Brambley, V., Nagarachinda, T., & Tiencharoen, S. (2016). Decision-making and the framing effect in a foreign and native language. *Journal of Cognitive Psychology*, 28(4), 427-436.
- Winkel, H., Ratitamkul, T., & Charoensit, A. (2016). The role of tone and segmental information in visual-word recognition in Thai. *The Quarterly Journal of Experimental Psychology*. Online.
- Wohlmuth, H., Leach, D., McGrath, K., Gordon, L., Mouatt, P., De Voss, J. (2016) Is DNA Barcoding Using Universal Barcodes A Useful Test For Botanical Raw Materials, Extracts And Products? *Planta Medica* 82(05). March 2016 .

- Woods, A., Cashin, A., & Stockhausen, L. (2016). Communities of practice and the construction of the professional identities of nurse educators: a review of the literature. *Nurse Education Today*, 37, 164-169.
- Yeigh, D.A., Woolcott, G., Donnelly, J.F., Whannell, R., Snow, M.B., & Scott, A. (2016). Emotional literacy and pedagogical confidence in pre-service science and mathematics teachers. *The Australian Journal of Teacher Education*, 41(6), 107-121.
<http://dx.doi.org/10.14221/ajte.2016v41n6.7>
- Zhang, H. F., Tong, T. K., Qiu, W. F., Zhang, X., Zhou, S., Liu, Y., & He, Y. X. (2016). Comparable effects of high-intensity interval training and prolonged continuous exercise training on abdominal visceral fat reduction in obese young women. *Journal of Diabetes Research*. Online.
doi:10.1155/2017/5071740)
- Zhang, Y., Wang, Y.-Z., Huang, L.-P., Bai, B., Zhou, S., Yin, M.-M., Zhao, H., Zhou, X.-N. & Wang, H.-T. (2016). Aquatic therapy improves outcomes for subacute stroke patients by enhancing muscular strength of paretic lower limbs without increasing spasticity: a randomized controlled trial. *American Journal of Physical Medicine and Rehabilitation*, 95(11), 840-849.