



ACADEMY OF
THE SOCIAL SCIENCES
IN AUSTRALIA



Australian
National
University

PAUL BOURKE LECTURE 2016

EVENT DETAILS

Date: Monday, 09 May 2016

Time: 5.30pm to 6.30pm

Refreshments will follow.

Venue:

Australian Centre on China in the
World (CIW)

College of Asia and the Pacific

Building 188, Fellows Lane

ANU

Acton ACT Australia

FREE admission.

Bookings essential.

RSVP: Wednesday, 04 May 2016

Registration:

Online: www.assa.edu.au

E: secretariat@assa.edu.au

T: 02 6249 1788

The Academy of the Social Sciences in Australia, in conjunction with
The Australian National University is pleased to present its Paul
Bourke Lecture 2016:

NOVEL DIRECTIONS IN POPULATION MENTAL HEALTH RESEARCH

by **Dr Philip Batterham, The Australian National University (ANU)**

The high prevalence of mental health problems in Australia continues to place a significant burden on society. To reduce this burden on individuals and communities, new evidence-based approaches to assessment, prevention and treatment are required.

Three novel approaches to population mental health research will be discussed. Firstly, a data-driven approach to assessing mental health is creating new tools that are brief but precise in identifying individuals in the community who may be at risk for a mental illness. Secondly, e-mental health programs can increase the availability of evidence-based strategies for prevention and treatment to a broader section of the community. A new program, FitMindKit, uses automatically tailored video-based modules to increase public engagement with therapeutic materials.

Finally, assessing barriers to professional service use for people with suicidal ideation may be used to develop health promotion campaigns to further increase rates of appropriate treatment in the community. Implementing new approaches to population mental health will lead to more tailored approaches to mental health care, providing the right level of care for the individual at the right time.

Dr Philip Batterham

Phil Batterham is a Fellow in Mental Health Research and Acting Head at the National Institute for Mental Health Research, ANU in Canberra. He was awarded an Early Career Fellowship in 2011 and a Career Development Fellowship in 2014 from the National Health and Medical Research Council (NHMRC). He is a Chief Investigator for the NHMRC Centre of Research Excellence in Suicide Prevention and for five NHMRC project grants. He has published 98 peer-reviewed publications, including 31 papers as first author and 21 papers with 20 or more citations. His research interests include developing tailored screening measures for mental disorders, developing online programs to prevent mental disorders, identifying suicide risk, and reducing the stigma of mental illness.



The Paul Bourke Lecture is named in honour of the late Paul Francis Bourke (1938–99), President of the Academy from 1993–1997. The lecture is presented each year by the recipient of the previous year's Paul Bourke Award for Early Career Research.