**Abstract Submission Template**

Thank you for your interest to submit an abstract for the 2025 ACA National Conference in Adelaide, South Australia, held from Wednesday 11 to Friday 13 June 2025.

Please use the below template to complete your submission, noting:

* Maximum 3 pages.
* Font: 10 points.
* No figures, no tables, no images.
* Abbreviations should be kept to the minimum and defined at first use.

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| **Background** | Provide context and background information. Explain the topic being addressed and its significance.  **Example:** "Access to effective mental health care is a critical issue in community settings. Cognitive Behavioral Therapy (CBT) has been shown to be effective, but its integration into community mental health services remains challenging." |
| **Objectives** | Clearly state the goals or aims of your project or presentation with key learning points.  **Example**: "This project aims to evaluate the implementation and outcomes of CBT in a community mental health center, focusing on accessibility, effectiveness, and patient satisfaction." |
| **Methods/ Approach** | * Describe the methods or approach used in your work. This could include case studies, program evaluations, literature reviews, or practical interventions. * **Example**: "The study employed a mixed-methods approach, combining quantitative data from patient outcome measures with qualitative data from interviews with therapists and clients. The CBT program was implemented over a six-month period with a diverse client population." |
| **Findings** | Summarise the key insights or outcomes of your work. Highlight important data or information that supports your conclusions.   * **Example:** "Preliminary results indicate significant improvements in patient anxiety and depression scores, with 75% of participants reporting increased satisfaction with their treatment. Qualitative feedback highlighted the importance of therapist training and ongoing support for successful implementation." |
| **Conclusion** | * Discuss the implications of your findings and their relevance. Suggest potential applications or future directions. * **Example**: "The findings suggest that CBT can be effectively integrated into community mental health settings, leading to improved patient outcomes. Future efforts should focus on scaling the program and addressing barriers to implementation." |
| **Acknowledgements** | * If applicable, disclose any financial support, institutional assistance, or personal contributions that facilitated your work. * **Example:** “This project wassupported by the Community Mental Health Innovation Grant No. 12345. The authors thank the staff and patients of the Community Mental Health Center for their participation and feedback. |
| **References** | **Minimum of 5 references**  Include citations of key literature or sources that support your work. Follow the specific citation style as per example. **Example:** Beck, A. T., & Dozois, D. J. (2011). Cognitive Therapy: Current Status and Future Directions. Annual Review of Medicine, 62, 397-409. |
| **Optional Supporting Documents** | *Any extra description can be included as a supporting document.* |