SUCCESSFUL MENTAL HEALTH TARGETED CALL FOR RESEARCH GRANTS FOR FUNDING IN 2012

The information presented on this page is provided to the research community as advice about the outcomes of the competitive peer review process for this scheme.

In accordance with the Funding Agreement between the Commonwealth of Australia and the Institution in respect of NHMRC research funding schemes, the Institution must ensure that all relevant reporting requirements are met and that relevant approvals for the research are obtained and maintained for the duration of the Project.

NHMRC will contact researchers and their Research Administration Officers in relation to meeting requirements, including eligibility, before the commencement of funding. Funding will not commence until all relevant requirements have been met.

Chief Investigator A: Professor Helen Herrman  
Chief Investigators: Professor Cathy Humphrey, Professor Patrick McGorry, Dr Ida Kaplan, Dr Penelope Mitchell, A/Professor Carol Harvey, Ms Cathrine Mihalopoulos, A/Professor Susan Cotton, Dr Elise Davis, A/Professor Alasdair Vance  
Title: Improving mental health for young people in out-of-home care: providing participatory evidence-based mental health care across services  
Application ID: APP1046692  
Location: University of Melbourne  
Funding: $914,242  

Young people in out-of-home care have experienced traumas and adversities. They are highly vulnerable to mental ill-health and associated problems with relationships, education and meaningful activity. The project aims to deliver evidence-based mental health support and care across the health and community service system relevant to these young people in Victoria. The aim is to work in partnership to reduce the risks of mental ill-health and support more effective treatment and recovery.
Chief Investigator A: Associate Professor Susan Cotton
Chief Investigators: Professor Patrick McGorry, Professor Andrew Mackinnon, Professor Helen Herrman, Professor John Gleeson, Dr Leanne Hides, Dr Debra Foley
Title: Rates, patterns and predictors of long-term outcome in a treated first-episode psychosis cohort
Application ID: APP1045997
Location: University of Melbourne
Funding: $1,344,905

The long-term illness course and outcomes of patients treated for first episode psychosis are poorly understood especially in terms of important domains such as social and vocational functioning, physical health, and quality of life. This treated cohort study of a sample of 786 patients, 15 years after their first episode of psychosis will be one of the longest and largest conducted to date. Results of the study will inform clinical practice and policy development.

Chief Investigator A: Doctor Frances Kay-Lambkin
Chief Investigators: Professor Amanda Baker, Professor Maree Teesson, Professor Kathleen Brady, A/Professor Terry Lewin
Title: A randomised clinical trial of internet-based treatment for binge drinking and depression in young Australians
Application ID: APP1047063
Location: University of New South Wales
Funding: $909,585

This project focuses on a common clinical problem that causes substantial functional, economic and health impacts; comorbid depression and binge drinking. These conditions are under-treated and peak in young adulthood. This project offers a low cost, wide reach, youth-appropriate treatment, which will have profound implications for service design and health policy. It relates to current Commonwealth initiatives in e-health and e-Psychology.

Chief Investigator A: Professor Daniel Lubman
Chief Investigators: Professor Anthony Jorm, Professor Nicholas Allen, Dr Coralie Wilson, Dr Jenny Proimos
Title: Improving adolescent gate-keeping and help-seeking for risky drinking and depression: a cluster randomised controlled trial
Application ID: APP1047492
Location: Monash University
Funding: $632,350

Young people with mental health and substance use problems are reluctant to seek help. There is a significant gap in health promotion activities which specifically target help-seeking skills, particularly teaching friends to help friends to access treatment early. This project seeks to
demonstrate the efficacy of a school-based intervention that focuses on improving adolescent gate-keeping and help-seeking skills for risky drinking and depression, using a cluster randomised controlled design.

**Chief Investigator A:** Doctor Leanne Hides  
**Chief Investigators:** Professor David Kavanagh, A/Professor Jason Connor, Dr Mark Daglish, A/Professor Susan Cotton, A/Professor Jan Barendregt, A/Professor Katie Witkiewitz, Professor Ross Young, Dr Angela White  
**Title:** Brief telephone interventions for reducing future alcohol use and related harm in young people accessing emergency departments  
**Application ID:** APP1044046  
**Location:** Queensland University of Technology  
**Funding:** $702,461  
Nationally, 10,000 young Australians present to emergency departments with alcohol-related injuries and illnesses each month. Much of this adversity could be prevented if more young people had access to effective brief interventions (BIs) for alcohol use. Telephone-delivered BIs provide an innovative, youth friendly and accessible way of delivering treatment. This is the first clinical trial to compare the efficacy and cost-effectiveness of telephone-delivered BIs for reducing alcohol use and related harm in young people.

**Chief Investigator A:** Doctor Simon Wilksch  
**Chief Investigators:** Professor Tracey Wade, Professor Craig Taylor  
**Title:** Eating disorder prevention in young-adult women at risk: A randomised controlled trial of two online programs  
**Application ID:** APP1047196  
**Location:** The Flinders University of South Australia  
**Funding:** $254,904  
Disordered eating is experienced by 23% of young Australian women leading to a range of serious consequences. An online nation-wide study will evaluate the effectiveness of two promising prevention programs with women at high-risk of developing an eating disorder. This research will identify which program is of most benefit and inform whether that program can reduce the need for participants to access mental and physical health services.

**Chief Investigator A:** Professor Donna Cross
**Title:** A randomised controlled trial of a universal and targeted intervention to reduce mental health problems from bullying among school students

**Application ID:** APP1046086

**Location:** Edith Cowan University

**Funding:** $620,000

The serious effects of frequent bullying suffered by targets remains a major public health problem, with limited evidence to help school staff to successfully treat students who frequently bully others. This study is innovative as it involves students at a time of heightened risk of bullying and measures the additional contribution of comprehensive training and support to school staff, such as school psychologists who work with students who bully, to a whole school bullying prevention program.

**Chief Investigators:** A/Professor Marilyn Campbell, Professor Phillip Slee, Professor Ken Resnicow, Professor Christina Salmivalli, A/Professor Stacey Waters

**Title:** A randomised controlled trial of a telephone delivered social well-being and engaged living (SWEL) intervention for disengaged youth at risk of mental health and other adverse outcomes in urban and rural Australia

**Application ID:** APP1044507

**Location:** The University of Newcastle

**Funding:** $1,305,235

Adolescence is a period of rapid physical, emotional and social growth. Many young people lack the socio-emotional skills to negotiate the transition thorough adolescence, and are at risk of disengaging from education, family and community. This is the first clinical trial to investigate the efficacy of a telephone delivered intervention for increasing social engagement, emotional health and well-being of disengaged rural and urban youth.

**Chief Investigator A:** Doctor Helen Stain

**Title:** Mental Health First Aid Training for Parents of Teenagers: a Randomized Controlled Trial

**Application ID:** APP1042772

**Location:** University of Melbourne

**Funding:** $1,638,775
Adolescence is a life period where mental disorders often have first onset. However, adolescents may not have the knowledge or life experience to take effective action if they affected by a mental health problem. Adolescents often turn to parents for support and advice if they develop a mental health problem. The aim of this project is to see whether parents who are trained in Mental Health First Aid respond more appropriately if their teenager develops a mental health problem.

**Chief Investigator A:** Professor Richard Bryant  
**Chief Investigators:** Ms Nola Whyman, Associate Professor Zachary Steel, Doctor Robert Brooks  
**Title:** Enhancing Adolescent Mental Health in Indigenous Australians  
**Application ID:** APP1047950  
**Location:** University of New South Wales  
**Funding:** $1,549,875  
Adolescent indigenous Australians suffer much higher rates of psychological disorder than other Australians. At present we have no evidence for any programs that reduce the risk of suicide, depression, or posttraumatic stress disorder in this population. This project will provide the first evidence of the efficacy of a indigenously-adapted form of cognitive behaviour therapy aimed to treat anxiety, depression, substance abuse, and hopelessness in Australian Aborigines.

**Chief Investigator A:** Professor Maree Teesson  
**Chief Investigators:** Professor Gavin Andrew, Dr Nicola Newton, Dr Timothy Slade, Dr Catherine Chapman  
**Title:** Internet-based universal prevention for anxiety, depression and substance use in young Australians  
**Application ID:** APP1047291  
**Location:** University of New South Wales  
**Funding:** $1,709,987  
Anxiety, depressive and substance use disorders account for three quarters of the disability attributed to mental disorders. Yet we have few models of well-implemented prevention programs for these common disorders. The current proposal addresses this gap by evaluating an innovative internet-based approach to preventing mental health and substance use problems in Australian adolescents.

**Chief Investigator A:** Associate Professor G. Paul Amminger  
**Chief Investigators:** Professor Patrick McGorry, Professor Ian Hickie, Professor Alison Yung, Professor Andrew Mackinnon, Professor Michael Berk Dr Christopher Davey, Dr Daniel Hermens  
**Title:** The Fish Oil Youth Depression Study: A randomised, double blind, placebo-controlled treatment trial
Long-chain omega-3 fatty acids (‘fish oil’) can reduce symptoms of depression. This, and the fact that they do not cause major side effects and are considered health beneficial, makes them an ideal candidate for early and preventive treatment. Through a controlled trial in tandem with a comprehensive basic research program, we aim to establish long-chain omega-3 fatty acids as first-line treatment for indicated prevention of severe mood disorders and as an alternative to antidepressant medication in adolescents.

Chief Investigator A: Professor Ronald Rapee
Chief Investigators: Professor Donna Cross, Associate Professor Caroline Hunt, Associate Professor Kay Bussey, Associate Professor Jennifer Hudson, Ms Cathrine Mihalopoulos, Associate Professor Clare Roberts, Associate Professor Nickolai Titov.
Title: Reducing peer victimisation in Australian schools through targeted and universal approaches
Application ID: APP1047185
Location: Macquarie University
Funding: $990,114
Peer victimisation is a significant problem for young people in Australia and can lead to devastating long-term consequences including poor self esteem, depression and suicide. The current project aims to identify the most cost effective methods to reduce peer victimisation in schools. This will combine programs applied across the whole school with a more targeted program building resilience in vulnerable children. The results will have important implications for anti-bullying policies in schools.