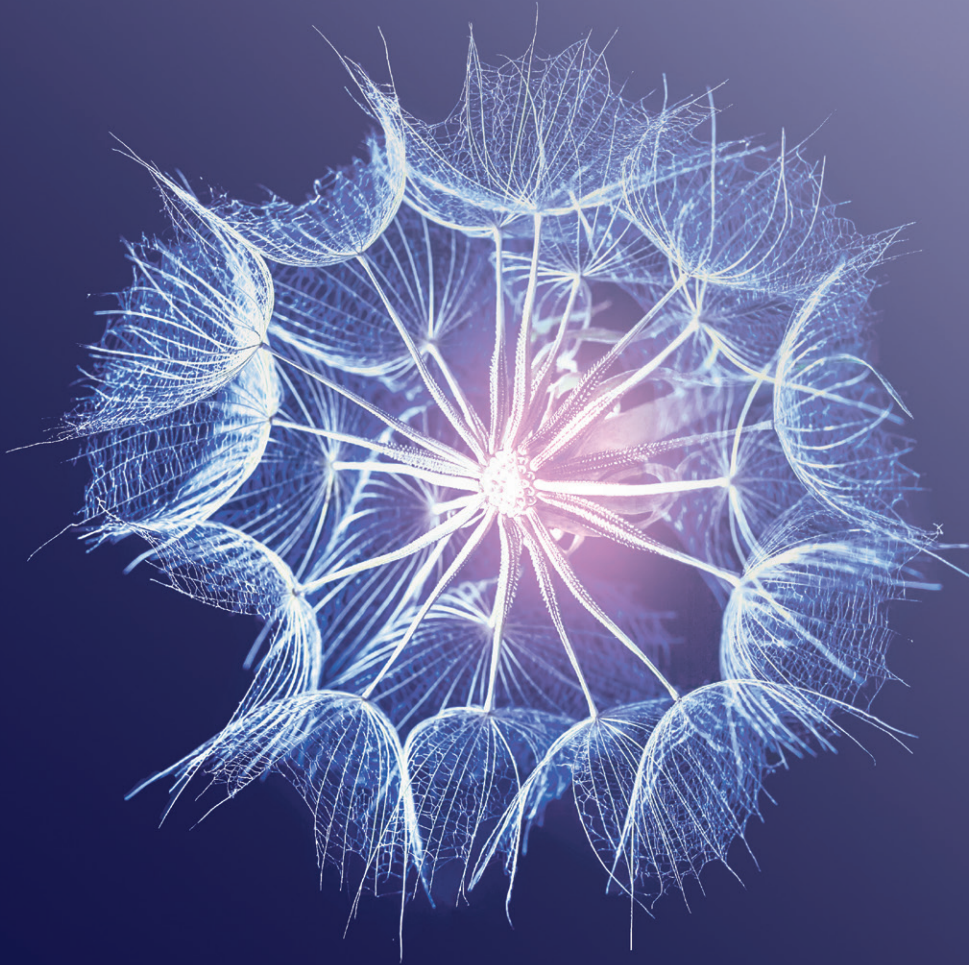




RANZCP
Foundation

Transforming mental health care,
creating a world of potential

Annual
Review
2021



We acknowledge Aboriginal and Torres Strait Islander Peoples as the First Nations and the Traditional Owners and Custodians of the lands and waters now known as Australia, and Māori as tangata whenua in Aotearoa, also known as New Zealand.

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

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

About the RANZCP Foundation

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

We raise funds for research, initiatives, and projects that improve the mental health and wellbeing of communities in Australia, New Zealand, and neighbouring regions.

We deliver an annual program of grants, scholarships and awards to RANZCP members. By providing these opportunities, we enable valuable research that can be translated into the prevention and treatment of mental health conditions.

Working closely with our generous donors and supporters, we seek to advance these areas:



**Preventing and treating
mental illness**



**Supporting the mental health
of diverse communities**



**Maintaining mental health and
wellbeing across the lifespan**

The RANZCP Foundation's operational costs are fully supported internally by the RANZCP, meaning 100% of all donations go directly towards funding grants.

Donations are an allowable tax-deduction in Australia only.

The RANZCP is a registered charity with the Australian Charities and Not-for-profits Commission, and is an Organisational Member of the Fundraising Institute of Australia.



Our vision

Transforming mental health care,
creating a world of potential.

Our mission

By promoting research and fostering innovation and partnerships, we will build knowledge and skills.

We will support individuals, families and their communities to achieve and maintain mental health and wellbeing throughout the lifespan.

We pursue our vision
by supporting and
encouraging:

Clinical work



Research



Partnerships



Special projects
and initiatives



that improve the mental health
and wellbeing of communities.

The year in review

Stepping into the role of Chair of the RANZCP Foundation Committee, I had large shoes to fill following the inaugural Chair, Dr Elizabeth O'Brien. I thank Elizabeth for her valuable guidance and contributions since 2019. Having joined the Foundation Committee at the very beginning, I believe strongly in our role in supporting research and development amongst psychiatrists. It has been a great pleasure to work with a distinguished committee who are all very keen to actively contribute to this work.

In 2021, the Foundation continued its momentum and remains on track for a promising future. We expanded the range of grants we offer, providing College members with even more opportunities to pursue ground-breaking research. We worked with two generous donors to develop new tailored grants in Aboriginal and Torres Strait Islander social and emotional wellbeing. And pleasingly, we raised A\$118,380 across the year, our highest amount yet.

Key highlights for the Foundation in 2021 include:

- Supporting 8 researchers through our grants and awards programs
- Launching the inaugural round of RANZCP Foundation Catalyst Grants, designed to provide seed funding for innovative new research projects
- Hosting a new series of virtual events, together with our first interactive masterclass
- Hosting our first donor event at the Hobart Congress
- Working with two major donors to develop new funding opportunities for College members
- Achieving an overall increase in the number and value of donations received from College members



Professor Malcolm Hopwood
Chair, RANZCP
Foundation Committee

What we accomplish is only possible thanks to our incredible donors. 2021 was another year largely defined by the coronavirus pandemic, and the dedication and generosity of our supporters enables us to reach for new heights during this difficult period. On behalf of the Foundation Committee, I wish to wholeheartedly thank everyone who supported and donated to the RANZCP Foundation.

In this report, we are excited to share the stories behind the new grants we have established with College Fellows A/Prof Anne Sved Williams AM and Dr Alagappa Arumugam AM. These are both shining examples of how philanthropy allows us to turn ideas into action, support future generations, and create a meaningful legacy.

The fundamental aim of the Foundation is to work collaboratively to improve our collective knowledge and treatment of mental illness. Clinicians are aware that the burden of mental health conditions on the community is huge. The Foundation has great potential to contribute by facilitating research across mental health and developing a psychiatric research workforce.

Now is a significant time for the future of psychiatry and mental health in Australia and New Zealand. I look forward to seeing what we can collectively achieve for the benefit of our communities.

A message from the RANZCP President

It has been a great pleasure to join the RANZCP Foundation Committee in my role as College President this year. As the College charity, the Foundation is an important enabler for the growth and development of psychiatry. Now is a critical time for mental health in both of our countries, and in the rest of the world, and we must continue to act with purpose and strategy to ensure a better future for our communities.

The events of recent years have radically changed the way we live, work, and connect with one another. As a result, there is increased public attention and value placed on our mental health and wellbeing as well as a focus on mental illnesses. We can see this shift reflected in health policy discussions, across the numerous inquiries and commissions involving mental health, on the agenda in the media landscape, and in our interactions in the community.

As the impacts of the COVID-19 pandemic continue to unfold, the role of psychiatrists is essential. To address both current and long-term mental health problems, we need the best evidence-based treatments at our disposal. We must continue to find ways to enable excellent, high-quality research that can be translated into tangible solutions for people affected by mental illness.

With this, I strongly encourage College members to consider how they can make a contribution to the RANZCP Foundation for the future of psychiatry. I believe that collectively, we have the knowledge and capacity to transform psychiatry for the benefit of communities both locally and globally.



Associate Professor
Vinay Lakra
RANZCP President

An outcome of the coronavirus pandemic has been the need for innovation. The most prominent example for many psychiatrists has been the rapid expansion of telehealth services to deliver clinical care. Moving forward, we must not only work to improve our existing approaches, but also be open to exploring new and emerging psychiatric treatments. We can only truly make progress if we are willing to evolve and push the boundaries of our current knowledge.

There are many ways to support much-needed research in psychiatry, and grow further training and leadership opportunities. For me personally, a topic close to my heart is the relationship between physical health and chronic or serious mental illness. Again, I invite members to reflect on what matters to them, and to ask what we can do better.

We know first-hand the important role that psychiatry plays in people's lives. The RANZCP Foundation is a valuable tool for bringing the ambitions of College members into reality. It is my sincere wish that we come together to strengthen the RANZCP Foundation to create a healthier future for everyone.

RANZCP Foundation leadership

The Foundation is overseen by a senior advisory committee reporting directly to the RANZCP's Board of Directors. The Foundation Committee provides independent high-level advice and direction and is responsible for advancing the Foundation's strategic objectives. These include the promotion of scholarship, research and training in psychiatry in Australia and New Zealand and neighbouring regions.

The following Foundation Committee members served from March 2021 to present.



Professor Malcolm Hopwood
Chair, RANZCP
Foundation Committee

Prof Malcolm Hopwood is the Chair of the RANZCP Foundation Committee. He is a former President of the RANZCP, serving from 2015 to 2017. He is the Ramsay Health Care Professor of Psychiatry at the University of Melbourne, the Director of the Professorial Psychiatry Unit at the Albert Road Clinic, Melbourne, and the President of the Asian Federation of Psychiatric Associations. He was awarded the College Medal of Honour in 2022 for his distinguished and meritorious service to the College.



Associate Professor Vinay Lakra
RANZCP President,
Board Director

A/Prof Vinay Lakra is the current President of the RANZCP, having commenced his term in May 2021 after joining the Board in 2018. He is Clinical Director of North West and Northern Area Mental Health Services, North Western Mental Health, The Royal Melbourne Hospital. He is a member of the Victorian Board of the Medical Board of Australia and a member of the World Psychiatric Association (WPA) Standing Committee on Scientific Sections. He served as the Deputy Chief Psychiatrist of Victoria for three years during 2016 to 2019.



Associate Professor John Allan
Committee Member

A/Prof John Allan is the Executive Director of Mental Health Alcohol and other Drugs Branch in Queensland Health. He is a former President of the RANZCP, serving from 2019 to 2021, and was a member of the RANZCP Board from 2015 to May 2021. He was previously Chief Psychiatrist in both Queensland and New South Wales. He currently coordinates the World Psychiatric Association Alternatives to Coercion Working Group. His current focus is on leadership, mental health system reform and human rights.



Professor Gerard Byrne
Committee Member

Prof Gerard Byrne is the Mayne Professor and Head of the Academy of Psychiatry within the Faculty of Medicine at The University of Queensland. He is the Director of the Older Persons' Mental Health Service at the Royal Brisbane and Women's Hospital. He is a member of the Repatriation Medical Authority with the Department of Veterans' Affairs.



Professor Hinemoa Elder MNZM
Committee Member

Prof Hinemoa Elder is of Te Aupōuri, Ngāti Kuri, Te Rarawa and Ngāpuhi descent. She is a Child and Adolescent Psychiatrist, working at the Starship Child and Family and Mother Baby Units. She is a member of the World Psychiatric Association's Child and Adolescent working group, and Chair of the International Association for Child and Adolescent Psychiatry and Allied Professions' Indigenous working group. She is a board member of The Helen Clark Foundation. She was awarded the New Zealand Order of Merit in 2019 for services to Māori and Psychiatry.



Dr Nick Kowalenko
Committee Member

Dr Nick Kowalenko is a past Chair of the Faculty of Child and Adolescent Psychiatry at the RANZCP. He is the current Chair of the Faculty's International Relations Committee, spearheading a range of initiatives in the Asia-Pacific region involving college volunteers in education, mentoring and support for regional psychiatric leaders. He is Vice-President of the International Association of Child Psychiatrists and Allied Professionals, and Deputy Chair of Emerging Minds, promoting children's mental health nationally.



**Professor
Gin Malhi**
Committee Member

Prof Gin Malhi is Chair of Psychiatry at the University of Sydney Northern Clinical School, and he is a Visiting Professor in the Department of Psychiatry at the University of Oxford. He is the Editor-in-Chief of Bipolar Disorders, the leading journal in its field, and the President of the International Society for Bipolar Disorders.



**Professor
Helen Milroy**
Committee Member

Prof Helen Milroy is a descendant of the Palyku people of the Pilbara region of Western Australia but was born and educated in Perth. She is Australia's first Indigenous doctor and child psychiatrist. She is currently the Stan Perron Professor of Child and Adolescent Psychiatry at the Perth Children's Hospital and University of Western Australia and Honorary Research at the Telethon Kids Institute. Helen is the Chair of the Gayaa Dhuwi Proud Spirit Australia organisation and a board member of Beyond Blue.



**Associate Professor
Shuichi Suetani**
Committee Member

A/Prof Shuichi Suetani is a Senior Psychiatrist at the Institute for Urban Indigenous Health. He is an Associate Professor at the School of Medicine and Dentistry, Griffith University, and Adjunct Research Fellow at the Queensland Brain Institute, The University of Queensland. He is a Clinical Academic Psychiatrist at the Queensland Centre for Mental Health Research, The University of Queensland.



**Professor
Dan Siskind**
Chair of the Committee
for Research (ex-officio
member)

Prof Dan Siskind is a Clinical Academic Psychiatrist at the Metro South Addiction and Mental Health Service in Queensland. He is a Professor of Psychiatry with the Faculty of Medicine at The University of Queensland. He currently serves as the Chair of the Committee for Research within the RANZCP.

The work of the RANZCP Foundation is supported by its patrons:

Professor The Hon Dame Marie Bashir
AD CVO (Australia)

Emeritus Professor Sir Mason Durie
ONZ KNZM (New Zealand)



Dr Elizabeth O'Brien (inaugural chair)

Dr Peggy Brown AO

Dr David Chaplow QSO

Dr Murray Patton



The RANZCP Foundation gratefully acknowledges the past contributions of the following inaugural Committee members:

Thank you to our donors

Supporting emerging Aboriginal and Torres Strait Islander psychiatrist leaders:

Dr Alagappa Arumugam AM and Dr Banu Arumugam



Following a long and distinguished career in psychiatry, Dr Alagappa Arumugam AM, together with his wife, Dr Banu Arumugam, herself a general practitioner, chose to donate to the RANZCP Foundation to assist and advance Aboriginal and Torres Strait Islander social and emotional wellbeing, by supporting future leaders and encouraging further research and scholarship in this area.

After completing his medical and psychiatry specialty training, Dr Alagappa Arumugam migrated to Australia in 1971. Coming from a small Indian community where philanthropy has always been highly valued, Dr Arumugam requested his first role in Australia to be in a country town and was placed in Traralgon in Victoria.

Dr Arumugam's philanthropic motives can be traced back to his earliest experiences as a practicing psychiatrist. Those formative years of his career and experiences delivering community mental health services shaped much of his later motives to want to contribute to improving Aboriginal and Torres Strait Islander social and emotional wellbeing.

Reflecting on this, he notes that 'Aboriginal and Torres Strait Islanders have the longest living history. They have lived in harmony with nature and cared and nurtured its resources and wealth. We each can have a role in contributing to initiatives such as Closing the Gap.'

Further etched in his memory from thirty years ago is when his wife, Dr Banu Arumugam was practicing as a locum in the Northern Territory in a location where a new health care service had been established.

He recalls that 'ownership by the community was lacking, and it was evident that support and training of doctors and medical professionals who identify as Aboriginal and Torres Strait Islander was what was needed.'

'We need to reach a critical number of Aboriginal and Torres Strait Islander doctors in the health system, to work together collaboratively and support each other, especially when it comes to community consultation, design and development of services, where psychiatry can, and should, play a leading role.'

The Arumugam family's generous gift will be used to launch a new grant program featuring leadership and management training opportunities, as well as two scholarly prizes. Each will have names in Woi Wurrung, the language of the Wurundjeri people. The names were provided with the guidance and permission of Wurundjeri Elders, who are the Traditional Owners of the lands where both the Arumugam family home and the RANZCP head office are located.

'The naming matters because if we are trying to encourage autonomy as well as honouring Aboriginal and Torres Strait Islander peoples' cultures, then we ought to show respect by incorporating appropriate language use as well. Even if an applicant is not from the Wurundjeri people's land, my hope is that they would feel the level of commitment we want to provide in doing this. It is a small but powerful symbol.'

The RANZCP Foundation extends its sincere thanks to Dr Alagappa Arumugam AM and Dr Banu Arumugam for choosing to take forward their desire to make an impact in supporting the next generation of Aboriginal and Torres Strait Islander psychiatrists.

Improving Aboriginal and Torres Strait Islander social and emotional wellbeing:

A/Prof Anne Sved Williams AM and Dr Tony Williams



Establishing a scholarship in Aboriginal and Torres Strait Islander perinatal psychiatry was a ‘really logical step’ for Associate Professor Anne Sved Williams AM, a long-standing RANZCP Fellow, and her husband Dr Tony Williams, a surgeon.

Anne and Tony’s interest in Aboriginal and Torres Strait Islander health was sparked while visiting outback communities on a camping trip to the Kimberley about twenty years ago, where they observed the circumstances of Aboriginal and Torres Strait Islander peoples.

‘We spent some time sitting in the car, asking ourselves, “What can we do to help?”’ Anne recalls.

As a perinatal and infant psychiatrist, Anne is deeply aware that early intervention is the best way to ensure children can lead healthy lives, especially when it comes to mental health. Her decision to specialise in this area came from a long-held interest in family systems, as well as ‘why people grow up the way they are’. Through her experience with various maternal health programs, Anne has seen first-hand how targeted support can assist mothers with postnatal mental health concerns.

‘You can see the changes in front of you. With the right help, new mothers facing mental health difficulties can improve, and even small changes can make a difference.’

Drawing upon this experience, Anne and Tony have generously established the Sved Williams Scholarship for Aboriginal and Torres Strait Islander Perinatal and Infant Mental Health with the RANZCP Foundation. Their scholarship has two main objectives: achieving better outcomes for Aboriginal and Torres Strait Islander parents and their children in the first 1000 days of their children’s lives, and expanding current knowledge and building capacity in Aboriginal and Torres Strait Islander perinatal and infant psychiatry.

Anne and Tony are firm believers in building a body of specialists who identify as Aboriginal or Torres Strait Islander. Underpinning this is the recognition that Aboriginal and Torres Strait Islander communities benefit from treatment that includes health professionals who more closely understand their culture and needs. Through their scholarship, Anne and Tony are eager to address the need for culturally appropriate services run by Aboriginal and Torres Strait Islander clinicians.

Developing specialists is of personal significance to Anne, who was the only perinatal psychiatrist in Adelaide for more than a decade. When she started in 1987, perinatal psychiatry was not yet a specialty within psychiatry, prompting her to undertake a lot of self-training. She and Tony are delighted to now be creating training opportunities for future perinatal psychiatrists who identify as Aboriginal or Torres Strait Islander.

‘The only way to make a difference is to train people with knowledge and skills that can help themselves and their communities. We both come from backgrounds where education is highly valued, and we’ve seen that supporting people with their learning can make a real difference.’

By establishing a scholarship with the RANZCP Foundation, Anne and Tony hope to not only contribute to improving Aboriginal and Torres Strait Islander mental health, but to inspire others to contribute. The RANZCP Foundation extends its sincere thanks to Anne and Tony for their generous support.

The Beverley Raphael New Investigator Grants

The Beverley Raphael New Investigator Grants provide a number of small grants up to a combined total of \$20,000 annually to RANZCP trainees or recent Fellows to facilitate research projects.



Dr Jennifer Long
RANZCP trainee

ADDRESSING SUICIDE FOLLOWING SEVERE BURN INJURY

Severe burn injuries are associated with serious physical, psychological and social challenges, posing a significant medical problem worldwide. Research suggests patients who survive burn injuries experience lower quality of life and higher levels of emotional distress than the general population. There remains a paucity of information examining psychological outcomes in severe burn injury survivors. To our knowledge, there has not been research examining the rate of suicide in major burn injury survivors, or the risk factors associated with completed suicide. Our project aims to identify the rate of suicide in patients who have a history of surviving a severe burn injury using data linkage between the Burns Registry of Australia and New Zealand (BRANZ), and the National Coronial Information System (NCIS). We aim to identify potential risk factors associated with completed suicide. These may facilitate improved detection and intervention in those at increased risk of completing suicide.



Dr Benjamin Werkmeister
RANZCP trainee

TELEHEALTH, PROTECT THE BUBBLE: CLINICIAN PERSPECTIVES ON MENTAL HEALTH SERVICE DELIVERY DURING COVID-19

This project investigates the implementation of telehealth as an alternative to in-person care to inform future use of this technology. This mixed methods project applies an interpretive description lens to investigate: (1) clinicians' perspectives on how telehealth has been implemented in outpatient mental health teams in the Wellington region during the first wave of COVID-19, and (2) trends in telehealth use and outpatient appointments using administrative data.

At the time of writing, Dr Werkmeister is in the middle of analysing this data, having completed interviews with 33 clinicians who used telehealth over the period March to May 2020. To date, findings appear to suggest that telehealth, while an option, requires a lot of nuanced considerations for clinicians to use the technology effectively.

This work is timely, given: the (1) recent widespread COVID-19 lockdowns, (2) lack of evidence on service-wide implementation, (3) potential for digital exclusion to be exacerbated, and (4) impending New Zealand health system reform.



Dr Nabilah Islam
RANZCP trainee

STUDYING THE LINK BETWEEN MICRORNAS AND THE METABOLIC EFFECTS IN RESPONSE TO SECOND-GENERATION ANTIPSYCHOTICS

Second-generation antipsychotics (SGAs) are an important treatment for psychosis and are often used in the treatment of other mental illnesses as well. Unfortunately, one of the main adverse effects of this class of medication is for patients to develop metabolic conditions such as diabetes, hypertension, hypercholesterolaemia or weight gain. Our research project aims to explore whether there is a relationship between the levels of certain microRNA and the development of these metabolic conditions. MicroRNAs are chemical messengers that have an important role in gene regulation. Research in this area could help us understand whether microRNAs could be used to screen and detect patients who are at higher risk of developing metabolic conditions and thus help optimise their management. This research will be conducted jointly by clinicians at the Liverpool Hospital Early Psychosis Intervention Program and Ingham Research Institute.



Dr Jayson Jeganathan
RANZCP trainee

UNDERSTANDING THE NEGATIVE SYMPTOMS OF PSYCHOTIC ILLNESS THROUGH NEUROIMAGING AND MULTIMODAL DATA ANALYSIS

Impairments in facial expressivity, motivation, and sociality are the most debilitating and negatively regarded features of psychotic disorders, yet they are inadequately treated. This study will use facial emotion detection algorithms and functional brain imaging to discover the changes in the brain's emotional circuits that underlie negative symptoms.

In the first experiment, participants will watch naturalistic movies while automated facial expression analysis is used to characterise facial expressions. Data fusion of neuroimaging, heart rate, pupillometry, and facial modalities will provide an 'emotional fingerprint' of their responses. In the second experiment, participants will be shown emotive face images while receiving true or false feedback of their own heart rate. This tests whether impairments in perceiving one's own heart rate contributes to affective blunting.

This research is expected to enable greater understanding of the brain networks underlying abnormal emotional inference and provide guidance for the development of therapeutics for negative symptoms.

The RANZCP Foundation

Early Research Career Grants

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



Dr Katherine Moss
RANZCP Fellow

PHYSICAL HEALTH AND ACTIVITY OF INDIVIDUALS UNDER INPATIENT FORENSIC PSYCHIATRIC CARE

Individuals who find themselves under forensic inpatient psychiatric care are at high risk of being overweight or obese, gaining weight during admissions, and developing metabolic syndrome and associated medical illnesses. There is currently no national approach to providing physical activity for patients detained under inpatient forensic psychiatric care in Australia.

This project seeks to consider what measures of physical health and activity high secure units across Australia currently collect, and what opportunities are currently available for individuals to access physical activity. The project also aims to use expert consensus to determine relevant key performance indicators (KPIs) for assessing the physical health and activity of individuals under inpatient forensic psychiatric care.

The project will further consider the needs and gaps to managing the physical health and activity of forensic patients, and provide recommendations for forensic services so that they are equipped to best meet the needs of individuals under inpatient forensic psychiatric care.

The importance of this study is best expressed by forensic consumers themselves, who have been interviewed in associated research:

'All the endorphins affect your mental health...you sleep better if you exercise... function better... it gives you a feeling of wellbeing... works out your emotions'

'As far as my mental health goes I can't put it into words... I just feel so much saner when I exercise... I'm more positive and smile more'

The RANZCP Foundation

Catalyst Grants

In 2021, the RANZCP Foundation launched the inaugural round of the RANZCP Foundation Catalyst Grants.

The purpose of these grants is to provide seed funding for researchers to develop new projects and proposals with the direct endorsement of the RANZCP Foundation.

By providing funding at the early stages, the Catalyst Grants are designed to enable researchers to upscale their projects and apply for further competitive funding.



Dr Samantha Loi
RANZCP Fellow

COMBINING MUSIC THERAPY AND PSYCHOTHERAPY FOR PEOPLE AFFECTED BY YOUNGER-ONSET DEMENTIA

Music and Psychotherapy and Social Connections (MAPS) is a novel pilot project combining traditional cognitive behavioural therapy (CBT) with music therapy for people living with younger-onset dementia (YOD) and their carers.

People living with YOD, as well as their carers or support persons, are at high risk of depression and anxiety due to ongoing psychosocial stressors of living with and supporting someone with dementia from a young age. Perceived lack of support and social isolation can further contribute to mental illness. There is increasing evidence that both CBT and music therapy are beneficial for these groups.

This pilot project involves a seven-week online manualised group program for carers and people living with YOD.

We will use a combination of CBT and music therapy, with themes of:

1. Dealing with the challenges and changes associated with living with YOD or being a carer; and
2. Finding ways to be positive and focusing on the things we value.

Through using a combined therapy approach and connecting people living with YOD and their carers through a group program, we hope to improve the mental health and social connectedness of those who participate. If shown to be effective, the results from this pilot can be used for further development and potential expansion of the program.

The Trisno Family Research Grant in Old Age Psychiatry

Supported by an ongoing donation from Dr Roth Trisno and family, this grant works to address the need for more research in the prevention, diagnosis, management and continuing care strategies for mental health conditions in older people. Two grants of up to \$5,000 can be awarded each year.



Dr Malcolm Forbes
RANZCP Fellow

THE ROLE OF BIOMARKERS IN LATE-LIFE DEPRESSION: EXAMINING INFLAMMATION AND DEPRESSION IN OLDER PATIENTS WITH THE ASPREE TRIAL

Depression is a common and highly disabling condition in older adults. It is a heterogeneous disorder and there is emerging evidence for a link between inflammation and depression in some older patients. Persistent low-level inflammation, from several sources including psychological distress and chronic disease, can disrupt monoaminergic and glutaminergic systems to create dysfunctional brain networks.

This study seeks to further characterise markers of inflammation using the ASPirin in Reducing Events in the Elderly (ASPREE) trial, a 19,000-person randomised controlled trial which collected data on several putative inflammatory biomarkers. By improving understanding of these biomarkers in the pathogenesis of depression, this study aims to better identify factors causing depression in the elderly at a biological level. This may in turn lead to more personalised and effective treatment options tailored to the individual, giving hope to those whose depression has not responded to standard care.

The RANZCP Psychotherapy Research Award

This grant encourages research in psychotherapy among RANZCP trainees and recent Fellows in Australia and New Zealand.



Dr Mandy Fazeli Kisomi
RANZCP trainee

EXPLORING PERSONAL PSYCHOTHERAPY FOR TRAINEE PSYCHIATRISTS DURING THEIR TRAINING

The role and impact of personal psychotherapy in psychiatry training has long been a controversial topic and the attitude towards the subject has significantly shifted over the decades. Studies suggest that the uptake of personal therapy in psychiatry trainees has declined in the second half of the twentieth century, despite a general agreement in the profession that it is a valuable training experience.

This project is the first study in Australia that aims to understand trainees' experiences of undertaking personal psychotherapy during their training. The project explores the characteristic of personal psychotherapy among Victorian RANZCP trainees and the attitude towards role and importance of being in personal therapy during general training.

It is hoped that the result of this study will be beneficial for both trainees and supervisors, encouraging trainees to consider personal therapy as an educational and therapeutic tool, while revealing the gaps in this area for further research.

Involving consumers and their families in psychiatry research

I've spent more than 20 years as a researcher, most of which has been dedicated to ensuring the person's perspective is front and centre. This is particularly important for research in psychiatry where the people involved have often had long and deep experiences of trauma, where the issues are complex, and the solutions are equally complex. In few other fields of research is exploration of the human condition so important, and the need for improvements in understanding, care and treatments to ameliorate distress so great.

My firm belief is that research in psychiatry is best done by involving consumers and their families at each and every point, from determining what is important to research, to its translation and dissemination in the field. Solutions to psychiatry's complex issues must be found together. As Prof Til Wykes notes '[s]tudies that included collaboration with patients in designing or running the trial, initiated by researchers, were 1.63 times more likely to recruit to target than those that only "consulted" patients ... Studies created through the highest level of patient involvement ... were 4.12 times more likely to recruit the requisite number.'

Consumers' involvement in research has traditionally been as the object of research, with little consultation about how research problems are defined and prioritised. A few years ago, I asked researchers attending a National Health and Medical Research Council (NHMRC) translational conference what they thought of involving consumers in research. They provided rich feedback on their commitment to do this. However, they also indicated that they needed more guidance on how to do it well, given the increasing pressure to conduct research that both demonstrates consumer involvement and has genuine translational value for the community. Consumers were seen as central to research translation, and many researchers considered empathy for the experiences of others as a fundamental researcher skill.

Research in psychiatry, like any research, doesn't occur in a vacuum. Its purpose is predominantly to make new discoveries that will help improve lives and strengthen communities. Consumer involvement in the planning and design of research can therefore ensure its relevance to the community as end users of research outcomes. It can also create greater feelings of empowerment and value for consumers, and greater researcher insight into and rapport with the community being researched; all important for meaningful translation to practice too.



A guest column by
Professor Sharon Lawn

Lived Experience
Australia and Flinders
University

Including consumers in research can investigate the difficult issues that confront the mental health sector, with greater honesty and trust potentially arising from collaboration between researchers, service providers and service recipients. Effective approaches to future co-design with consumers in psychiatry research will involve building the knowledge and skills of people with lived experience to support their active engagement and leadership in research. It will also involve supporting current and future researchers to more fully include and recognise the value of partnering with people with lived experience across all stages of research. Finding solutions through shared endeavour is crucial. As the American science fiction writer Dan Simmons once said, 'you have to live to really know things.'

One of the RANZCP Foundation's key aims is to support the mental health of diverse communities. To achieve this, consumer collaboration in research is vital. Let us work together to expand and enrich psychiatry's impact on community mental health.

References:

Ennis L, Wykes T. Impact of patient involvement in mental health research: longitudinal study. *The British Journal of Psychiatry*. 2013; 203, 381–386. doi:10.1192/bjp.bp.112.119818

Lawn, S. What researchers think of involving consumers in health research? *Australian Journal of Primary Health*. 2016; 22(6), 483-490. <http://dx.doi.org/10.1071/PY15089>

2021 Financial summary

\$282,380

balance carried forward from 2020¹

\$118,380

total new donations received in 2021

\$50,000

matched donations from RANZCP Board (dollar-for-dollar up to \$50,000 annually)

\$29

bank interest accrued on total RANZCP Foundation funds in 2021

\$1,063

interest accrued on Kinsman Family Bequest fund

\$451,852

total donation funds held (as at 31 December 2021)²

\$484,902

Balance of Kinsman Family Bequest Fund as at 31 December 2021³

=\$936,754

balance of Foundation funds (as at 31 December 2021)⁴

Donations received

358

number of individual donors in 2021

+180%

increase in number of individual donors from 2020

+197%:

increase in donations received from 2020

\$133

average donation amount⁵

\$50,000

the highest individual donation received

404

number of individual donations received from members in Australia, New Zealand and overseas

Donations growth

		College matched donation
2018	\$6,319.74 <small>Previous Research and Education Foundation</small>	+\$5,000
2019	\$15,149.24	+\$5,000
2020	\$23,855.81	+\$23,855.81
2021	\$118,380	+\$50,000.00

- 1 In 2021, the College provided a final matched donation contribution to the Foundation of \$1,336, which has now been included in the 2020 balance of Foundation funds received.
- 2 The 'total donation funds held' includes the bank interest accrued on the Kinsman Family Bequest Fund, which is directed towards the Foundation's untied funds. It does not include the Kinsman Family Bequest Fund. In 2021, \$1,063 was accrued in interest on the Kinsman Family Bequest Fund.
- 3 The Kinsman Family Bequest Fund was consolidated into Foundation funds balance in 2020 and will continue to only be used in line with the bequest's purposes.
- 4 Includes the Kinsman Family Bequest Fund.
- 5 'Average donation amount' is calculated using all donations received valued at \$10,000 or less.

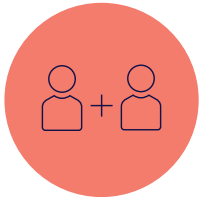
* All figures stated are in \$A

** In 2021, all grants (excluding the RANZCP Foundation Catalyst Grants) were funded from RANZCP operational budgets, the Trisno family donated funds, and the Kinsman Family Bequest Fund.

Support the RANZCP Foundation today

Your donation will fund research and initiatives in psychiatry that will make a positive change to the mental health of our communities.

Please talk with us about:



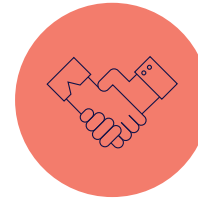
Building new grant programs

We can design new grant programs and projects that align with your aspirations and our vision and mission.



Bequests and gifts

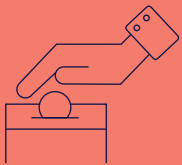
Whether for general or specific purposes, your bequest or gift can have a lasting impact. We will ensure that your gift is co-designed with you and applied to reflect your wishes.



Strategic partnerships

We welcome new strategic partnership opportunities with philanthropy, business, government and healthcare.

We accept donations by payment options available at ranzcp.org/ranzcp-foundation



100% of your donation will go directly to funding grants.

All operational costs of the Foundation are fully supported internally by the RANZCP.

Gifts made to RANZCP are an allowable income tax deduction in Australia. Receipts will be provided for all donations made. The RANZCP Foundation is not currently a registered gift recipient in New Zealand.

The Foundation acknowledges the generous support of the following major benefactors:

- The Trisno Family, for The Trisno Family Research Grant in Old Age Psychiatry
- The Kinsman family, for The Pat, Toni and Peter Kinsman Research Scholarship into postnatal depression in women
- Associate Professor Anne Sved Williams AM FRANZCP and Dr Tony Williams
- Dr Alagappa Arumugam AM FRANZCP and Dr Banu Arumugam



RANZCP Foundation

Transforming mental health care,
creating a world of potential

The RANZCP is a
registered charity with
the Australian Charities
and Not-for-profits
Commission.



The RANZCP is an
Organisational Member
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Institute of Australia.



The Royal Australian and New Zealand College of Psychiatrists (RANZCP)

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