2017

HEALTH PSYCHOLOGY UNIT ANNUAL REPORT

UTS



REMEMBERING PROFESSOR ANTONY KIDMAN

We would like to acknowledge the integral role of Professor Antony Kidman who established the Health Psychology Unit (HPU) in 1985 and remained in the role until his passing in September 2014. During his lifetime he was at the forefront of bringing evidence-based psychology to Australia and he left a strong legacy for psychology and philanthropy in Australia.

Professor Kidman trained under the pioneers of Cognitive Behaviour Therapy (CBT), Professors Ellis and Beck, and was instrumental in the dissemination of evidence-based therapy across Australia. He delivered thousands of lectures on CBT, presented at national and international conferences, published over 150 articles and translated psychological science into accessible, self-help books for the community.

Professor Kidman sustained the clinical and research output of the Unit at a high level of quality throughout his directorship. In 2005 he was awarded a Member of the Order for Australia for his contributions to clinical psychology. He also received a posthumous Albert Ellis Humanitarian Award for his outstanding contribution to the field of Rational-Emotive & Cognitive Behavior Therapy.

We continue to honour the legacy of Professor Antony Kidman and strive to achieve his vision that "no child fall through the cracks".

DIRECTOR'S REPORT



The Herald Lateral Economic Index is a useful measure of collective well-being for Australians. It goes beyond narrow economic data, adjusting GDP to factor in changes such as health, work life and social inequality, amongst others.

This index shows us that two major factors impact on well-being in our country: mental illness and obesity. Indeed, the impact of mental illness on society is twice that of obesity - at 207 billion dollars. These figures give the real picture of impairment and cost to society of mental illness.

"The impact of mental illness on societal well-being is twice that of obesity"

It is well accepted that the resources available for mental health fall well short of demand and an unacceptably high number of young people and their families are struggling.

This is where not-for-profit organisations like HPU play an important role. In our approach we synthesize information from national reports, research, and clinical experience to determine how best to direct resources to tackle the growing mental health problem.

In the past three years, as part of a randomised control trial, we have seen many families in our treatment clinic who have children with emotional and behavioural problems. What has become clear to us in working with these children - and there are 3 - 4 in every classroom across NSW - is that our work needs to be taking place not just in our treatment clinics, but also in the classroom. This is essential for better outcomes to occur.

"...This is why children are falling through the cracks"

There are effective approaches available for these children. However, the partnerships needed between school staff and mental health specialists to enact them are not happening. This is why children are falling through the cracks.

Firstly, we need to improve our systems so that school staff and mental health specialists are working together.

Secondly, we need to equip our school counsellors and teachers with the additional skills and resources to manage these problems. We desperately need to be working together to provide a coordinated approach for helping these children and their families.

With this in mind, in 2017 we moved towards bringing together the mental health sector and schools. Our 32nd year set off an exciting shift towards increasing preventative work in schools. The number of preventative mental health talks that we delivered doubled and over 4000 students were reached in the Sydney region.

"Our 32nd year saw a shift towards increasing preventative work with schools"

Towards the end of the year we started working on a new three year project training primary school staff in the regional, rural and remote areas of NSW. These regions have been identified as having disproportionately high rates of mental health issues, compared to their metropolitan counterparts, and much poorer access to care.

This project will bring the latest in evidence-based strategies to 192 schools and 12,000 students.

To aid planning for this three year trial, this year our clinical psychologists ran a pilot trial training school staff in Dubbo which was a great success.

There are several people I would like to thank for their commitment to the work of the unit this year. Thanks to the Vice Chancellor, Prof. Attila Brungs; Dean of Science, Prof. William Gladstone; Philip Walker, Chair of the Antony Kidman Foundation (AKF); Stephen Peach; and board members of the AKF.

Thank you also to our hardworking staff, our committed supporters and to the families who put their trust in us at a vulnerable time.

I feel gratified by what we have been able to achieve together in 2017 and look forward to the year to come.

Dr Rachael Murrihy

Director



Jason Falinski MP and Dick Smith visit the Health Psychology Unit

ABOUT HPU

The HPU is a department within the Faculty of Science at the University of Technology, Sydney.

It is a research and treatment centre dedicated to the understanding, prevention and reduction of mental health problems in young people aged 5 to 25 years, and their families.

Our work includes:

- preventative mental health talks for schools;
- evidence-based psychological treatment clinics for young people and their families;
- evaluating evidence-based treatments through the application of quality research; and
- disseminating this research into the "real world" through training health practitioners, school staff and welfare professionals.

In addition to providing treatment, the objective of our research clinics is to improve available evidence-based treatments. We deliver treatment, assess the effectiveness of the treatment model, and this informs treatment to be delivered in future research trials.



VISION AND MISSION STATEMENT

Vision

To enable young people to live their lives fully and thrive through their formative years by the provision of evidence-based psychological therapies and research aimed at decreasing the impact of mental illness.

Mission

The HPU aims to deliver evidence-based interventions to prevent the development of mental health problems in young people aged 5 - 25 years, and treat those with established psychological problems. In providing treatment, staff acknowledge the importance of the young person's support system and include their families and school community in this approach. We are committed to the use of evidence-based, practical strategies to assist those in need and provide services to all young people regardless of their ability to afford treatment. Research is conducted, alongside clinical services, with the aim of improving available evidence-based treatments for the wider community. Disseminating this research to the young person's support systems is considered a crucial part of this process.



STAFF

Dr Rachael Murrihy	Director, Clinical Psychologist
Anna Dedousis-Wallace	Senior Clinical Psychologist
Dr Danielle Ellis	Clinical Psychologist
Louise Rémond	Clinical Psychologist
Dr Sophia Drysdale	Clinical Psychologist
Emily Upton	Clinical Psychologist
Dr Lisa Gomes	Clinical Psychologist
Dianne Fitzgerald	Clinical Psychologist
Rie Matsuura	Administrative staff
Yota Findanis	Administrative staff

THE KIDMAN CENTRE UTS

Please note the exciting news that in 2018 our name will be changed to :

The Kidman Centre UTS

Mental Health Treatment and Research for Youth



SIDE BY SIDE: BRINGING THE FUN BACK TO FAMILY

A RANDOMISED COMPARISON TRIAL

Through the Side by Side clinic we run a research treatment program for families of children aged from 7 - 14 years with emotional and behavioural problems. The aim of treatment is to improve the child's functioning and simultaneously trial an innovative treatment for this population.

At the end of 2017 we had completed treatment for 110 families within this research clinic.

Each family attending the clinic is allocated to one of two treatment conditions, either Parent Management Training (PMT) or Collaborative and Proactive Solutions (CPS). PMT has been around for 50 years and is considered the gold standard of treatment for childhood behaviour problems. However, up to 20-40% of children to do not improve to a satisfactory level by the end of PMT treatment. We are exploring alternative treatments for the thousands of families who do not respond to PMT. This includes CPS, which is a treatment program that was

"She was hitting and kicking kids at school."

Here is what one Mum had to say about our program:

"Our daughter (13 years) used to have massive meltdowns at least twice a day. She was hitting and kicking kids at school and they were threatening to suspend her. She just couldn't manage her own emotions if something upset her. Yet after it happened she would cry and cry: 'Mum, why am I like this?' Our lives were incredibly hard when my sister showed me the flyer for Side by Side and we were accepted in to the program.

She has become more expressive since starting the program. She doesn't lose her temper to the same intensity as she did before and it occurs less frequently. I feel in control again! We are much more aware of how our reactions can alter hers and we are much less reactive than we used to be.

Her teacher is happier and the overall stress levels in our family are much, much better than when we first came..."



developed at Harvard Medical School and approaches childhood behavioural problems in a unique way.

Children in the trial have had a range of presentations, with most experiencing anxiety, depression and Attention Deficit Hyperactivity Disorder, in addition to behavioural problems. Many have also experienced additional difficulties including bullying, suicidal ideation, poor peer relationships, school avoidance, and technology addiction. Whilst the trial is still in progress results so far show that:

Most families have experienced clinically significant improvement in their child's day-to-day functioning.

The feedback from parents has been overwhelmingly positive (see box on the left). Children have also found the program to be useful, with one child (7 years) saying:

> ".....I didn't want to come to the clinic and wouldn't get out of the car for a while. It sounded like I was going to get into trouble, and I didn't know what they would be doing. If it was like the doctor last time, we had to wait for ages and it was so boring.
>
> It wasn't so bad though. The lady Yuli was really nice and kind. When I first got there we played Jenga and Connect 4, whichever one I picked. I also made friends with another girl in the kid's room and we drew pictures together.
>
> I got to talk about things that we were fighting about about and I kinda like it when we are all together with Yuli. I'm better at talking and expressing myself when I get angry and my parents don't get frustrated and yell as much as they used to. I was a bit sad when we had to stop going..."

Thoughout 2017 we received a steady stream of referrals to the program via word of mouth, schools and health professionals. This includes public, private and Catholic schools, the North Shore Child & Youth Mental Health Service, GPs, paediatricians, and psychiatrists. We will continue to recruit throughout early 2018, with a plan to finish recruitment and treatment of families by September next year. Follow-up assessments to determine whether treatment gains continue over time will continue until mid-2019.

GENERAL PSYCHOLOGY AND CPS TREATMENT CLINICS

In 2017 we welcomed two additional clinicians to the General Psychology Clinic, Dr Lisa Gomes and Dianne Fitzgerald. The clinic continues to grow as we see children, adolescents and adults for a wide range of presenting problems. These include anxiety, mood disorders, schizophrenia, relationship problems, trauma, stress, and parenting issues.

The Collaborative and Proactive Solutions (CPS) Clinic is expanding as mental health professionals and members of the community become aware of the services that we provide. Families of children with behavioural issues, who are unable to participate in the Side by Side program, are able to receive treatment through the CPS clinic.

Clinicians in both the General Psychology and CPS Clinics use evidence-based, practical strategies to help their clients. These include cognitive behaviour therapy, mindfulness and acceptance strategies, schema therapy, and attachment therapy. They regularly liaise with referrers to provide an optimal level of care. Our staff also regularly attend professional development seminars on a range of topics to continue to develop their clinical skill set.

We provide bulk billing services to clients who are in financial stress.

Approximately 50% of our clients received evidence-based therapy at no cost.



Dr Ellis presenting to Year 12 students

SCHOOL TALKS

Thanks to the generosity of the Mary Alice Foundation, we were able to offer free talks to schools across Sydney on the topic of Managing HSC Stress. These talks were delivered to students in Year 11 and Year 12 at high schools across the Sydney region.

In 2017 we delivered over 40 HSC Stress Management talks, presenting to over 3,700 students.

This is a significant increase compared to the previous year, and several schools have already re-booked talks for 2018.

These seminars are designed to educate students about stress and teach them cognitive and behavioural coping strategies to assist them through the demands of the HSC year. Our talks are practical and interactive, and they have been developed in response to teacher and student feedback. In response, 100% of teachers have said they are satisfied or very satisfied with the talks.

We have also delivered HSC Stress Management talks for parents who are along for the ride of the HSC year. These talks offer evidence-based strategies to help parents understand adolescent mental health and manage their own psychological well-being.

In 2017 we also delivered teacher training on the topic of adolescent mental health.



Bryan Coleman (CEO, TBP), Professor Gordon Parker (Black Dog Institute), Mitchell Pearce (Roosters captain), Dr Murrihy, and Margaret Cunneen SC

THE BANKSIA PROJECT

This year we have been heavily involved in The Banksia Project (TBP), an initiative of the St. Ignatius College Alumni.

The Banksia Project was set up by members of the community to address the rising rates of mental health problems and suicide in young men. This is a group that typically rejects the traditional face-to-face counselling model.

Banksia is innovative because it offers new ways of supporting men's mental health that represents an alternative to the traditional counselling model.

We were particularly interested in engaging in a project that serviced men in the 18-25 year age group who were at risk as they struggled to negotiate the challenges and responsibilities of adult life.

Banksia has a number of interventions. The main component is the support groups (Growth Rooms) for young men with mental health issues across Sydney.

"One guy stated that just one session in the Growth Room was far more empowering than all previous help he had received."



Ms Remond conducting training of Banksia Project facilitators

Our clinical psychologist, Louise Rémond, trained lay facilitators to lead the program. She developed the format and content of the program sessions, each of which highlighted different evidence-based strategies.

These were delivered to the groups by the facilitators and Ms Rémond provided clinical supervision throughout the roll out of the program.

Feedback from the facilitators throughout the roll out was very positive.

One of the facilitators reported the following: "One guy stated that just one session in the Growth Room was far more empowering than all previous help he had received. This guy's light bulb moment was open communication. He is on cloud nine! His relationships have taken off and he feels amazing."

Alongside the Growth Rooms, The Banksia Project also ran three large community forums aimed at raising mental health awareness for the general public. These forums were held in universities across Sydney and are called the Garden Rooms. The Garden Rooms have attracted many young men seeking help as well as family members and friends who are looking for guidance as to how best to help their loved ones. Our director, Dr Rachael Murrihy,

Panelists at the 'Mental Health in the Workplace' forum





Dr Murrihy, Prof. Buss (UofSyd), Ed Cowan (Australian Cricket), James Holbeck (ARU), Wayne Schwass (AFL), Zac Seidler (UofSyd) & Matt Shirvington



Mark Bouris AM, keynote speaker at the 2017 Banksia Ball

was involved at each forum as their resident psychologist on a question and answer panel.

At the first forum in February, Dr Murrihy was joined by eminent individuals including Professor Gordon Parker (Scientia Professor of Psychiatry, University of NSW), Mitchell Pearce (Roosters captain), and Margaret Cunneen SC (Director of Public Prosecutions). At this event, Mr Pearce spoke openly about his own mental health issues and strategies that helped him get his life back on track. Of mental illness amongst rugby players, he said, "The more someone who has gone through a bit of stuff talks, there is hope it gets easier".

The next Garden Room in May was an event focused on 'Mental Health in Sport' held at the University of Sydney. We heard from leading sportsmen, including Matt Shirvington (athlete) and Wayne Schwass (former AFL player) regarding mental health issues athletes are facing and how this affects the broader community.

This was followed up by an event in November on 'Mental Health in the Workplace', which was held at the UTS Great Hall. Four CEO's took part in this forum. This included Luke Istomin (co-founder F45 Gyms), David Bowie (CEO, SAS Australia), Jess Wilson (CEO, Stashd) and Eugene McGarrell (GM, icare Health), who each discussed their own experience with mental health issues.

The final event for the year was The Banksia Ball, which was held at the Hilton Sydney to help fund mental health and wellness programs run by The Banksia Project in the community. Tim Webster, television and radio presenter and sports broadcaster acted as the Master of Ceremonies, while renowned businessman Mark Bouris AM was the keynote speaker. He spoke about the importance of self-care and how taking care of his physical health helped him manage stress. Mr Bouris also spoke about how mental health affects everyone in society, highlighting that no one is immune to mental illness. The Banksia Ball was a great success and helped achieve the goal of raising awareness of mental health issues.

"The more someone who has gone through a bit of stuff talks, there is hope it gets easier."

With all training completed, Ms Remond will now step away from this role and the facilitators will move ahead independently, fully trained and equipped to run the groups sustainably into the future. Moving forward, we will continue to be involved in the Garden Rooms in an advisory capacity, thereby helping to raise awareness of mental health issues.

Dr Murrihy and Ms Remond with TBP CEO Bryan Coleman, committee member Jack Jones, and group leader Tony Arena



Disseminating Research into the Community



Ms Remond and Dr Edelman on Channel 9

Media Report

Ms Rémond and Dr Sarah Edelman appeared on Channel 9's 'Today Extra' to discuss their book 'Good Thinking: A Teenagers' Guide to Managing Stress and Emotions Using CBT'. In this segment they outlined principles of cognitive behaviour therapy and strategies for managing anger. They also provided psychoeducation regarding anxiety and depression, and strategies for reducing stress and improving mood. Ms Rémond and Dr Edelman's appearance on this segment triggered conversation on Today Extra's social media accounts regarding mental health issues in young people.

Ms Rémond also conducted several radio interviews on the topic of managing HSC stress and teenage mental health. This included interviews with ABC Radio AM, ABC Radio Nightlife, ABC Radio Mornings with Wendy Harmer, and 2ser. In these interviews she discussed issues relating to whether mental health disorders were worsening in young people, or whether as a society we were just hearing more about it. She also discussed ways to reduce stress amongst students completing the HSC.

Dr Murrihy appeared on the Think:Health segment of radio station 2ser to discuss the topic "When your child doesn't respond to gold stars and scolding". In this segment she outlined features of PMT and discussed how CPS is an alternative strategy that parents can use to help instill behaviours in their children that they want to see.

PUBLICATIONS

Good Thinking

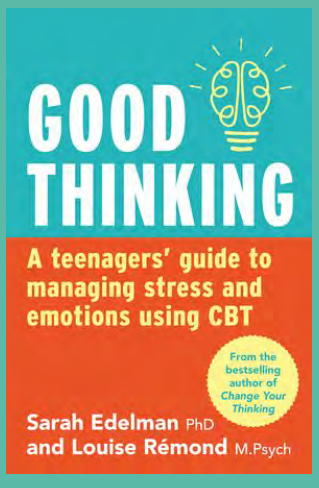
Best selling author of 'Change Your Thinking', Dr Edelmand, and HPU's Ms Rémond, published a self-help book for young people experiencing negative emotions, stress, and self-defeating behaviours. The book is based on the principles of cognitive-behavioural therapy (CBT) and it explains how to use CBT skills in a practical, clear way.

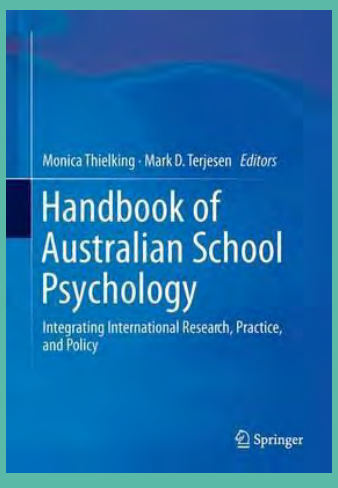
Handbook of Australian School Psychology

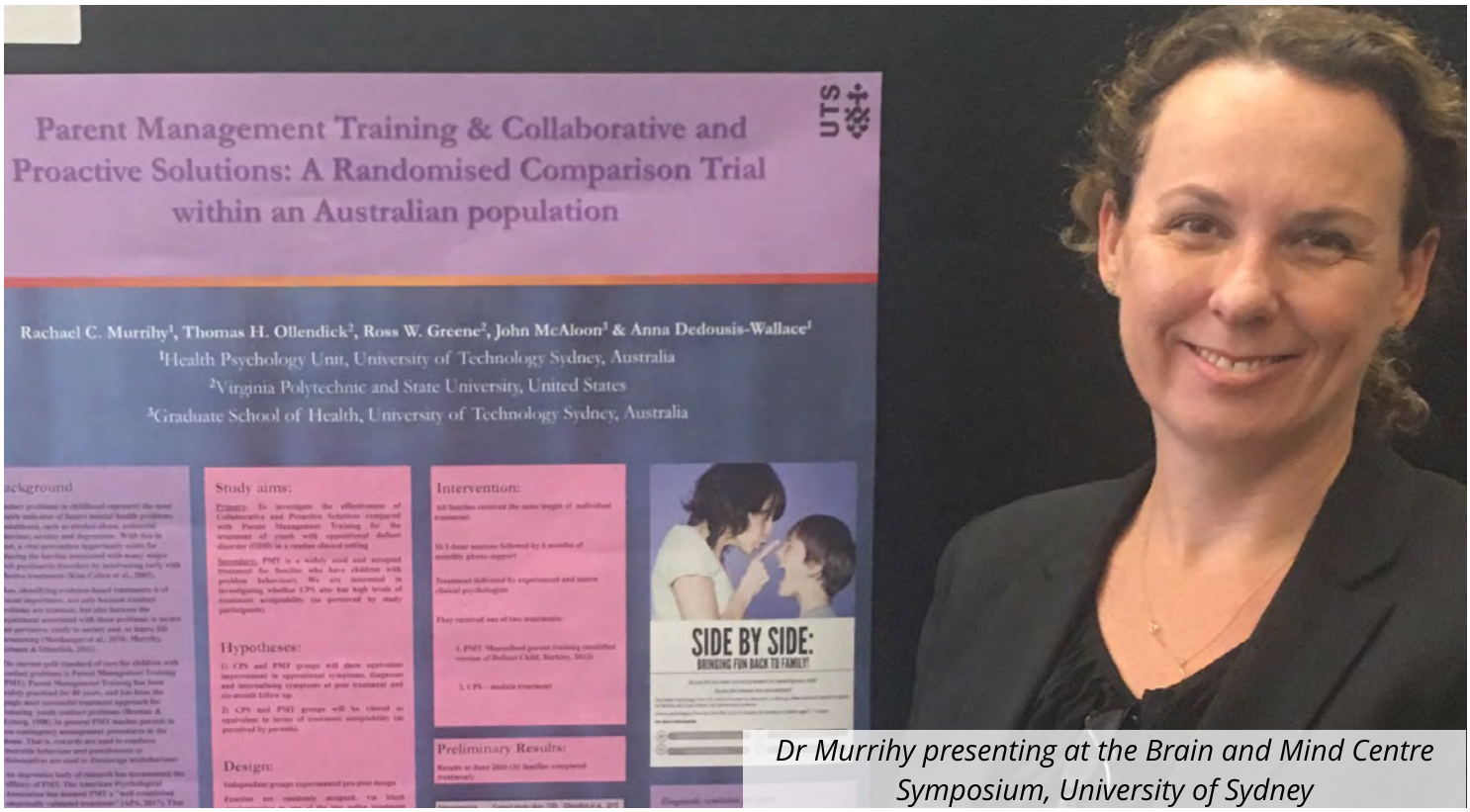
This two volume handbook addresses the state and practice of school psychology with a focus on standards unique to Australia. It is considered to be a major reference text for school counselling staff in Australia.

Dr Murrihy co-authored a chapter reviewing the theoretical underpinnings of Disruptive Behaviour Disorders (DBD's). This chapter outlined evidence-based interventions for children with behavioural disorders.

The book chapter is a vital resource that is being utilised by psychologists Australia-wide who are working with troubled youth.







Dr Murrihy presenting at the Brain and Mind Centre Symposium, University of Sydney

RESEARCH DISSEMINATION

In line with our mission to translate research findings into practice, staff members from HPU have been disseminating the results of our research trial into the wider community. We have done this through presenting at and attending conferences in Sydney and the Australian Capital Territory.

Dr Murrihy presented a poster at the Brain and Mind Centre Symposium which took place at the University of Sydney. This symposium brought together researchers and clinicians interested in child development and behaviour, and youth mental health. Her poster was on the topic 'Parent Management Training & Collaborative and Proactive Solutions: A Randomised Comparison Trial within an Australian population'.

Dr Murrihy also presented this poster in Canberra for the 39th Annual Society for Mental Health Research Conference. This conference was an opportunity for mental health and medical science clinicians and researchers to come together for clinical, scientific, and social exchanges. Ms Dedousis-Wallace also presented a poster at this conference on the topic of 'Moderators and mediators in Parent Management Training and Collaborative Proactive Solutions in treatment of Oppositional Defiant Disorder in children and adolescents'.

Staff members served as committee volunteers for the 38th National Conference of the Australian Association of Cognitive Behavioural Therapy. The theme of the conference was 'Innovations in cognitive and behavioural therapies across the lifespan'. Staff were able to attend workshops and seminars, which presented a wonderful opportunity to network with other mental health practitioners working in this field.



Ms Dedousis-Wallace, Ms Fitzgerald, and Dr Murrihy at the AACBT conference, Coogee

"We definitely feel like the program was worthwhile."

We thank the families who have participated in the Side by Side program and have made it possible for us to extend CPS to the THRIVE project.

Feedback from of our Side by Side families includes the following:

"We definitely feel like the program was worthwhile. It gave us a specific focus with our child in arguments. The biggest difference is letting her come up with solutions and owning that. We didn't do that before the program."

"We liked the knowledge and skills we learnt from the program. We feel like the skills we learned are generalizable to use with our other child and with any problem that arises."

"Taking that time to come [to sessions] motivated us to practice the skills at home so that we weren't wasting our time."



Ms Dedousis-Wallace and Dr Gomes with teachers from Dubbo undergoing the Thrive pilot trial

FUTURE DIRECTIONS

It is of vital importance that the effort that goes into conducting research into new treatments is matched by a similar effort in ensuring these treatments are disseminated to school and mental health practitioners. This way evidence-based treatments can reach the community. With this in mind, we have commenced our plan to disseminate CPS to the community.

Our primary focus will be THRIVE: A Mental Health Project for Children in Regional, Rural and Remote NSW. Mental health problems are higher for young people outside of metropolitan regions and there are also some unique barriers to accessing care. Values of stoicism, so helpful in many ways in the bush, can be unhelpful in terms of willingness to seek care. Concerns about a possible lack of privacy can also be a barrier if one anticipates that a visit to a mental health professional is likely to be more visible than it might be for people seeking assistance in city areas.

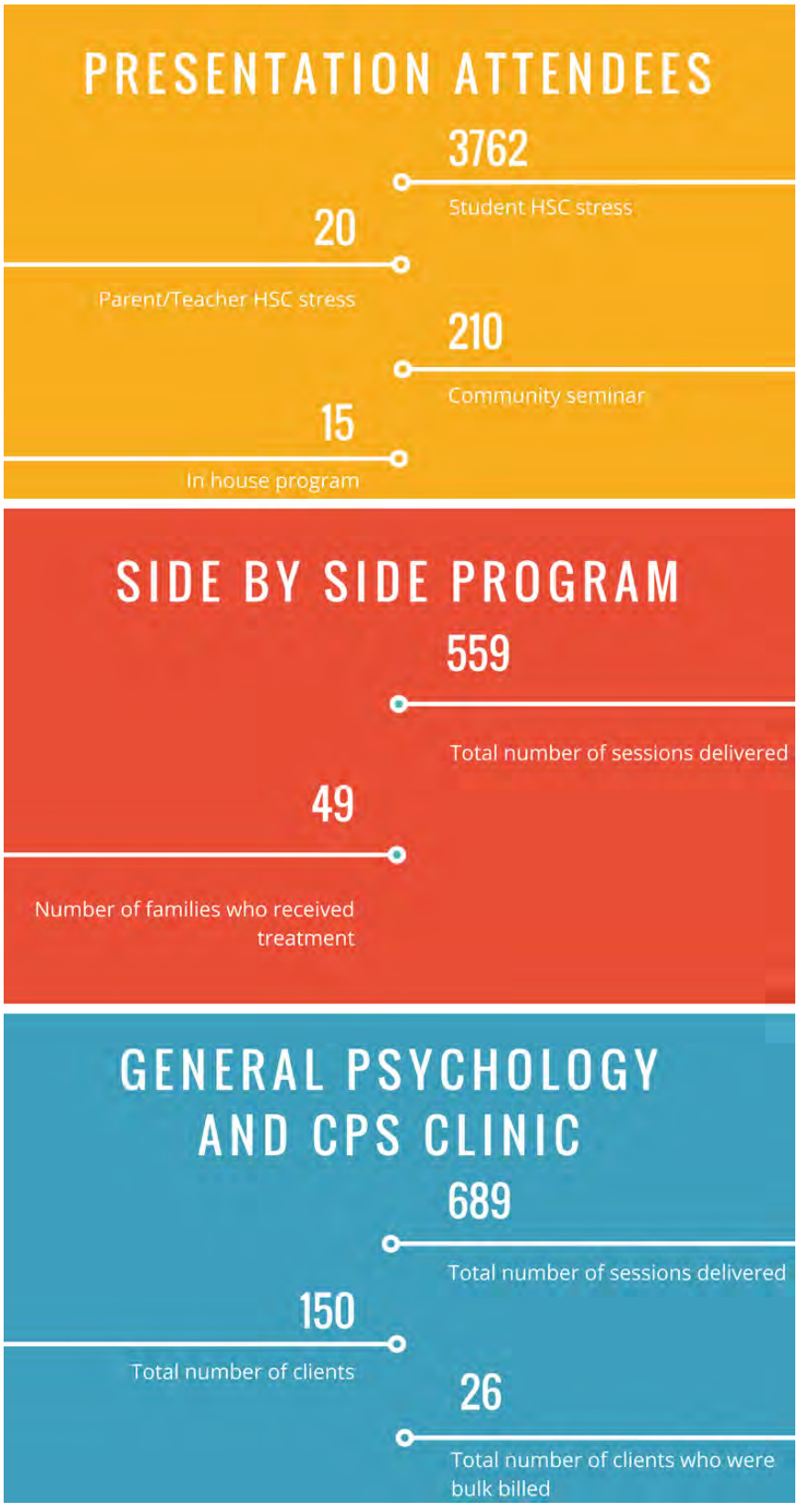
With this in mind and in an attempt to avoid any potentially problematic stigma, we decided that to help children in non-metropolitan areas, we would need to deliver these interventions into their everyday lives. Hence, teachers and school counsellors will be trained in the CPS model and later supported through case consultation via Skype to learn social-emotional competencies that will then be passed on to their students. They will use the CPS strategies universally in the classroom, but also specifically with targeted children. In the past six months we have conducted a pilot trial at a school in Dubbo that has informed the larger three year roll out of THRIVE in the school setting.

Over three years we will train teachers in 192 schools with a potential reach of 12,000 students. The planning for this project has commenced and we expect to be out in the regional centres by August 2018.We also hope to impart CPS skills to mental health practitioners across Sydney and, in keeping with this aim, we have secured an initial grant to deliver CPS training in March next year to community mental health and hospital staff at the South East Area Health Service based at the Prince of Wales Hospital Randwick.

SUMMARY OF SERVICES

Client Contacts	2013	2014	2015	2016	2017
Attendees at HPU presentations					
Student HSC stress seminars	1,166	1,130	1,215	2,480	3,762
Parent and teacher HSC stress seminars	355	140	160	320	20
In-house programs	17	4	20	25	15
Community/staff/university seminars	900	90	918	350	210
Sub-total	*2,438*	*1,364*	*2,313*	*3,175*	*4,007*
Therapy sessions delivered					
Side by Side clinic	0	0	352	674	559
General psychology/CPS clinic	282	186	291	397	689
Psychosis clinic	138	133	0	0	0
Sub-total	*420*	*319*	*643*	*1,071*	*1,248*

PRESENTATION AND CLIENT NUMBERS



MAJOR DONORS
ANTONY KIDMAN FOUNDATION

Antony Kidman established the foundation for donors who preferred to give to a foundation. The Antony Kidman Foundation is a separate entity to the HPU, however, it exists solely to support the operations of the unit.

$100,000- $199,999

Nicole Kidman

$20,000-$49,999

Celebrate Life P/L
Gwynvill Group Pty Ltd

MAJOR DONORS HPU

$50,000- $100,000

Antony Kidman Foundation	The Charles Warman Foundation
Sue Maple-Brown	

$30,000- $49,999

The Peters Family Foundation	

$20,000-$29,999

The Hunt Family Foundation	The Profield Foundation
The Barbara Alice Trust Fund	

$10,000-$19,999

Julian Tertini	Thriving Enterprise
Mary Alice Foundation	

$5,000-$9,999

Maple-Brown Abbott Ltd	Galong Pty Ltd - Dick & Pip Smith

$2,000-$3,999

CSP Landscaping Pty Ltd	J G Mullan Constructions
Sue Edwards	

$1,000-$1,999

A & G Lamattina & Sons Pty Ltd	Chris Kelly
APN Compounding Pty Ltd	Secure Car Park Management Pty Ltd
Ike Bain	20 Century Fox
Garry Browne - Stuart Alexander & Co.	Joan Walker
David J Bulgeries & Co	Rob & Bronwyn Wannan
Graham G Gunn & Co	Alan S Wertheimer
John & Sally Kell	

$400-$999

Arthur Pipe & Steel Aust Pty Ltd	Pamela Sleeman
Raymond Burridge	Jennie Sowers & Eric Bodner
Max Gavel	Andrew Stevenson
Bruce Gordon	Brian Walsh
Liane Moriarty	Kimberly Williams-Paisley
Rachael Rogers	

MAJOR DONORS HPU

$200-$399

Barraket Trading Co. P/L	Rebecca Overton
Des's Cabs Pty Ltd	Sentien Electronics Pty Ltd
Edward L Edwards	SOS Print & Media Group (Aust) Pty Ltd
J Farren-Price (St James) Pty Ltd	Stephen & Jocelyn Kristoff
Melanie Le Van	The Monticone Family Trust
Mary Lopez	John & Carole Weingarth
M & R Mant	Renya Xydis
Neville Mathews	Alan Yuillie
Nuttelex Food Products Pty Ltd	

$100-$199

Thomas E Blamey	Lynette & Trevor Nixon
John & Pamela Corsham	Charlotte Overton
Emily Bradley-Honorè	George Pantahos & Co
John Gissing	Robert Potter
Richard Gleeson	Michael Rutledge
Peter Grumont	Alyssa Reynolds
Lisa Hensley	Southern Cross Holiday Apartments
Ross Howard	John Starr
Tracey Mair	Rodney Thistlewaite
Jenny Marran	Anna Wilson
Molly McCarthy	Ronald Yuen
Tony Meiusi	

$1-$99

Stephen Andrews	Thomas Lanny
Amy Blacker	Pink Pumpkin Pty Ltd
M.O. & M.J. Brown	Jenny McVey
Thelma Fisher	Robert Menzies
B & R Goldstein	Ralph & Sybil Pliner
Gordon Heathcote	J.H. & B.M. Tonks
Alan E Keating	

PUBLICATIONS 1974 - 2017

Dolan, L., Chew, L., Morgan, G., & Kidman, A. D. (1975). Enzyme studies of skeletal muscle in mice with different types of neural impairment and muscular dystrophy. Experimental Neurology, 47, 105-117.

Mellick, R., Dolan, L., & Kidman, A. D. (1975). Experimental diphtheritic neuropathy in the mouse: A study in cellular resistance. British Journal of Experimental Pathology, 56, 471.

Yeo, J. D., Payne, W., Hinwood, B., & Kidman, A. D. (1975). The experimental contusion injury of the spinal cord in sheep. Spinal Cord, 12, 275-296.

Kidman, A. D., Hinwood, B. G., & Yeo, J. D. (1976). Concentrations of NE and 5-HT in the contused sheep spinal cord: Status of the monoamine hypothesis. Journal of Neurochemistry, 27, 293-294.

Yeo, J. D., McKenzie, B., Hindwood, B., & Kidman, A. (1976). Treatment of paraplegic sheep with hyperbaric oxygen. The Medical Journal of Australia, 1, 538-540.

Kidman, A. D., Dolan, L., & Sippe, H. J. (1978). Blockade of fast axonal transport by diphtheritic demyelination in the chicken sciatic nerve. Journal of Neurochemistry, 30, 57-61.

Tomkins, J. K., & Kidman, A. D. (1978). Studies in vivo of ribonucleic acid turnover in mice (strain C57 BL/6J) homozygous and heterozygous for the dystrophic gene, dy 2J. Neuroscience Letters, 9, 217-220.

Tomkins, J. K., & Kidman, A. D. (1979). In vitro radioisotope precursor incorporation into ribonucleic acid and protein in dystrophic mouse gastrocnemius muscle (C57 BL/6J dy2Jdy2J). Neuroscience Letters, 12, 223-228.

Kidman, A., Hanwell, M., & Cooper, N. (1979). Failure of diphtheritic demyelination to block slow axonal transport in the chicken sciatic nerve. Journal of Neurochemistry, 33, 357-359.

Kidman, A. D., Hanwell, M. A., & Cooper, N. A. (1979). The role of the satellite cell in axonal metabolism. nternational Congress Series, 473, 85-93.

Hinwood, B. G., Yeo, J. D., & Kidman, A. D. (1980). Monoamine and tissue fluid levels in contused spinal cord of sheep. Journal of Neurochemistry, 35, 786-791.

Tomkins, J. K., Collins, S. P., Baker, W. D. C., & Kidman, A. D. (1982). In vitro skeletal muscle protein and RNA incorporation in neuromuscular disease. Journal of the Neurological sciences, 54, 59-68.

Hanwell, M. A., Cooper, N. A., & Kidman, A. D. (1982). Remyelination in the chicken sciatic nerve. Neurochemistry International, 4, 467-471.

Cooper N.A., & Kidman A.D. (1983). The Schmidt-Lanterman cleft in the myelin sheath: Studies in chicken nerves. In A. D. Kidman, J. K. Tomkins, C. A. Morris & N. A. Cooper (Eds.), Molecular pathology of nerve and muscle (pp. 39-50). New York: Humana Press.

Kidman, A. D., Gow, A., Cooper, N. A., & Morris, C. A. (1983). Amyotrophic lateral sclerosis toxic and animal models. In A. D. Kidman, J. K. Tomkins, C. A. Morris & N. A. Cooper (Eds.), Molecular Pathology of Nerve and Muscle: Experimental and Clinical Neuroscience (pp. 39-50). New York: Humana Press.

Kidman, A. D., Cooper, A. N., Tomkins, J. K., & Morris, C. A. (1984). Molecular pathology of nerve and muscle disorders: External agents and genetic lesions. New Jersey: Humana Press.

Cooper, N. A., & Kidman. A. D. (1984). Quantitation of the Schmidt-Lanterman incisures in juvenile, adult, remyelinated and regenerated fibres of the chicken sciatic nerve. Acta Neuropathologica, 64, 251-258.

Kidman, A. (1984). Stress, cognition and the nervous system. Neurochemistry International, 6, 715-720.

Kidman, A. (1985). Neurochemical and cognitive aspects of depression. Progress in Neurobiology, 24, 187-197.

Komiya, Y., Cooper, N. A., & Kidman, A. D. (1986). The long-term effects of a single injection of β, β′-Immiodipropionitrile on slow axonal transport in the rat. The Journal of Biochemistry, 100, 1241-1246.

Kidman, A. D. (1986). Tactics for change: A self-help manual. Sydney: Biochemical & General Services.

Komiya, Y., Cooper, N. A., & Kidman, A. D. (1987). The recovery of slow axonal transport after a single intraperitoneal injection of β, β′-Iminodipropionitrile in the rat. The Journal of Biochemistry, 102, 869-873.

Kidman, A. D. (1988). From thought to action: A self-help manual. Sydney: Biochemical & General Services.

Kidman, A. (1989). Neurochemical and cognitive aspects of anxiety disorders. Progress in Neurobiology, 32, 391-402.

Kidman, A. (1989). Tactics for changing your life. London: Kogan Page.

Kidman, A. (1990). Managing love and hate. Sydney: Biochemical & General Services.

PUBLICATIONS 1974 - 2017

Kidman, A. (1990). A guide to personal therapy. Sydney: Biochemical & General Services.

Kidman, A. (1990). How to change your life. London: Kogan Page.

Marks, D. C., Belov, L., Davey, M. W., Davey, R. A., & Kidman, A. D. (1992). The MTT cell viability assay for cytotoxicity testing in multidrug resistant human leukemic cells. Leukemia Research, 16, 1165-1173.

Kidman, A. D. (1992). Cognitions and constructs. The Bulletin, Australian Psychological Society, 14, 2.

Kidman, A. D. (1992). Overcoming emotional disturbance: A manual for group therapy participants. Sydney: Neurobiology Unit, UTS.

Marks, D. C., Davey, M. W., Davey, R. A., & Kidman, A D. (1993). Differentiation and multidrug resistance in response to drug treatment in the K562 human leukaemia cell line. British Journal of Haematology, 84, 83-89.

Kidman, A. D. (1993). Psychological aspects of breast cancer. The Bulletin, Australian Psychological Society, 15, 15-16.

Cocker, K., Kidman, A. D., & Bell, D. (1994). Cognitive behaviour therapy with advance breast cancer patients: A pilot study. Psycho-oncology, 3, 233-237.

Hargrave, R. M., Davey, M. W., Davey, R. A., & Kidman, A. D., (1995). Development of drug resistance is reduced with idarubicin relative to other anthracyclines. Anti-Cancer Drugs, 6, 432-437.

Marks, D. C., Davey, M. W., Davey, R. A., & Kidman, A. D. (1995). Expression of multidrug resistance to differentiation in the K562 human leumeamia cell line. Biochemical Pharmacology, 50, 475-480.

Cocker, K., Kidman, A. D., & Bell, D. R. (1995). Psycho-oncology: Helping women cope with metastatic breast cancer. Cancer Forum, 19.

Kidman, A. D. (1995). Family life: Adapting to change. Sydney, Australia: Biochemical & General Services.

Kidman, A. D., & Edelman, S. (1997). Developments in psycho-oncology and cognitive behaviour therapy. Journal of Cognitive Psychotherapy, 11, 45-62.

Edelman, S., & Kidman, A. D. (1997). Mind and cancer: Is there a relationship? A review of the evidence.Australian Psychologist, 32, 79-85.

Kidman, A. D. (1997). Power and progress: Psychology in the new world. Clinical Psychologist, 2, 20.

Kidman, A. D. (1999). Feeling better: A guide to mood management. Sydney, Australia: Biochemical & General Services.

Kidman, A. D. (1998). Editorial. Clinical Psychologist, 3, 1.

Kidman, A. D., (1998). Self-help books and the role of bibliotherapy. Clinical Psychologist, 3, 23.

Edelman, S., Bell, D. R., & Kidman, A. D. (1999). Group CBT vs supportive therapy with patients who have primary breast cancer. Journal of Cognitive Psychotherapy, 13,2. 46

Edelman, S., Bell, D. R., & Kidman, A. D. (1999). A group cognitive behaviour therapy program with metastatic breast cancer patients. Psycho-Oncology, 8, 295-305.

Edelman, S., & Kidman, A. D. (1999). Description of a group cognitive behaviour therapy program with cancer patients. Psycho-Oncology, 8, 306-314.

Kidman, A. D. (1999). Feeling better: A guide to mood management. Sydney, Australia: Biochemical & General Services.

Kidman, A. D. (1999). Editorial, Clinical Psychologist, 4, 1-3.

Edelman, S., Lemon, J., Bell, D. R., & Kidman, A. D. (1999). Effects of group CBT on the survival time of patients with metastatic breast cancer. Psycho-Oncology, 8, 474-481.

Edelman, S., Craig, A., & Kidman, A. D. (2000). Group interventions with cancer patients: Efficacy of psycho-educational versus supportive groups. A review of the evidence. Journal of Psychosocial Oncology, 18, 67-85.

Edelman, S., Craig, A., & Kidman, A. D. (2000). Can psychotherapy increase the survival time of cancer patients? A review. Journal of Psychosomatic Research, 49, 149-156.

Pascoe, S., Edelman, S., & Kidman, A. D. (2000). Incidence of psychological distress and utilisation of support services by cancer patients at Sydney hospitals. Australian and New Zealand Journal of Psychiatry, 34, 785-791.

Edelman, S., & Kidman, A. D. (2000). Application of cognitive-behaviour therapy to patients who have terminal cancer. Behaviour Change, 17, 103-110.

PUBLICATIONS 1974 - 2017

Kidman, A. D. (2000). Health, illness and quality of life: Playing a poor hand well. Clinical Psychologist, 5, 17-22.

Kidman, A. D. (2000). Editorial. Clinical Psychologist, 5, 1.

Kidman, A. D. (2001). Editorial. Clinical Psychologist, 6, 2.

Kidman, A. D. (2001). From thought to action (2nd ed.). Sydney, Australia: Biochemical and General Services.

Kidman, A. D. (2001). Psycho-oncology and the terminally ill patient. Clinical Psychologist, 6, 10.

Kidman, A.D. (2002). Editorial and clinical notes. Clinical Psychologist, 6, 26.

Edelman, S., Lemon, J., & Kidman, A. D. (2003). The perceived benefits of a group CBT intervention for patients with coronary heart disease. Journal of Cognitive Psychotherapy, 17, 59-66.

Edelman, S., Lemon, J., & Kidman, A. D. (2003). Psychological therapies for recipients of implantable cardioverter defibrillators. Heart and Lung, 43, 234-240.

Edelman, S., & Kidman, A. D. (2003). The mental health of teenagers: Schools can play a role. Principal Matters, 55, 34-35.

Kidman, A.D. (2003). A good night's sleep: Perchance to dream. Sydney, Australia: Health Psychology Unit, UTS.

Lemon, J., Edelman, S., & Kidman, A. D. (2004). Perceptions of the "mind-cancer" relationship by members of the public, cancer patients and oncologists. Journal of Psychosocial Oncology, 21, 43-58.

Kidman, A.D. (2004). Devils, drugs and doctors: A short history of depression. Sydney, Australia: Foundation for Life Sciences.

Edelman, S., Lemon, J., & Kidman, A. (2005). Group cognitive behaviour therapy for breast cancer patients: A quantitative evaluation. Psychology, Health & Medicine, 10, 139-144.

Kidman, A.D. (2005). Stress, coping and social support in the age of anxiety. Sydney, Australia: Foundation for Life Sciences.

Kidman, A.D. (2006). Feeling better: A guide to mood management (2nd ed.). Sydney, Australia: Biochemical & General Services.

Kidman, A.D. (2007). Schizophrenia: A guide for families. Sydney, Australia: Biochemical & General Services.

Murrihy, R. C., Wheatley, A., van Kessel, J., Wuthrich, V., Rémond, L., Tuqiri, R., Dadds, M., & Kidman, A. (2007). Aggression management training for oppositional adolescents in behavioural schools: Pilot trial of a CBT-based intervention. Australian Journal of Psychology: Combined Abstracts of 2007, Australian Psychol-ogy Conferences, 59, 318.

Lemon, J., & Edelman, S., (2007). Psychological adaptation to ICDs and the influence of anxiety sensitivity. Psychology, Health and Medicine, 12, 163-172

Varlow, M., Kidman, A. D., Murrihy, R. C., Dedousis-Wallace, A., & Rémond, L.C. (2008). Cognitive behaviour therapy for psychosis: A community-based trial. Early Intervention in Psychiatry, 2, A108.

Kidman, A.D. (2008). CBT and schizophrenia. Sydney, Australia: Health Psychology Unit, UTS.

Varlow, M., Wuthrich, V. M., Murrihy, R. C., Rémond, L. C., Tuqiri, R. I., van Kessel, J. M. M., Wheatley, A. C., Dedousis-Wallace, A., & Kidman, A. D. (2009). Stress literacy in Australian adolescents. Youth Studies Australia, 29, 29-34.

Murrihy, R. C., Kidman, A. D., & Ollendick, T. H. (Eds.) (2010). Clinical handbook of assessing and treating conduct problems in youth. New York: Springer.

Kidman, A.D. (2011). Staying sane in the fast lane: Emotional health in the 21st century. Sydney, Australia: Biochemical & General Services.

Perry, Y., Varlow, M., Dedousis-Wallace, A., Murrihy, R. C., Ellis, D. M., & Kidman, A. D. (2012). Moving forward: Introduction to psychosis. A reference manual for mental health professionals. Sydney, Australia: Foundation for Life Sciences.

Dedousis-Wallace, A., Shute, R., Varlow, M., Murrihy, R., & Kidman, A. (2013). Girls' indirect bullying at school: Predictors of teacher intervention and outcome of a professional development presentation for teachers. Educational Psychology, 34, 862-875.

Perry, Y., Varlow, M., Dedousis-Wallace, A., Murrihy, R. C., Ellis, D. M., Langdon, R., & Kidman. A. D. (2015). The development and implementation of a pilot CBT for early psychosis service: Achievements and challenges. Early Intervention in Psychology, 9, 252-259.

FINANCIAL SUMMARY FOR CALENDAR YEAR*

1 JANUARY 2017 - 31 DECEMBER 2017

	$ 2017
PAYMENTS	
Salaries and Consultant Fees	612,338
Travelling expenses for members of the Unit to attend national and international scientific meetings, including staff development	3,523
Capital expenditure, maintenance of equipment, local fares, mileage allowances, subscriptions, printing of publications, preparation of appeal letters, postage, telephone, and petty cash	26,698
	642,559
RECEIPTS	
Donations	501,774
Clinical Fees	103,807
	605,581
Balance	**(36,978)**

* This summary is derived from statements provided by The University of Technology, Sydney.

To donate to youth mental health please go to:

www.tkc.uts.edu.au

HEALTH PSYCHOLOGY UNIT

174 Pacific Highway
Greenwich NSW 2065
www.hpu.com.au
health.psychology@uts.edu.au
@thekidmancentreuts
@rachaelchi