

23-Oct-26

Preliminary program, subject to change

TUESDAY 24 NOVEMBER 2026 - Pre-Conference Meetings & Workshop						
9:00am-4:00am	**Pre-Conference Workshop: Rhythms, Routines and Mood: Why Rhythms Matter in Bipolar Disorder - Translating circadian science into clinical practice**					
Venue	Manawa, 276 Antigua St (adjacent to University of Otago, Christchurch campus)					
10:00am-4:30pm	**Alliance for the Prevention of Mental Disorders (APMD) Symposium**					
Venue	Te Pae, Bealey Rooms 4 & 5					
1:00pm-5:00pm	**Scientific Meeting of the Mental Health Australian General Clinical Trials Network (MAGNET)**					
Venue	Te Pae, Bealey Room 3					
WEDNESDAY 25 NOVEMBER 2026						
7:30am-7:30pm	**Registration and Information Desk Open**					
8:30am-9:30am	**Conference Opening**					
Room	Dobson Rooms 1-4					
8:30am-9:00am	**Mihi Whakatau (Welcome)**					
9:00am-9:30am	Whose questions, whose knowledge, whose benefit? Weaving social accountability into mental health research					
Speaker	Susanne Pitama					
9:30am-11:00am	**Plenary Session 1**					
Room	Dobson Rooms 1-4					
9:30am-10:15am	Presentation title TBC					
Speaker	Sarah-Jane Paine					
10:15am-11:00am	Presentation title TBC					
Speaker	Annie Southern					
11:00am-11:45am	**Morning Tea & Poster Viewing (Exhibition Hall 1)**					
11:45am-1:00pm	**Concurrent Session 1A: Treatments**	**Concurrent Session 1B: Digital mental health**	**Concurrent Session 1C: Youth**	**Concurrent Session 1D: Adult**	**Concurrent Session 1E: Transdisciplinary**	**Concurrent Session 1F: Inclusivity**
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**Digital interventions across the lifespan**	**AI in mental healthcare and research**	**Trauma and its consequences**	**New advances in eating disorders**	**ASBDD - Heterogeneity in mood disorders**	**Methodology and codesign**
	Designing a stratified digital trial: choosing clinical endpoints in a mechanism-targeted precision intervention for depression **Siobhán Shaw** (15 mins)	Australian psychologists' use of AI at work: Exploring current use, barriers, and facilitators of AI implementation in mental healthcare **Kayla Steele** (10 mins)	From recognition to response: understanding and addressing child maltreatment and its mental health consequences **Amy Morgan, Lucy Grummit, Annemarie Wright, Alison Fogarty, Lottie Harris** (60 mins)	Associations between fear of missing out and disordered eating in adults with ADHD **Rebecca Collins** (10 mins)	Characterising heterogeneity across the mood disorder spectrum **Alec Jamieson, Georgia Caruana, Carl Moller, Elysha Ringin, Rebecca Fitton** (60 mins)	Co-production and co-design across the life course: methods, outcomes, and critical reflections for mental health co-research **Priya Vaughan, Renée Bilston, Talia Carl, Sharnie Corowa, Rosiel Elwyn, Leda Sivak, Alyssa Milton** (70 mins)
	Beyond the trial: Real-world engagement and clinical effects of a digital intervention for adolescent insomnia **Claire Frodsham** (10 mins)	A comparative evaluation of AI scribes in mental health consultations: balancing efficiency, clinical accuracy and therapeutic presence **Alireza Ahmadvand** (10 mins)		Heterogeneous cognition in body dysmorphic disorder: processing speed, social perception, and cognitive self-appraisal **Katrina Holmes à Court** (10 mins)		
	Integrated kids connect hybrid program: facilitating early parental mental health and child development screening to improve outcomes for all families, including priority populations **Farah Akram** (10 mins)	Speed, output and efficiency of AI medical scribes in mental health consultations **Alireza Ahmandvand** (10 mins)		Height dissatisfaction as an overlooked dimension of body image: Evidence from a program of research **Daniel Talbot** (10 mins)		
	Predictors of depression outcomes and engagement in brief self-guided digital interventions within an AI-enhanced adaptive trial for university students **Xuanchen Liu** (10 mins)	Consumer use of GenAI chatbots for mental health support in Australia: a population-based survey **Biya Tang** (10 mins)		The interrelationships between repetitive negative thinking, emotion regulation difficulties and binge eating symptoms in adults **Georgia Tsindos** (10 mins)		
	Predictors of treatment outcomes and completion for intensive internet-delivered cognitive behavioural therapy for social anxiety disorder **Kayla Steele** (10 mins)	When AI counsellors fail to recognise danger: evaluating the safety of large language models in simulated therapeutic conversations **Qingyang Xu** (10 mins)		Perceived relationships between food choices and mental health in people with multiple sclerosis **Georgia Brice** (10 mins)		
	Development and evaluation of a gender-tailored mental health podcast for men: The 'Better Left Said' pilot randomised trial **Elizabeth Dascombe** (10 mins)	Are AI chatbots ethically ready for Australian mental health practice? A benchmark based on psychology and psychiatry standards **Yaling Shen** (10 mins)		Nutrition-based interventions for adults with ADHD: A scoping review with lived experience interpretation **Lauren Cosgrove** (10 mins)		

	Nighttime fears: A pilot trial of a co-designed digital parent led intervention **Melissa Aji** (5 mins)	Can digital twins simulate symptom trajectories? A proof-of-concept study in a pilot randomised controlled trial **Biya Tang** (5 mins)	Mediators and moderators of the relationship between trauma and substance use among emerging adults: a systematic review **Coleen Leung** (5 mins)	Eating behaviour in mental health care: An underexplored perspective from dietitians and other clinicians **Melissa Eaton** (10 mins)	Clinical correlates of blood-based biomarkers of neurodegeneration in acutely unwell inpatients with mood disorders **Matthew Kang** (15 mins)	
		Scaling qualitative research: AI-assisted content analysis using local language models **Mengmeng Wang** (5 mins)				
1:00pm-2:00pm	Lunch - Exhibiton Hall & Poster Viewing 1					
1:00pm-2:00pm	Early to Mid-Career Researcher (EMCR) Networking Event					
2:00pm-3:30pm	Concurrent Session 2A: Clincial	Concurrent Session 2B: Work and	Concurrent Session 2C: Youth	Concurrent Session 2D: Childhood	Concurrent Session 2E:	Concurrent Session 2F: Inclusivity
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**Trial design and translation**	**Future of research funding, and future of workplace mental health**	**Advancing suicide prevention in youth**	**Supporting childhood mental health**	**Lifestyle interventions in mental health**	**Trauma and mental health**
	Innovation in mental health research: smarter trials, better translation **Alyssa Milton, Dan Siskind, Mike Trott, Ravi Iyer, Anton Lord** (60 mins)	**Panel discussion** Future of medical research future fund **Stephen Wood, Alison Calear** (40 mins)	Advancing youth suicide prevention: risk prediction, co-design, and novel intervention **Duc Duy Nguyen, Mathew Varidel, Annabelle Prescott, Lianne Schmaal** (60 mins)	Morning Tea Talks, a perinatal support initiative **Danielle Tynan** (15 mins)	Improving mental health during crisis: outcomes from the EMERALD online lifestyle medicine and coaching program **Monique Jones** (10 mins)	Weaving our own path - an integrated group intervention to support wellbeing in adolescents from a community impacted by the March 15 attacks: a randomized controlled trial (protocol and initial findings) **Katherine Donovan** (10 mins)
				123Play: An innovative play-based program for mental health and wellbeing in early childhood settings **Louise Birrell** (10 mins)	Outdoor walk-and-talk therapy versus indoor therapy for men with low mood: A randomised comparative effectiveness trial **Myles Young** (10 mins)	Trauma-informed research: Beyond the participant **Ruqayya Sulaiman-Hill** (10 mins)
				Pragmatic controlled trial of the Thriving Minds emotion literacy program in primary schools **Alison Calear** (10 mins)	Steps, sleep, and scenery: Secondary outcomes from a randomised trial comparing walk-and-talk versus conventional indoor therapy for men with low mood **Casey Regan** (10 mins)	Did media coverage of the Bondi Junction attacks contribute to stigma? **Anna Ross** (10 mins)
				Examining the impact of a universal, emotional-centred transitions curriculum (#Talking about School Transition 5-7) on improving children's emotional wellbeing, compared to usual transition provision **Charlotte Bagnall** (10 mins)	Evaluating nutraceutical augmentation in early-course mood and psychotic disorders: a systematic review **Sayan Mitra** (10 mins)	Reconceptualising cyberbullying as cumulative digital harm: A trauma-informed approach to adolescent cyberbullying assessment **Taliah Prince** (10 mins)
		The mental health of researchers: Do we have a problem right under our noses and what can we do to better protect the mental health of our early career researchers? **Samuel Harvey** (10 mins)		Prevention in primary schools: A randomised controlled trial of educator training to help students manage anxiety **Chloe Lim** (10 mins)	Factors influencing exercise engagement among women with depression: A systematic review **Nompilo Moyo** (10 mins)	
		Estimating psychosocial hazards exposure through occupation **Yamna Taouk** (10 mins)		Seeds of Success: Understanding the unique needs of children at-risk of non-normative secondary school transitions **Bridianne O'Dea** (10 mins)	More than muscle: Women's performance and image-enhancing drug use, body image distress, and substance use care **Hannah Schuurs** (10 mins)	
	VOICE: The power of lived experience in schizophrenia research **James McLure** (10 mins)	Growing beyond trauma. Promoting posttraumatic growth literacy and skills **Jennifer Wheeler** (10 mins)	Progressing from suicidal thoughts to suicidal behaviours: timing and correlates in the Australian population **Jayden Sercombe** (10 mins)	Parent mental health literacy, perceived school capacity and stigma after implementation of whole-school prevention approach to student mental health and wellbeing in primary schools **Alex Fraser** (10 mins)	Lifestyle interventions for men with mental health concerns: A scoping review **Elena Williams** (10 mins)	
	A randomised controlled trial for intranasal oxytocin versus placebo to treat Body Dysmorphic Disorder (BDD) **Susan Rossell** (10 mins)	Mental ill health and burnout in residential aged care workers **Mark Deady** (10 mins)	Suicide deaths among Australian tertiary students: secondary analysis of data from the National Coronial Information System **Lou Farrer** (10 mins)		Assessing the acceptability and feasibility of two meal provision interventions for individuals with schizophrenia: The Schizophrenia, Nutrition and Choices in Kilojoules (SNaCK) study **Donni Johnston** (10 mins)	
3:30pm-4:00pm	Afternoon Tea & Poster Viewing - Exhibion Halll 1					

4:00pm-5:20pm	Concurrent Session 3A: Lifestyle interventions	Concurrent Session 3B: Digital mental health	Concurrent Session 3C: Youth	Concurrent Session 3D: Treatments	Concurrent Session 3E: Treatments	Concurrent Session 3F: Inclusivity
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**Improving health through lifestyle**	**Digital mental health interventions and translation**	**Digital interventions in youth**	**Vocational interventions and service structures**	**Clozapine and treatment resistant psychosis**	**Including priority populations**
	Are we misleading our whānau with current guidance around sleep? Preliminary findings from the HABITS mixed methods randomised crossover trial **Chao Gu** (10 mins)	Goal setting in enhancing engagement and retention in digital measurement-based care **Min Kyung Chong** (10 mins)	Population mental health science: Digitising and co-designing early interventions to increase reach and impact for children and young people **Rebecca McLean, Leda Sivak, Dayna Fullerton, Vilas Sawrikar, Annabel Songco** (60 mins)	From promise to practice: The growth and future of IPS employment support in Aotearoa New Zealand **Helen Lockett** (60 mins)	Australian and New Zealand Journal of Psychiatry (ANZJP) grading of recommendations, assessment, development, and evaluations (GRADE) guidelines for the management of schizophrenia **Dan Siskind, Frances Dark, Susanna Every-Palmer, Cherrie Galletly** (60 mins)	Novel approaches to improving the mental health of priority populations **Jack Farrugia, Yael Perry, Angela Nickerson, Lily Hayward, Gail Alvares** (60 mins)
	A systematic review of e-cigarette information and education resources targeting young Australians **Annabelle Hawkins** (10 mins)	Virtual reality for vocational recovery: A real-world feasibility acceptability trial of a novel vocational VR intervention and its implementation **Jennifer Nicholas** (10 mins)				
	HPV vaccination in mental health service users - an overlooked focus for prevention **Grant Sara** (10 mins)	Implementation considerations for natural language processing in the emergency department **Carly Hudson** (10 mins)				
	An inverse association between egg consumption and major depression in older adults **Julie Pasco** (10 mins)	Enabling safe implementation of artificial intelligence in digital mental health: Policy and regulatory priorities in Australia **Kylie Maidment** (10 mins)				
	Barriers and enablers to implementing hepatitis C testing and treatment in inpatient psychiatry: insights from a regional Victorian health service **Carl Moller** (10 mins)	The person-reported outcome assessment, continuous tracking + feedback (PROACT+F) platform: A stepped wedge cluster randomized controlled trial in alcohol and other drug (AOD) services **Leanne Hides** (10 mins)				
	Physical activity integration in youth mental health treatment: A qualitative analysis of client perspectives **Kerrin Ford** (10 mins)	Towards a scalable digital wellbeing intervention for people with body image concerns: pilot findings from the be well plan **Kathina Ali** (10 mins)				
	The momentary association between depressive affect, pain intensity, and physical function in young people with depression and chronic pain: a longitudinal cohort study **Scott Tagliaferri** (5 mins)	From routine care to research excellence: Developing a digital infrastructure for mental health translation **Dan Carabellese** (5 mins)				
	Investigating the association between dietary patterns and cognitive function in severe mental illness **Princess Hanna Corre** (5 mins)	DAWN: A co-designed digital pathway integrating mental wellbeing support into diabetes care **Jamin Day** (5 mins)		Contemporary treatment guidelines for individuals with personality disorder: An umbrella review **Brooke Donnelly** (10 mins)		
	A rapid scoping review of the literature on suicidal and self-injurious thoughts and behaviours in young people living with type 1 diabetes **Rigel Paciente** (5 mins)	Not another App! Do digital interventions improve the physical health of people living with schizophrenia and psychosis-related conditions? A Systematic Review of Randomised Controlled Trials **Jenyfer Joy** (5 mins)	Wellbeing, caregiver burden, and digital help-seeking preferences of carers of young people experiencing suicidal thoughts and behaviours **Daniel Gan** (10 mins)	Beyond the pandemic: Patterns of care and routine outcomes in a specialist outpatient CBT psychology service **Nadine Hutchison** (5 mins)	Preliminary evidence for clozapine's impact on excitation/inhibition balance in people with schizophrenia **Stephen Wood** (10 mins)	
	Co-designing a lifestyle intervention for antipsychotic-associated weight gain **Gabrielle Ritchie** (5 mins)		Adolescents' perspectives on use of smartphone applications for mental health support while waiting for treatment **Bridianne O'Dea** (5 mins)	Consumer perspectives of a strengths-based approach in community mental health **Melissa Aguey-Zinsou** (5 mins)	Semaglutide initiation and risk of psychiatric hospitalization and emergency department presentation in adults with schizophrenia and type 2 diabetes: a comparative effectiveness study using electronic health records data **Najmeh Davoodian** (10 mins)	How can mental health services better support the LGBTQIA+ community? Insights into challenging settings and perceived service gaps **Andrew Arena** (10 mins)
5:20pm-7:30pm	Convenors' Welcome Welcome Reception, Exhibition Hall 1					

THURSDAY 26 NOVEMBER 2026						
8:00am-5:30pm	**Registration and Information Desk Open**					
8:30am-10:00am	**Plenary Session 2**					
Room	Dobson Rooms 1-4					
8:30am-9:15am	Epistemology of psychiatric care: Evidence, AI, and learning improvement networks					
Speaker	Andrew Nierenberg					
9:15am-10:00am	The position of lore in SEWB research, policy and practice					
Speaker	Clinton Schultz					
10:00am-10:45am	**SMHR Awards Presentation**					
Room	Dobson Rooms 1-4					
	The Professor Helen Christensen Medal for Breakthrough Research					
	The Professor Helen Herrman Award for Social Mental Health					
	The Professor Vera Morgan Medal for Mental Health Epidemiology					
	SMHR Founders Medal Award					
	SMHR Oration					
10:45am-11:30am	**Morning Tea & Poster Viewing (Exhibition Hall 1)**					
11:30am-1:00pm	**Concurrent Session 4A: Youth and parents**	**Concurrent Session 4B: ASBDD**	**Concurrent Session 4C: Youth**	**Concurrent Session 4D: Transdisciplinary**	**Concurrent Session 4E: Measurement**	**Concurrent Session 4F: Inclusivity**
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**Parenting approaches to mental health**	**ASBDD - New advances in mood and psychotic disorders**	**Population mental health: trends and snapshots**	**Innovations in neuroscience**	**Measurement and conceptualisations**	**Indigenous approaches**
	Why aren't teens sleeping? Shaping what young people tell us about sleep support into interventions **Shay-Ruby Wickham, Emily Minchin, Bella Gilmour, Ella Craske** (60 mins)	**Panel discussion** What is the future of mood disorders research in Australasia **Aswin Ratheesh, Maree Inder** (40 mins)	Uncovering trajectories of multiple disadvantage and mental health from birth to adolescence: Leveraging the life course data initiative **Emma Knight** (10 mins)	Bivalent habenula modulation of human monoaminergic midbrain and cortical pathways **Leah Hudson** (10 mins)	Measuring positive mental health: Development and calibration of item banks for 26 dimensions **Dan Fassnacht** (10 mins)	Ko au te awa, ko te awa ko au. Mātauranga Māori wonderings on bipolar disorder **Tracy Haitana** (15 mins)
			Comparing trends over time in rates of psychological distress and mental health treatment **Peter Butterworth** (10 mins)	Structural brain patterns in psychiatric disorders: A scoping review **Matheus Henrique Ferreira De Melo Dos Santos** (10 mins)	Rethinking mental health through the dual-continua model: implications for research, prevention and systems **Maja Havrilova** (10 mins)	The preservation of mana a ki in the pusuit of knowledge **Miriama Scott** (10 mins)
			How does childhood socioeconomic disadvantage influence young adult mental health? A longitudinal examination of sequential mediators **Laura Wade** (10 mins)	Inner speech, electroencephalography, and auditory-verbal hallucinations **Thomas Whitford** (10 mins)	Reframing paediatric quality of life measurement: a co-designed, strengths-based exploration of the EQ-5D-Y-5L in children with complex needs **Meghan Wilson** (10 mins)	"Hear our voices": Amplifying Pasifika youth voices to build culturally responsive prevention systems **Brooke Hayward and Mele Finau** (10 mins)
			Has mental illness stigma reduced over time? Shifts in attitudes between 2011 and 2024 in Australia **Amy Morgan** (10 mins)	Dropout as a potential indicator of iatrogenic harm: Epistemic and ethical considerations in research and clinical care **Rosiel Elwyn** (10 mins)	Valuing recovery-focused mental health outcomes: A comparison of general population and lived experience value sets for ReQoL-UI **Cathy Mihalopoulos** (10 mins)	Using Aboriginal participatory action research to co-design a culturally derived, trauma-informed, Aboriginal/Torres Strait Islander parenting program **Rebeka Morrison** (10 mins)
			Youth mental health: contemporary perspectives from national survey data and lived experience engagement **Tim Slade** (10 mins)	Social identities and bereavement: A longitudinal examination of the social identity model of identity change **Ashley McCuaig-Walton** (10 mins)	Do children's oral language skills impact self-report mental health assessments? Testing measurement invariance using moderated non-linear factor analysis **Zoe Campbell** (10 mins)	Ngalang Koort Dandjoo koorliny wer Wangkiny (Walking and Talking with Our Hearts Together): A mental health promotion message for young Noongar men **Penelope Hasking and Aaron Taylor** (10 mins)
		Multivariable models that examine the transition from unipolar depression to bipolar and psychotic disorders: A systematic review **Yufan Chen** (10 mins)	Do mental health symptoms shape adolescent health behaviour trajectories? Longitudinal evidence from Australian adolescents **Katrina Champion** (10 mins)	When emotion processing predicts mental health: context-dependent effects. **Kawther Inuwa** (10 mins)	Clinical utility of self-report measures to screen for PTSD and depression in an ethnically diverse community sample of adults impacted by the March 15 terror attacks **Katherine Donovan** (10 mins)	Dookerniny Bidi Women creating pathways **Julianne Wade** (10 mins)
		Research priorities and treatment recommendations for early intervention in Bipolar Disorder- an expert consensus report **Aswin Ratheesh** (10 mins)	Markers of disadvantage and wellbeing in childhood: insights from a pilot linked administrative cohort study **Paul Campbell** (5 mins)		Intrusive thoughts, health anxiety and fears of death **Natalie Windsor** (5 mins)	
	Meeting the needs of parents and carers to reduce risks of abuse and neglect to children: learnings from a pilot early intervention program **Yasmin Harman-Smith and Kerry Beck** (10 mins)	Are there clinical differences between bipolar depression and unipolar depression (major depressive disorder): A meta-analysis **Philip Mitchell** (10 mins)			Signatures of social intolerance of uncertainty **Napat Burapath** (5 mins)	
	Parents as agents of change: A national trial of the GPS Parenting Program for families of trans adolescents **Jacinta Freeman** (10 mins)	Assessing cognitive function: The relationship between subjective and objective cognitive function in mood disorders **Kate Eggleston** (10 mins)			From symptoms to structures: A systematic review and meta-analysis of major depressive symptom networks **Charles Strathdee** (5 mins)	

	Emotion coaching for parents of young children diagnosed with autism: A feasibility pilot **Gail Alvares** (5 mins)	Clozapine-associated neutropenia among people on clozapine in Japan: a nationally representative retrospective cohort study **Mike Trott** (5 mins)				
1:00pm-2:00pm	Lunch (Exhibiton Hall 1)					
1:05pm-1:50pm	SMHR AGM					
2:00pm-3:20pm	Concurrent Session 5A: Treatments	Concurrent Session 5B: Digital mental health	Concurrent Session 5C: Youth	Concurrent Session 5D: What Works for Whom	Concurrent Session 5E: Treatments	Concurrent Session 5F: Lived experience
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**ASBDD - Lithium and a focus on bipolar disorder**	**Evidence based practice, practice based evidence**	**Delving deeper into adolescent mental health**	**Phenotypes and stratification**	**Suicidality and personality disorders**	**Embedding lived experience in research**
	Lithium and the changing landscape of treatment for bipolar disorder **Matthew Tennant, Gurubhaskar Shivakumar, Erica Bell, Richard Porter** (60 mins)	Practice-Based Evidence for Digital Innovation: Improving the impact of digital mental health research translation for children and youth **Vilas Sawrikar, Kelsie Boulton, Nicola Ludin, Jennifer Nicholas, Karolina Stasiak** (60 mins)	What do students, parents and teachers think about delaying high school start times beyond 9am? **Cameron Moffatt** (15 mins)	Beyond diagnosis: Multidimensional and biological approaches to stratifying psychiatric heterogeneity **Jente Meijer, Rochelle Ye, Anoja Thanabalasingam, Alex Fornito, Magdalene de Rozario** (60 mins)	Trials and tribulations: The hidden challenges of suicide prevention research in the age of technology **Michelle Tye, Mark Larsen, Sarah Hetrick, Samuel McKay** (60 mins)	Lived experience researchers networking and discussion time (30 mins)
			Does academic buoyancy mediate the relationship between academic stress and self-harm and/or disordered eating behaviours in adolescence? **Alexandra South** (10 mins)			
			Latent classes and transitions of social connectedness among adolescents in regional Australia **Nina Logan** (10 mins)			
			Prospective associations between reading difficulties and bullying over the primary-secondary school transition: Mediating effects of social skills and emotion regulation? **Mark Boyes** (10 mins)			
			Trends in social and emotional development for Australian children pre- and post-COVID **Tess Gregory** (10 mins)			
			A two-way street? Co-development of peer attachment and depressive symptoms in adolescence **Toni Coote** (5 mins)			We can't crack it alone: Embedding youth and lived experience expertise into epidemiological research **Georgie Berry** (10 mins)
			Meeting young people where they are: A discord-based approach to youth co-design in mental health **Holly Dixon** (5 mins)			The Impact of participation in a recovery college: Mental health clinical staff experiences **Liza Hopkins and Di Wiseman** (10 mins)
	The efficacy of adjunctive intranasal insulin for the treatment of neurocognitive dysfunction in bipolar disorder: A 12-week double blind randomised placebo controlled clinical trial **Susan Rossell** (10 mins)	Evaluation plan for a new Australian digital low intensity cognitive behavioural therapy service **Bridget Bassilios** (15 mins)		Robust phenotypic subgroups in clinical high risk for psychosis: A stability-driven clustering study **Jente Meijer** (10 mins)	Program LIFT: A pilot feasibility trial of novel digital single-session interventions to address self-harm and suicidal ideation in Australian adolescents **Michelle Tye** (5 mins)	Meaning, purpose, connection: Perceived outcomes of the R U OK? Community Ambassador program **Alyssa Morse** (10 mins)
	Duration of untreated bipolar disorder in youth presenting to early intervention mental health services **Joanne Carpenter** (10 mins)	Bridging the waitlist period: a scoping review of digital mental health interventions for people awaiting face-to-face psychological treatment **Lucy Matson** (5 mins)				"When he died, I died, and from that point on, you know, you start trying to rebuild yourself": Making sense of life and relationships after suicide bereavement **Anna Sidis** (10 mins)
3:20pm-3:50pm	Afternoon Tea & Poster Viewing (Exhibition Hall 1)					

3:50pm-5:10pm	Concurrent Session 6A: Services	Concurrent Session 6B: Digital mental health	Concurrent Session 6C: Youth	Concurrent Session 6D: What Works for Whom	Concurrent Session 6E: Clincial trials	Concurrent Session 6F: Inclusivity
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Stream name	**Implementing better mental healthcare in services**	**Digital mental health, AI and technology**	**Social and contextual factors in youth mental health**	**Personalised care 1**	**Integrated learning from clinical trials**	**Equity access outcomes and measures**
	Implementation science in mental health: experiences in bridging the gap between research success and delivering better mental health care **Alyssa Milton, Urska Arnautovska, Louise Thornton, Talia Carl, Andrew Baillie** (60 mins)	From speech to support: using large language models to detect transdiagnostic processes underlying poor mental health **Yasmin Hasan** (15 mins)	The link between social networks and mental wellbeing during the COVID-19 pandemic: an egocentric network analysis **Lucy Zhang** (10 mins)	Improving the effectiveness of child mental health interventions: Innovative research on personalised care and non-response **Lucy Tully, Mia Moses, Lizel-Antoinette Bertie** (60 mins)	Moving the needle of clinical care: Results from recent Mental Health Australia General Clinical Trials Network (MAGNET) clinical trials **Mike Trott, Michael Berk, Rebecca McKetin, Dan Siskind** (60 mins)	Who counts as CALD? Comparing subjective and objective definitions of cultural and linguistic diversity in mental health research **Siobhán Shaw** (10 mins)
		Balancing brand consistency and engagement: Instagram content analysis of a substance and mental health digital program **Caitlin Blackstone** (10 mins)	Intolerance of social uncertainty as a transdiagnostic risk factor for mental health across age and cultures **Susanne Schweizer** (10 mins)			Mind-body practice uptake and mental health outcomes among culturally diverse university students: a 6-month prospective cohort study **Xirun Yang** (10 mins)
		WiserAD: Digital deprescribing support in primary care **Cath Kaylor-Hughes** (10 mins)	Qualitative analysis of mothers' experiences of traumatic birth and social support **Lillian Guelen** (10 mins)			Telehealth mental health care in rural and remote Australia: User characteristics, waiting times, out-of-pocket costs in 2021 **Long Le** (10 mins)
		Digital transdiagnostic early intervention for youth with disordered eating: a randomised controlled trial of 9 single session interventions **Tracey Wade** (10 mins)	The Youth Integration Project (YIP): Transforming youth mental health care through service integration **Vilas Sawrikar** (10 mins)			The cost-of-living crisis and suicide rates: Time series analysis of data from 54 countries **Jane Pirkis** (10 mins)
		A clinician guided digital cognitive behavioural therapy intervention for children with anxiety and reading difficulties: A randomised clinical trial **Deanna Francis** (10 mins)	The moderating role of sex in the relationship between ADHD and mental health symptoms in early adolescence **Louise Birrell** (10 mins)			The prevalence of depression, anxiety and substance use among d/Deaf Australians: a secondary analysis of nationally representative data **Sophia Glasgow** (10 mins)
	Principles underpinning adoption of digitally-supported stratified mental healthcare models in primary care: a multi-phase study **Mahima Kalla** (10 mins)	ClearlyMe Blended Care: The development and feasibility trial of a digital blended care platform for adolescent depression **Adam Theobald** (10 mins)	How can we accurately identify children who are experiencing poor emotional wellbeing in the context of primary-secondary school transitions: insights from the Primary-Secondary school transitions Emotional Wellbeing Scale (#P-S WELLS) development study **Charlotte Bagnall** (10 mins)	Single session interventions for addressing mental health challenges in autistic children and young people: Promise and opportunities **Gail Alvares** (15 mins)	With us, not for us: Co-designing behaviour activation therapy as an adjunct to ketamine for complex depression (The COBAT Pilot) **Dean Wright** (10 mins)	Prevalence and severity of orthorexia nervosa across instruments and population groups: Findings from a systematic review **Tayla Eckley** (10 mins)
	Development and co-design of a telehealth referral service aimed to reduce recurrent self-poisoning in substance use disorder (Project Connect) **Eva Louie** (5 mins)	Long-term trends and correlates of hepatitis C in serious and common mental disorders using real-world EHR data **Dulari Hakamuwa Lekamlage** (5 mins)	Secular mindfulness as a bridge for intergenerational connection and youth mental wellbeing in Vietnam **Pham An** (5 mins)	Towards personalised treatment for eating disorders: A systematic review and meta-analysis of predictors of treatment response **Raima Harding** (5 mins)	Clinical predictors of treatment resistance and outcome in patients experiencing an acute depressive episode: A transdiagnostic study in a specialised mood disorders service **Ana Rita Barreiros** (10 mins)	Nationally representative surveys of experiences of discrimination and positive treatment in people with mental health problems in Australia: changes over 10 years **Nicola Reavley** (10 mins)
		Evaluating ChatGPT responses to simulated youth mental health conversations **Annie Kang** (5 mins)				Machine learning algorithms and their predictive accuracy for suicide and self-harm **Matthew Spittal** (10 mins)
7:00pm-10:30pm	Networking Dinner - Town Hall					

FRIDAY 27 NOVEMBER 2026	
8:00am-5:00pm	**Registration and Information Desk Open**
8:30am-10:00am	Plenary Session 3
Room	Dobson Rooms 1-4
8:30am-9:15am	How should we investigate chronobiological vulnerabilities in mood disorders?
Speaker	Greg Murray
9:15am-10:00am	How genomics is advancing mental health research
Speaker	Brittany Mitchell
10:00am-10:45am	Panel Discussion - The value and challenges of weaving and braiding in research
Room	Dobson Rooms 1-4
Moderator	TBA
Panellists	TBA
10:45am-11:30am	Morning Tea & Poster Viewing (Exhibition Hall 1)

11:30am-12:50pm	Concurrent Session 7A: Digital mental health	Concurrent Session 7B: Treatments	Concurrent Session 7C: Youth	Concurrent Session 7D: What Works for Whom	Concurrent Session 7E: Psychosis	Concurrent Session 7F: Suicidality
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Theme	**Passive sensing and digital prediction in mental health**	**ASBDD - Interventions for mood disorders**	**Trends in youth mental health**	**Mens mental health, substance use and mental health**	**Self disturbance in psychosis**	**Suicidality, self-harm and aggression - from observations to interventions**
	A machine learning pipeline for predicting ambulance re-attendance to mental health presentations using structured clinical data and unstructured clinical text **Mengmeng Wang** (10 mins)	Expanding access to ketamine for treatment-resistant depression with an extended-release tablet formulation **Prof Paul Glue** (30 mins)	Unrecognised and untreated: Improving the identification of mental health problems in preschool-age children **Rebecca McLean** (10 mins)	What works to encourage men's help-seeking? Insights from media-based mental health campaigns **Grant Duthie** (10 mins)	Self-disturbance in the ultra-high risk for psychosis population: baseline findings from the self, neuroscience, and psychosis (SNAP) study **Kiira Sarasjärvi, Cassandra Wannan, Elizabeth Haris, Dan Nakamura, Thomas Whitford** (60 mins)	Challenging assumptions about suicidal behaviour: Findings from the LifeTrack longitudinal cohort study **Philip Batterham** (10 mins)
	Development and external validation of a prediction model for self-harm behaviours in clinical young cohorts **Duc Duy Nguyen** (10 mins)		A systematic review of the associations between vaping and weight concerns, weight control and disordered eating among adolescents and young adults **Roisin McNamara** (10 mins)	"We were just blokes walking and talking in the bush": A reflexive thematic analysis of men's experiences in walk-and-talk therapy **Andrea Dickmeyer** (10 mins)		A systems thinking-based approach to understand the contributory factors to harmful behaviour in the military **Jolene Cox** (10 mins)
	Quality matters: Improving multimodal speech-based depression detection with quality-aware learning **Dushanthi Manamalage** (10 mins)		Understanding the comorbidity between eating disorders and PTSD in young people: Clinicians' perspectives **Vanessa Cobham** (10 mins)	Men's preferences and perceived acceptability for walk-and-talk vs. traditional indoor psychotherapy **Robert O'Hara** (10 mins)		Exploring implementation factors for the use of CCTV and automated alert systems for suicide prevention in public spaces **Stella Antoniou** (10 mins)
	A clinically co-designed sequential multilingual speech analysis framework for scalable and interpretable clinical high-risk for psychosis screening **Stephanie Fong** (10 mins)		Autistic Spectrum Disorder trends for children and adults in New Zealand: a longitudinal examination of three national databases **Ben Beaglehole** (10 mins)	Psychometric validation of the mental health continuum-short form in a substance using population **Caitlyn Knight** (10 mins)		Bridge to Better (B2B): A universal self-harm prevention program for Australian primary schools **Niamh Hunnisett and Michelle Tye** (10 mins)
	Sensing the gap: Barriers and pathways to equitable digital phenotyping in psychiatry **Taylor Braund** (10 mins)	Reducing rumination in university students using blended cognitive control training: preliminary findings from the CoCA feasibility trial **Emily Barrett** (10 mins)	Is the gender gaps in nicotine use disorder narrowing? examination of trends in smoking and vaping in Australia, 2016-2023 **Kelsey McRae** (10 mins)	Who is appropriate for MDMA-AT? A study of suitability and preparation for MDMA-AT in individuals with PTSD and comorbid alcohol use disorder **Joshua Watt** (10 mins)		Monitoring suspected suicide in real time **Matthew Spittal** (10 mins)
	Beyond the self-report: wearables reveal elevated autonomic arousal with higher sedentary behaviour in young people with severe mental illness **Parisa Fani-Molky** (10 mins)	Lifting the fog: Impact of group-based cognitive remediation on long-term cognitive and functional recovery in mood disorders **Katie Douglas** (10 mins)	Complex systems approaches to behavioural risk factors in youth: a scoping review **Lily Teesson** (10 mins)	Characteristics and treatment needs of Australian adults drinking above national alcohol guidelines **Tristan Hurzeler** (10 mins)		Examining aggression prevention interventions in acute mental health inpatient units **Gracie Tan-Singh** (10 mins)
	Beyond symptom snapshots: Mapping person-specific infradian cycles in depressive symptoms **Jodie Naim-Feil** (10 mins)	Cognitive function predicts risk of hospital readmission for people with severe depression **Richard Porter** (10 mins)	Adapting to, and shaping context: a participatory implementation of a whole-school mental health and wellbeing initiative in remote schools **Alex Fraser** (10 mins)	Evaluating co-designed versus researcher-driven personalised feedback formats in a brief digital alcohol use intervention: A mixed methods approach **Antoinette Poulton** (10 mins)		Parenting to Prevent: the co-design and acceptability testing of an online parenting program to prevent child self-harm **Rachel Baffsky** (10 mins)
	Wearable-derived heart rate variability as a within-person biomarker for predicting mood dynamics **Luman Wang** (5 mins)	The efficacy of Well-Being Therapy across the lifespan and diverse populations: A multi-level meta-analysis **Pixie Richard-Sephton** (10 mins)	Coercive control, loneliness, and young adult mental health: a longitudinal cohort study **Laura Robinson** (10 mins)			Participatory approaches, lived experience and co-design principles on paper, and on the ground: reflections on the process, challenges and benefits, and best-practice recommendations from a 2-year suicide prevention research program **Katherine Petrie** (10 mins)
12:50pm-1:50pm	Lunch (Exhibition Hall 1)					

1:50pm-2:50pm	Concurrent Session 8A: Chronobiology	Concurrent Session 8B: Digital mental health	Concurrent Session 8C: Youth	Concurrent Session 8D: Digital mental health	Concurrent Session 8E: What Works for Whom	Concurrent Session 8F: What Works for Whom
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Theme	**Chronobiology**	**With the user in mind: design and impact of digtal products**	**Physiological underpinnings of youth mental health**	**New ideas in digital mental health**	**Personalised care 2**	**Personalisation in prevention and wellbeing**
	Longer sleep duration predicts progression to bipolar or psychotic disorders in youth accessing early intervention mental health services **Joanne Carpenter** (15 mins)	Behind the screen: Exploring content moderators' working conditions **Isabella Belperio** (10 mins)	Prospective identification of premenstrual disorder risk in adolescents using hormone, stress, and neuroimaging biomarkers **Muskan Khetan** (15 mins)	Can an AI Agent help mental health peer workers? Exploring the development of an AI assisted peer worker training package **Jenyfer Joy** (15 mins)	Antidepressant deprescribing: patient-GP-pharmacist triad dynamics **Amy Coe** (10 mins)	What sustains whole-of-community youth mental health promotion and suicide prevention programs in regional settings? Findings from the Live4Life co-evaluation **Lakshmi Neelakanta** (10 mins)
	Higher sleep fragmentation index predicts worsening depression and anxiety symptoms over six months in youth with severe mental illness **Parisa Fani-Molky** (10 mins)	"I want a human professional opinion, always": What do Australians think about AI in healthcare data analysis? **Carly Hudson** (10 mins)	Differences in the abundance of gut microbiota in children with autism spectrum disorder **Esma Fazlić** (10 mins)	Speech anonymisation tool to optimise privacy-utility balance in mental health research **Holly Pedersen** (15 mins)	Antidepressant use patterns and experiences of antidepressant cessation in the Australian Genetics of Depression Study **Penelope Lind** (10 mins)	Autistic adults' experiences of navigating mental health services **Sylvanna Mirichlis** (10 mins)
	Circadian rhythms and youth mental health in the Western Pacific region: a review of cultural factors, circadian interventions, and clinical practice guidelines **Min Kyung Chong** (10 mins)	Beyond total gaming time and gaming disorder - Evaluating the "Red Box, Green Box" method from the international gaming study **Kelsey McRae** (10 mins)	Homotypic and heterotypic pathways to later clinical stages of illness in youth presenting to early intervention mental health services **Joanne Carpenter** (10 mins)	Multimodal behavioural indicators as complements to momentary affect ratings in postpartum women **Lucy Zhang** (15 mins)	Genetic exploration of common clozapine associated adverse drug reactions reveals novel insights into the genetic architecture of clozapine treatment response **Anthony Mutema** (10 mins)	A novel measure of resilience to work stress: Comparing emotional adaptation and trait resilience as predictors of burnout, distress and wellbeing **Jess Balthazaar** (10 mins)
	Biological validation of tripartite phenotypes in mood disorders: Genetic, cognitive, and physiological correlates **Zsofi de Haan** (10 mins)	Culturally informed participatory design of a novel mental health platform: Lived-experience insights to shape equitable digital mental health and explainable AI in New Zealand **Frederick Sundram** (10 mins)	Role of pubertal hormone fluctuations in emotional brain function and emotional difficulties in adolescent girls **Muskan Khetan** (10 mins)		Evaluating the utility of tolerance and withdrawal items in gaming disorder screening **Tiarne Graves** (10 mins)	Health behaviour change and mental health and well-being from childhood to adolescence: Prospective evidence from growing up in New Zealand **Jenna Gawn** (10 mins)
	Genetic and environmental determinants of vitamin D status in help-seeking youth: insights from wearable-sensed light exposure and polygenic risk **Min Kyung Chong** (5 mins)	Designing what matters: Consumer priorities and involvement in digital psychological care for bipolar disorder **Hailey Tremain** (10 mins)				
	Actigraphy parameters as predictors of response in the treatment of depressive episodes: A systematic review **Will Simcock** (5 mins)	Are digital training interventions effective at increasing teacher capacity to address student mental health? A systematic review and meta-analysis **Sahar Fatima** (5 mins)				
	Chronotype and quality of life among nurses with bipolar disorder: A longitudinal mixed-methods analysis **Julianne Armijo** (5 mins)	Intervention adaptation of the myCompass digital mental health program for mild to moderate depression, anxiety and stress **Rosemaree Miller** (5 mins)				
2:50pm-3:20pm	Afternoon Tea & Poster Viewing (Exhibiton Hall 1)					
3:20pm-4:05pm	Concurrent Session 9A: Adult	Concurrent Session 9B: Inclusivity	Concurrent Session 9C: Youth	Concurrent Session 9D: Adult	Concurrent Session 9E: Treatments	Concurrent Session 9F: Lived experience
Room	Dobson Room 1	Dobson 2-3	Dobson 4	Bealey Room 1	Bealey Room 2	Bealey Room 4
Theme	**Substance use and old age mental health**	**Inclusivity across the life course**	**Understanding child/adolescent mental health**	**Womens' mental health**	**Workplace mental health 2: interventions**	**Weaving lived experience and participatory approaches**
	Environmental determinants of late life depression: A 12-year longitudinal study **Simone Reppermund** (10 mins)	"Disconnected from everyone and everything around them": Children with language difficulties and their caregivers share their perspectives on mental health concerns and mental health support **Elizabeth Hill** (10 mins)	Bad day, late night? How evening screen use mediates the relationship between mood and sleep **Shay-Ruby Wickham** (10 mins)	How do women and people with endometriosis experience suicidal thoughts and behaviours? A mixed-methods project exploring help-seeking, coping, and unmet support needs. **Stella Antoniou** (15 mins)	Next steps to improve care for first responders who do not recover after PTSD treatment **Andrew Arena** (10 mins)	Weaving connection and lived experience: A pragmatic trial of participatory hearing voices simulation education **Pascale Dettwiller and Lee Martinez** (15 mins)
	Describing the natural history of alcohol use disorders from late adolescence to middle adulthood within the Victorian Adolescent Health Cohort Study **Jessica Kerr** (10 mins)	Suffering in silence? Exploring Filipino youth's experiences of disclosing mental health diagnoses **Lovely Dizon** (10 mins)	Living in the age of technoference: Does parental use of technology predict child mental health after controlling for dysfunctional parenting **Lucy Tully** (10 mins)	Birth mode mismatch and posttraumatic symptoms following childbirth **Sally Hunt** (10 mins)	Effectiveness of a blended care cognitive-behavioural therapy program for burnout in Australian doctors: a three-arm randomised controlled trial **Matthew Coleshill** (10 mins)	Lived experience perspectives of the factors which promote post-traumatic growth following psychosis **Tracey Watson** (10 mins)
	Prevalence and predictors of the internalised stigma of mental illness in Australia: findings from a nationally representative survey **Timothy Wong** (10 mins)	Changes in the life expectancy gap among people with mental illness in Queensland, Australia **Mike Trott** (10 mins)		Menopause and bipolar disorder: an updated rapid review **Tania Perich** (10 mins)	Transcendental Meditation reduces stress and burnout in university staff: a randomised controlled trial **Mahesh Kumar Khanal** (10 mins)	

	Easier being green? Nature contact and affective resilience to daily stressors in middle and older adulthood **Tim Windsor** (5 mins)	Social q: A social connection program for young adults with 22q11.2 deletion syndrome **Laura Roche** (5 mins)		Increased fracture risk in women with bipolar disorder **Lana Williams** (10 mins)	Understanding workplace factors and mental health among nurses and midwives in NSW to inform tailored workplace interventions **Aimee Gayed** (10 mins)	
					The co-design and evaluation of a cognitive flexibility intervention for first responders **Mark Deady** (5 mins)	
4:05pm- 4:40pm	SMHR Awards (Dobson 2-3)					
4:40pm-5:00pm	Closing Ceremony					