

# Research Newsletter

Eastern Health Mental Health and Wellbeing Program

## Research Survey Feedback

Thanks again to those who took the time to complete the survey.

Eastern Health Mental Health staff scored Eastern Health as having greater research capacity and a stronger research culture at an organisational level than at the individual level.

### More findings:



Staff saw themselves as able to find relevant literature



Staff feel less able to secure funding or submit an ethics application



Barriers to research are:

- Being time poor
- High workloads
- Lack of knowledge about what to do



Motivators for research are:

- Personal Development
- Career progression
- Team gains

Remember the research team is here to help you. So if you need assistance.... just ask...

Congratulations to Joseph Miller, Elle Nguyen, Amanda Yu Hui Lam, Peter Brann, Stanley Innes, Paul Buntine, Jillian Broadbear and Judy Hope for their publication “Experiences of consumers, carers and clinicians during borderline personality disorder presentations to the emergency department—An integrative review”



REVIEW ARTICLE | Open Access |

Experiences of consumers, carers and clinicians during borderline personality disorder presentations to the emergency department—An integrative review

### DON'T FORGET

- Ethics progress reports are due by the end of February
- You can still make a referral to the Cadet trial - would anyone YOU know like to be involved?

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## Meet a researcher: Dr Euan Donley (AKA Darth Vader)



### What is your role at Eastern Health?

*Clinical lead at Mental Health Access, senior educator at L&T, official Star Wars ambassador. One of those I sadly don't get paid for but I think we can all agree I should!*

### How can you assist people?

*Helping to turn clinical issues into research questions and suitable methodology. And I can help people rate their favourite Star Wars film.*

### How long have you been involved with research?

*Started with my honours year in 1997 when I studied with Moses. Finished PhD in 2018. Still going as we look at how to improve people's experience.*

### What are your main research interest areas?

*Crisis mental health and mixed methods. I like to bring stories to life in research and have the participant's voice heard ahead of mine.*

### What helped to get you started in research?

*I wanted to do my job better. I wanted people in mental health crisis to have the best and most up to date support. My Uni supervisor promised me free overseas trips.*

### What are you most proud of?

*The people I work with. My family for enduring the journey with me. Fitting in a visit to Harry Potter World during a conference in London.*

### What are some of the challenges of doing research?

*The assumption that because I have a PhD I know everything about all types of research. Explaining to my supervisor why I was going to Harry Potter world and not the conference dinner.*

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

*Start small, shadow people who know what they are doing, be passionate or interested in what you are doing because it will be with you for a while, celebrate wins as you go, don't do it alone, great ideas or solutions happen when you have a walk. Have a research question that you are confident you can measure. Read related articles. Visit Harry Potter world.*

*And my supervisor taught me – persist!*