## Research Newsletter

Eastern Health Mental Health and Wellbeing Program

A reminder to refer to CADET.

If you know anyone - a family member, a friend, a neighbour who has unipolar or bipolar depression, who is currently depressed. Send your queries to CADET research assistant selin.hikmet@easternhealth.org.au or 0481 911 601

# CLINICAL TRIAL SEEKING PARTICIPANTS

Do you have bipolar depression or major depressive disorder?
Are you interested in a new potential treatment?

Phone: 03 5227 8077

Email: cadet-trial@deakin.edu.au

Website: http://deakinresear.ch/cadet-trial









on 3.1, 25 October 2023

Deakin University CHILUS Provider Lode (UUTLIS), AND, LIK registration number, AL HRYLDGJUUU/US909, AL HRYLDGJUU/US909, AL HRYLDGJUUU/US909, AL HRYLDGJUU/US909, AL HRYLDG





To Becca Allchin on her recent publication:
"Sustaining efforts to improve family wellbeing with parents with mental ill health and substance (mis) use

### DON'T FORGET

\*The Mental Health Research network meeting will be held on Wednesday 10th April at 4.30pm Everyone is welcome. Join online @ https://monash.zoom.us/j/2138028384? pwd=TkZMWG5Qdjd0UW9lZ0RvNENiM2laUT09

\*The Academic Forum is now open to all staff. It is held fortnightly on Tuesdays from 1.30-4.30pm at Federation Estate, Ringwood or join on line https://monash.zoom.us/j/88694250257? pwd=MjZ0TkpYK000Tk0wNWlldnlEWDFNUT09



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### Meet a researcher: Jaz Chisholm

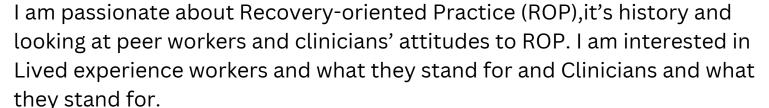
#### What is you role at Eastern Health?

Senior social work mental health clinician

#### How can you assist people?

I am interested in qualitative research methodologies such as Qualtrics surveys and focus groups. I can also assist with systematic literature reviews and writing for success

### How long have you been involved with research? 8 years What are you main research interest areas?



#### What helped to get you started?

I began doing a Master's in Mental Health Science. I was getting high distinctions so I was invited to do a minor research Master's for my final 2 years. This turned into a PhD post the Master's as I had too much data for the minor thesis!

#### What are you most proud of?

Nearly completing and submitting my PhD. I have 6 published articles in my PhD and I only need 2 published papers so I have well exceeded the requirements. This means I am able to apply for a Post Graduate Award and I hope to get it.

#### What are some of the challenges?

Feedback I don't always agree with... but supervisors know best so I need to be able to listen and learn. Maintaining tenacity.

#### What would be your advice to new researchers?

Be passionate about your topic is the main advice. Find something that really interests you to ensure your commitment to it on a long-term basis.



