

Faculty of Computing Health and Science

Research Unit Annual Report

RESEARCH UNIT NAME: Lifespan Resilience Research Group

RESEARCH UNIT LEVEL (tick):

- X **Level I Research Group** Level II Research Centre
 Level III Research Institute Centre of Excellence

YEAR: 2010 - 2011

BRIEF OVERVIEW (1-2 paragraphs outlining major activities conducted in past year)

The Lifespan Resilience Research Group was formally established in October 2008 and has been instrumental in developing research and programmes in the following 3 areas:

1. Mental health and resilience across the lifespan
2. Development of evidence based practices
3. Enhancement of clinical services to families and individuals affected by mental illness.

The work of the LRRG links with the ECU Health and Wellness area of research strength as it focuses on preventative health, intervention and psychological rehabilitation. It is also aligned with the new broad health and wellness approaches to all aspects of mental health management that are emerging within the discipline of psychology.

The goals of the group are:

1. Community education
2. Professional community training and education
3. Development of prevention and intervention programs
4. Develop a national profile
5. Develop an international profile
6. Increase group output (journal articles and successful grant applications)

During the previous twelve months two specific research domains have been targeted in addition to the current work in individual and family resilience. Research has been conducted into the resilience of Small business owners and their businesses and a collaborative relationship has been established with SECAU in regard to the introduction of resilience to the vetting domain. This latter relationship is developing with several conference papers being presented to the industry and members of the group being invited to Canberra to present a proposal to the industry and to gain understanding of the industry's needs. This work could lead to a high profile for ECU both nationally and internationally. Business resilience is also a new domain of research and investigation in this area could lead to collaborations outside the university.

Group members are currently editing a Special Resilience Edition of the Australian Community Psychologist with papers from international authors being received.

MEMBERSHIP (Full Title of Researchers, including staff, research students, adjuncts in the past year)

Staff

Associate Professor Lynne Cohen
Dr Julie Ann Pooley
Dr Deirdre Drake
Dr Catherine Ferguson
Dr Andrew Guilfoyle
Dr Bronwyn Harman
Craig Harms
Dr Elizabeth Kaczmarek

Research Students

Sarah Barbas
Phillip Roggio
Aaron Poole
Monique Du Preez
Renee Benedetti

NEW GRANTS (Identify Funding Body, Value of grant, Years funded, Chief Investigator, collaborators, title)

PUBLICATIONS, REFERRED BOOKS, CHAPTERS, JOURNAL ARTICLES, CONFERENCE PAPERS, REPORTS (2010/2011)

Peer Reviewed

- Brooks, D., Corkill, J., Pooley, J., Cohen, L., Ferguson, C., Harms, C., (2010). National Security: A propositional study to develop resilience indicators as an aid to personnel vetting. Perth: *Proceedings of the 3rd Australian Security and Intelligence Conference, 30th November – 2nd December 2010.*
- Cohen, L., Pooley, J., Ferguson, C. Corkhill J., Brooks, D., (2010). The development and use of resilience indicators as an aid to National Security personnel vetting. Canberra: CEPS International Conference, 7 – 8th October.
- Cohen, L., Ferguson, C., Harms, C. , Pooley, J., & Tomlinson, S., (2010). Family systems and mental health issues: A resilience approach. *Journal of Social Work Practice*, First published on: 25 November 2010 (iFirst) DOI: 10.1080/02650533.2010.533754
- Kidd, T. & Kaczmarek, E.A. (2010) The experiences of mothers home educating their children with autism spectrum disorder. *Issues in Educational Research*, 20, 257-275.
- Ferguson, C., Harms, C., Pooley, J., Cohen, L., & Tomlinson, S., (**in press**). Crime Prevention: The Role of Individual Resilience within the Family. *Psychiatry, Psychology and Law*
- Pooley, J., & Cohen, L. (2010). Resilience: A Definition in Context. *Australian Community Psychologist*, 22(1), 30 - 37.

Conference Presentations

- Cohen, L., Pooley, J., & Ferguson, C., (2011). "The relationship between resilience and university success". Brighton, England: RESILIENCE - WHY BOTHER? Conference 2011: 6th and 7th April 2011.
- Ferguson, C., Cohen, L., Pooley, J.A. & Guilfoyle, A. (2010). An application of the Theory of Planned Behaviour (TPB) to the speeding behaviour of young drivers. Paper presented at 27th International Congress of Applied Psychology Conference. Melbourne, Australia, 11-16 July.
- Harman, B., Cohen, L., Drake, D., Kaczmarek, E., Pooley, J., Guilfoyle, A., Ferguson, C., & Harms, C. (2010). Resilience and the Brain and Emotional Development Workshops. Paper presented at the QEC2010 Conference, November, Melbourne.
- Pooley, J.A., Brooks, D., Corkill, J., Cohen, L., Ferguson, C., & Harms, C. (2010). National Security: A propositional study to develop resilience Indicators as an aid to personnel vetting. Australian Security and Intelligence Conference Perth Dec 1-4.
- Pooley, J.A., Brooks, D., Corkill, J., Cohen, L., Ferguson, C., & Harms, C. (2010). National Security: A propositional study to develop resilience Indicators as an aid to personnel vetting. ARC Centre of Excellence in Policing and Security (CEPS), Canberra October 6-8.
- Pooley, J. (2010). Posttraumatic growth and its relationship to resilience, wellbeing in the experience of stressful/adverse events in adults. The Australian Conference on Traumatic Stress, Sept 2-4th, Brisbane Australia.
- Pooley, J.A., Cohen, L., Harms, C., & Ferguson, C. (2010). How do registered psychologists understand resilience Paper presented at the Pathways to Resilience II Conference, Halifax, Canada June 7-10.
- Pooley, J.A., & Cohen, L., (2010). A Team Teaching Approach to Teaching Undergraduate Psychology International Conference on Psychology Education (ICOPE) Sydney Australia, July 8-11.

HIGHER DEGREE BY RESEARCH LOAD (list name of candidate and degree type)

HIGHER DEGREE BY RESEARCH COMPLETIONS (List name, degree, title of thesis)

- Jeanette Brookes (PhD): A comparison of anxiety, stress and depression, across the perinatal period, in mothers of twins and singletons
- Mandie Shean (PhD):
- Linda Rogerson (DPsych):
- Sharadeh Gramdeny (DPsych):
- Ann Sibbel, (PhD) Living FIFO: The experiences and psychosocial wellbeing of Western Australian Fly-in/Fly-out employees and partners.
- Natasha Griffiths (Honours): Resiliency in Families with Same Sex Parents
- Rebecca Soto (Honours): Autism in Mainstream Education: Inclusion, Teachers' Experiences, and Teacher Training
- Jessica Baker (Honours): Resilience in first year university students
- Sharon Cheeseman (Honours): The Experience of Single Mothers: Resilience in their Multiple Roles
- Allan Langridge (Honours): Individual Resilience and the Impact on Small Business Resilience

VISITORS AND COLLABORATIONS (List the organisation's name and short summary of the nature of the collaboration. Separate into local, national and international)

The main collaboration within the university has been with SMERC (Cath Ferguson – business resilience), SECAU (Lynne Cohen, JulieAnn Pooley, Cath Ferguson, and Craig Harms – vetting project) and the ECU Health and Wellness Centre (Craig Harms, Elizabeth Kaczmarek – general resilience measures).

Externally, there has been collaboration with Youth futures regarding a Healthways application and discussions by email with Michael Ungar from Canada whose research will be replicated locally as part of an international collaboration.

COMMUNITY ENGAGEMENT ACTIVITIES AND LINKAGES (Provide a brief overview of any significant activity)

The members of LRRG are continuously active within a range of community organisations that reflect in their research. New connections made with Youth Futures WA who may partner group in a Healthways project. Connections with Professor Angie Hart from the University of Brighton are ongoing with the potential to be involved in a collaborative international multi site research project.

FUTURE PLANS AND DIRECTION (Provide an overview)

In addition to the work to develop a resilience measure for individuals and families and apply a resilience framework to research projects across a range of domains, members of the group have been and will continue to extend the resilience work into the business domain and continue to work with SECAU (Dave Brooks and Jeff Corkill) on taking resilience into the vetting industry. It is planned that the group will work with ECU Health and Wellness Centre on investigating resilience within their clients and with a view to developing resilience interventions that can be applied in the Centre.

Each of these domains is new and ripe for research with the vetting industry program involving large government departments. This work will enhance the profile of ECU both locally, nationally, and internationally, as the work undertaken in Australia will have effects in other Commonwealth countries with whom Australia has security arrangements.

DATE OF NEXT FORMAL REVIEW

30/4/2012