

Department of Psychological Medicine
Te Tari Whakaora Hinengaro Tangata
University of Otago Wellington

ANNUAL REPORT
2021

**Waiho i te toipoto,
kaua i te toiroa**

*Let us keep close together,
not wide apart*



Cover image: Original artwork by Paige Wilson (Ngāti Rangi, Ngāti Tūwharetoa) to represent connection, love, wisdom, the support of whānau and meeting challenges head on, inspired by the four corners of wellbeing – wairua tinana, hinengaro, whānau. Designed with aroha to support mental health research within the University of Otago.

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FOREWORD



He moana pukepuke e ekengia e te waka — The waka can still navigate a rough sea

In 2021, Te Tari Whakaora Hinengaro Tangata (the Department of Psychological Medicine) continued the strong trajectory of productivity set in 2020. Across all measured metrics, research productivity increased significantly. The Department has achieved its best outcomes on record in research publications (106% increase), media mentions (92% increase) and grant applications (200% increase). The Department has established new collaborations with academic colleagues in New Zealand and overseas and with stakeholders in the mental health sector. Similarly, the Department has attracted a record number of CBT postgraduate students, PhD candidates and psychiatry registrars undertaking scholarly projects under the supervision of our academics. We were delighted to have two of our senior staff promoted to Associate Professor, alongside the recognition of staff through a number of internal and external prizes. Notably, in February, the Department's World of Difference | He Ao Whakatoihara kore team were awarded a prestigious binational TheHMS prize for leadership. Due to COVID restrictions, we were unable to travel to Perth to collect the prize, but received the award by audiovisual link.

We have particularly valued the successes of 2021 as they have come during a year in which our team has had to navigate some turbulent waters – *moana pukepuke*. On 12 August 2021, the building where the Department is housed, the main academic block of the University of Otago Wellington, was determined to have significant seismic issues and hence be unsafe for occupation. The Department was asked to vacate immediately and we have been unable to use our space since that time with staff largely working from home. This has not been without challenges, but the Department quickly adapted teaching programmes and research into the online space. These efforts were rewarded by positive feedback from students and in celebrating their achievements in successfully completing a difficult academic year without any delays in progression.

The fantastic client services staff need particular mention: Kristy Wilson, Maria Fitzmaurice, Kerrie Harford, Clem Cizadlo and Shan Valiyara. Thank you – you are the backbone of our Department and without you nothing would have happened.

I would like to acknowledge the tremendous efforts of the staff in Te Tari Whakaora Hinengaro Tangata for exceeding all expectations to turn a challenging year into great success.

Associate Professor Susanna Every-Palmer
Head of Department, Te Tari Whakaora Hinengaro Tangata
(Psychological Medicine), UOW

SECTION 1: STAFFING IN 2021

Te Tari Whakaora Hinengaro Tangata, University of Otago Wellington ('the Department') is a medium-sized department, with over 20 academics and 10 PhD students. The recruitment of high calibre academic staff has been a high priority for the Department since the Independent Departmental Review in September 2018. The Department has made excellent progress in this area in the last two years. The Department now has over 20 academics, an increase of over 50% since 2018. This increase is a result of: (a) all pre-existing vacancies now being filled; (b) the Suicide and Mental Health Research Group moving into the Department; and (c) additional positions being created through new revenue associated with the success of our post graduate programmes.

Despite the challenges of 2021, the Department still had a lot of fun during the year, enjoying professional and social activities, including bowling, photography tuition with UOW photographer Luke, foraging in the town belt, and Te Reo Māori classes. We appreciated the various koha from our masterchefs (Kerrie), BBQers (Shan), and apiarists (Mark).



1. A few rounds on the bowling green for the Department's 2021 Christmas function. 2. Susanna, principal investigator of the University of Otago-led Co-Response Team Evaluation, with Police partners celebrating the conclusion of the project. 3. Mary, Emily, Zara, Tracey, Matt, and Renan keeping the UOW Dragonboat team afloat. 4. Foraging porcini mushrooms on Mt Victoria behind the medical school. 5. Spot the black UOW tee-shirts amongst the 2021 Round the Bays athletes.



6. The UOW Dragonboat team showing their stuff on one of Wellington's characteristic still, tropical days. 7. Kristy and Maria embrace the festive spirit. 8. Shan and Kerrie prepare to feed the masses. 9. Fiona discusses pre-race strategy with her teammates. 10. Mark is a staunch advocate for colour-coordinated active transport. 11. Susanna, delighted her with surprise 'best boss' award at the Christmas function.

SECTION 2: RESEARCH ACHIEVEMENTS FOR 2021

As part of the Divisional funding in Mental Health Research, the Department was tasked with a number of specific research-related objectives over a two-year period (2020–2021). They were as follows:

1. Conduct a stocktake of current research and identify themes or groupings.
2. Build the external profile of Mental Health Research at the University of Otago.
3. Increase collaborative mental health grant applications (with people from more than department).
4. Increase collaborative mental health research studies (involving people from more than department).
5. Demonstrate a commitment to Māori and Māori-relevant research.
6. Prepare an application for a Mental Health Research Theme in 2021.
7. Demonstrate a commitment to mental health service users and explore and implement co-production opportunities.

These are covered in turn over the next few pages.

CONDUCT A STOCKTAKE OF CURRENT RESEARCH AND IDENTIFY THEMES OR GROUPINGS

We conducted a stocktake of current research across the university and identified themes or groupings. We have collated researcher interests and themes in a spreadsheet and have conducted cluster and thematic analysis of key topics across the three schools.

BUILD THE EXTERNAL PROFILE OF MENTAL HEALTH RESEARCH AT THE UNIVERSITY OF OTAGO

The Department has identified six specific goals to operationalise this objective at the outset of 2020. They are as follows:

- Ensure all academic staff have ORCID IDs and up-to-date University of Otago webpage, Google Scholar and ResearchGate profiles
- Re-design and develop the Department of Psychological Medicine webpage
- Hold media training for staff from Departments of Psychological Medicine
- Establish new connections and strengthen existing relationships with potential stakeholders and collaborators in the area of mental health
- Increase media mentions of the Department of Psychological Medicine UOW by 25% for 2020 and 2021
- Secure funding for a mental health podcast and start content development

The Department has been successful in progressing or completing all these goals. The front-facing website has been improved and academic staff supported to update their research profiles. Not all the website improvements have been able to go live while the university's review of webpages was underway in 2021 but hopefully these will be realised in the next year.

Relationships with marketing and communication teams across campuses have strengthened (e.g., Cheryl Norrie; Fran Wright; Rhys Pritchard; Cat O'Sullivan). Media releases have been arranged for journal papers and other activities (e.g., funding success) where appropriate.

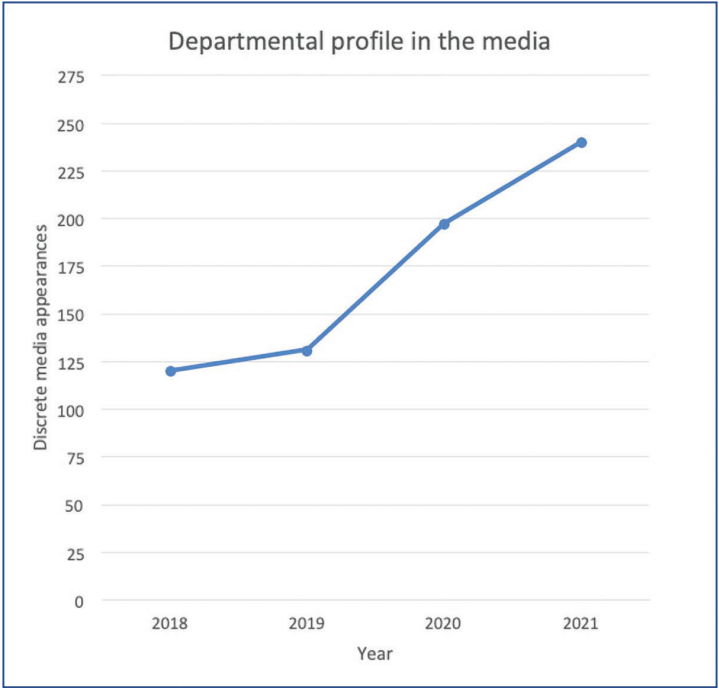
Media training was organised for Departmental academic staff, which took place in May 2021. Four communications staff, Cheryl Norrie from UOW, the manager of media engagement, Liane Topham-Kindley, and communications advisers Mark Hathaway, and Lea Jones conducted didactic training for a morning and Michael Baker, winner of a Prime Minister's Science Communication Prize, engaged in a discussion session of personal reflections and tips. Cheryl also offered to undertake one-on-one mock practice sessions with staff. This was helpful, and built confidence and communication skills amongst staff.

The Department has recorded its highest profile year in 2021 with 240 discrete national or international media appearances concerning Departmental staff and our research interests. This comprised 81 newsprint articles, 22 radio or television interviews, and 137 online news reports. Overall our media presence increased close to 100% from baseline (see Figure 1) with academics increasingly developing research impact strategy as a normative activity for research undertaken.



Paul talks about the psychology workforce on TV1 News.

Figure 1. Number of discrete appearances of Departmental research in the media by year.



Data supplied by Isentia. They were unable to source data from before 2018 (due to copyright restrictions).

Examples of media releases with high national and or international media uptake and a principal investigator from the Department include:

- **Psychiatric unit smokefree policies ignored** based on collaborative research led by Gabrielle Jenkin and published in PLOS One: *There's no smoke without fire: Smoking in smoke-free acute mental health wards*. Altmetric score 29 (95th percentile). See: <https://www.odt.co.nz/news/dunedin/psych-ward-smokefree-policies-ignored/>
- **Two thirds of kiwis found lockdown 'silver linings', study shows** based on collaborative research led by Matthew Jenkins and published in PLOS One: *Silver linings of the COVID-19 Lockdown in New Zealand*. Altmetric 169 (99th percentile). See: <https://www.nzherald.co.nz/nz/covid-19-coronavirus-two-thirds-of-kiwis-found-lockdown-silver-linings-study-shows/V3JFWXOZVSXZFTXAFVT2SAKLXU/>
- **Mental health units should provide more than meds and beds** based on collaborative research led by Gabrielle Jenkin as part of her ground-breaking 4-year research project, funded by a Marsden Fast-Start Grant, into the architectural design and social environment of New Zealand's acute mental health facilities. See: <https://www.royalsociety.org.nz/research/shining-a-light-on-the-shocking-state-of-nzs-acute-mental-health-units/>
- **Employers must play a role in caring for workers mental health** based on collaborative research led by Susanna Every-Palmer and published in PLOS One: *Psychological distress, anxiety, family violence, suicidality, and wellbeing in New Zealand during the COVID-19 lockdown: a cross-sectional study*. This paper was published in late 2020, but continued to attract considerable media attention throughout 2021 achieving an Altmetric Score of 255 (99th percentile). See: <https://www.stuff.co.nz/business/prosper/300333994/employers-must-play-a-role-in-caring-for-workers-mental-health>
- **On the front line: the impact of suicide on health professionals and first responders** based on collaborative research led by Renan Lopes de Lyra and published in PLOS One: *Occupational exposure to suicide: A review of research on the experiences of mental health professionals and first responders*. Altmetric score 72 (95th percentile). See: <https://www.otago.ac.nz/news/news/otago827266.html>

The Department obtained support from University of Otago Research Marketing to support a podcast series highlighting mental health research. This podcast is produced and hosted by Dr Matthew Jenkins and airs on Wellington Access Radio. Each of the 12 monthly episodes addresses a specific area of mental health, highlighting relevant mental health research projects and researchers across all three campuses. The podcast series provides an opportunity to build the profile of the Department, showcase the university mental health research being undertaken at Otago, and offer a platform for community voices and integrating Māori worldview. The target audience is broad, encompassing communities, service providers and users and policy makers. The series can be found at the following link: <https://www.accessradio.org.nz/one-in-four.html>

INCREASE COLLABORATIVE MENTAL HEALTH GRANT APPLICATIONS (WITH PEOPLE FROM >1 DEPARTMENT)

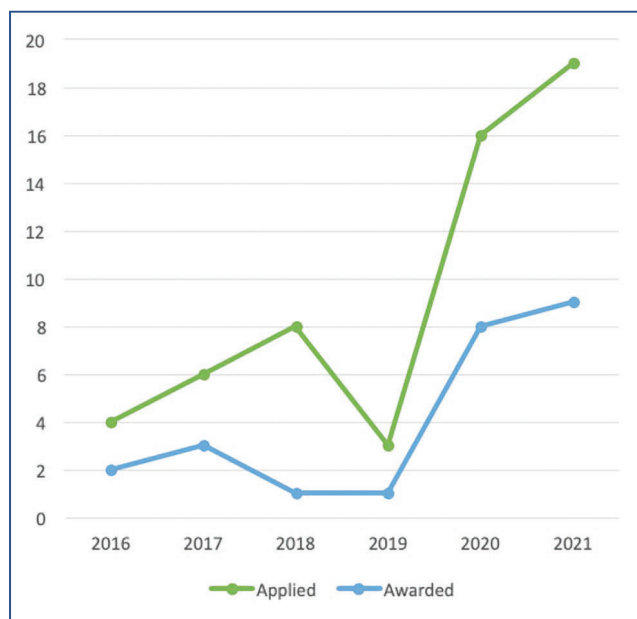
The Department identified three specific goals to operationalise this objective at the start of 2020. They were:

- Initiate a cross-campus grant peer review panel
- Set up a Departmental grant library
- Increase grant applications by at least 25% by encouraging and supporting academic staff to submit grants

The Department has achieved or exceeded these three goals. A grant peer review panel has been established, hosted by the Department with over 20 academics (from all three Departments of Psychological Medicine) acting as reviewers. A library of successful grants to assist subsequent grant writers has also been created.

The objective of increasing grant applications by 25% has been greatly exceeded, with a >400% increase in submitted and successful applications averaged over 2020-2021 with Departmental staff as Principal Investigator (Figure 2).

Figure 2. Research grants submitted by staff from the Department 2021.



The successful grants for 2021 are listed in Appendix 5. The majority of these grants involve collaborations with academics from other Departments.

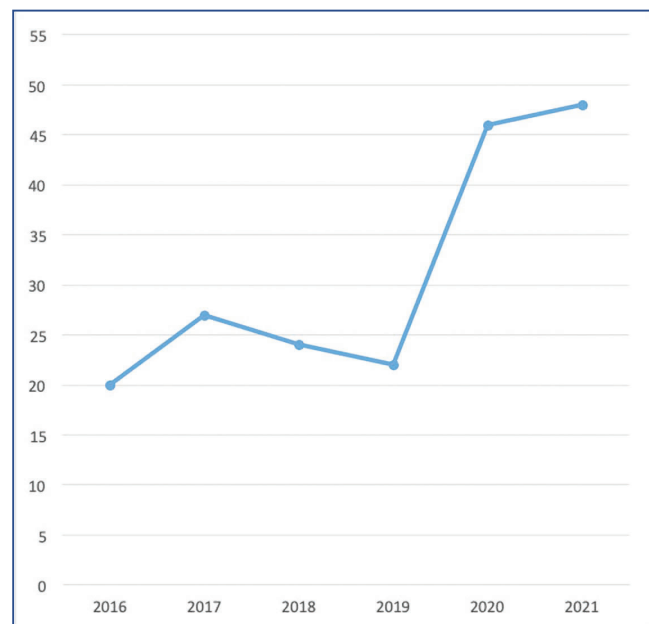
Staff from the Christchurch and Wellington Departments of Psychological Medicine are also collaborating as co-investigators in a 2021–2023 Health Delivery Research Project (\$1,187,682) 'Meeting physical health care needs of people with mental illness or addiction' (PI Dr Ruth Cunningham).

INCREASE COLLABORATIVE MENTAL HEALTH RESEARCH STUDIES (INVOLVING PEOPLE FROM MORE THAN ONE DEPARTMENT)

Collaboration across the university has also increased. In 2021, the Department published more research papers in international peer-reviewed journals than at any other time in history. The production of papers has increased by >100% above the 2016–2019 mean (see Figure 3). Over 75% of these outputs have involved collaboration with people from more than one department.

This increase in research outputs is not due to the recent recruitment of new academic staff, who, while very productive in writing research grants, have not yet had sufficient time to complete and publish their work. The increase is predominantly due to a significant increase in outputs from established staff. Some outputs are the result of a several years of research efforts while others arise from agility in responding to key research opportunities.

Figure 3: Research paper outputs for the Department 2016–2021.



We started up a virtual corkboard to keep people informed of Departmental news after the building was closed due to seismic risk.

Staff News

Dr Steven Davey has been made an Affiliate Staff member of the Department, while also undertaking his clinical psychology training at He Hereonga Waka/Victoria University.

Grants and Awards

Natalie Germann has been awarded the Vic Davis Memorial Trust Scholarship (\$7,500). *Congrats Natalie!*

Events

Psych Med Postgraduate Symposium
Royal Society Te Apārangi, Thorndon
Thursday 9th December
8:30am-2:00pm

Service Users Academia Mini Symposium
SAVE THE DATE
Wednesday 24th November (this week!)
1pm-6:30pm

Christmas Function
Friday 10th December, 4pm onwards. Christmas function @ Newtown Bowls.
Bring your partners and whānau, and bring a plate to share (BBQ and kitchen is available). Drinks (very well priced) will be available to buy at the club.

Presentations/Papers

There's no smoke without fire: Smoking in smoke-free acute mental health wards
PLOS ONE
Abstract
Background
+UNDOCTORED
Psychiatric wards ignoring hospitals' non-smoking policies, study finds
Monday 15 November 2021, 01:00 PM
University of Otago, Wellington

Psychosis & Physical Health
Enhancing Health Through Co-Design
Matthew J. Jarvis

Residential treatment for adults with severe substance use disorder - what works, for whom and in what circumstances? An initial theory.
Henry McEvoy, Dr Erika Reid, Anna Reid, John Reid, David Reid
20 November 2021
University of Otago, Wellington

Development of an initial programme theory: Ontology as a compass
Theodore G. Theodorou, Rachel K. Brown, David Reid, Anna Reid, John Reid, David Reid
20 November 2021
University of Otago, Wellington

The recent Mahi Tahi event (organised by Matt) was attended by 40+ people, involving taonga tākaro sessions led by guest facilitator Wiremu Sarich (pictured).

DEMONSTRATE A COMMITMENT TO MĀORI AND MĀORI-RELEVANT RESEARCH

During 2021, the Department has focussed on establishing and strengthening relationships with Māori researchers and key stakeholders. The Department has been committing time to build and nurture relationships with Māori and to build knowledge of te Ao Māori.

The key relationship building activities have included:

- Engaging with researchers working within Kaupapa Māori research.
- Consulting with Bridget Robson (director of Te Rōpū Rangahau Hauora a Eru Pōmare) to ensure cultural appropriateness in the inaugural PhD symposium.
- A hui on 15 February 2021 at Rūaumoko in Porirua with DHB kaumātua, Kuni Shepherd, and whaea, Areta Koopu, and kaimanaaki to discuss commitments to clinical research that is important to Māori and to strengthen connections to the local iwi, Ngāti Toa.

Staff have been extending their knowledge of Māori tikanga and the use of Reo Māori. All Department meetings are opened and closed with karakia. New students were consistently welcomed with mihi whakatau. In 2021, many Department staff continued Te Reo Māori lessons with Tāwhana Chadwick (Ngāti Kahungunu) from Kuwaha and staff are trying to incorporate Te Reo into everyday work. The Department is committed to upholding the principles of Te Tiriti o Waitangi and has decided on an equity theme that prioritises Māori for a future Research Theme application.

RESEARCH GROUPS: THE WORLD OF DIFFERENCE HE AO WHAKATOIHARA KORE

Part of the Department, the World of Difference | He Ao Whakatoihara kore delivers service user-led and co-produced education and research programs focused on ending discrimination, promoting recovery, inclusion, and respect for the human rights of people who experience mental distress. At the beginning of 2021, the team celebrated being the recipient of the Lived Experience Leadership Award from The Mental Health Strategies Learning Network (The MHS). Supported by a James Hume Bequest Grant, the World of Difference | He Ao Whakatoihara kore undergraduate teaching was successfully extended to 4th and Trainee Intern years in Dunedin. National recognition continues to increase with numerous other academic and service delivery organisations now engaging World of Difference | He Ao Whakatoihara kore to deliver service user-led teaching as part of their undergraduate, postgraduate and in-service programs. A particular area of new research focus in 2021 was on the application of supported decision-making in practice.



Members of the World of Difference Team with their TheMHS Lived Experience Leadership Award.

RESEARCH GROUPS: THE SUICIDE AND MENTAL HEALTH RESEARCH GROUP

The Suicide and Mental Health Research Group is a multidisciplinary group of researchers, post-doctoral and PhD students based in the Department of Psychological Medicine and led by Dr Sarah McKenzie. Members of the group and its research associates have a range of clinical and social science backgrounds in the fields of public health, sociology, architecture, psychiatry and psychology. The research contributes to knowledge, policy, and services by conducting high quality research in suicidology and mental health.

In 2021, the group provided supervision for one Assistant Research Fellow, two Postdoctoral Fellows, five PhD students, five summer studentships (two jointly supervised with Victoria University School of Architecture) and a psychiatric registrar, collaborated on two grant applications and published nine papers in international peer-reviewed journals.

In 2021, the research focus has been on completing three large research projects. Dr Gabrielle Jenkin finished a Marsden funded research project *'Acute Mental Health Facility Design: The New Zealand Experience'* with dissemination activities including media and news articles, radio interviews, international conferences, 8 invited verbal presentations, and 2 published articles in international peer-reviewed journals. Suicide research commissioned by MATES in Construction NZ, led by Dr Gabrielle Jenkin revealed higher rates of suicide in the construction industry than previously thought. The research findings will enable the industry to provide more targeted support to those in the workforce experiencing situational distress. Dr Sarah McKenzie completed her two-year Postdoctoral Fellowship funded by a Health Sciences Career Development Award from the University of Otago. Her research titled *'Boys don't cry': Understanding Masculinity and Mental Health-related Stigma among men'* has contributed to international efforts to de-stigmatise male depression and suicide with initial work published in a top international men's health journal.

The group has continued to build collaborations, within and outside Otago University during 2021, including with the disciplines of critical suicide studies, men's health, criminology and architecture. They have increased collaborations with Māori researchers through joint papers and supporting research grant applications. Dr McKenzie continues to collaborate with the Men's Health Research Program at the University of British Columbia (UBC) through her Marsden funded research *'Through the Eyes of Men: Towards a More Critical Understanding of Men's Mental Health'* a photovoice study collecting images and stories from men experiencing depression, anxiety and suicidality in New Zealand. She is also a member of the *'Reducing Male Suicide (RMS) Cluster'*, an international team of experts working to create and mobilise knowledge to de-stigmatise men's mental illness and suicidality and lead effective male suicide prevention interventions globally (<https://reducingmalesuicide.ubc.ca/home>).

In 2021, Dr McKenzie was invited to participate in a two-day virtual International Research Roundtable on Critical Suicide Studies funded by the Peter Wall Institute for Advanced Studies and hosted by UBC Canada, and to collaborate on an international grant application with UBC focusing on innovative methodological research approaches in men's health in the pandemic context. Dr Jenkin has continued to serve on the board of three scientific journals as Associate Editor and the University of Otago committee supporting alternative pathways to the Bachelor of Medicine, has reviewed grant applications for a number of organisations, supported the Ministry of Health as an expert advisor on Acute mental health care facility design and was appointed to the Northern B Health and Disability Ethics Committee for a three-year term.

SECTION 3: TEACHING ACHIEVEMENTS IN 2021

UNDERGRADUATE ALM TEACHING

FIFTH YEAR ALM TEACHING

The fifth-year teaching programme is a core module convened by Dr Francis Goodstadt, and administrated by Kristy Wilson. Student learning comprises a one-week didactic programme and four weeks in diverse clinical placements across the Greater Wellington region. Led by the World of Difference team, service-user informed learning has been embedded throughout the module for a number of years. Students spend time in MIX (a service-user community centre), exceptionally supported by service-user supervisors and MIX participants. This experience is consistently described by students as a highlight, and transformative in understanding mental health.

Although pandemic-related issues have continued throughout the year the iterative experiences of the previous year allowed responsive flexing between in-person and online platforms, as this year's highly engaged, perceptive and skilled cohort successfully navigated the year.

Fifth year student feedback on the MIX placement and/or the module:

"One of the best placements this year."

"Fantastic experience, invaluable conversations with people with first-hand experience of what we are learning. Also fun!"

"[MIX] was an interesting experience. I've certainly never done/participated in anything like this before and the uniquely creatively space that participants use is so cool. I can see why it's so highly recommended."

"A great place. Places like [MIX] make me very enthusiastic about working in mental health."

"I really enjoyed the module. It's been one of my favourites."

"This module is so vitally important as mental health covers all disciplines."

SIXTH YEAR ALM TEACHING

The sixth-year psychological medicine attachment contributes four weeks of the 48 weeks of largely clinical learning undertaken by medical students in their 6th year program. In 2021, the programme was convened by Dr Paul Skirrow with support, particularly in examination, from Dr Gregory Spencer and from Kerrie Harford in administration. The focus of the sixth year course is on assisting students to learn individualised applications of the 'book knowledge' garnered in earlier parts of the course, and assessed in the fifth year examination. An apprenticeship approach is taken to both the work, teaching and assessment. Trainee interns are assumed to already have sufficient knowledge and clinical skills; this module provides an opportunity to enable them to practice applying their knowledge and skills in the real world clinic setting. This occurs by observation and participation in the running of the mental health service within which they are placed. Some TIs experience this module in more rural locations including the Hawke's Bay, Palmerston North, Masterton and Gisborne.

Paul did a fantastic job convening this programme in 2021, covering the role for another staff member who was on Research and Study Leave. Paul approached this new challenge with enthusiasm, positivity, and a strength-based approach to student teaching. He did not just 'cover' the extra work, he threw himself into it.

During 2021, student information on Moodle was improved, extra teaching and support for students was instigated, a stage three registrar was recruited to run an exam preparation course, all the TI sessions were recorded and edited, and connections and communications were improved across the three campuses. Any student who was struggling with viva examination was offered a 1:1 tutorial. The students flourished with this approach and all passed convincingly.

Both Paul Skirrow and Kerrie Harford were awarded significant University of Otago Wellington prizes for their work in 2021, particularly around supporting the trainee interns - Paul being the recipient of the 2021 Māhirahira award and Kerrie the Manaakitanga Award.

POSTGRADUATE PROGRAMME: COGNITIVE BEHAVIOURAL THERAPY (CBT)

In 2021, the CBT programme had 65 students enrol on the certificate course – record numbers and a 40% increase compared to 2020. This allowed delivery of three streams of the course, instead of two streams. This comprised two streams of the certificate level course and one year of the diploma level (advanced) course. Maintaining smaller group size maximises the learning experience. Several block weeks were impacted by COVID lockdowns and were delivered by Zoom. One block in August was impacted by the building closure. Fortunately alternative teaching rooms were located elsewhere at short notice. As always, this course had a fabulous, motivated, hard-working group of students enrolled in it. The students coped well with a challenging year and gave very positive feedback on the course. They managed to remain engaged and focussed, assisted by the teaching staff who provided maximum variety and ways to engage such as breakout rooms and lecturer demonstrations of CBT. Some teaching materials were added on helping clients cope with the impact of COVID-19, which the students appreciated. The students were well supported by their excellent on-site supervisors. An open book written online exam was used for the certificate exam. It was a two and a half-hour exam and involved reviewing case scenarios and responding to specific questions about assessment, formulation and treatment based on case scenarios, as well as a combination of multiple-choice and/or short-answer questions. The diploma level exam was a 20-minute oral exam. All the students who completed the certificate and diploma courses passed, which was a big achievement in a difficult year. The examiners were impressed with the standard of the students' exam performance. Congratulations to the student award winners: Post graduate certificate course: Hollie Asprey (Excellence), Anna Geiserman & Barbara Pike (High Achievement) and post graduate diploma course: Rachel Navanua (Excellence), Quiyue Sang and Nigel Guy (High Achievement). The course has an increasingly strong focus on developing cultural competence and in line with this included a panel discussion between four Māori clinicians about how they utilise CBT with clients. The students also learnt a great deal from presenters on lived experience. This year presenters from the World of Difference team discussed their lived experience of mental health issues and CBT and a young man described his experience of CBT for obsessive compulsive disorder.

Dr Emily Cooney took over from Dr Fiona Mathieson as course director in early 2021 and has adjusted impressively to this new role. Dr Rongo Patel also taught on the diploma course this year as a professional practice fellow. He did an excellent job and strengthened the addictions teaching. He will continue to teach on the CBT course in 2022 on a contract basis along with our excellent colleagues Tracey Barnfield and Dr Susan Watson. As always, the teaching staff have been fantastically supported administratively by our colleagues Maria Fitzmaurice and Clem Cizadlo. Not a job for the fainthearted, with record numbers of students and supervisors, the COVID pandemic and the building closure

So all-in-all, it was a busy year with a lot of moving parts, but ultimately the course convenors were delighted with the increased competence in the students to deliver this evidence-based therapy, which is what the course is all about.

POSTGRADUATE TEACHING: REGISTRARS

The Department convenes four programmes for the 30-odd doctors training in psychiatry in the lower half of the North Island (Critical Appraisal, Stage I, Stage II, and Stage III education courses) and one national course (The National Psychiatry Leadership and Management Course). The courses are administered by Kerrie Harford and supported by Lorena Butaigo in the Director of Training office. These courses are centrally funded through VoteHealth and also report to the Lower North Training Committee. In 2021 academics from the Department also provided individual supervision to eight registrars completing research projects (known as scholarly projects). Congratulations to registrar Helen Cassidy (supervised by Dr Adam Sims and A/Prof Susanna Every-Palmer) who was awarded the national *Dawn Short Award* for her scholarly project research into the new End of Life Choice Act Bill.

The teaching programmes follow the curriculum set by the College of Psychiatry and the content is examined by a series of assessments sat by all Australian and New Zealand psychiatry registrars. In 2021, binational training assessments were considerably disrupted by COVID-19 and technical difficulties with online examinations. Nonetheless, the trainees taught by the Department did significantly better in their exams across the board compared with binational pass rates. The training programme was also assessed for accreditation by the College of Psychiatry and received the maximum five-year accreditation standard, with a pleasing number of commendations and no recommendations needing action.



The registrar end-of-year function (food styling by Kerrie).

CRITICAL APPRAISAL

The critical appraisal course is available to all psychiatry registrars but is typically attended by Stage I and Stage II trainees. It is convened and taught by A/Prof Susanna Every-Palmer. The course is comprised of 11 lectures, a mix of didactic teaching and group problem solving exercises, which occur on the last Thursday of each month and are 90 minutes in duration. There is additional support to registrars by email and extra tutorials before exams.

Before this course started, the pass rate for registrars was below 50% for this section of the exam. The exam pass rate has now averaged out at approximately 80%. The anonymous Quality Advancement Unit evaluations of this course in 2021 showed that students considered it to be excellent.

STAGE I FORMAL EDUCATION PROGRAMME

This course was convened jointly by Dr Adam Sims and Dr Sally Rimkeit. It comprises teaching sessions every Thursday afternoon held at Te Papa, on the Porirua campus. During 2021, zoom was used more frequently to enable teaching to continue in Level 3 COVID restrictions, with positive feedback.

After almost 10 years in the role, and having taught over 100 registrars, Sally has retired from her role as conveyor of this programme. Her exceptional enthusiasm and pastoral care of the students will be greatly missed, but the department is pleased to welcome Dr Gawen Carr to this role.

STAGE II FORMAL EDUCATION PROGRAMME

The Stage II post-graduate psychiatry academic programme in 2021 was convened by A/Prof Susanna Every-Palmer and Dr Oliver Hansby with fantastic support from Kerrie Harford. The Department is extremely grateful to Oliver who has done an exceptional job in co-convening this programme. Oliver has stepped down and we welcome Dr Benjamin Werkmeister in his place. In recognition of Oliver's outstanding service to the Department and his ongoing research interests, he remains with the Department, having been appointed as affiliate senior lecturer.

A detailed programme with the relevant tutors is provided at the beginning of each block so trainees know in advance what to expect. Active learning is fostered through discussion in lectures and tutorials and the requirement to prepare and present material. Trainees are advised to actively prepare for teaching sessions, identifying knowledge gaps before the session, and any remaining after the session.

Lecturers are asked to provide materials in advance of each tutorial, which are posted on moodle, and to spend a few minutes at the beginning of each session determining the level of knowledge of trainees on the topic in question. A range of teaching approaches are used by lecturers depending on the material to be covered, but most sessions rely on trainee participation, either as contributors to a group process or as presenters of work they have prepared in advance. Occasionally, lectures may be given, where significant amounts of formal content must be conveyed.

The Moodle / eReserve repository was created due to the copyright licensing requirement incumbent upon the University to make payment to copyright holders for using articles/chapters in teaching. It also serves as a dedicated repository for all teaching materials (PowerPoint presentations, required reading, and additional resources) that is easily accessible to trainees and does not get lost as their place of work changes (as might occur for materials sent by emails).

Confidential paper feedback was collected after each afternoon's teaching session and conduct focus group feedback on a yearly basis. In 2021, trainees consistently reported finding the course of high quality, both in terms of organization and quality of teaching. The 2021 'students' choice' session was a particular highlight, featuring Dr Ashley Bloomfield and Chlöe Swarbrick.



Ashley Bloomfield and Chlöe Swarbrick were chosen by students to present at the Psychiatry Formal Education Programme.

STAGE III FORMAL EDUCATION PROGRAMME

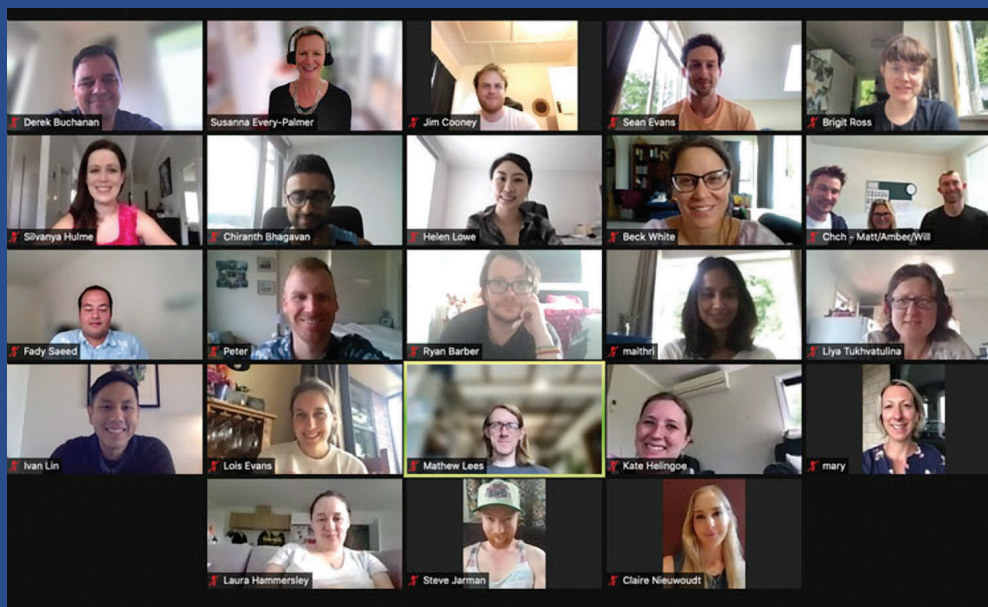
The Department also is responsible for the academic training for psychiatric registrars in the final phase of their preparation with RANZCP to become consultant psychiatrists. This course is convened by A/Professor Mark Huthwaite and runs for one afternoon a month. The syllabus follows an adult learning module, in which students set their own priorities for learning and A/Professor Huthwaite organizes the speakers and facilitates the sessions.

NATIONAL PSYCHIATRY LEADERSHIP AND MANAGEMENT COURSE

This is a three-day national course the Department runs annually to provide formal training in leadership and management skills for senior psychiatry trainees from across Aotearoa New Zealand. The university is directly funded by Te Pou to run this programme. It is convened by A/Professor Susanna Every-Palmer with excellent administrative support from Kristy Wilson.

In 2021, 24 senior registrars from across the country attended the course. It was held for the first time by Zoom, as many participants from the northern regions of Aotearoa were in COVID lockdown.

Attendees completed 'before and after' assessments, feedback forms for each presentation and filled out anonymous evaluations through the Quality Advancement Unit. As in previous years, both qualitative and quantitative feedback was sought for each individual session. All contributors were rated as effective presenters (all good to excellent). The evaluations indicate that the attendees found the course valuable and stimulating, with 22/24 students completing the final anonymous evaluation and median scores of 1.0 ('excellent;') for all core teacher domains.



National Psychiatry Leadership and Management Course graduates 2021 with course convenor, Susanna.

POSTGRADUATE STUDENTS: PHDS

The graduate research student programme has enjoyed another positive year, in spite of the challenges of COVID and the building crisis. PhD numbers have remained strong, with 2021 finishing with 10 candidates enrolled at the Department and a further three candidates having passed their viva examinations during the year. Dr Rowan Magill and Dr Steven Davey had their PhDs conferred during the year. Rowan is now working in funding and planning at Capital and Coast District Health Board, while Steven is undertaking the clinical psychology training program at Victoria University of Wellington. Marieke Jasperse recently received confirmation of the award of her PhD in November and will graduate early in 2022. The second set of milestones is the enrolment of three new PhD candidates in 2021 - Lynsey Sutton-Smith, Anna Von Tunzelmann, and Zara Mansoor. The Department was delighted to welcome them, and looks forward to supporting their doctoral journeys.

There have been a number of individual successes for current PhD candidates in 2021. Natalie Germann won a Vic Davis Memorial Trust Scholarship; Lynsey Sutton-Smith received a Perpetual Guardian Nursing Fund Educational Award; and Zara Mansoor was successful in her application for the prestigious Health Research Council Career Development Award. Finally, Dr Steven Davey was awarded Affiliate Staff member status at the Department in recognition of his having maintained productive research collaborations with Otago staff since his graduation. Congratulations to Natalie, Lynsey, Zara, and Stephen.

The Department was pleased to host its second Graduate Research Students Symposium in December. Because of the building crisis, this was held at the Royal Society Te Apārangi offices in Thorndon. The day included presentations from six current PhD candidates - Anna Von Tunzelmann, Zara Mansoor, Mary Buchanan, Henry de Salis, Renan de Lyra, and Julie Artus. Awards were won for best presentation in Early-Candidature (Zara); Mid-Candidature (Renan), and Final Phase Candidature (Julie). Two past Department staff members attended as judges - Emeritus Professor Sarah Romans, and Professor John Bushnell. Both have long associations with Otago, and strong commitments to promoting graduate student research. John and Sarah noted that all presentations were of a very high level, making it very difficult to choose the winners. Ngā mihi also to Elliot Bell, PhD candidate Renan de Lyra, UOW Events Co-ordinator Faith Atkins, and Research Fellow Dr Matt Jenkins for their support and help organising this year's symposium.

The contributions of our PhD candidates' supervisors in 2021 need acknowledgement. Current supervisors include A/Prof Giles Newton-Howes, Dr Paul Skirrow, A/Prof Susanna Every-Palmer, Dr Matt Jenkins, Dr Emily Cooney, Dr Gabrielle Jenkin, Dr Sarah McKenzie, and Prof Sarah Romans from the Department; and Prof Mark Weatherall (Medicine, UOW), Prof Tony Dowell (Primary Care and General Practice, UOW), Dr Ruth Cunningham (Public Health, UOW), Prof Sara Kindon (Victoria University of Wellington); and Prof Jamin Halberstadt (Psychology, Otago) outside of the Department. Thank you also to Dr Mark Huthwaite for again acting as an internal examiner of PhD theses.

With the double hit of another COVID lockdown and the building crisis, 2021 has been a particularly challenging year for our graduate research students. Prior to these events, PhD candidates had been working out of offices on Level H and in the Ward Support Block, due to a lack of space in the Department on Level J. After the building was closed, PhD candidates have done their best to work productively from home, and where possible, in reconfigured space on campus. Thank you to all the candidates for working hard to maintain a positive morale within the group through regular social events and being so supportive of one another.

Dr Elliot Bell, the convenor of the postgraduate student programme, worked hard throughout 2021 to make sure all students felt supported and remained connected. He has been a strong champion for the students, and has consistently promoted both their academic and professional career development. This work was recognised at the University of Otago Wellington Staff awards, when Elliot won the 2021 Outstanding Teaching and Supervision Award. Dr Matt Jenkins will be stepping in as Acting Graduate Research Students Convenor while Elliot Bell is on well-deserved Research and Study Leave in 2022.



The 2021 Graduate Research Students Symposium was hosted at the Royal Society Te Apārangi offices.



Renan presents his PhD research at the Department's Graduate Research Students Symposium.



Elliot, Research Student Convenor speaking at the symposium.

PROFILING TWO OF OUR RECENT PHD GRADUATES

STEVEN DAVEY

Steven began his PhD “Where is an emotion?” in March 2017, and had the degree conferred in August 2021. His topic related to emotion regulation and suicide prevention, with a focus on whether the concept of emotion should incorporate localisation (i.e., whether emotion is ‘pain-like’ in being sensed at a particular bodily location). Steven’s aim was to inform further development of psychological therapies, especially mindfulness-based approaches. In 2020, Steven was awarded the School’s PhD Research Prize Clinical Research for this work.

Since completing his PhD, Steven has continued publishing his PhD research – he has had five papers accepted/published papers and three more are in the pipeline – whilst simultaneously pursuing postgraduate training in clinical psychology. Once his clinical training is complete, Steven intends to combine providing psychological therapy with conducting clinical-based research to better support people experiencing mental distress. Reflecting on his journey, Steven says, “Despite the immense challenges of a PhD, I remain committed to research and see my PhD experiences as foundational: a hard-fought set of revised standards and personal qualities necessary for a successful research career.”

ROWAN MAGILL

Rowan’s PhD thesis was titled “Unpacking the black box of respite: A realist evaluation of a non-clinical crisis intervention.” In it, he developed theory explaining how respite care, as a non-clinical form of crisis intervention, functions to support people who are suicidal and/or acutely distressed. Developing, testing, and refining a programme theory involved a retroductive process over two phases of qualitative data collection and analysis. The refined programme theory identified key outcomes of this form of crisis intervention, along with five key mechanisms that, operating in different contexts, explained how these outcomes are generated. This theory challenged the assumption that crisis resolution must be facilitated by an active interventionist. It also highlighted the importance of considering how people in crisis interpret the motivations of those around them.

Since graduating, Rowan has been working at the Strategy, Planning and Performance department at Capital and Coast DHB. A focus of his work is on the implementation of the Access and Choice programme, which aims to provide accessible support in primary care settings for people experiencing mental distress, mild-moderate mental illness, and/or issues associated with the use of alcohol and other drugs.

EARLY CAREER RESEARCHERS

The department supported a thriving community of early career researchers in 2021, including Dr Matthew Jenkins, Dr Denise Steers, Dr Silke Kuehl, Dr Shaystah Dean, Hannah Paap, Abigail Freeland, and Tracey Gardiner, alongside our postgraduate students. Early researchers in the department are represented at Divisional and University levels, with Dr Jenkins being voted onto the Division of Health Sciences Early to Mid-Career Researcher (EMCR) Management Committee in 2021 (<https://www.otago.ac.nz/healthsciences/research/early-career.html>). Formed in 2020, this committee has worked hard to advocate for EMCRs, including activities such as holding talks with Government officials and crown entities regarding early research career support (e.g., Rt Hon. Ayesha Verrall), providing early career accelerator grants, holding an inaugural EMCR research symposium, organising professional development workshops, and setting up a health research mentorship programme. Dr Jenkins’ primary role in the committee is to support the impact of early career researchers, an area that he has worked hard to develop since beginning his research fellow role in the department in 2019 by facilitating media training and guest talks (e.g., by Veronika Meduna, editor of the Conversation). Dr Jenkins aims to best advocate for and represent the needs of early career researchers in the department while on the committee.

Other activities in this space have included Survival Skills for Health Researchers, a Public Health Summer School paper that serves to equip early career researchers with the skills and knowledge to thrive in health science research environments. This paper was developed and convened by Dr Jenkins and included guest facilitators for topics such as Māori health advancement (Anna Latu), science communication (Science Media Centre), and research impact (Maria Larcombe).

Early career researchers are also strongly supported by the new departmental research strategy, which will be trialled in 2022. For example, initiatives within this strategy include incentives for senior researchers to collaborate with early career researchers and support for open access publishing.

We expect our early career researchers to continue to thrive in a supportive environment over the coming years.

MAHI TAHI

Mahi Tahi was the brainchild of Dr Matthew Jenkins from the Department. It was funded by a Division of Health Sciences EMCR Accelerator Grant. It was gifted the name 'Mahi Tahi' by Kaumātua Kuni Shepherd of MHAIDS, meaning 'getting the work done together'. The purpose was to bring people in the Wellington community together, see what barriers exist to promoting physical activities in our local communities, and to share resources to overcome these barriers. It also served to co-develop research questions with service providers, leading to community-based research projects. One of these projects – a collaborative study with Wellington City Mission – investigated the outcomes associated with physical activity subsidies in marginalised communities. This project was undertaken as a summer studentship project by undergraduate neuroscience student Ella Creagh and supervised by Dr Jenkins, Dr Paul Skirrow, and Associate Professor Mark Huthwaite. Approximately 40 people attended from a wide variety of organisations, including local iwi representatives, national and local sports organisations (Sport NZ, Nuku Ora), researchers (Otago, Victoria, Massey), charities (Wellington City Mission), mental health service providers, service users (young people experiencing first episode psychosis), and individual community members.

Wiremu Sarich (Youth Facilitator, Te Rarawa) accepted the invitation to come and facilitate two sessions that focused on using taonga tākaro (traditional Māori games) to promote health through physical activity, as well as connecting to the whenua and te ao Māori.

Attendee feedback was overwhelmingly positive:

"I loved that the day involved plenty of physical activity and learning through movement, so would love to see more of that in future hui."

"I had the chance to connect with those that I don't usually connect with."

"These type of hui provide an opportunity to hear from people in different roles and environments which adds to the kete of knowledge."

"The Māori perspective to learning was amazing."

"The Wellington Early Intervention Services was most inspired by the event. Thank you! Our people (service users) told us they had a great time."

Overall, the event comfortably met the objectives to Community and external engagement, participatory science, cultural responsiveness, whakawhanaungatanga. One outcome of this event was to develop a special interest group comprised of people interested in promoting physical activity to enhance community health, with meetings planned for 2022.

The 2021 Mahi Tahi event was informative, interactive and fun.



PROFESSORIAL PROMOTIONS

MARK HUTHWAITE PROMOTED TO ASSOCIATE PROFESSOR

Mark started as a clinical lecturer in the Department in 1999, his passion for teaching and medical education led him to becoming the module convenor of the 4th year Psychological Medicine module in 2005. In 2008 he was appointed as a clinical lecturer, remaining on as the module convenor for what had then become the 5th Year Psychological Medicine module while starting his research career. In 2016, Mark was appointed the Associate Dean of Student Affairs at the University of Otago, Wellington, a role a member of the Department has held since 2010 (Dr Joanna MacDonald was in this role from 2010 to 2016). Mark is a member of the University of Wellington's senior leadership team. He is the convenor of the Stage 3 registrar training program and remains an active researcher in the Department. He has published research in the fields of medical education, sleep in pregnancy, the use of psychotropic medication in pregnancy and the prescribing of hypnotic medication. Mark is also a perinatal psychiatrist in Capital and Coast District health Board's (MHAIDS) Regional Specialist Maternal Mental Health Service. He has been a committee member of the RANZCP's Special Interest Group in Perinatal and Infant Psychiatry and is a founding member of the World Maternal Mental Health Day Committee. Currently much of his focus is on student well-being and helping students to navigate their paths through the demands and complexities of their respective courses. Mark believes that good teachers can, and do, change lives and his goal is to share the privilege, joy and passion of being a doctor, while attending to the diverse challenges faced by many of our students.



SARAH GORDON PROMOTED TO ASSOCIATE PROFESSOR

Sarah identifies as a person with experience of mental distress. This experience shaped her early university study with the areas of psychology and medical law being the focus. Combining this theoretical education and personal experience, Sarah has spent the last thirty years working and advocating for an improved mental health sector and societal perceptions of mental health from a service user focused perspective. Initially she entered the workforce as a consumer advisor to mental health services in 1998. She was co-founder and Managing Director of CASE Consulting, one of New Zealand's foremost service user led and working organisations, from 2000–2009. After completing her PhD in 2010 Sarah commenced working as a service user academic for the Department of Psychological Medicine, University of Otago Wellington. Through this role, she has promoted and progressed service user-led and co-produced education and research. This work has resulted in the establishment of World of Difference | He Ao Whakatoihara kore – a service user education and research team, which Sarah currently leads. The education and research programs being led or co-produced by the World of Difference | He Ao Whakatoihara kore team are focused on ending discrimination, promoting recovery, inclusion, and respect for the human rights of people who experience mental distress in line with the recent major foci on these concepts as they apply to mental health in New Zealand and internationally.



CONCLUSION

During 2021, across all measured metrics, research productivity in the Department increased, as did collaborative research endeavours and outputs. The Department established new collaborations with academic colleagues in New Zealand and overseas and with stakeholders in the mental health sector. There are record number of PhD students and psychiatry registrars undertaking scholarly projects under the supervision of Psychological Medicine academics.

The teaching programmes continue to get excellent feedback, both in undergraduate and postgraduate and postgraduate course. The Department is capitalising on the current interest and opportunities in mental health education and, alongside the remarkable growth in the CBT programme, is developing new courses including postgraduate papers in neuropsychology and in EMDR in 2022. Most of all, despite the many challenges of 2021, we still managed to enjoy a fun and productive year.

APPENDICES

APPENDIX 1: SIGNIFICANT AWARDS AND NEW APPOINTMENTS MADE IN 2021 FOR DEPARTMENT STAFF AND STUDENTS

APPOINTMENTS

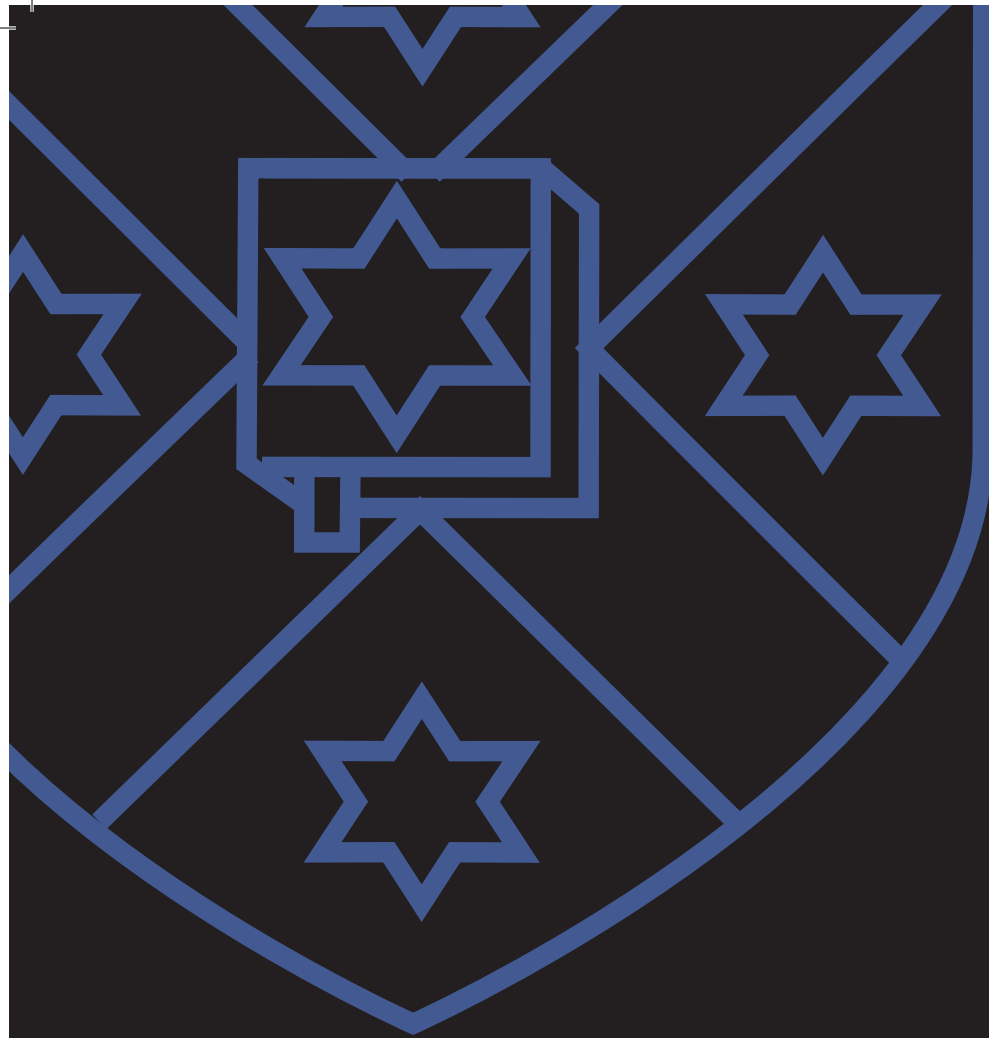
| | |
|-----------------------------|---|
| Gabrielle Jenkin | Northern B Ethics Committee Appointment to senior role in Allen and Clarke |
| Giles Newton-Howes | Elected as Chair of NZ Addictions Committee |
| Paul Skirrow | Appointed Executive Advisor of NZ College of Clinical Psychologists |
| Susanna Every-Palmer | Elected as Chair of Tu te Akaaka Roa Appointed to Mental Health Assurance Group for the NZ Government Appointed Associate Editor of Australian and NZ Journal of Psychiatry |

AWARDS AND PRIZES

| | |
|--|--|
| World of Difference Group | ThEMHs leadership award |
| Paul Skirrow | UOW Māhirahira award 2021 |
| Elliot Bell | UOW Outstanding Supervision and Teaching Award 2021 |
| Kerrie Harford | UOW Manaakitanga Award |
| Matthew Jenkins | UOW Early Career Researcher Award 2021 |
| Susanna Every-Palmer, Matthew Jenkins, James Stanley et al. | UOW Best Research Paper: Psychological distress, loneliness, alcohol use and suicidality in New Zealanders with mental illness during a strict COVID-19 lockdown |

APPENDIX 2: SUCCESSFUL RESEARCH FUNDING WITH DEPARTMENT OF PSYCHOLOGICAL MEDICINE, UOW ACADEMICS AS PRINCIPAL INVESTIGATORS IN 2021

| PRINCIPAL INVESTIGATOR | FUNDER | PROJECT TITLE | CO-INVESTIGATORS | AMOUNT (\$NZ) |
|--|---|---|--|---------------|
| Zara Mansoor | Health Research Council of NZ (HRC) | Evaluating a parenting intervention for adolescents in mental health services. | Elliot Bell | 245,356 |
| Emily Cooney | Health Research Council of NZ (HRC) - Health Delivery Research Activation Grant 2 (Jul-20) | DBT skills groups for Te Whānau ō te Maungārongo | Putiputi Snowden (Te Whānau ō te Maungārongo), Michael Whaanga (Te Whānau ō te Maungārongo) | 29,453 |
| Joanna Minster <i>NB This award was not accepted due to Joanna receiving two other scholarships which could not be held concurrently with the HRC award.</i> | Council of NZ (HRC) - Pacific Health PhD Scholarship | Mental wellbeing, identity, and sense of belonging in Pacific peoples | Susanna Every-Palmer, Ruth Cunningham (Public Health (UOW), Jesse Kokaua (Health Sciences Pacific) | 133,088 |
| Natalie Germann | Vic Davis Memorial Trust Scholarship | Evaluating outcomes at a national residential dialectical behaviour therapy program | Elliot Bell, Giles Newton-Howes, Mark Weatherall | 7,500 |
| Grace Johnstone (student) | Neurological Foundation of New Zealand | Patterns of Practice in Cognitive & Neuropsychological Testing in Aotearoa New Zealand | Paul Skirrow | 6,000 |
| Matthew Jenkins | University of Otago Postdoctoral Fellowship | Understanding and enhancing cardiovascular health of people experiencing first episode psychosis | Susanna Every-Palmer (principal mentor, co investigator), Ruth Cunningham, Peter Larsen, Helen Lockett, Cameron Lacey, Tracey Gardiner | 155,586 |
| Paul Skirrow | University of Otago Research Grant 2021 | ‘Who decides?’ Balancing rights and risk in rehabilitation services | Elizabeth Hay-Smith (Medicine (UOW), Rachelle Martin (Student, Medicine (UOW) | 42,534 |
| Matthew Jenkins | New Zealand Lottery Grants Board – Lottery Health - Translational Research Project (Sep-21) | Co-design of a healthy lifestyle intervention for people experiencing first episode psychosis. | Tracey Gardiner | 86,033 |
| Lynsey Sutton-Smith | Perpetual Guardian New Zealand Nursing Fund Wellington | SPLIT ENZ: PhD research | N/A | 10,000 |
| Lynsey Sutton-Smith | Wellington Medical Research Foundation | SPLIT ENZ: Survivorship of Patients post Long Intensive care stay, Exploration/Experience in a New Zealand cohort | Paul Skirrow, Elliot Bell, Susanna Every-Palmer, Mark Weatherall | 6,490 |



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University of Otago Wellington

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