

2023

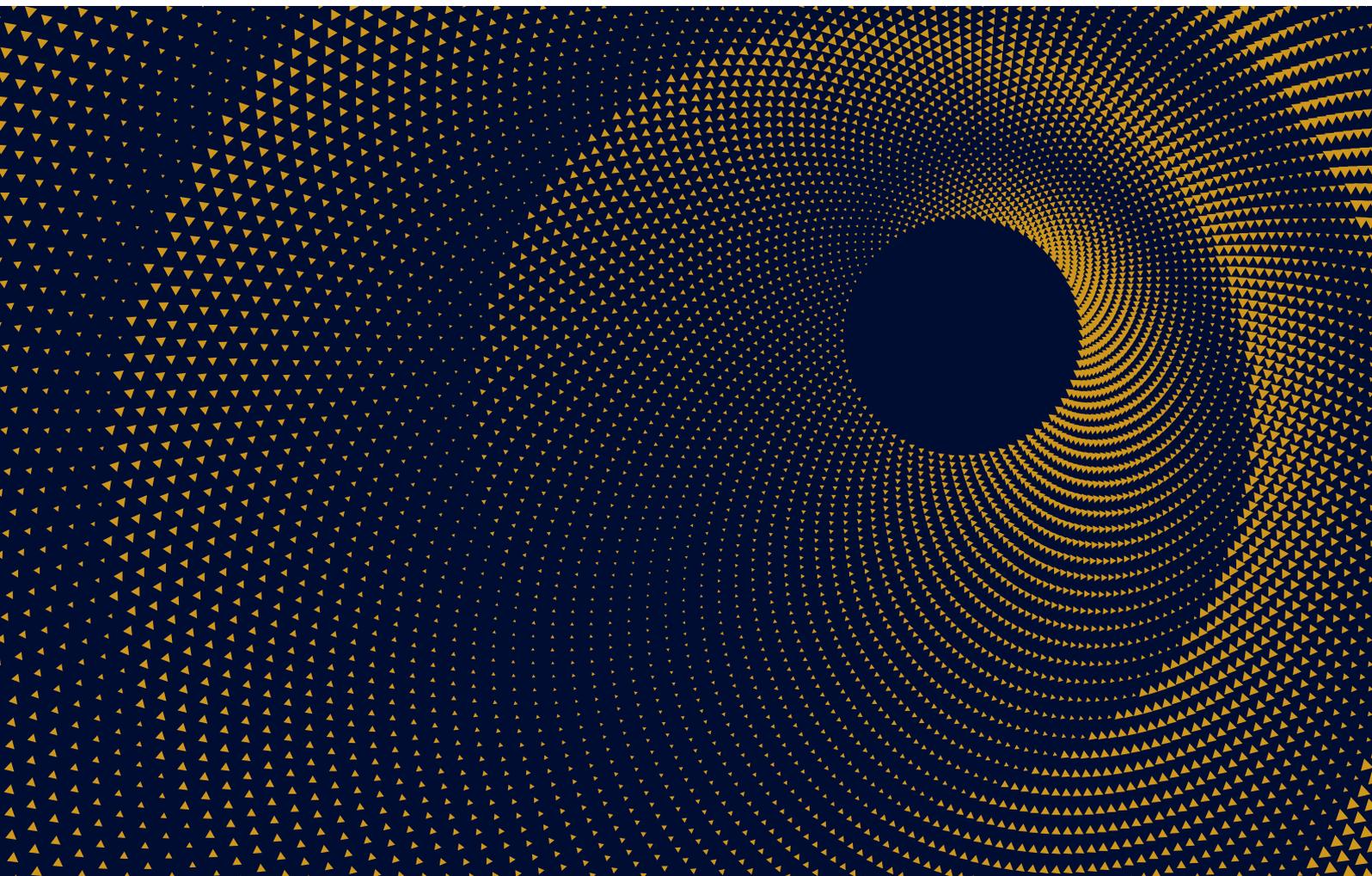
Annual Review



RANZCP
Foundation

Transforming mental health care,
creating a world of potential

The impact
of your giving



Acknowledgements

Acknowledgement of Country

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) acknowledge Aboriginal and Torres Strait Islander Peoples as the First Nations and the Traditional Owners and Custodians of the lands and waters now known as Australia, and Māori as tangata whenua in Aotearoa, also known as New Zealand.

We recognise and value the traditional knowledge held by Aboriginal and Torres Strait Islander Peoples and Māori.

We honour and respect the Elders past and present, who weave their wisdom into all realms of life — spiritual, cultural, social, emotional, and physical.

Acknowledgement of Lived Experience

We recognise those with lived and living experience of a mental health condition, including community members and College members. We affirm their ongoing contribution to the improvement of mental healthcare for all people.

Our vision

Transforming mental health care, creating a world of potential.

Our mission

By promoting research and fostering innovation and partnerships, we build knowledge and skills. We support individuals, families and their communities to achieve and maintain mental health and wellbeing throughout the lifespan.

2023 was an exciting year for the RANZCP Foundation, and we awarded \$275,000 in funding to twelve exciting new projects.

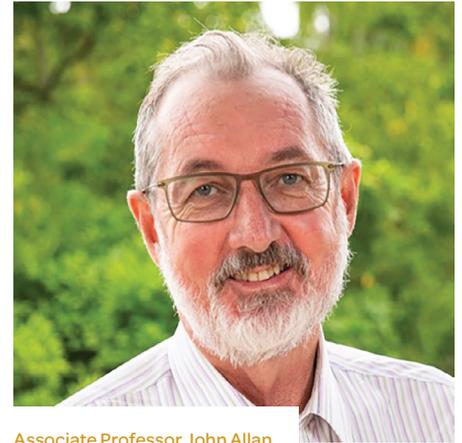
As this report illustrates, we are significantly expanding the reach and scope of our support to young researchers and the development of our profession.

We were delighted to launch the Barnett Early Parenting Research and Collaboration Grant which was awarded to Dr Izaak Lim for his project “The role of fathers in the development of childhood anxiety.”

The Foundation ran a highly successful masterclass on anxiety disorders, which was a significant fundraiser. We sincerely thank Professor Vlasios Brakoulias, Professor Caroline Hunt, Professor Vladan Starcevic and Professor David Castle for generously sharing their expertise.

We are extremely grateful for your continued commitment and generosity. We hope this annual review inspires you and that you will join us in the year ahead to help transform mental health care and create a world of potential.

Thank you again for your wonderful support.



Associate Professor John Allan
Chair, RANZCP Foundation
Committee



Dr Elizabeth Moore
President

Your support is driving change

Established in 2019, the RANZCP Foundation is the charity of the Royal Australian and New Zealand College of Psychiatrists (RANZCP).

Thank you for your generosity

Thanks to you, we have been able to support a wide range of initiatives that benefit our members, and the wider community.

We are very grateful to our major supporters including Dr Alagappa Arumugam AM and Dr Banu Arumugam, Dr Bryanne Barnett AM, the Peter and Elizabeth Moore Foundation, and Dr Roth Trisno and family.

Your Impact

\$275,000

awarded to RANZCP members and projects (1)

12

Research projects and special initiatives

44

grant applications received

27%

grants success rate

Your Gifts

\$193,843

Fundraising income (2)

199

donations

100%

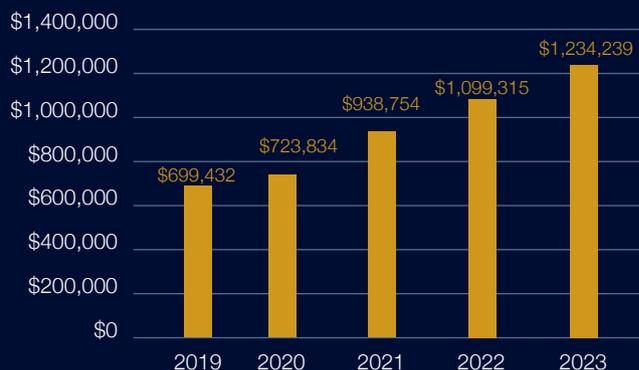
of donations applied to mission

\$1,234,239

balance of Foundation funds as of 31 December 2023

The balance of Foundation funds supports the future funding and ongoing sustainability of the RANZCP Foundation sponsored grants and awards. (3)

Five Year Growth



Footnotes

1. All figures are stated in AUD\$. Total grants awarded of \$275,000 will be paid over the next three years.
2. Fundraising income includes \$61,239 Foundation Masterclass registration fees and \$21,507 in bank interest.
3. The balance of Foundation funds includes the Kinsman Family Bequest Fund.

Ensuring children have the best start in life

Dr Bryanne Barnett AM created the Barnett Early Parenting Research and Collaboration Grant to support longitudinal research that measures outcomes in early parenting that can lead to changes to ensure that children have the best start in life.

“All my life I have been interested in what makes some families and relationships happy and thriving while others suffer, and what would help. I learned a lot from what worked or didn’t when I tried to help younger children at school, then fellow students at university and young registrars when I was Senior Registrar or a Unit Director. I am still learning, and I want to support promising research, interventions and our many dedicated colleagues to make advances in this area.”

- Dr Bryanne Barnett AM

The role of fathers in the development of childhood anxiety

Dr Izaak Lim was awarded the Barnett Early Parenting Research and Collaboration Grant.

His project will investigate the unique role fathers play in their children’s lives. There has been less research looking at the important impact of fathers on child

development and wellbeing compared to research looking at mothers. From the existing research, it seems that fathers have a different way of parenting and interacting with their children that helps children explore their environment and take risks. It also seems that when mothers have a mental illness, fathers have an important influence on how the family functions and how children develop.

The study has three main aims:

- to better understand the connection between fathers’ mental health and trauma history to children’s anxiety
- to better understand how parenting and father-child relationship factors influence this connection
- to better understand how father and family relationship factors influence the connection between mothers’ mental health and children’s anxiety.

The research will be undertaken as a new nested study of fathers within the Mercy Pregnancy Emotional Wellbeing Study (MPEWS) and will focus on the early identification of modifiable risk and protective factors associated with childhood anxiety disorders.

“If we find that paternal emotional disorders in early life predict the development of anxiety disorders in middle childhood, this may change our approach to perinatal and early in life mental health services, to ensure that fathers’ mental health is more actively considered in assessment and

treatment. Similarly, if we find that the quality of the father-child relationship confers some protection against the development of childhood anxiety, this may stimulate infant and early childhood mental health services to develop more father-inclusive (indeed, father-engaging) models of care, noting that fathers are largely absent when it comes to perinatal, infant and early child mental health treatment settings.”



Dr Izaak Lim

Whanaungatanga - Building relationships and connection

Te Aka Hou Wānanga September 2023



Whanaungatanga 1. (noun) relationship, kinship, sense of family connection - a relationship through shared experiences and working together which provides people with a sense of belonging. It develops as a result of kinship rights and obligations, which also serve to strengthen each member of the kin group. It also extends to others to whom one develops a close familial, friendship or reciprocal relationship.

Te Aka Hou is the group of junior Māori doctors who are psychiatry trainees or aspiring to do psychiatry. The name was gifted by Kaumatua Moe Milne and when translated means “the new shoot”. Te Akaaka Roa (the long vine) is the Senior Māori Psychiatrists group.

Wānanga is to meet to share tribal knowledge, lore, learning.

The inaugural wānanga, in 2004, was born out of the concerns expressed by Māori doctors who described challenges during their psychiatric training and the associated feelings of isolation and disconnection from their whānau (families), iwi (tribal affiliations), communities and Māoritanga (Māori culture). They also had questions about how they

would manage an increasing expectation of cultural service alongside busy clinical responsibilities. Since then, wānanga have focused on mentorship, supportive connections (whakawhanaungatanga) and conversations about contemporary Māori mental health processes.

In September 2023, the RANZCP Foundation supported a two-day wānanga at the Hinemoa Point Marae, Rotorua. There were twelve attendees and having a safe space to learn, grow and be as Māori doctors was well received. They described the two days as “joyful”.

The RANZCP Foundation is proud to continue to support the annual wānanga.

“At this juncture, it is evident that a more focused attention on Māori research and indigenous innovation cannot be fully realized until the wānanga has established a fully cohesive and connected group of people. Moving from the space of individualism in the Western training model to communing and speaking collectively across generational groups (Māori world) requires a cognitive and emotional shift for people. This wānanga highlighted some essential ingredients to achieve that e.g a safe space with time to talk and reflect, listening and working collaboratively with each other and allowing the wairua (spirit) of being Māori to flow.”

- Dr Matira Taikato

Supporting the next generation of researchers

The Trisno family have made enormous contributions to psychiatric research. The Trisno Family Research Grant in Old Age Psychiatry was created in 2016 to support research into the prevention, diagnosis, management and care strategies for mental health conditions in older people.

In 2022, the Trisno family expanded their support to create the Trisno Family PhD Research Scholarship to encourage RANZCP members to pursue PhD research in psychiatry. The inaugural recipient was Dr Malcolm Forbes. The scholarship will be awarded every two years.



Dr Malcolm Forbes

The Trisno Family PhD Research Scholarship

Dr Malcom Forbes is a Consultant Psychiatrist at Barwon Health and a medical researcher.

PhD project: The role of biomarkers in late-life depression: Data analysis of the Aspirin for the Prevention of Depression in the Elderly (ASPREE) study

There are 703 million adults over the age of 65 globally. This number is predicted to rise to 1.5 billion by 2050. Up to one-third of elderly adults experience a mental disorder over the course of a year, and major depressive disorder is one of the most prevalent disorders and a leading cause of disability. Due to the difficulty in understanding the aetiology of the many forms of depression, along with untargeted treatments, treatment resistance remains common. Better understanding of biomarkers can assist in the identification of endophenotypes of depression affecting the elderly and foster the implementation of personalised and precision psychiatry.

The project examines the role of cytokines in the development of late-life depression by analysing data from the ASPirin in Reducing Events in the Elderly (ASPREE) study – to assess the primary hypotheses that high levels of putative biomarkers (tumor-necrosis factor alpha, interleukin 6, c-reactive protein, interleukin 1 beta, vascular endothelial growth factor 15) in plasma will be associated with increased risk of late-life depression.

“I am enormously grateful for the generosity of Dr Trisno and the Trisno family in supporting this important work. Older Australians have the highest suicide rate in Australia and work to better understand late-life depression is essential to help develop new treatments and preventive approaches.”

The Trisno Family Research Grant in Old Age Psychiatry

2022 Dr Zoe Cousins - Exploring care of persons with dementia and significant violence risk in Victoria: A Delphi study.

2021 Dr Malcolm Forbes – The role of biomarkers in late-life depression: Examining inflammation and depression in older patients with the APREE trial.

2020 Dr Vivek Phutane - A patient and care friendly tool to assess frailty.

2018 Dr Nurrul Binti Johari - Successful ageing from New Zealand laypersons' perspective: Defining successful ageing in New Zealand.

2016 Dr Elaine Kwan – Memory and concentration in dialysis patients.

2016 Dr Dhamidhu Eratne – Biomarkers in young onset neurocognitive disorders.

The Beverley Raphael New Investigator Grant

Helping others reach their full potential

Professor Beverley Raphael AM FASSA was an inspirational and pioneering psychiatrist who changed many lives and career paths, and uniquely deepened and broadened our field of psychiatry. This grant is named to honour her extraordinary achievements and is designed to encourage those who are new to research.

Beverley came from humble beginnings. In the early 1950s she was one of very few women to enter medicine, and even fewer from a remote country high school. Beverley went on to have a truly remarkable career and made lasting contributions to the fields of trauma and

bereavement, prevention, women's mental health, child and adolescent mental health, and Indigenous mental health. She headed four university departments and served as President of the RANZCP, and Director of the Centre for Mental Health for NSW.

Beverley was an incredible mentor, helping many people find self-belief and reach their full potential. She knew that people can doubt themselves and have internal as well as external barriers to overcome and, with sincerity and skill, she fanned the embers of self-belief to build a generation of clinicians, researchers and leaders.



Beverley Raphael was a truly great Australian who made a unique and lasting contribution to the lives of countless people and to her field.

(Based on her obituary by Professor Patrick McGorry AO).

The Beverley Raphael New Investigator Grant was awarded to five new researchers in 2023.

Psilocybin, psychiatric care and physiotherapy for Functional Neurological Disorder



Dr Chiranth Bhagavan

Dr Bhagavan is a RANZCP Fellow and a PhD Student at The University of Melbourne.

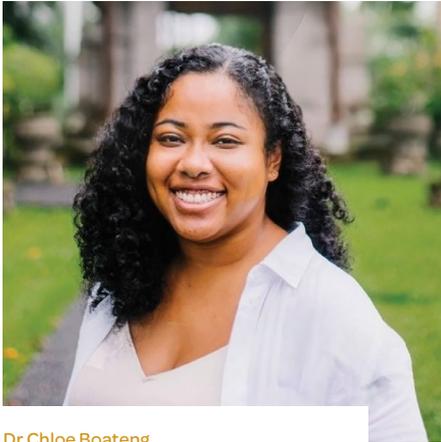
FND is a disabling illness associated with profound disability. Individuals with FND have neurological symptoms without directly related abnormalities in brain structure. Instead, it is thought that these symptoms arise from abnormalities with how the brain functions, including how the brain and body send and receive signals. Despite available treatments, these altered functional brain processes are often resistant to change, and many suffer long-term disability. In these individuals, psychedelic-assisted therapy may help reorganise these functional processes to enable symptom resolution and improve care and recovery. This study will assess the safety and potential efficacy of psilocybin assisted psychiatric care and

specialist physiotherapy in refractory motor FND. This project will involve analysing brain functional magnetic resonance imaging (fMRI) in these individuals before and after their intervention. This will enable a deeper understanding of the neuroscientific mechanisms involved in FND and biomarkers mediating potential therapeutic outcomes following this treatment.

“I am incredibly grateful for the support and recognition from the RANZCP Foundation towards this meaningful research.”

Project: Pilot study of Psilocybin-assisted Psychiatric care and specialist Physiotherapy refractory motor Functional Neurological Disorder (FND).

Researching why young people fall through the gaps after emergency mental health care



Dr Chloe Boateng

Dr Boateng is a RANZCP trainee and child and adolescent psychiatry advanced trainee at NSW Health, Southwestern Sydney Local Health District.

Mental health presentations of children and adolescents to Emergency Departments have surged and care pathways for young people with mental health issues are precarious. Preliminary research indicates that young people often don't receive timely post Emergency Department presentation follow up and are at risk of falling through the gaps.

This mixed method project aims to examine the reasons why young people are not followed up in the community. The study assesses whether transfer of care pathways from the ED to community mental health are accessible and equitable by examining the sociodemographic and clinical characteristics of those who were not followed up. We will also investigate

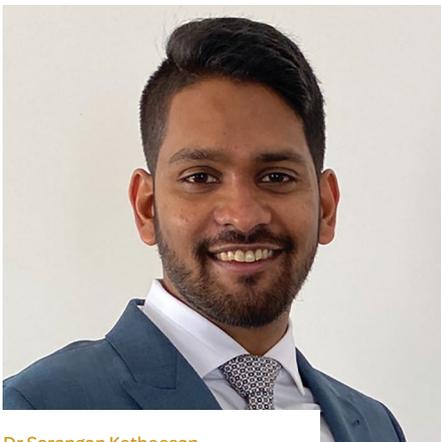
consumers' perspectives on care pathways and engagement with emergency mental health services.

This research is expected to inform modifications for enhanced accessibility, equity, and integration of mental health services.

“We aim to examine the reasons why young people who present to the ED in crisis fall through the gaps. We are determining whether care pathways are accessible and equitable by examining sociodemographic and clinical characteristics of young people who fall through the gaps.”

Project: LinkED: Exploring reasons why children and adolescents accessing emergency mental health services fall through the gaps in follow up and how this can be addressed.

Veterans with PTSD: Stress, Allostatic Load and Substance Use



Dr Sarangan Ketheesan

Dr Ketheesan is a RANZCP trainee at The Royal Brisbane and Women's Hospital.

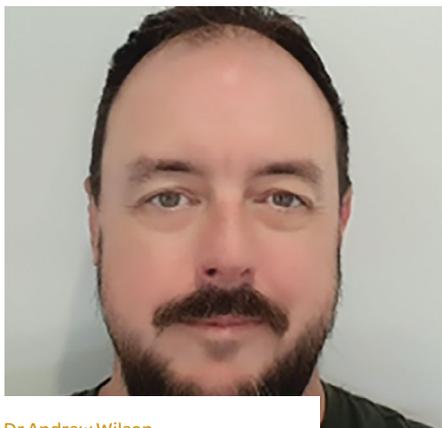
Allostatic Load (AL) can be conceptualised as the cumulative “wear and tear” exerted on the body as a result of repeated stressors. AL can be measured through a composite index of biomarker measurements. Early measurement of AL can lead to the nuanced prediction of adverse health outcomes. This project aims to measure AL in combat-exposed Vietnam Veterans, a subset of whom have developed Post-Traumatic Stress Disorder (PTSD) with a second group having not developed PTSD. The project will utilise data that has been collected by the Gallipoli Medical Research Foundation in their Vietnam Veteran Study. Statistical techniques will be utilised to calculate AL in both PTSD and non-PTSD groups, to examine increased AL

as a risk factor for PTSD and health risk behaviours such as substance use.

“I am extremely grateful to have been offered the Beverley Raphael New Investigator Grant. The grant will enable me to conduct a project which aims to benefit the lives of Australian Veterans and their families; distinguished members of our society who are all too often faced by the challenges posed by posttraumatic stress disorder.”

Project: Stress, Allostatic Load and Substance Use in Defence Force Veterans with Post-Traumatic Stress Disorder (PTSD).

Exploring why involuntary psychiatric treatment is increasing



Dr Andrew Wilson

Dr Wilson is a RANZCP trainee and psychiatric registrar at Gold Coast Mental Health and Specialist service.

In 2006, Queensland revised its mental health legislation to align with the UN Convention on the Rights of Persons with Disabilities and implemented the Human Rights Act in 2019. However, it has been found that despite reforms intended to minimise coercion and enhance patient autonomy, the prevalence of compulsory treatment orders has increased.

This project will identify the reasons behind this unintended consequence and recommend strategies to implement evidence-informed alternatives to coercion in Queensland mental health services.

Furthermore, this project will aim to explore the opinions and attitudes of the legal profession through two separate focus groups including Tribunal legal members and Legal representatives (Legal Aid QLD and independent lawyers) for their opinion on the reasons for high rates of compulsory treatment, impediments to the use of voluntary treatment and their recommendations to align Queensland mental health services with human rights based practice in mental health services.

“Special thanks for the research grant which will help me towards my first publication.”

Project: Exploring the reasons behind increasing involuntary psychiatric treatment in Queensland: exploring the perspectives of the legal profession through focus groups.

Studying intergenerational conflict in Chinese families



Dr Richard Yu

Dr Yu is a RANZCP trainee and psychiatry registrar at Northern Health, Victoria.

International literature indicates that intergenerational conflicts are particularly prevalent in immigrant families and are correlated with individual mental distress. There is no existing research on this subject in Chinese New Zealanders, who comprise close to five percent of the total population. This study aims to explore Chinese New Zealanders' experience with intergenerational conflicts, how their mental health may have been affected by them, and how they coped with them. The role of cultural values will be examined. Chinese mental health service users and their family members will be recruited from Te Whatu Ora Te Toka Tumai Auckland's community mental health clinics and a primary care clinic. Qualitative data will be collected through a single semi-structured interview of about 60 minutes. The interview data will

be transcribed and thematically analysed and reported using the Braun & Clarke (2022) framework for the analysis of qualitative data.

“I am passionate about research in psychiatry, and in particular, the mental health of minorities and immigrants. I regularly encounter patients from immigrant Asian/Chinese backgrounds. The bio-psycho-socialetiologies of their psychiatric illnesses are often intimately linked to their socio-cultural background. Research into these groups' subject experiences will help clinicians effectively build therapeutic relationships and inform best-practice management.”

Project: Intergenerational Conflict in immigrant Chinese families in New Zealand: A Qualitative Study of Mental Health Service Users.

Early Research Career Grants

The Early Research Career Grants are designed to encourage innovative research in psychiatry and to encourage those who might be new to research or intend to have a career in research, by providing up to A\$10,000 in funding.

Electroconvulsive therapy and neuronal injury



Dr Matthew Kang

Dr Kang is a RANZCP Fellow, PhD candidate, clinical tutor at the Department of Psychiatry at the University of Melbourne and a psychiatrist at the Royal Melbourne Hospital.

Electroconvulsive therapy (ECT) is an effective treatment for major depression and other mental illnesses; however, its neurobiological effects are yet to be understood.

Developments in ultrasensitive blood test techniques have allowed us to measure small fragments of brain proteins in the blood. Neurofilament light chain (NfL) and glial fibrillary acidic protein (GFAP) are two proteins found in the brain and are markers of brain injury and inflammation.

This project, as part of the MiND Study (<https://themindstudy.org/>) will analyse serial blood samples of NfL and GFAP in people undergoing ECT for major depression and compare this to treatment response and side effects of ECT, including cognition.

“I’m very grateful for the RANZCP Foundation’s support in funding my PhD project. It motivates me to see the project through, and ultimately help future consumers, carers and clinicians have access to a widely available blood test that can aid diagnosis and care.”

Project: The effect of electroconvulsive therapy on blood-based biomarkers of glial activity and neuronal injury.

Early Research Career Grants

Trans, Gender Diverse and Non-Binary healthcare education for medical undergraduates



Dr Zoe Kristensen

Dr Kristensen is a RANZCP Fellow and psychiatrist at the University of Auckland

It is estimated that up to 4.5% of adults and 8.4% of children and adolescents worldwide identify as TGDNB. Population studies worldwide have repeatedly shown that TGDNB people have poorer physical and mental health and are less likely to access healthcare services than the general population. This is in part due to TGDNB individuals experiencing significant provider-side barriers in accessing healthcare, including discrimination, refusal to provide care, and diagnostic overshadowing. Healthcare settings are often perceived as unsafe, as a result.

Medical schools in Aotearoa New Zealand do not currently provide compulsory and specific education about TGDNB people and their healthcare. Most medical graduates receive no such education. Studies suggest that only around 10% of medical graduates report feeling confident about providing healthcare to TGDNB individuals.

This project seeks to develop a national curriculum standard about TGDNB people and their healthcare for medical undergraduates in New Zealand.

The project will consist of:

- A scoping review of TGDNB undergraduate healthcare education.
- Establishing recommendations for a curriculum standard through expert consensus (including clinical experts, those with lived experience, community expertise, and clinical educators) via a modified Delphi process.
- Developing a series of teaching resources.
- Comparing these teaching resources to the “program as usual” to test their efficacy.

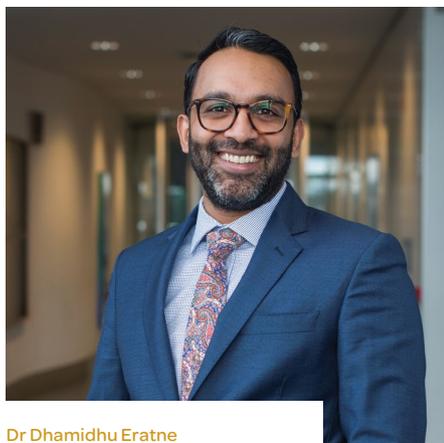
“We first identified this as an important piece of work which needed to be undertaken over a decade ago. I am passionate about this project and its intentions and firmly believe it has the potential to address TGDNB health inequalities in the long-term. We are incredibly grateful to the RANZCP. Receiving this funding will enable us to take an approach which is more rigorous, broader, and more intersectionality aware.”

Project: Incorporating specific education on Transgender, Gender Diverse and Non-Binary (TGDNB) Healthcare into Auckland Medical School Curriculum.

Catalyst Grant

Catalyst Grants provide seed funding for researchers to develop new projects and proposals and are designed to enable researchers to upscale their projects and apply for further competitive funding.

Fast tracking brain health blood tests



Dr Dhamidhu Eratne

Dr Eratne is a RANZCP Fellow and neuropsychiatrist at The Royal Melbourne Hospital. He is also a PhD Student and Honorary Fellow at The University of Melbourne.

Identifying the underlying aetiology of psychiatric, neurological and cognitive symptoms in patients is a common diagnostic dilemma.

With consumer/carer co-design, this study aims to identify factors that influence brain blood biomarker test results and will support larger studies for clinical implementation in community settings of simple blood tests for diagnosing and reducing risk of a diverse range of psychiatric, cognitive, neurological symptoms and conditions.

Blood samples will be analysed from patients from diverse clinical settings, to investigate influence of diagnosis, phase of illness, different pre-analytical and laboratory techniques, age, weight, and sex, on biomarker levels.

This crucial work, to fill in gaps in our knowledge and to improve understanding of brain blood biomarkers in under-researched diverse conditions and settings, ultimately aims for wide, routine, equitable clinical translation: a simple blood test to improve diagnosis and care for all people with symptoms and illnesses of the brain and mind.

“This is the first study of its kind to investigate the feasibility, acceptability, and potential utility of neurofilament light (NfL) in routine hospital pathology services and acute primary psychiatric settings. There is huge scope for expansion, and the ultimate aim is that this research can translate to tangible clinical outcomes: availability of plasma NfL as an accredited clinically available diagnostic test of significant utility to psychiatrists across Australia.”

Project MiND the Gap: fast tracking implementation of brain health and dementia diagnosis and risk prediction blood tests in Australia.

Supporting 25 years of research into post-natal depression

The Pat, Toni and Peter Kinsman Research Scholarship, supported by a bequest from the Kinsman family, supports and encourages research into post-natal depression in women in Australia and Aotearoa New Zealand.

The College and RANZCP Foundation is delighted to have stewarded this award for more than 25 years and see the impact it has made. The \$50,000 scholarship is awarded every second year.

Scholarship recipients

2022	Dr Katherine Sevar, Dr Stuart Watson, Dr Carol Kaplanian and Prof. Helen Ball
2020	A/Prof. Yoram Barak, Prof. Paul Glue, Dr Christopher Gale and A/Prof. Natalie Medlicott
2018	Dr Beth Mah, A/Prof. Kym Rae, A/Prof. Maree Gruppetta and Ms Lisa Orcher
2016	Dr Josephine Power, Dr Jean-Loup Rault and Prof. Michael Permezel
2014	Prof. Harvey Whiteford
2011	Prof. Rhoshel Lenroot
2009	Prof. Louise Newman
2007	Dr Megan Galbally
2005	Dr Susan Priest and A/Prof. Marie-Paule Austin
2003	A/Prof. Anne Buist, Prof. Jeannette Milgrom and Prof. Carol Morse
2001	Prof. Philip Boyce
1998	Prof. Chris Tennant and Dr Catherine McMahon

“I was fortunate enough to be one of the early recipients of the Pat, Toni and Peter Kinsman Research Scholarship. When I received it, I was already firmly along the academic path and had decided perinatal was going to be my area of specialty, so a fund targeting this was a godsend.

My link with Professor Jeannette Milgrom who was an associate investigator on the study, evaluating Models of Care in perinatal depression, proved to be a long one—the latest, a very large competitive grant on which she is chief investigator is in many ways an extension of that earlier grant, pulling together all of the knowledge and improvement in knowledge and health care to help women and their families access the best care, in order to improve outcomes.

The Kinsman grant also came at a time that helped increase my credibility— I was in the process of convincing a range of professors to trust me in convincing Jeff Kennett and Beyond Blue to give me four million dollars to evaluate screening. Not only did we get it, the findings had bipartisan acceptance and now screening antenatally and postnatally for emotional mental health issues is routine.”

- Professor Anne Buist, 2003 recipient

“The scholarship supported my PhD study into perinatal depression in women from culturally and linguistically diverse (CALD) backgrounds, disentangling the interrelated issues of migration, acculturation, and cultural and familial expectations of women during pregnancy and parenthood.

The grant meant we could employ a research coordinator to recruit pregnant women from the Indian subcontinent, the largest group of migrants in Australia, into the longitudinal Mercy Pregnancy and Emotional Wellbeing Study (MPEWS). There were already 990 Australian-born and CALD women enrolled in MPEWS, and using a harmonised research protocol, we can analyse results across multiple groups.

The women we have recruited have been as interested and passionate about the research as we are, and we are enormously grateful for their involvement and commitment.”

- Dr Katherine Sevar, 2022 recipient

The RANZCP Psychotherapy Research Award

Transforming the Journey Together



Dr Setareh Hakimi



Dr Kelsey Josling

Dr Hakimi and Dr Josling are RANZCP trainees at Royal North Shore Hospital, NSW.

Junior doctors have high rates of burnout, and projects such as this are vital to advancing psychiatry trainee wellbeing and safety (1).

This study builds upon the Transforming the Journey Together (TTJT) research project. The TTJT started in 2019 and investigates the experience of psychiatry trainees attending the Formal Education Course at the Brain and Mind Centre, NSW. The first round of the study found increased anxiety and exhaustion in trainees generally and particularly for carers. Despite this, trainees also demonstrated high resilience.

This project will add Health Modified Adult Attachment Interviews (HMAAIs) to the TTJT project to help understand the factors that support wellbeing and the challenges experienced by trainees. Interview probes will enquire about the story of the training experience overall and what/who helps or hinders that experience, traumatic experiences in the form of bullying and harassment in the workplace, and experiences specific to caring responsibilities.

Dr Setareh Hakimi will focus on the experience of bullying and harassment and Dr Kelsey Josling will examine the

experience of psychiatry trainees as carers. The study is a Scholarly Project as part of the RANZCP Fellowship Training Program. The project uses a co-designed, co-participant, grounded theory and “mixed method” methodology

“We hope to better understand the challenges facing psychiatry trainees and their resilience and how these inform their wellbeing, as well as how these outcomes are influenced by coping shaped in early life experiences and current relational life. This will be invaluable in developing personal and systemic interventions to promote the wellbeing of psychiatry trainees.”

Project Transforming the Journey Together: Exploring the experience of psychiatry trainees using modified Adult Attachment Interviews (AAIs)

(1) Position Statement 48 - *Safety and wellbeing of psychiatrists and those in psychiatry training* highlights the critical importance of the safety and wellbeing of psychiatrists and those in psychiatry training for competent and safe psychiatry practice.

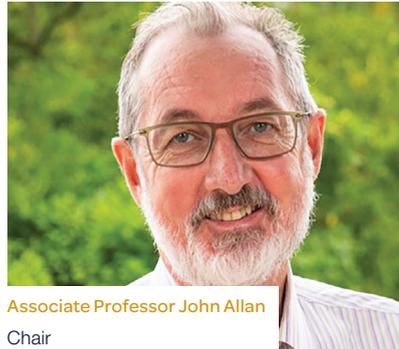
Foundation Leadership

Established in 2019, the RANZCP Foundation is the charity of the Royal Australian and New Zealand College of Psychiatrists (RANZCP).

The RANZCP Foundation Committee is responsible for raising funds and managing an annual grants, scholarships and awards program.

The Committee for Research provides expert advice and guidance on grant development, scope, and selection.

Independent assessors are essential in scoring grants and maintaining a fair and impactful grants program. In 2023, nearly 50 Fellows reviewed grant applications and we are very grateful for their support.



Associate Professor John Allan
Chair



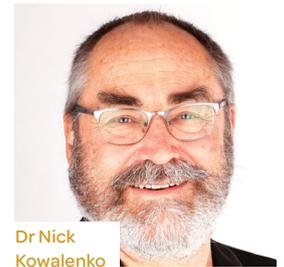
Dr Elizabeth Moore
RANZCP President, Board Director



Professor Gerard Byrne



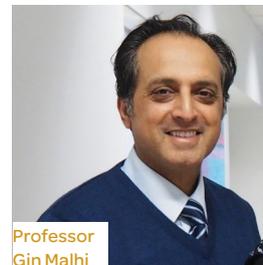
Professor Hinemoa Elder
MNZM



Dr Nick Kowalenko



Associate Professor Vinay Lakra



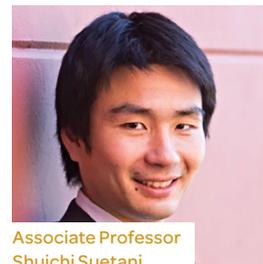
Professor Gin Malhi



Associate Professor Louise Nash



Professor Helen Milroy AM



Associate Professor Shuichi Suetani



Associate Professor Nicola Warren

“For me, what is important about The Foundation is that it is colleagues supporting each other and investing in clinical research that has a direct impact for the consumers we serve. There is no complicated pipeline or process, and you can actually see the results.”

- Associate Professor Nicola Warren

Creating a world of potential

Your generosity drives new research and is helping a new generation reach their full potential.



Donate

The RANZCP Foundation is privileged to be the beneficiary of generous philanthropic support from Fellows and their families and friends.

Your support matters. 100% of your gift supports our mission, as all costs for administering the RANZCP Foundation are provided for by the College.

Become a RANZCP Foundation Partner

Join the heart of philanthropy at the College, connect with like-minded supporters, invest in the future of psychiatry, and see the impact of your generosity.

Create a grant or scholarship

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Thank you

The RANZCP Foundation would like to thank the many people who have generously supported our vision – transforming mental health care, creating a world of potential.

www.ranzcp.org/give

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