CYSAR
ANNUAL REPORT
2012

The Centre for Youth Substance Abuse Research
Finding Solutions, Improving Futures, Advocating For Young People
Finding Solutions, Improving Futures, Advocating for Young People

The Centre for Youth Substance Abuse Research (CYSAR) was established in 2008 through the shared vision of the Graeme Wood Foundation and The University of Queensland’s Faculty of Health Sciences. CYSAR seeks to promote the health and well-being of young people by increasing Australia’s capacity to respond effectively to the harm associated with alcohol, tobacco, and other drug misuse. CYSAR aims to:

- Understand the pathways by which young people engage in substance misuse
- Be at the cutting edge of research into new and innovative ways of preventing and treating substance misuse among young people
- Make significant and tangible improvements to youth service provision
- Positively influence state and national approaches to youth substance misuse prevention and treatment through information dissemination, policy refinement and public advocacy, and
- Ensure youth have a voice and input into the research directions of the Centre.

CYSAR partnerships have made it possible to draw together the research and clinical expertise of internationally regarded Australian scholars in the field of substance use disorders. CYSAR’s partner organisations are:

- Faculty of Health Sciences, The University of Queensland
- The Institute of Health and Biomedical Innovation, Queensland University of Technology
- Faculty of Social and Behavioural Sciences, The University of Queensland, and
- The Institute for Social Science Research, The University of Queensland.

The ENGAGEMENT of young people and youth health services ensures that CYSAR’s research direction is responsive to the community needs.

Research at CYSAR focuses on generating KNOWLEDGE about the development of youth substance misuse through to the prevention and treatment of this important issue.

ADVOCATING for policy reforms to improve access to evidence-based treatment and prevention for young people.

DISSEMINATION of new findings to individuals, health services, government and the community ensures that CYSAR is making positive changes for young people and their community.
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CYSAR enters its fifth year of operation buoyed by strong performance in 2012. Our community-based youth treatment and prevention projects are a ‘ground level’ commitment to share the outcomes of our work with the community and to provide effective approaches to reduce youth substance misuse. We continue to develop improvements in information delivery and clinical interventions. Because of QUT and CYSAR’s strength in health information technology, a number of youth-friendly, accessible smartphone and web-based applications are being trialled with promising results.

Other highlights for 2012 included:

- Associate Professor Adrian Kelly was awarded an Australian Research Council (ARC) Discovery Grant to investigate how families and communities protect young children from early alcohol and tobacco use. Findings will have implications for prevention policy and program development (see p. 17).

- Dr Leanne Hides was awarded a targeted National Health and Medical Research Council (NHMRC) Mental Health Grant to examine the effectiveness of delivering brief phone interventions to 16-25 year olds who present to hospital emergency departments. This research has the potential to reduce the incidence of young Australians requiring emergency department assistance for alcohol-related injury. A second NHMRC grant led by Leanne will examine a telephone-delivered approach that provides socio-emotional skills to disengaged youth (see p. 22).

- Dr Lake-Hui Quek completed a program of research at the Mater Children’s Hospital Adolescent Drug and Alcohol Withdrawal Service (ADAWS) to help clinical staff identify and address key risk factors associated with injecting drug use (see p. 28).

- Dr Angela White, assisted by our statisticians Dr Peter Baker and Dr Maria Piotnikova, undertook an independent evaluation of the Queensland State Government’s ‘Drink Safe Precincts’ trial (see p. 33). Two technical reports examined the trial’s impact over the first 14 and 18 months of implementation. Areas reviewed included police services attendances, emergency department admissions and ambulance call outs. The final report will be available in 2013.

Over half of CYSAR’s academic staff now hold NHMRC or ARC Fellowships. Dr Matthew Gullo received a NHMRC Early Career Fellowship investigating the implications of impulsivity in adolescents.

CYSAR Deputy Director, Dr Leanne Hides, was awarded an ARC Future Fellowship to develop online mental health instruments for young people. A NHMRC Career Development Fellowship to investigate improvement in targeting treatment for alcohol dependence was awarded to the current CYSAR Director, and marks the conclusion of his tenure as inaugural CYSAR Director.

It has been an honour to be involved in the establishment of a centre with such a talented group of individuals. CYSAR Honorary Professors Wayne Hall and John Saunders have provided invaluable guidance during this time. On behalf of CYSAR staff, I would also like to thank our Advisory Board, chaired by Professor Bruce Abernethy. The Board, with industry leaders in health, youth advocacy, government and company management, continues to provide strong and effective leadership to the Centre (see p. 7 for Board Member profiles). Professor Ross Young, Executive Director of Institute of Health and Biomedical Innovation at Queensland University of Technology, has been instrumental in guiding and developing the Centre. All have contributed to the cross-institutional success of CYSAR.

CYSAR was the vision of Graeme Wood (Graeme Wood Foundation) who generously provided core financial support to establish the Centre. He remains committed to making a difference to the lives of young people affected by substance abuse. Through The University of Queensland Endowment Fund, Graeme Wood this year has pledged a further five years of support to address this national health priority. This will occur with matching funding from The University of Queensland and Queensland University of Technology.

The Centre is well placed to make a significant and continued contribution to addiction science and the life of young Australians.

JASON CONNOR
Director, Centre for Youth Substance Abuse Research (CYSAR)
Faculty of Health Sciences,
The University of Queensland
The QUT arm of CYSAR had a successful year in 2012. Our researchers at QUT, in partnership with those at UQ, continue to build upon our key research strengths in injury surveillance, technology and the assessment and treatment of primary and comorbid substance use.

As noted in the Director’s report, an Australian Research Council (ARC) Future Fellowship ensures that I can continue in my role as Deputy Director for the next 4 years. This program of research will develop and test a set of Etools aimed at enhancing the positive mental health and wellbeing of young Australians. This includes an iPhone app which targets alcohol misuse in young people, using an engaging animated character to help identify problematic alcohol use.

In 2013, QUT CYSAR will lead two National Health and Medical Research Council (NHMRC) ‘Targeted Calls’ for Mental Health Research grants. The project will feature a large-scale randomised controlled trial to compare the efficacy and cost-effectiveness of telephone-delivered brief interventions for reducing future alcohol use and related harm in young people (see p. 22). The project targets the 10,000 young people per month who present to emergency departments nationally, with alcohol related injuries and illnesses. This project is being conducted in partnership with the UQ arm of CYSAR. The research team includes Professors’ David Kavanagh and Ross Young from QUT and Associate Professor Jason Connor and Dr Angela White from UQ. A QUT CYSAR Research Development Grant provided the pilot data for this grant.

The second NHMRC project targets young people who have disengaged or are at risk of disengaging from education, training and employment (see p. 22). Adolescence is a period of rapid physical, emotional and social growth and many young people lack the socio-emotional skills necessary to successfully negotiate through this transitional phase. This project aims to increase the social and emotional skills of disengaged youth to facilitate the resumption of education, training or employment. This will be the first clinical trial to investigate the efficacy of a telephone delivered intervention for improving the social engagement and emotional well-being of disengaged youth.

QUT CYSAR is committed to supporting high quality research. With the assistance of a QUT CYSAR Research Development Grant, Dr Kirsten McKenzie has continued to work with Dr Ruth Barker (Emergency Physician) from the Mater Hospital and Queensland Injury Surveillance Unit (QISU) to improve the quality of emergency department data on alcohol-related presentations. This project used the unique QISU database to identify and describe alcohol- and illicit drug-related injuries in young people over a 13 year period.

The second round of the IHBI CYSAR Research Development Grant Scheme resulted in the following three projects being awarded grants:

- Test of a new, technology assisted motivational intervention for substance misuse in first episode psychosis. Project Investigators: David Kavanagh, Jennifer Connolly, Leanne Hides, Lake-Hui Quek, Dian Tjondronegoro, Francis Dark, Angela White, Jackie Andrade and Jon May.

We look forward to supporting these exciting new projects in 2013!
ADVISORY BOARD

**Professor Bruce Abernethy (Chair)**
Deputy Executive Dean/Associate Dean (Research), Faculty of Health Sciences, The University of Queensland

Professor Abernethy serves dual roles as Deputy Executive Dean and as Associate Dean (Research) within the Faculty. In his roles, Professor Abernethy is responsible for strategic development and implementation of research and research higher degree initiatives and collaborations across the Faculty. He also deals with a range of issues within and beyond UQ that include capacity-building and collaborative networking, staffing appointments, resourcing and capital development.

**Associate Professor Jason Connor**
Director, CYSAR, The University of Queensland

Associate Professor Connor is Director of CYSAR and also holds appointments in the School of Medicine (UQ) and Queensland Health. Associate Professor Connor is a National Health and Medical Research Council of Australia (NHMRC) Career Development Fellow.

**Dr Leanne Hides**
Deputy Director, CYSAR, Queensland University of Technology

As Deputy Director of CYSAR, Dr Hides leads the QUT arm of the Centre. She is an Australian Research Council (ARC) Future Fellowship holder and is currently leading two NHMRC projects.

**Associate Professor Andrew Hindmoor**
Faculty of Social and Behavioural Sciences, The University of Queensland

Associate Professor Hindmoor is the Associate Dean (Research) for the Faculty of Social and Behavioural Sciences (UQ). He teaches and researches in public policy, political economy, governance and rational choice theory.

**Ms Carrie Fowlie**
Alcohol and Other Drug Sector Representative, Executive Officer, Alcohol Tobacco and Other Drug Association ACT (ATODA)

Ms Fowlie has held diverse roles in both the alcohol, tobacco and other drug and youth sectors in the areas of workforce development and social policy. She worked collaboratively to establish the new Australian Capital Territory (ACT) alcohol, tobacco and other drug sector peak body, for which she is now the Executive Officer. Among other appointments, she is a member of the Australian National Council on Drugs, Alcohol and other Drugs Council of Australia (ADCA) Board, and the chair of the Implementing Expanded Naloxone Availability in the ACT (I-ENAACT) Committee.

**Dr Kevin Lambkin**
Director, Preventative Health, Queensland Health

Dr Lambkin has been a career Queensland public servant for 31 years. He served in both the parliametary and executive arms of the service, including as research director of the inaugural Queensland parliamentary public accounts committee. Dr Lambkin made significant contributions to health policies and programs including the design and introduction of drug diversion and drug court programs, the expansion of the needle and syringe program, the modernisation of tobacco control legislation, and preventative health campaigns and programs. He retired from the public service in September 2012. Dr Lambkin is a founder, past president and current board member of the Caxton Legal Centre, Queensland’s oldest community legal service.

**Professor David Kavanagh**
Institute of Health and Biomedical Innovation, Queensland University of Technology

Professor Kavanagh is currently a Research Capacity Building Professor and Director of Research for the School of Psychology and Counselling at QUT, and an Honorary Professor at UQ. He is a Fellow of the Australian Psychological Society and Convenor of the ePsychology Interest Group. Professor Kavanagh also sits on the editorial boards of a number of top tier journals, including Addiction.
CYSAR People

ADVISORY BOARD

**Professor Doune Macdonald**
Head of School and Professor of Health & Physical Education, School of Human Movement Studies, The University of Queensland

Professor Macdonald’s educational background is in Health and Physical Education. Her research interests and work have addressed the challenges of curriculum reform and its impact upon teachers and teaching. More recently her interests have moved outside the formal education sphere to broader questions of physical activity and young people. Professor Macdonald is a member of the Australian Council of Deans of Education, serves on the editorial boards of *Sport, Education and Society* and *Physical Education and Sport Pedagogy*, is a member of AIESEP (an International Association for Physical Education in Higher Education), and was Lead Writer for the Australian Curriculum: Health and Physical Education.

**Professor Graham Martin**
Professor, Child and Adolescent Psychiatry, The University of Queensland, & Clinical Director, Royal Children’s Hospital and Brisbane North Child and Youth Mental Health Service

Professor Martin OAM is Director of Child and Adolescent Psychiatry at UQ, and Clinical Director of the Royal Children’s Hospital and Health Service District, Child and Youth Mental Health Service (CYMHS). Professor Martin has been dedicated to suicide prevention since 1987, a member of the International Association for Suicide Prevention since 1997, and a member by invitation of the International Association for Suicide Research. He has been a member of the Advisory Council Australian National Youth Suicide Prevention Strategy and Evaluation Working Group (1994-99), writing team for the Australian Suicide Prevention Strategy (2000 and 2007), National Advisory Council for Suicide Prevention (2003-8), and is a National Advisor on Suicide Prevention to the Australian Government (2009 to present).

**Professor Lorraine Mazerolle*  
Program Director, Policing and Security, Institute for Social Science Research, The University of Queensland**

Professor Mazerolle is a Research Professor in UQ’s Institute for Social Science Research and an Australian Research Council Laureate Fellow. She is also the Foundation Director and a Chief Investigator in the ARC Centre of Excellence in Policing and Security (CEPS), a Chief Investigator in the Drug Policy Modeling Program, and the ISSR ‘Policing and Security’ Program Director. Professor Mazerolle is a Fellow of the Academy of Experimental Criminology, immediate past President of the Academy, and foundation Vice President of the American Society of Criminology Division of Experimental Criminology.

**Associate Professor Brett McDermott**
Director, Mater Child and Youth Mental Health Service

Associate Professor McDermott is an Australian medical graduate and trained in Psychiatry and Child Psychiatry in the UK and Sydney. Current appointments include the Executive Director of the Mater Child and Youth Mental Health Service in Brisbane, Professorial Fellow at the Mater Medical Research Institute and Associate Professor at UQ. Professor McDermott is also a By-Fellow at Churchill College, Cambridge University; and a Director of the Australian national depression initiative, beyondblue.

**Professor Ross Young*  
Executive Dean, Faculty of Health, Queensland University of Technology**

Professor Young is the Executive Dean, Faculty of Health with a professional background in clinical psychology. He was Executive Director of the Institute of Health and Biomedical Innovation at QUT between 2006 and 2012. Professor Young has a visiting research appointment at the Alcohol Research Center at the University of California, Los Angeles and has maintained a part-time clinical practice at the Alcohol and Drug Unit and the Princess Alexandra Hospital. Professor Young sits on several health-related Boards, including Cancer Council Queensland and is Patron of Mental Health Carers Arafmi Queensland.

* * represents CYSAR partner organisations
STAFF MEMBERS

**Associate Professor Jason Connor, PhD, MAPS. CYSAR DIRECTOR**
Jason is a clinical and health psychologist with research interest in psychological and genetic factors contributing to addiction. He is also a National Health and Medical Research Council (NHMRC) Career Development Fellow. Recent research projects include youth substance abuse prevention and the efficacy of psychological and pharmacological treatments for alcohol dependence. His research is supported by current NHMRC and Australian Research Council (ARC) funding. Jason also holds appointments in the Schools of Medicine and Psychology (UQ) and Queensland Health.

**Dr Leanne Hides, PhD (Clinical). CYSAR DEPUTY DIRECTOR, QUT**
Leanne is an ARC Future Fellowship holder and clinical psychologist with expertise in the assessment and treatment of primary and co-occurring substance use disorders in young people. Her main areas of research interest include the efficacy of early interventions for primary and comorbid substance misuse, including the development of web- and mobile phone-based interventions.

**Dr Angela White, PhD, MAPS. MANAGER OF CYSAR RESEARCH**
Angela is a clinical psychologist with over 20 years of clinical experience in the area of adult and youth mental health. Angela has conducted research in a range of areas including depression, psychosis, substance use, mental illness, co-occurring mental health and substance use disorders, family/carer support, and the application of new media in substance use prevention and intervention.

**Associate Professor Rosa Alati, PhD**
Rosa is a NHMRC Career Development Fellow with a background in Indigenous health research and the life course epidemiology of alcohol and mental health disorders. Rosa holds a concurrent appointment with the School of Population Health (UQ) and has received several fellowships to pursue her research. Rosa is a principal investigator of the Mater University Study of Pregnancy (MUSP) and other large national and international epidemiological studies. She has made significant contributions to the fields of maternal substance use and offspring outcomes and cognate aspects of developmental and life course epidemiology.

**Dr Peter Baker, PhD**
Peter holds a joint position as Consultant Statistician for CYSAR and Senior Lecturer in Statistics at the School of Population Health (UQ). Peter is currently researching: graphical models for multivariate data in epidemiology; statistical methods for modelling trajectories of alcohol consumption in youths; analysis of longitudinal study data relating cardiovascular risks to behavioural and demographic traits; and investigating the appropriateness of statistical methods for assessing policy interventions in seasonal time series data including application to the Queensland Government Drink Safe Precincts study.

**Mr Gary Chan, BSc(Statistics), BA(Psychology), MSc(Mathematics)**
Gary joined CYSAR in 2010 as a PhD student. Throughout 2012 he has been employed with the Centre providing statistical support across a range of projects including conducting trajectory and class analysis of large scale national datasets such as the Australian National Drug Strategy Household Survey. Gary is strongly committed to investigating the epidemiology of alcohol misuse among adolescents.

**Dr Matthew Gullo, PhD (Clinical), MAPS**
Matthew is a NHMRC Early Career Fellow (Clinical) who conducts research on impulsivity and substance use. His research focuses on the cognitive and neuropsychological mechanisms that convey risk for substance abuse. Matthew also works clinically at the Alcohol and Drug Assessment Unit, Princess Alexandra Hospital.

**Ms April Holman, BEd (Secondary), MHIthSc (Health Promotion)**
April is the Centre’s Community Relations Officer. Her experience as a health and nutrition educator places her in a unique role to implement prevention programs for the Communities that Care (CtC) initiative. In 2012 April worked with CYSAR’s Adrian Kelly and Jason Connor in collaboration with Professor John Toumbourou (Deakin University) to roll out components of CtC in Queensland.
Associate Professor Adrian Kelly, PhD, MAPS
Adrian is a clinical psychologist with expertise in the development, prevention and treatment of youth substance abuse and related problems. His primary interest is in how family interactions and emotional climate contribute to and protect young people from alcohol and drug-related harm. Adrian is also examining how the characteristics of communities, schools and families interact to predict substance use experimentation.

Ms Kara Pasmore, BA (Hons)
Kara is a Senior Research Technician for the Centre and has been assisting with the Communities that Care (CtC) initiative. Kara has an extensive background in research and has worked on projects in various areas including veteran health, blood donorship, cultural adaptation, and consumer psychology. She is currently pursuing a PhD in the area of social and developmental psychology, investigating identity development in children and adolescents.

Dr Maria Plotnikova, PhD
Maria is a Consultant Statistician for CYSAR, and a Biostatistician for the School of Population Health. Her research at the Moscow State University of Economics, Statistics and Informatics (MESI) and the National Research Centre of Addiction (Russian Federation) has equipped her with extensive scientific statistical skills. Maria has published on topics addressing the societal and geographic spread and development of drug use, as well as the evaluation of its consequences for society. She is presently working on the Queensland Government Drink Safe Precincts study.

Dr Lake-Hui Quek, PhD (Clinical), MAPS
Lake-Hui is a psychologist with a joint appointment at CYSAR and the Young and Well Collaborative Research Centre at QUT. Her areas of expertise are in mindfulness and the innovative use of technology to promote health and well-being in young people. Recent research projects include developing and delivering the MindFit Resilience Program to schools, investigating the role of alcohol in youth celebrations, developing mobile apps, and facilitating research within clinical services.

Ms Caroline Salom, BSc (Hons)
Caroline joined the Centre having managed teams in the non-government drug and alcohol field after a long period in molecular medical research. Her expertise is in prevention, policy and program evaluation, particularly around alcohol and youth celebrations. She is keenly interested in linking research to practice improvement, working closely with communities, services and training providers. In 2012 she was the project manager of CtC for CYSAR. Caroline is also pursuing a PhD in Population Health, focusing on youth, alcohol and mental health.

Ms Dayna Smith, MClinPsych, MAPS
Dayna is a psychologist with extensive experience working with children, adolescents and families affected by trauma. In 2012 she worked on a range of projects for CYSAR focusing on the role of parents in prevention of adolescent alcohol-related harm, using mindfulness meditation to improve resilience in school-aged children and adolescents, and assisting with the CtC initiative. In addition, Dayna also coordinates the annual Higher Education Research Data Collection (HERDC) for CYSAR and maintains the website.

Ms Hannah Thomas, BA(Hons), BBusMan
Hannah joined the CYSAR team in 2012, working on a number of publications with Adrian Kelly and assisting with CtC. Hannah has been involved in coordinating mentoring, leadership and personal development programs for young people, including the Young Achievers Program and Young Scholars Program at UQ, and has worked with youth from a variety of backgrounds. These experiences continue to drive Hannah’s interest in mental health promotion for adolescents. In 2012, Hannah won the Dr Helen Row Zonta Memorial Prize for her research proposal on psychotic experiences and self-harm in adolescents. In 2013 Hannah will begin her PhD studies with The UQ Centre for Clinical Research (supervised by Dr James Scott and Associate Professor Jason Connor) and will continue her association with CYSAR.
STAFF MEMBERS’ PROFESSIONAL ACTIVITIES

Rosa Alati
Member of ARIA (Association for Research between Italy and Australasia) - Queensland
Member of Queensland Fetal Alcohol Syndrome Disorder (FASD) Scientific Research Network – The University of Queensland Centre for Clinical Research

Peter Baker
International Biometric Society
International Society for Bayesian Analysis
Statistical Society of Australia Inc

Jason Connor
Australian Psychological Society (APS)
APS College of Clinical Psychologists
APS College of Health Psychologists
Australian Association for Cognitive and Behavioural Therapy
American Association for Psychological Science
Australian Health Practitioner Regulation Agency (APHRA) – registered psychologist and accredited supervisor
Clinical Supervisor, Royal Australian College of Psychiatrists
Clinical Supervisor, UQ Psychology Clinic, The University of Queensland
Member, National Health and Medical Research Council (NHMRC) of Australia Research Translation Faculty

Matthew Gullo
Australian Psychological Society (APS)
APS College of Clinical Psychologists – Associate Member
Australian Health Practitioner Regulation Agency (APHRA) – registered psychologist
Australasian Professional Society on Alcohol and other Drugs (APSAD) Member, National Health and Medical Research Council (NHMRC) of Australia Research Translation Faculty

Leanne Hides
Australian Association for Cognitive Behaviour Therapy (AACBT), Current National President
Australian Health Practitioner Regulation Agency (APHRA) – registered clinical psychologist

Adrian Kelly
Australian Psychological Society (APS)
APS College of Clinical Psychologists
Australian Health Practitioner Regulation Agency (APHRA) – registered psychologist

Lake-Hui Quek
Australian Psychological Society (APS)
Australian Health Practitioner Regulation Agency (APHRA) – registered psychologist
APS Yoga Psychology Interest Group
Positive Psychology Network Queensland

Caroline Salom
Australian Professional Society for Alcohol and Other Drugs (APSAD)
Alcohol and Drug Council of Australia (ADCA)
Australian Society for Medical Research (ASMR)
Vice-Chair, Australian Winter School Conference organising committee

Angela White
Australian Psychological Society (APS)
APS College of Clinical Psychologists
Australian Health Practitioner Regulation Agency (APHRA) – registered psychologist
Australian Association for Cognitive and Behavioural Therapy
Charter Member, The International Society for Research on Internet Interventions
Adjunct appointment, the Institute of Health and Biomedical Innovation (IHBI), Queensland University of Technology
Clinical Supervisor, UQ Psychology Clinic, The University of Queensland
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STUDENT PROFILES

Mr Gary Chan, BSc (Statistics), BA(Psychology), MSc(Mathematics)
Gary continues his PhD with CYSAR, working on applying modern statistical methods to understand the developmental trajectories of alcohol misuse from late childhood to late adolescence. Gary is supervised by Associate Professor Adrian Kelly (CYSAR), Associate Professor Michele Haynes (Institute for Social Sciences Research, UQ) and Professor Ross Young (Institute of Health and Biomedical Innovation, QUT).

Ms Nicole Fox, BehavSci (HonsPsych); B Bus
Nicole completed a placement at CYSAR as part of the Master of Applied Psychology (Health) program in 2012. She is interested in health promotion for alcohol, tobacco and other drug use in young people. Nicole interviewed young people attending Brisbane Youth Service to identify risk and protective factors associated with substance use amongst young people who are at risk of homelessness. For Nicole, the placement “was really valuable in combining research with practice. It was particularly useful to interview young people and gain practical insight into empirically established risk and protective factors”.

Ms Karen Li, BA (Hon), Associate MAPS
Karen continues her clinical PhD with CYSAR and the School of Psychology, focusing on the dynamic relationship between parenting and adolescent alcohol use. She is supervised by Associate Professors Adrian Kelly and Jason Connor (CYSAR), Professor Kim Halford (School of Psychology, UQ) and Professor John Toumbourou (School of Psychology, Deakin University, Melbourne).

Introducing key research partner - John Toumbourou (Deakin University)
CYSAR is committed to collaborating with a range of organisations involved in youth affairs, both in the community and with other universities. John Toumbourou from Deakin University heads the national Communities that Care (CtC) initiative. He collaborates with CYSAR on the Queensland arm of CtC, and also provides supervision to our PhD students, Gary and Karen- both of whom are analysing data from the Healthy Neighbourhoods dataset (the dataset that results from the CtC initiative).

Professor John Toumbourou, PhD, is the Associate Dean (Partnerships and Workplace), in the Faculty of Health and the Chair in Health Psychology within the School of Psychology at Deakin University. He is an Honorary Senior Research Fellow within the Murdoch Children’s Research Institute at the Centre for Adolescent Health (Royal Children’s Hospital Melbourne). He is nationally and internationally recognised for his research examining adolescent substance use and mental health. In 2010 he was appointed to the International Task Force for the Society for Prevention Research.
Ms Therese Price
Therese completed a placement at CYSAR as part of the Summer Research Program. She is currently completing a Bachelor of Psychological Science at UQ. During her time at CYSAR, Therese has assisted Dr Matthew Gullo in data collection for his human laboratory model of adolescent impulsivity and alcohol use. She has also assisted Dr Angela White by analysing alcohol-related mobile phone apps, in order to gain an understanding of how modern technology can facilitate or intervene with alcohol use. In 2013, Therese will continue working as a research assistant for Dr Gullo and the experience she has had at CYSAR will aid her on the pathway to becoming a clinical psychologist.

Ms Daga Rychter, BA(Hon)
Daga is a First Class Honours graduate in Psychology from Griffith University, who completed a placement at CYSAR as part of the Summer Research Program. During her placement, she created a database of CYSAR publications, and prepared literature reviews for Dr Matthew Gullo and Dr Lake-Hui Quek on the relationship between insecure attachment and youth substance abuse, and risk factors for developing polydrug use problems. She also worked with Dr Gullo preparing manuscripts for publication. Her research interests include how psychosocial variables, such as attachment style, moderate the relationship between biological risk factors and substance abuse in young people. Daga has been accepted to commence a PhD in 2013 at CYSAR under the supervision of Dr Gullo and Associate Professor Connor.

Mr Nathan St John
Nathan completed a placement at CYSAR as part of the Summer Research Program. He is currently undertaking a Bachelor of Arts (Psychology)/Bachelor of Social Science dual degree at UQ. Nathan has a growing interest in the role that social drinking during emerging adulthood may play in the development of later alcohol problems. In his time at CYSAR, Nathan assisted Dr Angela White and Dr Matthew Gullo on two projects: a meta-analysis of therapist-assisted online alcohol interventions and a literature review examining the mediating effect that impaired control over drinking may play between different personality types and alcohol dependence. For Nathan, “both projects have provided considerable practical research experience and skill development, which will be useful as I continue on my path to becoming a clinical and research psychologist”.

CYSAR participated in UQ’s Office of Undergraduate Education Summer Research Program in 2012/13, as part of our ongoing commitment to professional scholarship and undergraduate learning. The program awards students scholarships enabling them to gain research experience in their chosen discipline of study. It gives both domestic and international students the opportunity to learn and work with some of UQ’s leading researchers and academics. As a result, the program has been shown to further develop students’ critical thinking, analytical and research skills.
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HONORARY, AFFILIATE AND ADJUNCT STAFF

Honorary Staff

Professor Wayne Hall, PhD
Wayne is a National Health and Medical Research Council of Australia Fellow. This fellowship is establishing a world-class research program that will focus on the ethical implications of new treatments for drug use and addiction that are emerging from cutting edge genetics and neuroscience. Wayne was formerly Director of the Office of Public Policy and Ethics at the Institute for Molecular Bioscience (UQ) and Director of the National Drug and Alcohol Research Centre at the University of New South Wales.

Professor John B. Saunders, MD, FRACP, FAFPHM, FAChAM, FRCP
John is a consultant physician in internal medicine and addiction medicine. He works with the World Health Organization (WHO), is the Founding and Emeritus Editor-in-Chief of the Drug and Alcohol Review, a Vice-President of the International Society of Addiction Medicine, a member of WHO’s Expert Advisory Panel on Substance Abuse and was Co-Chair of the DSM V Substance Use Disorders Workgroup from 2003 to 2007.

Affiliate Staff

Associate Professor Annemaree Carroll, PhD
Annemaree is based in the School of Education (UQ). Her major research interests include understanding the self-regulatory and goal setting behaviours of children and adolescents, social connectedness in children and adolescents, developmental trajectories of antisocial and aggressive behaviours, and intervention and prevention approaches for at-risk young people.

Dr Genevieve Dingle, PhD, MAPS
Genevieve is a Lecturer in clinical psychology in the School of Psychology (UQ) and has over a decade of experience as a clinical psychologist. Her research focus is on comorbid mental health and substance use disorders, and the psychological constructs that help explain the link between these problems (e.g. emotion dysregulation and anxiety sensitivity). Genevieve is currently developing a brief intervention targeting these underlying constructs to prevent substance use disorders in young people.

Dr Natalie Loxton, PhD
Natalie is a registered psychologist and Lecturer in the School of Psychology (UQ). Her major research area is using biologically-based personality theories in examining the addiction processes involved in the progression from hazardous drinking to alcohol dependence. She is also investigating the use of targeted interventions for young people at risk of alcohol problems and for adults in treatment for alcohol dependence.

Dr Louise McCuaig, PhD
Louise currently convenes the internationally recognised Health, Sport and Physical Education Teacher Education program at the School of Human Movement Studies (UQ). The focus of her teaching and research work is the enhancement of young people’s health and wellbeing through the provision of high quality health education in school settings. Louise’s research addresses issues pertaining to classroom-based health education, health literacy, health education teacher education, and student transition.
Adjunct Staff

**Associate Professor Gerald Feeney, FRACP, FACHAM**

Gerald is the Director of the Alcohol and Drug Assessment Unit at the Princess Alexandra Hospital, Brisbane and a Visiting Physician at the Queen Elizabeth II Hospital, Brisbane. His research work has a strong clinical focus and has influenced treatment practice in Australia and overseas, particularly in the area of medication use in alcohol dependence.

**Ms Sophie Morson, MClinPsych**

Sophie is a Senior Psychologist with the Child and Youth Mental Health Service, Children's Health Services. Sophie builds local capacity in early intervention for mental health and co-existing substance use problems through coordinating the Minding Young Minds Early Intervention program. Sophie promotes CYSAR's work directly to local services, and informs the Centre of trends and needs of the wider community.

**Mr John Kelly, MClinPsych**

John is a psychologist and the Team Manager of Hot House (Youth Community Team, Metro North Mental Health - Alcohol and Drug Service, Queensland Health) - a youth alcohol and drug counselling service. John is also a sessional academic with the School of Counselling and Psychology, QUT. John has over 10 years experience working in the youth alcohol and other drug sector, spanning clinical interventions, research, program development and education and training.

Some of the CYSAR Team:

Front row (L-R): David Kavanagh, Doune Macdonald, Leanne Hides, Ross Young, Jason Connor

Back row (L-R): Genevieve Dingle, Lake-Hui Quek, Maria Plotnikova, Matthew Gullo, Dayna Smith, Gary Chan, Angela White, Natalie Loxton, Adrian Kelly
2012 proved to be a highly successful year for CYSAR, with the National Health and Medical Research Council of Australia (NHMRC) and the Australian Research Council (ARC) awarding People Support Fellowships to four staff. These prestigious fellowships enable CYSAR to continue to conduct high quality research.

**Rosa Alati**
Rosa’s new NHMRC Career Development Fellowship (Level 2) will build on a program of research focusing on the life course epidemiology of alcohol disorders, developed during her previous NHMRC Career Development Fellowship (Level 1). Rosa aims to expand her research program to investigate how genetic variations influence these alcohol use disorders over the life course of individuals, over and above biological and environmental effects. She will also explore causal factors leading to mental health risk and further the evidence base on the developmental origin of alcohol and mental health problems.

**Jason Connor**
Jason was awarded a NHMRC Career Development Fellowship (Level 2, Clinical). His program of research is designed to improve treatment outcomes by more effectively targeting patient-specific needs. Jason has drawn together his research strengths in psychological-based treatments, addiction genetics, pharmacology and information technology to develop a cutting edge model for identifying patient characteristics that will respond more effectively to different treatment approaches. A randomised controlled trial based at the Alcohol and Drug Assessment Unit, Princess Alexandra Hospital will assess the effectiveness of this new approach. Research colleagues for this project include Associate Professor Gerald Feeney, Professor Ross Young and Dr Matthew Gullo.

**Matthew Gullo**
Matthew was awarded a NHMRC Early Career Fellowship (TSP2, Clinical). During the tenure of the fellowship, Matthew will develop the first human laboratory model of adolescent impulsivity and alcohol use for translational research purposes. The model will allow for new psychosocial treatments to be tested in a cost-effective manner, whilst simultaneously elucidating their mechanism of action. Model development is now complete and the results of pilot testing are very encouraging.

**Leanne Hides**
Leanne Hides was awarded a prestigious ARC Future Fellowship to promote the positive mental health and wellbeing of young Australians. Her project tests an innovative multidimensional model of positive mental health and mental illness in young Australians. It will also determine if the application of this model to the development of six positive mental health Etools (mobile apps, websites) improves the emotional, psychological and social wellbeing of young people. This Future Fellowship research program will be delivered as part of the Young and Well Cooperative Research Centre (Young and Well CRC), lead by Inspire Australia.
CYSAR staff members have been on the winning team for two Australian Research Council (ARC) Discovery Projects Grants. The aim of the ARC grant scheme is to “support excellent basic and applied research by individuals and teams” (ARC).

What role can communities and families play in healthy developmental transitions for very young adolescents and prevention of adolescent alcohol use?

Awarded in 2012, a project led by Adrian Kelly (other investigators Jason Connor, Ross Young and Peter Baker) will examine how families promote and impede alcohol and tobacco risks during puberty and transitions to high school, and examine how vulnerable communities and drinking cultures impact on parents’ capacity to support their children through major developmental changes. In Australia, alcohol and tobacco use commonly start during very early adolescence, and entrenchment of alcohol and tobacco use at young ages leads to major injury and disease burdens for Australia. Australia is in need of prevention programs that move beyond generic school education to address broader social risks and developmental vulnerabilities. This project will yield a framework for this next generation of prevention science.

Can mobile phone apps change young women’s drinking behaviour?

A project aimed at using mobile phone technology to influence young women’s responsible drinking behaviour has resulted in collaboration between CYSAR staff (Angela White and Jason Connor) and researchers from UQ (Josephine Previte), QUT (Judy Drennan, David Kavanagh, Dian Tjondronegoro) and Griffith University (Marie-Louise Fry). The project introduces an innovative social marketing strategy supported by state-of-the-art mobile phone apps to provide evidence about the effectiveness of such apps in facilitating behaviour change. Project outcomes will extend our understanding of young women’s alcohol drinking experiences and inform social marketing practice and public policy related to alcohol consumption. Critically, the intervention provides a means of reducing problem drinking behaviour.
CYSAR STAFF OUT AND ABOUT

Walk on the Wildside Symposium – May 2012, Brisbane
This one-day symposium examined substance use and society, featuring both researchers and health professionals working in the alcohol and other drug sector. Angela White and Lake-Hui Quek presented research findings about mobile apps (see p. 25) and the ‘Choices’ program (see p. 29).

The Research Society on Alcoholism Conference – June 2012, San Francisco
This annual conference is regarded as the leading international meeting for scientists and health professionals to promote research that can make a difference in the prevention and treatment of alcoholism. Jason Connor discussed two research studies: the first focusing on the relationship between school connectedness and the development of alcohol use in early adolescence; and the second examining the cognitive and psychosocial impact of liver transplant on patients with alcoholic-liver disease.

Australian Psychological Society ePsychology Conference – August 2012, Brisbane
This was the first workshop and conference for the Australian Psychological Society’s ePsychology Interest Group (chaired by David Kavanagh, QUT). It brought together research on the application of a range of technological devices to psychological intervention. Angela White presented on the emerging field of mobile phone apps and whether they can be used to track and moderate alcohol use (see p. 25).

Australasian Professional Society on Alcohol and other Drugs Scientific Conference – November 2012, Melbourne
APSAD’s 2012 conference focused on new treatments, prevention and policy, with the theme of Culture of Change. Leanne Hides chaired a symposium on brief interventions for substance misuse, and Lake-Hui Quek and Gary Chan presented research findings in relation to polydrug use by young Australians (see p 32) and longitudinal research into the social influences that affect adolescent alcohol use (see p 30).

The 4th International Conference on Life Skills Education – December 2012, Mumbai
Adrian Kelly presented his research and explored new collaborations with colleagues in Mumbai and Melbourne. The research will yield cross-cultural comparisons on the extent of substance use, and the sorts of issues that are related to adolescent problems across the two countries. The conference itself focused on strength-based approaches to health and well-being, including presentations from academics and government officials across India. Adrian presented his research as part of an invited symposium, involving colleagues from the International Youth Development Study and the Healthy Neighbourhoods Study.

Visiting Professor, Institute of Advances Studies, Alma Mater Studiorum, University of Bologna – September 2012
Rosa Alati won a competitive professorial Fellowship at one of the oldest universities in the world - the University of Bologna, Italy (founded 1088). The main aim of the fellowship was to lead a team of Italian epidemiologists in the analysis of birth cohort data. As part of this fellowship Rosa was invited to present two lectures to report her findings on maternal substance use in pregnancy and adverse outcomes in offspring (expenses were covered by the Universities of Bologna and Turin respectively). The research behind these lectures comes from the longitudinal Mater University Study of Pregnancy (MUSP) project and the Avon Longitudinal Study of Parents And Children (ALSPAC), of which Rosa is a principal investigator.

ResTeach, The University of Queensland
ResTeach, or Research Teaching, is a University of Queensland initiative that provides resources for researchers to engage with undergraduate and graduate students. It develops a strong connection with future health professionals and provides an avenue to instil the importance of integrating evidence-based research into practice. In 2012, CYSAR staff continued to support this program by developing and delivering student lectures and workshops on a range of topics including adolescent development; assessment, diagnosis and treatment of substance use disorders; and motivational interviewing to enhance positive health behaviours.
Jetting off to Washington for the Trans-Pacific Fellowship

CYSAR PhD student Karen Li was awarded a Trans-Pacific Fellowship which enabled her to spend three months in 2012 at the Social Developmental Research Group (SDRG), University of Washington (Seattle). This is one of the leading research centres in the world specialising in the wellbeing of young people with over 400 articles, books and monographs produced.

This opportunity enabled Karen to receive world class feedback for her PhD dissertation from esteemed academics including Professor Richard Catalano, Director of SDRG. Karen was able to finalise important results regarding the bidirectional influence of family factors and adolescent alcohol use. Further to this, Karen was able to gain experience in the Communities that Care (CtC) prevention model and other large longitudinal studies (including the Community Youth Development Study, Raising Healthy Children project, and Seattle Social Development Project).
ADVOCACY AND COMMUNITY ENGAGEMENT

CYSAR is active in a number of organisations that advocate for young people.

**Australian National Council on Drugs Reference Group**
Despite problematic alcohol and other drug use by young people being a significant concern to the community, young people’s opinions and ideas have rarely shaped initiatives aimed at reducing the harms. The Australian National Council on Drugs (ANCD) has commissioned the Drug Policy Modelling Program (DPMP) to undertake research in this area. CYSAR is a member of the reference group providing advice on this project to DPMP.

The project utilises an online survey to collect data from young people. The questions refer to the likely consequences of alcohol and drug use, attitudes towards drug laws (legalisation/ decriminalisation), and a range of different interventions such as treatment and education. Respondents are also asked which sources of information about drugs they prefer, and what should be done about new and emerging substances. Throughout 2012, over 2,000 young people were surveyed. Data is currently being analysed, and the final report will be completed in 2013.

**National Alliance to Reduce Harm from Alcohol**
CYSAR is a member of the National Alliance for Action on Alcohol (NAAA), with Professor Wayne Hall acting as our representative. This coalition of health and community organisations is committed to reducing alcohol-related harm in Australia. Currently comprising over 70 key health and research organisations with an interest in alcohol and public health, the formation of NAAA in 2009 represents the first time such a broad-based alliance has come together to pool their collective expertise around what needs to be done to address Australia’s drinking problems.

NAAA aims to put forward evidence-based solutions with a strong emphasis on action. Recognising that there is no single solution, NAAA has focused on alcohol pricing and taxation, alcohol marketing and promotion, and alcohol availability as its three priority areas for action. As part of NAAA, member organisations have both lobbied for a comprehensive approach to alcohol and been active in pressing for a range of specific measures. NAAA works primarily in the policy arena as a network with an enabling and supporting role to address and bring about cultural change that will reduce alcohol harms and improve the health of Australians.

**Resilience Partnership**
CYSAR continues its role in the Resilience Partnership, a collaborative project between Brisbane City Council, Queensland Health’s Child and Youth Mental Health Service (CYMHS), and other youth service providers in Brisbane. The Resilience Partnership is committed to supporting youth-led and community-based initiatives that build resilience and connectedness for Brisbane’s young people, with a focus on physical fitness, mental health, nutrition and emotional well-being. This is achieved through assisting CYMHS clients to more readily access youth programs and facilities, and training and supporting young people to implement peer-to-peer mental health promotion and illness prevention projects. In addition, the Resilience Partnership recognises that training front-line Council staff and youth workers in other government and community organisations in youth mental health first-aid, health promotion, illness prevention and referral pathways for early intervention is essential to ensure the ongoing health and resilience of Brisbane’s young people.

**Youth Affairs Network Qld**
In 2012 CYSAR become a member of Youth Affairs Network QLD (YANQ) and was represented at meetings by Angela White. YANQ is the peak community youth affairs body for Queensland, representing individuals and organisations from the youth sector. It advocates on behalf of young people in Queensland, especially disadvantaged young people, to government and the community.

YANQ aims to connect people and organisations that have a focus on youth affairs, provide input into policy development, enhance the professional development of the youth sector, undertake campaigns and lobbying, and initiate research projects.
CYSAR research projects are strategically targeted at different levels of interventions, from supporting individuals and families who are in need of help, working with schools and communities in a prevention framework, and to a broader level of policy and population research to enhance our current knowledge of youth substance use.
Can brief telephone intervention help reduce future alcohol-related harm in young people accessing hospital emergency departments?

Alcohol is a major preventable cause of injury, disability and death in young people and costs $15 billion annually. 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 to the 97% of young Australians with mobile phones.

For the past 24 months, Dr Leanne Hides has been working with the Drug and Alcohol Brief Intervention Team (DABIT) at the Royal Brisbane and Women’s Hospital (RBWH) to improve access to BIs for reducing the risk of future alcohol misuse and related harm with the assistance of a small internal QUT grant ($14k).

Based on this pilot data, CYSAR QUT was successful in obtaining funding from a NHMRC Targeted Call for Mental Health Research to conduct a large scale randomised controlled trial to compare the efficacy and cost-effectiveness of telephone-delivered BIs for reducing future alcohol use and related harm in young people. 390 young people presenting to the RBWH emergency department with alcohol related injuries and illnesses will be randomised to (i) 2 sessions of standard Motivational Interviewing; (ii) 2 sessions of a new Personality-targeted BI or (iii) a 1-session Assessment Feedback/Information only control. Participants are reassessed at 1, 3, 6 and 12 months to evaluate impacts on alcohol use and related problems. The randomised controlled trial will commence in April 2013.

Phase II of this project will ensure the sustainability of the project by developing clinical guidelines and a training/supervision package (based on the most effective BI), suitable for a broad range of health professionals to deliver the BI to emergency departments (EDs) nationally (e.g., through hospital alcohol and other drug [AOD] services, mental health/consultation liaison services or the development of partnerships with local youth AOD, mental health or primary care services). The impact of the implementation of the training and supervision program on ED workers skills and confidence will be determined.

CYSAR Staff: Leanne Hides, Jason Connor, Angela White
Collaborators: David Kavanagh (QUT), Mark Daglish (UQ), Susan Cotton (University of Melbourne), Jan Barendregt (UQ), Ross Young (QUT)

Telephone-delivered social wellbeing interventions: Can this approach assist rural, disengaged youth?

Adolescence is a period of rapid physical, emotional and social growth. Young people are faced with significant developmental challenges including the establishment of a stable identity, mastery of personal relationships and the achievement of major educational and vocational goals. Many young people lack the socio-emotional skills necessary to successfully negotiate the transition through adolescence, and are at increased risk of disengaging from education, family and community. Once disengaged, youth are at risk of a range of adverse outcomes such as substance abuse and reduced social and community participation in young adulthood and beyond. Much of this social disadvantage could be avoided if disengaged youth had access to effective prevention and early intervention programs.

Dr Leanne Hides has been working with Dr Helen Stain (Durham University) and Professor Amanda Baker (University of Newcastle) to address these issues with the assistance of funding from a Rotary Mental Health and NSW Health grants.

CYSAR QUT was successful in obtaining a NHMRC Targeted Call for Mental Health Research Grant to conduct the first clinical trial to investigate the efficacy of a telephone-delivered intervention for improving the social engagement and emotional well-being of disengaged rural and urban youth. 294 youth aged 12-25 years will be randomised to receive (i) 8 sessions of Social Well-being and Engaged Living intervention (SWEL), (ii) 8 sessions of Befriending, or (iii) Single Session Psycho-Education. The project will also engage with Aboriginal communities through consultation and collaboration; employment and training of Aboriginal youth liaison officers; and consultation, liaison and education with Aboriginal key workers in the community for referral of disengaged youth.

This project is being conducted in partnership with Youth Connections and Boystown/Kids Helpline. Targeting the social and emotional skills of adolescents will facilitate the resumption of education, training or employment and enhance the social inclusion of disengaged youth. This clinical trial will increase access to effective early intervention for disengaged urban and rural youth to improve the mental health and wellbeing of all young Australians.

CYSAR Staff: Leanne Hides
Collaborators: Helen Stain (Durham University), Amanda Baker (University of Newcastle), Christopher Jackson (University of Birmingham), Rhoshel Lenroot (University of NSW), Georgie Paulik (WA Department of Health), Patrick McElduff (University of Newcastle), Luke Wolfenden (Hunter New England Local Health Network)
Does personality predict university college students’ drinking?

CYSAR affiliate staff from the School of Psychology, Dr Natalie Loxton and Dr Genevieve Dingle, have been working with residential colleges located within The University of Queensland to monitor drinking patterns of students over the first semester of their university degrees. Personality traits that have historically been found to increase the risk of hazardous drinking in adolescence were also examined as predictors of hazardous levels of drinking. This study combined Dr Loxton’s research on personality and addiction with Dr Dingle’s research on avenues for intervention in early adulthood drinking.

Previous research in this area has typically focussed on predicting the onset of drinking in early adolescence. In this project, personality was investigated as predicting drinking frequency and quantity during a time period in which there are many demands and pressures that can affect young adults’ drinking behaviour - their first six months of living away from home and starting university.

Like their non-college peers, the students drank at potentially hazardous levels during the first week of university entry (known as O Week) with a marked reduction in drinking during the semester. Despite a multitude of influences on drinking behaviour, having an impulsive personality remained a key unique predictor of those students who drank more before university admission as well as during the O week celebrations. Impulsive students also maintained a higher level of drinking and were less likely to moderate their drinking during the semester. These initial findings further reinforce earlier research findings in which personality traits, like impulsivity, greatly increase the risk of substance abuse. Knowing the characteristics of high risk students has important implications as it enables targeted early intervention and prevention programmes.

CYSAR Affiliate Staff: Genevieve Dingle, Natalie Loxton

Can a brief parenting program help prevent adolescent alcohol-related harm?

Project SHIELD has been developed based on research findings showing that parents can play an important protective role with respect to teenage alcohol use. Funded by a grant from the National Health and Medical Research Council of Australia (NHMRC), Project SHIELD investigates the efficacy of a brief parenting program aimed at empowering parents to minimise adolescent alcohol-related harm. It focuses on practical strategies that parents can use to both delay the onset of teenage alcohol use, as well as reduce the risks associated with teenage drinking.

Project SHIELD continued to recruit parents in 2012, offering both telephone counselling and home visits with a registered psychologist. When recruitment closed in December 2012, over 200 parents had registered for the program.

The program attracted interest from families from a range of socioeconomic backgrounds, and parents with diverse levels of concern for their adolescents (those showing very early risks and those displaying clear indicators of future alcohol and other drug problems).

Parents are contacted for a period of 2 years after the initial intervention session. These follow-up telephone interviews assess whether the program has been useful in delaying the onset of alcohol use and reducing risks associated with drinking if the teenager starts drinking. Parents will continue to be contacted for follow-up in 2013.

CYSAR Staff: Adrian Kelly, Dayna Smith, Lauren Rose (2009-2010).
Collaborators: Robert McMahon, Annemaree Carroll, and Michelle Haynes
What role can mobile phone apps play in helping young people control their drinking?

It is challenging to engage young risky drinkers via traditional intervention approaches. The emergence of smart phones offers an unprecedented portable connectivity that allows individuals to gain access to information, support and assistance.

CYSAR, in partnership with IHBI (QUT), have been developing a drink monitoring smart phone application (the OnTrack app). This approach harnesses emerging mobile and wireless technology to overcome time and geographic constraints, so that monitoring, information and advice are available directly to the young person as they are making decisions about drinking.

2012 has seen the continued refinement of the OnTrack app, following survey and focus group feedback, progressing to field and end user research trials. The OnTrack app will soon be available at no cost through iTunes.

CYSAR Staff: Angela White, Leanne Hides, Jason Connor.
Collaborators: David Kavanagh, Dian Tjondronegoro, Desmond Koh, Steven Edge, Judy Drennan, Zachary Fitz-Walter, Daniel Johnson
A key aim of CYSAR is to ensure that young people can actively and meaningfully contribute to the research directions of the Centre. CYSAR continues to develop a program of community engagement with young people, schools, and the Queensland-based youth sector.

**Does mindfulness improve resilience in school students?**

CYSAR is leading the development and evaluation of a mindfulness program for schools based on the current evidence-base and observation of mindfulness practices at Toogoolawa School. MindFit Resilience Program (MindFit), funded by John Fitzgerald from Toogoolawa School, is a mindfulness-based program aimed at improving students’ learning experiences and promoting resilience. MindFit helps students to develop moment-by-moment awareness of their body sensations, breath, thoughts and feelings. Students are encouraged to attend to the present moment with an attitude of curiosity and openness, which can help to increase their ability to respond with thoughtful action rather than reacting to situations without thinking of the possible consequences.

The past decade has seen a significant increase in mindfulness integrated within clinical practices to enhance health and well-being (e.g. Mindfulness-Based Stress Reduction, Mindfulness-Based Cognitive Therapy, Dialectical Behaviour Therapy). Preliminary research provides support for the benefits and feasibility of mindfulness-based interventions for both adults and young people; however, the research about mindfulness-based approaches with children and adolescents is still in its infancy.

The primary aim of this pilot study is to examine the effectiveness of a school-based mindfulness program on improving students’ mindfulness, learning experiences, resilience and mental health. These factors are important protective factors for adolescent substance use.

**CYSAR Staff: Lake-Hui Quek, Dayna Smith, Jason Connor**

**Collaborators: Gerry Moloney, Sue Farmer, Dr Ron Farmer, John Fitzgerald (Toogoolawa School)**

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**Our research partners – Toogoolawa School**

CYSAR has partnered with Toogoolawa School on the mindfulness project. Toogoolawa School is an independent school for boys aged 9-14 years who have dropped out of, or are no longer welcome in, mainstream schooling. Toogoolawa is unique in its daily practice of mindfulness with staff and students, as well as the Human Values Education model that is central to its ethos.

Observations and focus groups with Toogoolawa School staff were central in developing the MindFit Resilience Program and applying it to mainstream educational contexts.
Communities That Care (CtC) – Engaging communities, improving futures

During 2012, CYSAR expanded its collaboration with the Centre for Adolescent Health at the Murdoch Children’s Research Institute (Royal Melbourne Hospital) and Deakin University. In particular, the collaboration focused on a national trial of the Communities that Care (CtC) program, targeting prevention of risk factors for youth substance use.

What is Communities that Care?
Communities that Care (CtC) is a long-term community planning process aimed at preventing a range of health and social problems including alcohol and drug abuse, violence and crime, school failure and community disengagement. It is designed to build community capacity to plan and deliver effective child and adolescent health promotion and community prevention, through collaboration between researchers and community members.

The Communities that Care Model

![Diagram of the Communities that Care Model]

A Collaboration and Industry Engagement Fund (CIEF) grant from UQ in late 2011 enabled CYSAR to mobilise components of the CtC methodology in Queensland, and engage with Queensland communities involved in John Toumbourou’s national ARC-funded project. In Redcliffe, Woodridge/Kingston and Gold Coast communities, we formed links with local interagency networks and engaged directly with local schools.

These community networks helped us to collect new data on risk and protective factors for young people at schools and to gather information on the activity and effectiveness of current prevention work from local stakeholders. As well as generating community specific data, we have been able to compare each location to Australian norms.

An example of some of the community-level findings: How Year 8 students access alcohol

![Graph showing access methods]

Twenty reports have been produced for individual schools and community stakeholders to ensure the data collected is ‘put to work’ back in the communities. At local CtC forums, hosted in conjunction with each location’s major youth interagency networks, we then used this information to workshop starter projects to address some of the risk factors identified in each area and leverage local strengths. This has included a social marketing campaign to help parents understand their role in reducing the risks of alcohol for young adolescents, which will also involve schools and local support organisations. In conjunction with this, detailed research reports generated from the school-based data have been circulated through the local networks to support funding applications and to advocate via peak bodies for local service supports.

CYSAR Staff: Adrian Kelly, Caroline Salom, April Holman, Dayna Smith, Angela White, Jason Connor, Rosa Alati, Lake-Hui Quek, Kara Pasmore, Hannah Thomas.

Collaborators: John Toumbourou, Bosco Rowland (Deakin University), Peter Kremer (University of Melbourne), Joanne Williams, Rachel Smith, Rachel Leung, Amber Osborn (Murdoch Children’s Research Institute), Eva Leslie (Flinders University), Sheryl Hemphill (Australian Catholic University)
Health service utilisation: How can research help practice?

In 2012, CYSAR has continued to strengthen its partnerships with youth substance use service providers. One of our key collaborations was with the Mater Child and Youth Mental Health Service’s Adolescent Drug and Alcohol Withdrawal Service (ADAWS). This Queensland-wide service provides a residential program for young people aged 13-18 who have a problem with substance use and wish to stop. The ADAWS team consists of a clinical nurse, youth workers and a visiting doctor who all provide support for the young person as they withdraw. A relapse prevention program is also provided to assist the young person to identify alternate choices to substance use.

CYSAR’s collaboration with ADAWS focused on analysing existing data to provide service utilisation feedback to the service. Additionally, the partnership has resulted in research identifying the risk factors and service utilisation for young people who inject drugs. High rates of injecting drug use among treatment seeking adolescents present a significant issue to be addressed in the context of policy and service development. Early identification of those at risk of injecting drug use along with assertive outreach is critical to mediate the drug use trajectory and resultant harm.

CYSAR Staff: Lake-Hui Quek, Angela White, Jason Connor.

Substance use profiles of Brisbane Youth Service clients: Who uses what?

Another collaboration CYSAR has with the youth sector is with Brisbane Youth Service (BYS). BYS is a community-based organisation that has been working with homeless or at-risk young people aged 12-25 years for 35 years. This service provides long-term assistance to help young people and offers a range of services from immediate basic needs to intensive personal support. The BYS team consists of volunteers, specialised youth workers, doctors, nurses and mental health workers. These staff “assist homeless and at-risk youth in any way, shape or form” (BYS).

Consistent with other research about homelessness, BYS identified that a significant problem for their at-risk clients was substance use. The aim of the BYS partnership with CYSAR was to gather more information about substance use to enable the service to better meet the needs of young people. Dr Lake-Hui Quek worked closely with BYS to refine its annual alcohol and other drug survey tool and developed a database to facilitate data collection. These data will assist the service in applying for funding to develop programs in the future. CYSAR Student Nicole Fox assisted with trialling the database, using it to interview teenagers accessing the service.

CYSAR Staff: Lake-Hui Quek, Angela White
Collaborators: Laura Christie, Phil Smith (BYS)
Funding win for Schoolies prevention program

In 2012, CYSAR’s evaluation of the North Queensland ‘Choices’ education program assisted the ‘Choices’ Committee to secure a new source of ongoing funding to continue to deliver the program. Without this new source of secure funding, ‘Choices’ would not have been able to continue.

CYSAR has been working with the North Queensland ‘Choices’ Committee since 2010 to evaluate the impact of their applied theatre prevention program in reducing the risk of drinking and other problem behaviours during Schoolies celebrations. Developed and performed by the Central Queensland Conservatorium of Music (CQCM), in partnership with government and non-government services (alcohol and drug, sexual health, police, ambulance, transport), ‘Choices’ delivers a series of safety messages embedded within an interactive and entertaining drama presentation. CYSAR’s evaluation demonstrated the effectiveness of ‘Choices’ in reducing risky behaviour (Quek et al., 2012).

**CYSAR Staff:** Lake-Hui Quek, Angela White, Jason Connor  
**Collaborators:** Christine Low (Alcohol, Tobacco, and Other Drugs Services, Mackay), Judith Brown (Central Queensland Conservatorium of Music), Sargent Nigel Dalton (Mackay Crime Prevention Unit), and Debbie Dow (Community Services, Sport and Recreation, Department of Communities, Mackay)
What is the relationship between puberty, family relationships and adolescent alcohol use?

PhD Students Karen Li and Gary Chan have been working with Adrian Kelly to examine the question of whether stage of puberty and relative pubertal timing is associated with alcohol use in very young adolescents (aged 10-13 years), and whether this association is further affected by family relationship quality. This age is of particular interest because it is when alcohol use often begins and also when puberty typically starts.

The CYSAR trio have used data from the Australian Healthy Neighbourhoods dataset that includes over 7500 Australian youth. Previous research with older adolescents has suggested that the age at which adolescents enter puberty affects their likelihood of early alcohol initiation, with early maturing and late maturing teens being at greater risk. In addition, other studies have identified that family conflict plays a role in adolescent alcohol use, with girls being more greatly affected than boys. Family closeness has also previously been found to be a protective factor for alcohol use in the early stages of puberty.

The current research is unique in examining the interplay between puberty (stage and relative pubertal timing), family relationship quality (parent-adolescent emotional closeness and family conflict), and alcohol use in such a young adolescent sample.

Results indicate that pubertal stage, rather than timing, was a significant predictor of concurrent alcohol use, with adolescents in the advanced stage of pubertal development being more likely to be drinking alcohol. Family relationship quality did not moderate the relationship between pubertal stage and alcohol use. Family conflict alone was related to adolescent alcohol use and parent-adolescent emotional closeness did not play the expected protective role in this sample. There was also no indication that family conflict moderated the association between pubertal stage and alcohol use.

These findings contribute significantly to our understanding of the complex interplay of adolescent physical and emotional development, family and peer influences, and alcohol use.

CYSAR Staff: Karen Li (PhD Student), Adrian Kelly, Gary Chan
Collaborators: John Toumbourou, George Patton, Joanne Williams (Deakin University)

Steep trajectories of alcohol use in young adolescents: What social influences are significant at what time?

The majority of adolescents show steady growth in alcohol use over their teen years, but a substantial minority show rapid growth in alcohol use. PhD Student Gary Chan has been leading a research project investigating the timing and strength of different social influences on alcohol use and how these influences are related to rapid escalation.

This project reflects an important collaboration with our research partners at QUT, Deakin University (Melbourne), and the University of Washington (USA). Gary has analysed longitudinal data from the Australian arm of the International Youth Development Study, featuring 808 Australian adolescents who were surveyed annually from Grade 5-11 (except Grade 8).

Latent class growth analysis and logistic regression identified five drinking trajectories – the stable and moderate drinker (7.92% of the total sample), the early high drinker (2.84%), the slow increaser (67.3%), the late and rapid escalator (8.17%) and the non-drinker (13.7%). Relative to the non-drinkers, having drinking siblings, having drinking friends and low school connectedness in Grade 5 and 7 predicted late and rapid escalation in Grade 9. Low parental supervision at Grade 9 was also associated with such escalation.

This longitudinal research is important in that it allows us to better understand the social influences that cause rapid growth in alcohol use in adolescence. Targeting these factors through prevention programs is likely to assist parents and teenagers to reduce the risks associated with early onset alcohol use.

CYSAR Staff: Gary Chan, Adrian Kelly
Collaborators: John Toumbourou (Deakin University), Ross Young (QUT), Michele Haynes (UQ), Sheryl Hemphill (Deakin University), Richard Catalano (University of Washington).
Teenage drug use in Australia: Patterns of use

Despite knowing that underage drug use occurs in Australia, little is known about the patterns of use by Australian teenagers. The team from CYSAR extracted data on the 1400 adolescents aged 12-17 years in the Australian 2007 National Drug Strategy Household Survey. The focus was on lifetime use of the 10 most prevalent substances, as well as a number of variables that commonly predict substance use.

Latent Class Analysis was used to identify patterns of use and whether Australian teenagers use multiple substances. We found that the great majority of teenagers only used alcohol (Class 1; 79.6%); 18.3% limited their substance use to three drugs – alcohol, tobacco & marijuana (Class 2); and 2% used extensive substances (more than 3).

Perceived peer drug use and psychological distress predicted membership of the second and third classes of multiple drug use, with psychological distress more significantly predicting extensive substance use (more than 3 types of drugs).

These findings are significant in understanding teenage substance use and highlight the importance of focusing on alcohol use and the links between alcohol, tobacco and marijuana in prevention programs. In addition, psychological distress may be an important target for screening and early intervention for teenagers who use multiple drugs.

CYSAR Staff: Angela White, Gary Chan, Lake-Hui Quek, Jason Connor, John Saunders, Peter Baker, Charlotte Brackenridge, Adrian Kelly

Multiple drug use in Australian young adults: Patterns and predictors

Alcohol and illicit drug use peak during young adulthood (18-29 years), but comparatively little is known about patterns of multiple drug use at this vulnerable age. Drawing on a nationally representative survey (2007 Australian National Drug Strategy Household Survey), the CYSAR team examined multiple drug use patterns and associated psychosocial risk factors among young adults (n = 3,333; age 18-29).

A broad range of licit and illicit drug use were examined, including alcohol, tobacco, cannabis, cocaine, hallucinogens, ecstasy, ketamine, gamma-Hydroxybutyric acid (GHB), inhalants, steroids, barbiturates, meth/amphetamines, heroin, methadone/buprenorphine, other opiates, painkillers and tranquilizers/sleeping pills. Latent class analysis was used to identify patterns of polydrug use.

A 5-class solution of polydrug use was found. The majority of young adults predominantly used alcohol only (Alcohol, 52.3%) or alcohol, tobacco and cannabis (Tobacco and Cannabis, 34.18%). Young adults also used ecstasy and a broad range of other drugs [Ecstasy(+), 9.44% and Extended Polydrug, 2.79%]. Sedatives(+) (1.31%) was characterised by universal use of alcohol and sedatives, and to a lesser extent other drugs (see figure below).

Risk factors for polydrug use included being male, older, single, not completing high school, high income, unemployment, peer substance use, suboptimal health and psychological distress. This research highlights the importance of post-high school screening for key risk factors and polydrug use profiles, and the delivery of early intervention strategies targeting illicit drugs.

CYSAR Staff: Lake-Hui Quek, Gary Chan, Angela White, Jason Connor, Peter Baker, John Saunders, Adrian Kelly
Does increased infrastructure and supports make entertainment precincts safer?

Entertainment Precincts (EPs) with their high concentrations of pubs, bars and nightclubs are a major drawcard for young people wanting a fun night out. For many Australians alcohol has become a key ingredient in socialising and ‘partying’ within these locations (Criminal Justice Research, 2013). The large concentrations of young people in EPs, many of whom are intoxicated, often leads to significant alcohol-related injury, violence and disorder issues with obvious public health costs and social ramifications. Concern over high-risk drinking in these precincts has led to a range of policy and community interventions, yet rarely have they been assessed or tracked over time. Such policy evaluations have been limited by the lack of long term, systematic ‘real world’ measures of alcohol-related harm.

In response to growing community concern about alcohol-related violence, in 2010 the Queensland Government commenced a 2-year trial of Drink Safe Precincts (DSPs), which has recently been extended to September 2013. This policy initiative targeted alcohol-related injury and violence within high-risk EPs and involved a number of key measures - increased police presence/visibility and augmented police powers to remove/exclude troublemakers; improved coordination between venues, police, ambulance, community support services and transport providers; and enhanced security and support/recovery services to assist intoxicated young people. DSP sites were established in Fortitude Valley, Surfers Paradise and Townsville.

The Department of Premier and Cabinet engaged CYSAR to undertake a comprehensive, independent, technical evaluation of the Drink Safe Precincts trial. The evaluation utilised administrative activity data from a number of key agencies including Queensland Police Service (QPS); Queensland Ambulance Service (QAS); Queensland Health; and the Office of Liquor and Gaming Regulation (OLGR). To date CYSAR has produced two of three technical analysis reports. The preliminary findings from the 14 month analysis of the DSP trial have been incorporated into the Interim Evaluation Report published on the Queensland Government website: http://www.olgr.qld.gov.au/resources/liquorDocs/DSP_InterimEvaluationReport2012.pdf. The final evaluation report will be published in mid 2013 and will be critical in the ongoing development and implementation of entertainment precinct alcohol related policy initiatives.

CYSAR staff: Angela White, Peter Baker, Maria Plotnikova, Jason Connor.
Collaborators: Steve Kisely, Health LinQ.
CYSAR
Publications & Grants
Peer Reviewed Publications by CYSAR Staff


David, M., Alati, R., Ware, R. S., & Kinner, S. A. (In Press). Contact intensity is positively associated with continued study participation in a hard-to-reach population. Journal of Clinical Epidemiology.

David, M. C., Bensink, M., Higashi, H., Donald, M., Alati, R., & Ware, R. S. (2012). Monte Carlo simulation of the cost-effectiveness of sample size maintenance programs revealed the need to consider substitution sampling. Journal of Clinical Epidemiology, 65(11), 1200-1211.


Important link found between family conflict, depression and binge drinking

Gary Chan (CYSAR PhD Student), Adrian Kelly, and John Toumbourou (Deakin University) recently published a paper in the Journal of Studies on Alcohol and Drugs, which explored the links between family conflict, depression, and heavy alcohol use amongst very young Australians.

The key findings were that over the ages of 12-14, family conflict is linked to subsequent depression in both girls and boys, but this association is stronger for girls. Depressed mood predicts subsequent involvement in heavy alcohol use.

The findings have implications for broadening universal prevention approaches, which often start subsequent to these ages, to a focus on identifying vulnerable families and offering evidence-based early intervention. The findings are important because they capture an important developmental phase that is often missed in adolescent-focused research.

Alcohol use in pregnancy and adverse outcomes in childhood: Findings from the ‘Children of the 90’s’ study

Rosa Alati and colleagues recently published a paper in PLoS One which explored the effects of maternal moderate alcohol use in pregnancy on a variety of neuro-developmental outcomes in offspring. This project, which is part of ongoing international collaborations with the Department of Social Medicine in Bristol and the National Perinatal Epidemiology Unit at the University of Oxford, was funded by a Wellcome Trust grant.

The study collected comprehensive data on over 14,000 mothers and their children from 1990 in the Avon area of England. A sophisticated method of statistical analysis, called Mendelian Randomisation, was used to assess associations between light alcohol use in pregnancy and IQ at age 8. The study is the first to suggest that any alcohol used in pregnancy can affect the child’s intelligence, though effect sizes are small.


Health Promotion for Children and Adolescents: Preventing Alcohol-related harm

Hannah Thomas, Adrian Kelly and John Toumbourou (Deakin University) co-authored a book chapter on how peers, families and the wider community have an impact on adolescent alcohol use. They review the effectiveness of current prevention programs to reduce adolescent alcohol use, and specifically how health professionals can help increase prevention through their work with young people in school, family and community settings. The chapter will soon be published in Psychosocial Dimensions in Medicine, edited by Jennifer Fitzgerald and Gerard Byrne (School of Medicine, The University of Queensland), and will be used as a text for medical students, as well as health and allied health professionals in training.


IQ at age 8: Evidence from a population-based birth-cohort study. Plos One, 7(11), e49407-e49407.


Technical Reports, Resources and Other Staff Publications


Holman, A., Salom, C., Kelly, A., Williams, J., & Tournourou, J. W. (2012). Queensland Healthy Neighbourhoods Survey of School Children in Redcliffe: 2006. Published by Communities that Care and the Centre for Youth Substance Abuse Research.

Holman, A., Salom, C., Kelly, A., Williams, J., & Tournourou, J. W. (2012). Queensland Healthy Neighbourhoods Survey of School Children in Robina: 2006. Published by Communities that Care and the Centre for Youth Substance Abuse Research.


Conferences and Presentations


Forlini, C., Hall, W., Maxwell, B., Outram, S. M., Reiner, P. B., Repantis, D., Schermer, M., & Racine, E. (In Press), Navigating the enhancement landscape. Ethical issues in research on cog-nitively enhancing for healthy individuals. EMBO Reports.


Lucke, J. C., & Hall, W. D. (2012). Exploring conditions under which it may be ethical to offer incentives to encourage drug-using women to use long-acting forms of contraception. Addiction, 107(6), 1049-1050.


New Zealand Journal of Psychiatry, 46(12), 1173-1181.


**Technical Reports, Resources and Other Staff Publications**


**Conferences and Presentations**


Carroll, A., & Bower, J. (2012). Getting hooked on sports or the arts: Examining the connectedness of youth who participate in sport and creative arts activities. Paper presented at the 1st International Conference on Behavioral and Social Science Research (ICBSSR), Perak, Malaysia.


### CYSAR Lead Projects

<table>
<thead>
<tr>
<th>Projects</th>
<th>Funding Sources</th>
<th>Total Award</th>
<th>Investigators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gift from The University of Queensland Endowment Fund to the Centre for Youth Substance Abuse Research (from Graeme Wood and Andrew Brice)</td>
<td>The University of Queensland Endowment Fund</td>
<td>$2,000,000, 5 years (2013-2017)</td>
<td>Connor (on behalf of CYSAR)</td>
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<tr>
<td>Brief telephone interventions for reducing future alcohol use and related harm in young people accessing emergency departments</td>
<td>NHMRC Targeted Call for Mental Health Research Grant</td>
<td>$702,461 4 years (2013-2016)</td>
<td>Hides, Kavanagh, Connor, Daglish, Cotton, Barendregt, Witkiewitz, Young, White</td>
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<tr>
<td>Very young adolescents and substance use: Community and family vulnerabilities and healthy developmental transitions</td>
<td>ARC Discovery Project Grant</td>
<td>$203,380 3 years (2013-2015)</td>
<td>Kelly, Young, Connor, Williams, Baker, Bush</td>
</tr>
<tr>
<td>From the laboratory to the classroom: Validation of an innovative laboratory model of adolescent impulsivity and alcohol use using a school-based randomised controlled trial</td>
<td>NHMRC Early Career Fellowship (TSP2, Clinical)</td>
<td>$320,709 4 years (2012-2015)</td>
<td>Gullo</td>
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<tr>
<td>Genetics of impulsive alcohol use in young adults</td>
<td>UQ New Staff Start-Up Fund</td>
<td>$12,000 2 years (2012-2013)</td>
<td>Gullo</td>
</tr>
<tr>
<td>Genes, biology and environment in the development of substance use and mental health disorders</td>
<td>NHMRC Career Development Fellowship (Level 2, Public Health)</td>
<td>$424,920 4 years (2011-2014)</td>
<td>Alati</td>
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<tr>
<td>The aetiology of alcohol use disorders in adulthood: A generational perspective</td>
<td>NHMRC Project Grant</td>
<td>$610,520 3 years (2011 – 2013)</td>
<td>Alati, Williams, Lind, Wray, Bor, Whitfield, Najman, Mamun, Clavarino, McIntyre</td>
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<tr>
<td>Mindfulness in Education Research Collaboration: Shaping the Future of Education- Pilot Study</td>
<td>Philanthropic funding from John Fitzgerald ($120,000), and the Graeme Wood Foundation ($20,000), with support from The University of Queensland Faculty of Health Sciences ($20,000)</td>
<td>$160,000 2 years (2011-2012)</td>
<td>Connor</td>
</tr>
</tbody>
</table>
### Projects

<table>
<thead>
<tr>
<th>Project</th>
<th>Funding Sources</th>
<th>Total Award</th>
<th>Investigators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Building a data collection tool assessing alcohol and other drugs for young people at-risk accessing services at Brisbane Youth Services</td>
<td>Brisbane Youth Service</td>
<td>$5,900 2 years (2011-2012)</td>
<td>Quek, White, Connor</td>
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<tr>
<td>Dynamic social systems and adolescent alcohol/tobacco use: A new cusp catastrophe model</td>
<td>ARC Discovery Project Grant</td>
<td>$150,000 3 years (2010-2012)</td>
<td>Kelly, Haynes, Young</td>
</tr>
<tr>
<td>Illicit Drug Reporting System (IDRS)</td>
<td>Commonwealth Department of Health and Ageing</td>
<td>$60,000/year</td>
<td>Alati (Queensland Principal Investigator)</td>
</tr>
<tr>
<td>Ecstasy and related Drugs Reporting System (EDRS)</td>
<td>Commonwealth Department of Health and Ageing</td>
<td>$60,000/year Ongoing</td>
<td>Alati (Queensland Principal Investigator)</td>
</tr>
<tr>
<td>Preparing Queensland for the next generation of prevention science research: A community-based process for reducing delinquency and alcohol/other drug use</td>
<td>The University of Queensland Collaboration and Industry Engagement Fund</td>
<td>$69,452 1 year (2010-2011) Extended to 2012</td>
<td>Kelly, Connor, Alati, White, Quek, Carroll, Queensland Department of Premier &amp; Cabinet, Communities that Care Australia</td>
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<tr>
<td>Alcohol-related emergency department admissions pre and post ‘Alcopops’ legislation</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>White, Connor, Quek, Kisely, Hall, Toumbourou</td>
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<tr>
<td>Evaluation of ‘Choices’ in North Queensland</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>White, Quek, Low, Brown, Dow, Connor</td>
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<tr>
<td>Risk factors for substance misuse amongst young people in Australia</td>
<td>Internal Funds – public access dataset</td>
<td>n/a</td>
<td>Kelly, Connor, White, Alati, O’Flaherty, Chan</td>
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<tr>
<td>Queensland Schoolies Project</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>Quek, White, Kelly, Connor</td>
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<tr>
<td>Youth alcohol and drug service utilisation data</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>Quek, White, Connor</td>
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<tr>
<td>Polydrug use: National Drug Strategy Household Survey 2007</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>Quek, White, Chan, Kelly, Baker, Connor</td>
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<tr>
<td>Development of the Iphone drink monitoring application</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>White, Connor, Hides, Fitz-Walter, Tjondronegoro, Kavanagh</td>
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<tr>
<td>Communities that Care: A community-based process for reducing delinquency and alcohol/other drug use</td>
<td>Internal Funds</td>
<td>n/a</td>
<td>Kelly, Connor, Toumbourou, Williams, Smith, Salom, Alati, White, Quek, Baker, Carroll</td>
</tr>
<tr>
<td>Projects</td>
<td>Funding Sources</td>
<td>Total Award</td>
<td>Investigators</td>
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<tr>
<td>The outcomes of adolescents and young adults who experience hallucinations: A birth cohort study</td>
<td>NHMRC Project Grant</td>
<td>$536,597 3 years (2013-2015) Awarded 2012</td>
<td>Scott, McGrath, Najman, Alati, Mamun, Clavarino</td>
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<tr>
<td>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</td>
<td>NHMRC Targeted Call for Mental Health Research Grant</td>
<td>$1,306,235 6 years (2013-2018) Awarded 2012</td>
<td>Hides, Stain, Baker, Jackson, Lenroot, Paulik, McElduff, Wolfenden</td>
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<tr>
<td>The development of automated advanced data analysis techniques for the detection of aberrant patterns of prescribing controlled drugs</td>
<td>ARC Grant Matched funding from Queensland Health</td>
<td>$150,000 (+$150,000) 4 years (2012-2015)</td>
<td>Gallagher, Wiles, Connor, Loveday, Ballantyne</td>
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<tr>
<td>Promoting perinatal mental health and wellbeing: Development and evaluation of screening and intervention programs for both parents, using the Internet and text messages (SMSs)</td>
<td>beyondblue</td>
<td>$399,836 4 years (2012-2015)</td>
<td>Kavanagh, Hamilton, Marshall, Milgrom, Rowe, Fisher, Wittkowsky, Scuffman, Davis, Walsh, Chang, White, Hides, Daniels</td>
</tr>
<tr>
<td>Understanding alcohol and drug-related injury among young people in Queensland</td>
<td>IHBI CYSAR Internal Grant</td>
<td>$15,000 1 year (2012)</td>
<td>McKenzie, Hides, Limborg &amp; Barker</td>
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<tr>
<td>Leveraging mobile phone technology to influence responsible drinking behaviour</td>
<td>ARC Discovery Project Grant</td>
<td>$140,000 3 years (2011-2013)</td>
<td>Drennan, Connor, Kavanagh, Tjondronegoro, Previte, Fry, White</td>
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<tr>
<td>Healthy body, healthy mind: An exercise intervention for the treatment of youth depression</td>
<td>beyondblue Ad Hoc Strategic Research Funding</td>
<td>$94,547 3 years (2011-2013)</td>
<td>Callister, Kelly, Hides, Baker, Yong</td>
</tr>
<tr>
<td>Preventative online programs/tools for problematic alcohol and other drug use in young people</td>
<td>Young and Well Collaborative Research Centre</td>
<td>$178,544 3 years (2011-2013)</td>
<td>Hides, Kavanagh, Tjondronegoro, Johnson</td>
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<tr>
<td>Projects</td>
<td>Funding Sources</td>
<td>Total Award</td>
<td>Investigators</td>
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<tr>
<td>Test of a new, technologically-assisted motivational intervention for substance misuse in first episode psychosis</td>
<td>IHBI CYSAR Research Development Grant Scheme 2012</td>
<td>$14,998 1 year 2013</td>
<td>Kavanagh, Connolly, Hides, Quek, Tjondronegoro, Dark, White, Andrade, May</td>
</tr>
<tr>
<td>Improving social engagement of rural 'at risk' youth: A randomised effectiveness trial of a telephone delivered Cognitive and Dialectical Behaviour Therapy Intervention</td>
<td>Australian Rotary Health Mental Health Grant</td>
<td>$70,162 3 years (2010-2012)</td>
<td>Stain, Hides, Jackson, Lenroot, Paulik, Baker, McElduff</td>
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<tr>
<td>Development and evaluation of a binge-drinking internet program for young people</td>
<td>Victorian Department of Health</td>
<td>$510,000 3 years (2010-2012)</td>
<td>Kavanagh, Young, Shochet, Drennan, Stallman, Buckley, White, Proctor, Quek</td>
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<tr>
<td>Etools for Well-being, Young and Well-Cooperative Research Centre (YAW-CRC) Program</td>
<td>Inspire Foundation + partner contributions</td>
<td>$27m (Inspire Foundation) $87m (partner contributions) 5 years (2011-2016)</td>
<td>Hides, Kavanagh, Young, Shochet, Tjondronegoro, Johnson, Drennan</td>
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<tr>
<td>Brief interventions to reduce alcohol use and related problems and injuries in young people accessing emergency departments</td>
<td>IHBI Human Health and Wellbeing Grant</td>
<td>$30,000 2 years (2011-2012)</td>
<td>Hides, Kavanagh, Daglish, Connor &amp; White</td>
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<tr>
<td>Pubertal transitions in mental health and behaviour: The PHASE-A study of social role and lifestyle transitions</td>
<td>NHMRC Project Grant</td>
<td>$1,572,015 5 years (2011-2015)</td>
<td>Patton, Allen, Sawyer, Olde, Degennharst, Viner, Williams, Bayer, Olsson, Alati</td>
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<tr>
<td>Genetic and environmental contributions to the life course of the common mental disorders</td>
<td>NHMRC Project Grant</td>
<td>$1,474,526 4 years (2011-2014)</td>
<td>Najman, Williams, Wray, Breen, Venter, Clavarino Mamun, Alati, O’Callaghan, Bor</td>
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<tr>
<td>Early origins, progression and aetiology of obesity, metabolic syndrome and diabetes: A 30 years follow-up study</td>
<td>NHMRC Project Grant</td>
<td>$1,151,675 4 years (2010-2013)</td>
<td>Mamun, O’Callaghan, Najman, Alati, Williams, Clavarino, McIntyre</td>
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<tr>
<td>Early origins, progression and aetiology of obesity, metabolic syndrome and diabetes</td>
<td>NHMRC Project Grant</td>
<td>$173,547 4 years (2010-2013)</td>
<td>Mamun, O’Callaghan, Williams, Najman, Alati, Clavarino, McIntyre</td>
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<tr>
<td>The efficacy and cost effectiveness of a BMI compared to a BMI + Contingency Management in young cannabis users</td>
<td>Vice Chancellor’s Senior Research Fellowship Grant, QUT</td>
<td>$20,000 4 years (2010-2013)</td>
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<td>Projects</td>
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<tr>
<td>Vice Chancellor’s Senior Research Fellowship</td>
<td>Queensland University of Technology</td>
<td>$300,000 3 years (2010-2012)</td>
<td>Hides</td>
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<td>Understanding patient flow bottlenecks and patterns from hospital information systems data</td>
<td>UQ Collaboration and Industry Engagement Fund</td>
<td>$75,000 2 year (2010-2012)</td>
<td>Gallagher, Wiles, Connor and Queensland Health</td>
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<tr>
<td>The Ecstasy Check-up: A multi-site trial of a brief intervention for ecstasy use among regular ecstasy users</td>
<td>NHMRC Project Grant</td>
<td>$443,126 3 years (2010-2012)</td>
<td>Copeland, Norberg, Hides, McKetin</td>
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<tr>
<td>Evaluation of internet-based treatments for co-morbidity of alcohol disorders and depressive mood</td>
<td>NHMRC Project Grant</td>
<td>$684,000 3 years (2009-2011) Extended to 2013</td>
<td>Kavanagh, Klein, Austin, Proudfoot, Lambkin, Connor, Young, White</td>
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<tr>
<td>Beyond motherhood - the menopausal transition: A 27 year follow up of the mental health of mothers as they enter middle age</td>
<td>NHMRC Project Grant</td>
<td>$1,675,988 4 years (2008-2012)</td>
<td>Clavarino, Williams, Alati, Mamun, Najman, Bor</td>
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<tr>
<td>Randomised controlled trial of a financial counselling intervention and smoking cessation assistance to reduce smoking in socioeconomically disadvantaged groups</td>
<td>NHMRC Project Grant</td>
<td>$1,951,193 3 years (2012-2014)</td>
<td>Mattick, Martire, Bonevski, Borland, Doran, Hall, Farrell</td>
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<tr>
<td>Pharmaceutical opioid prescription for chronic pain in Australia: Trajectories of prescribing, risk of adverse events, and predictors of harm</td>
<td>NHMRC Project Grant</td>
<td>$1,041,601 3 years (2012-2014)</td>
<td>Degenhardt, Hall, Cohen, Linzeris, Nielsen, Bruno</td>
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<td>Addiction as a brain disease: Impact on smokers’ beliefs about cessation</td>
<td>ARC Discovery Project</td>
<td>$143,624 3 years (2012-2014)</td>
<td>Hall, Gartner, Partridge, Carter, Lucke</td>
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<td>Electronic intervention for hazardous alcohol consumption among hospital out-patients</td>
<td>NHMRC Project Grant</td>
<td>$353,035 3 years (2012-2014)</td>
<td>Kypri, Johnson, Saunders, Saltz, Attia</td>
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<tr>
<td>Projects</td>
<td>Funding Sources</td>
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<tr>
<td>Investing in our Disadvantaged Youth: New School–wide Approaches to Understanding and Improving School Engagement and Social Connectedness</td>
<td>ARC Linkage and Industry Partners</td>
<td>$388,843; $307,843 (ARC); $81,000 (Industry Partners) 3 years (2012-2014)</td>
<td>Carroll, Gillies, van Kraayenoord, Bower</td>
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<tr>
<td>The Logan House Project: Monitoring the process of psychosocial change in residential treatment for substance use disorders</td>
<td>Lives Lived Well Funding Renewal</td>
<td>$27,577 2 years (2012-2013)</td>
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<tr>
<td>Family Planning Queensland Workforce Development Evaluation Project</td>
<td>Family Planning Queensland</td>
<td>$20,000.00 2 years (2012 – 2013)</td>
<td>Leahy, McCuaig</td>
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<tr>
<td>The relationship between alcohol use and mental disorders from adolescence to young adulthood: Longitudinal analyses from a large Australian cohort study</td>
<td>Australian Rotary Health Grant</td>
<td>$38,456 1 year (2012)</td>
<td>Degenhardt, Patton, Hall, Swift and O’Loughlin</td>
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<td>Mental disorders and the social transitions of adulthood: A 20-year follow-up of the Victorian Adolescent Health Cohort Study</td>
<td>NHMRC Project Grant</td>
<td>$426,879</td>
<td>Patton, Degenhardt, Ollson, Carlin, Hall</td>
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<td>Loneliness in Children: Building a Model for Mental Health Promotion Healthway</td>
<td>Western Australian Health Promotion Foundation</td>
<td>$275,000 3 years (2011-2013)</td>
<td>Houghton, Wood, Carroll, Hattie</td>
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<td>Setting the Standard: Evidence for Curriculum Renewal in Health Education Teacher Education</td>
<td>University of Southern Cross Teaching and Learning Small Grant Scheme</td>
<td>$10,000 1 year (2011-2012)</td>
<td>Leahy, McCuaig, Mayer</td>
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<tr>
<td>Ipswich Centre for Healthy Communities: Health Literacies in Schools Pilot</td>
<td>UQ Pick Your Partners Internal Funding</td>
<td>$25,000 2 years (2011-2012)</td>
<td>McCuaig, Rossi, Macdonald, Bush, Ostin, Hay, Carroll</td>
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<tr>
<td>Developing the Mindfields Program for High School Students</td>
<td>Pathfinder Proof of Concept Grant, Uniquest (UQ)</td>
<td>$45,000 2 years (2010-2011) Extended</td>
<td>Carroll</td>
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<tr>
<td>Addiction neuroethics: The ethical and public policy implications of genetic and neuroscience research on addiction</td>
<td>NHMRC Australian Fellowship</td>
<td>$4,000,000 5 years (2009-2013)</td>
<td>Hall</td>
</tr>
</tbody>
</table>
Angela White, Lake-Hui Quek, Hannah Thomass, Kairi Pasmore and Maria Plotnikova at a CYSAR Research Meeting.

A research meeting between Angela White, Maria Plotnikova and Genevieve Ong and via Skype having fun at a CYSAR Research Meeting.

Angela White, Lake-Hui Quek and Genevieve Ong and via Skype having fun at a CYSAR Research Meeting.

A research meeting between Angela White, Maria Plotnikova and Peter Baker.

Therese Price, Nathan St John and Matthew Gullo at journal club – one of the professional development activities for the Summer Research Program students.

Matthew Gullo enjoying a laugh and a piece of cake at Therese’s farewell party.

Therese Price, Nathan St John and Matthew Gullo at a CYSAR Research Meeting.

Maria Plotnikova and Angela White working hard on the Drink Safe Precinct Trial Evaluation.

Gary Chen, Dayna Smith, Jason Connor, Therese Price, Nathan St John and Angela White at a CYSAR Research Meeting.

Lake-Hui Quek presenting at the Walk on the Wildside Conference.

Therese Price preparing for an interview, as part of Matthew Gullo’s lab trial on alcohol and impulsivity.

Therese Price prepping for an interview, as part of Matthew Gullo’s lab trial on alcohol and impulsivity.
CYSAR would like to thank the many individuals and organisations who contributed to our Centre throughout 2012. If you would like to find out more about CYSAR, including any of the research listed here, please contact us at:

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