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PRACTICE LINKS



Editor: Dr Kenneth Burns, UCC

Practice Links is a free publication of the School of Applied Social Studies (social work), UCC. *Practice Links* supports practitioners to keep up-to-date with new publications, online resources, conferences and continuing professional development opportunities.



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Submissions

Submissions for publication should be received two weeks prior to the next publication date. Please forward submissions [by email](#) to the editor.

MOST OF THE IMAGES IN THIS DOCUMENT ARE LIVE LINKS. TO ACCESS ADDITIONAL INFORMATION, CLICK ON THE IMAGE OR SCAN A QR CODE ON YOUR PHONE.



SWCONF25: POSITIVE COACHING MASTERCLASS



Overview

This masterclass with Liz Robson, CEO and Founder of Worth-it Positive Education is a practical, hands-on workshop designed to equip social workers with evidence-based positive psychology coaching tools to enhance their professional skills and integrate these approaches into their social work practice. Participants will explore the concept of flourishing—both for themselves as practitioners and for the young people and families they support—and learn how to apply positive psychology strategies to foster positive mental health and meaningful relationships.

When & Where

DATE: Thursday, 23rd October 2025

TIME: 9.30am-1pm (reg. & 🍷 9 am)

VENUE: Kingsley Hotel, Carrigrohane Rd., Sunday's Well, Cork, T12 P680

Delivery Style

This masterclass will be highly interactive and experiential, combining:

- Practical coaching exercises.
- Group discussions and peer learning.
- Evidence, research underpinning real-world applications.
- Reflection activities to deepen understanding and personal growth.



Further information
<http://swconf.ucc.ie>



Bluesky
[@swconfucc.bsky.social](https://twitter.com/swconfucc.bsky.social)



SWCONF25



POSITIVE PSYCHOLOGY COACHING MASTERCLASS

CULTIVATING FLOURISHING IN SOCIAL WORK PRACTICE

with Liz Robson, MAPPCP



Key Takeaways

Toolkit:

A toolkit of practical, evidence-based positive psychology coaching strategies.

Enhanced Skills:

Enhanced skills to foster flourishing in young people, families, and oneself.

Strengths-Based Coaching Approaches:

A deeper understanding of how to integrate strengths-based positive psychology-based approaches into practice.

Flourishing as a Practitioner:

Renewed meaning and purpose in ones work, supporting their ability to thrive as practitioners.

SCAN ME



REGISTER NOW

CPD funded by the:



IASW



CONFERENCES AND CPD



10TH NATIONAL CHILD PROTECTION AND WELFARE SOCIAL WORK CONFERENCE

University College Cork, 24 October 2025.

The conference is open to all disciplines and services. This conference is **SOLD OUT**.

Follow us on our new BlueSky account: swconfucc.bsk@y.social

Supported by: the Department of Children, Equality, Disability, Integration and Youth; Tusla; IASW, and UCC.

Organised by: @UCCsocialwork, Tusla, Child and Family Agency and the Irish Association of Social Workers.



Conference Announcement and Call for Abstracts

School of Applied Social Studies, and Institute for Social Science in the 21st Century

University College Cork, Ireland and Critical Voices Network Ireland. Click on the image for speaker list and conference details or [click here](#).



SOCIAL WORK PRACTICE TEACHING @UCC



SOCIAL WORK PRACTICE TEACHING

Practice Teaching is a dynamic CPD learning experience hear what practice teachers have to say about their experiences supervising UCC social work students on placement...

"Student was open and engaging, unafraid of the many challenges".

"Quickly became a valued and productive member of the MDT".

Social workers who engage in practice teaching have continually informed us of the benefits in terms of their own continuing professional development and we have lots to offer [What is Practice Teaching?](#)

UCC would like to hear from CORU registered social workers who are interested in supervising a student on placement during 2025 - placement cycles are usually from January - October, Summer, and September - October.

UCC pays a placement fee, for further information please contact swfieldwork@ucc.ie or you can register your interest [Practice Teaching Expression of Interest](#)



RESEARCH FOCUS GROUP

Social Work Practice & Responses to Adult Disclosure of Childhood Sexual Abuse

Have you used the Child Abuse Substantiation Procedure with adults who have disclosed child sexual abuse in your social work practice?

This study is examining the experiences of Tusla's Child Abuse Substantiation Procedure (CASP). As a social work practitioner, your expertise is key to understanding how CASP operates and how it is experienced by social professionals in the context of working with adults who have disclosed child sexual abuse (CSA).

You are invited to participate in a focus group of social workers with a similar background to discuss your experiences of practicing with CASP. The study is seeking either current or former child and family social work practitioners with this knowledge and experience.

The focus group will run online for approximately one hour and will facilitate a reflective discussion on social work practice using CASP. The themes that we will explore are informed by completed interviews with **adults who have experienced CASP** following disclosure of CSA.

Your contribution can help us better understand this complex and challenging area of social work practice. If you are interested in being part of a once-off online focus group, please scan the QR code to complete the consent form. Click here for the [information sheet](#). Or for further information, email ann.ryan1@ucdconnect.ie to be part of this work.



University College Dublin
An Coláiste Ollscoile, Baile Átha Cliath



IRISH RESEARCH COUNCIL
An Chomhairle um Thaighde in Éirinn

This study is being conducted by Ann Ryan, PhD Candidate at the School of Social Policy, Social Work and Social Justice at University College Dublin. The study is funded under an Irish Research Council Employment Partnership Scholarship. They can be contacted at ann.ryan1@ucdconnect.ie



CONTINUING PROFESSIONAL DEVELOPMENT



EMDR
All-Ireland

EMDR MUNSTER COMMITTEE PROFESSIONAL DEVELOPMENT & AGM SATURDAY 4TH OCTOBER 2025

Location: Dora Allman Room, 4th Floor, The Hub Building, UCC Main Campus, College Road, Cork T12 YF78. **Date:** Saturday 4th October 2025. **Registration:** 09:30h. **Duration:** 10:00h to 16:00h - Full Day In Person Event. **Cost:** Non Profit Event - **Five Euros Only!** **Payment Link:** [Click here](#). **CPD:** 5 CPD hours awarded by EMDR All Ireland Association

FEATURED PRESENTATIONS

Marianne Murphy, EMDR Consultant & Psychotherapist

"The Magic of Resourcing"

Understanding the significance of Phase Two Installation in API-Informed Case Conceptualisation

Eileen McSweeney EMDR Consultant & Psychotherapist and Joy O'Donoghue, EMDR Practitioner & Psychotherapist

"A Guide to becoming an Accredited EMDR Europe practitioner"

An Overview of the Journey involved towards becoming an EMDR Europe Accredited Practitioner: Steps towards Accreditation, Application Forms and Competency Framework

Dr. Sophia Kalafati, Clinical Psychologist, CAMHS, EMDR Consultant and Dr. Rebecca Ryan, Clinical Psychologist, CAMHS, EMDR Accredited Practitioner

"Understanding and Integrate Developmental Considerations in EMDR with Children and Adolescence"

Develop an understanding of the need for an adapted Child and Adolescent Protocol, based on their developmental and / or chronological age and stage for the 8 Phase EMDR Protocol



ILAS, UNIVERSITY OF GALWAY

The Institute for Lifecourse and Society (ILAS), University of Galway, has issued its biannual newsletter. Click on the Image below to view.

ILAS is a multidisciplinary institute that brings together nine research centres and units at the University of Galway, covering themes related to children and families, social gerontology, disability and law, autism and neurodevelopment, community engaged research, patient public involvement, community engagement, applied linguistics and multilingualism & health economics and policy analysis. If anyone wishes to connect directly with colleagues in ILAS, see details of the Institute and constituent centres and units at [Institute for Lifecourse and Society \(ILAS\) - University of Galway](https://www.universityofgalway.ie/ilas/). Alternatively, contact Caroline McGregor, Director of ILAS at caroline.mcgregor@universityofgalway.ie

To sign up for ILAS news and events, please email ilas@universityofgalway.ie





EXHIBITION AT SETU



Through Their Eyes: Visual Voices from the START Programme – a Travelling Exhibition

Reflective Visual Representations Advocating for the Right to a Home, Inclusion and Participation in the Community

**OFFICIAL OPENING
WEDNESDAY 8TH OCTOBER 11:00AM**

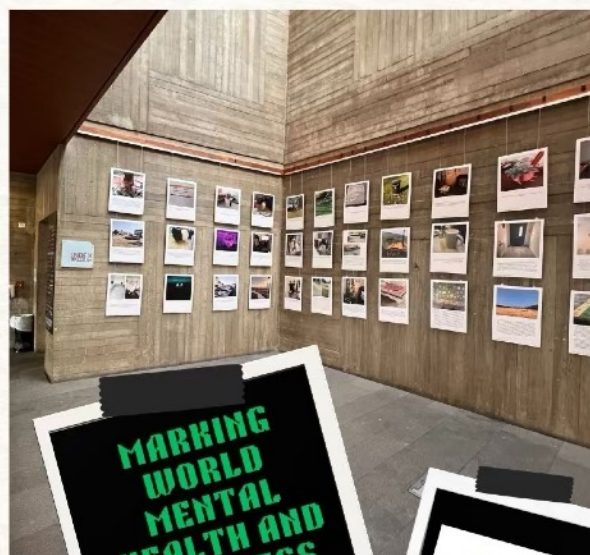
**INVOLVEMENT CENTRE KILKENNY
Collier's Lane, Gardens, Kilkenny**

Light refreshments will be served!

This exhibition is part of a longitudinal study exploring the lived experiences of people housed through the START programme – a partnership between South East HSE Mental Health Service, Local Authorities, and Approved Housing Bodies.

People with mental health difficulties often face barriers in accessing housing. The START model provides secure tenancies and support to enable people to create and sustain a home, live independently, and support their recovery.

Through powerful photographs and captions, participants share their personal stories of recovery, inclusion, creating a home, and community life.



RSVP

hayley.swanton@postgrad.wit.ie

<https://forms.office.com/r/Wzn7XFdAUX>

**Scan the QR code to
explore the extended
exhibition**





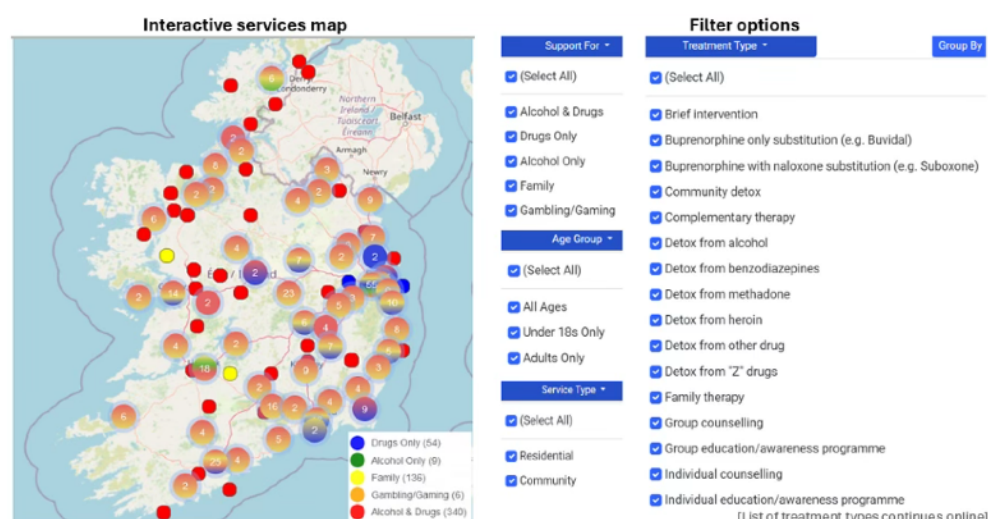
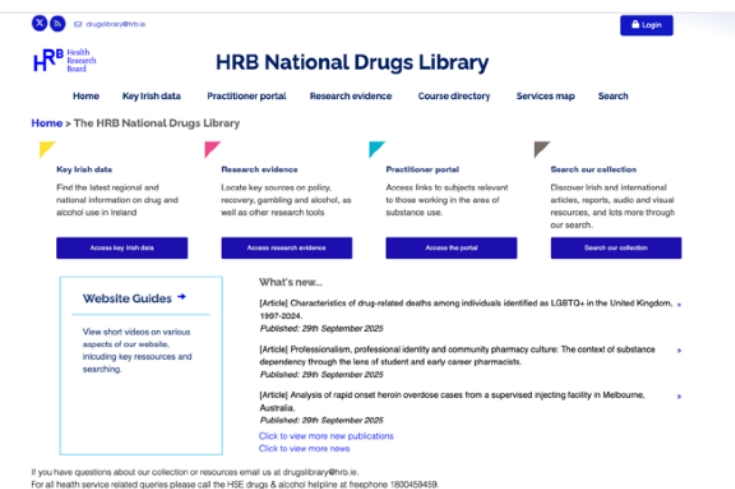
CONTINUING PROFESSIONAL DEVELOPMENT

HRB NATIONAL DRUGS LIBRARY: A FREE ONLINE RESOURCE FOR PRACTITIONERS (NEW WEBSITE)

The HRB National Drugs Library provides free access to Irish and key international research and resources on alcohol and other drugs. We have a significant online collection that spans topics such as physical and mental health, suicide, trauma, homelessness, prevention, harm reduction, crime, prison, poverty and social exclusion.

As well as factsheets with Irish data on problem drug use, we have numerous webpages. For example, the interactive tables on our [Key Irish data treatment page](#) show the number of cases who entered treatment for specific drugs by year, region and other selected variables.

Using our advanced search, you can find articles, reports, webpages, audio-casts, videos, and limit your findings to Irish-related or international material, peer-review articles, guidelines or reviews. We also have a [practitioner resource](#) with pages for social workers and social care workers.



Our [interactive map](#) presents information on publicly funded residential and community addiction treatment services (excluding general practice). It is designed for the general public but may be of particular use to those working in social work and social care. There are options to identify services in particular

counties and to filter by age group, service type (residential or community) and a range of treatment types.



NISCC CONFERENCE AND RESOURCES

SOCIAL WORK AND SOCIAL CARE RESEARCH CONFERENCE 2026

Northern Ireland



The **Social Work and Social Care Research Conference in Northern Ireland** is an annual event (which started in 2013) organised by the Social Care Council, in partnership with the research community, to offer a platform in Northern Ireland for social workers, social care practitioners, service users and carers, policy makers and experienced academics and researchers, to engage with each other about research and evidence, and present research findings.

Each year the quality and quantity of projects submitted following a Call for Abstracts and also the willingness of individuals and teams to share their research and evidence has grown significantly.

We particularly welcome inputs from across Ireland both in Key Note presentations and in small group representations,

Check out details and including a [**call for abstracts here**](#)

Being Curious - New Research Podcast launched

When it comes to research it's all about being curious - and so it's open to everyone at all ages and stages. Whether to support a change, solve a problem or improve practice and services - there is a path to follow to do social work and social care research in Northern Ireland.

In this episode in the '**Care to Chat**' 2025 podcast series, a panel of experts have a lively conversation about how social workers and social care practitioners can build and maintain an evidence base to support their work

Check it out on:

[New podcast episode: Research into practice in social work and social care - NISCC](#)

Any queries contact: Anne.McGlade@niscc.hscni.net

Social Care Research Lead



NISCC RESOURCES

Digital learning series

Understanding children and young people's development and issues

Northern Ireland

Social

Care

Council

The Northern Ireland Social Care Council (Social Care Council), in collaboration with Queen's University Belfast, Ulster University and Department of Health*, have produced four user-friendly child development digital learning resources focused on a child journey to adolescence and beyond.

The resources provide access to high quality, dynamic and relevant information at your fingertips. They are designed to support social work students, newly qualified and more experienced social workers at every level, to enhance their knowledge of child and young people's development. They are also relevant to other professionals working across the health, education, childcare and youth justice sectors and to parents/care givers.

They include bite size segments including developmental milestones, and link to videos, theories, policies and references, to help build knowledge and understanding. Case studies based on real scenarios in practice are also provided. Specific issues covered include mental health, substance use, suicide, bullying, safeguarding, sexual exploitation, trauma informed approaches and the digital world.

They are easily accessible on mobile, tablet or PC/laptop meaning information and learning can be accessed on the go!



Resources are available from the Learning Zone.

Scan the QR code to learn more.



*The Social Care Council has worked in partnership with content authors: Professor Mary McColgan, OBE, Ulster University (UU), Emerita Professor of Social Work, Professor Anne Campbell, MBE, QUB, Dr. Suzanne Mooney, Senior Lecturer in Social Work, QUB and Paul McConville, Social Services Officer, Child Safeguarding and Child Protection, Department of Health (DoH).



CONTINUING PROFESSIONAL DEVELOPMENT

Rosemary Fox (Accredited NVR Ireland Trainer and Practitioner) is running two NVR Ireland accredited 2 day **Zoom trainings** for professionals on the topic of Child to Parent Violence and Abuse and the Non-Violent Resistance model as an intervention.

Training dates are:

12th and 13th November 2025

19th and 20th November 2025.

For further information please contact Rosemary at wisefoxconsultancy@gmail.com



WISE FOX Consultancy

Rosemary Fox
M: (+353) 868281291
@: wisefoxconsultancy@gmail.com

Wisdom • Integrity • Support • Encouragement

REGISTER FOR PL:



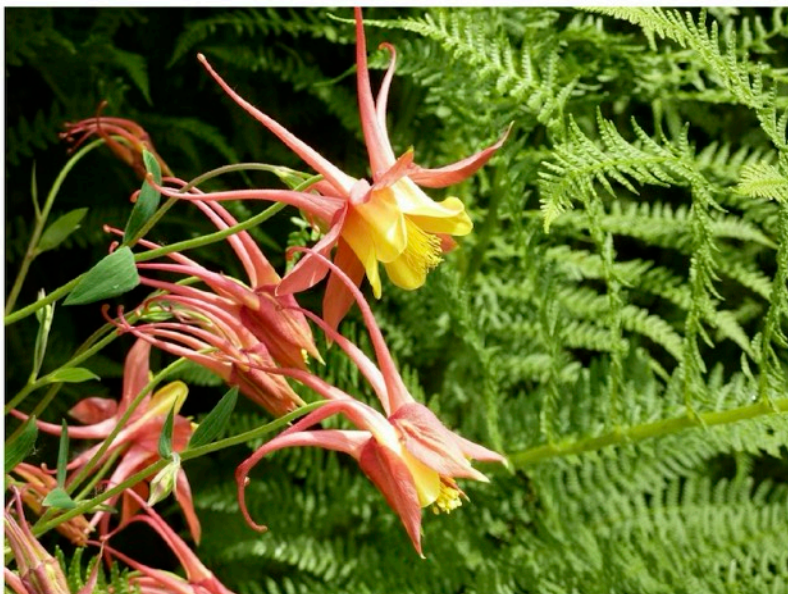
PRACTICE LINKS

@UCCsocialwork





REFLECTIVE MEETINGS FOR MEN



WHAT MORE IS THERE TO IT?

A SERIES OF REFLECTIVE MEETINGS FOR MEN

**Where are men in Ireland at these days?
How is life going for you and do you wonder
could it be different and how to go about making
changes that might give you more... satisfaction,
contentment, pleasure, relaxation, peace of
mind?**

This series of 6 meetings is an introduction for men to explore the possibility of opening up topics that could refresh how you experience your everyday life, your relationships, your emotions, how you feel about yourself and about how you act in your life.

Mick Devine is counsellor and psychotherapist working in private practice and as clinical lead in addiction treatment agency in Cork for 30 years. He has recently become a teacher of the Diamond Approach.

Booking essential: at mick.devine@hotmail.com

or 087 417 1422.

Venue: Bru Columbanus, Cork, T12 TN97

What am I doing to
limit my self and the

range of my life

experience that i don't
even know I'm doing?

How did this happen,

how do I *feel* about it

and can I *change* it?

What does this change

involve and am I *up*

for it?

These 6 meetings will
take place fortnightly,
on Sunday mornings,
from 9.30 to 12.00.
Sunday September 21st
to November 30th

Cost: €150 or

**Pay €30 each visit
(cash)**

*You are an incredible mystery that you
will never figure out. To be this mystery
consciously is the greatest joy.*

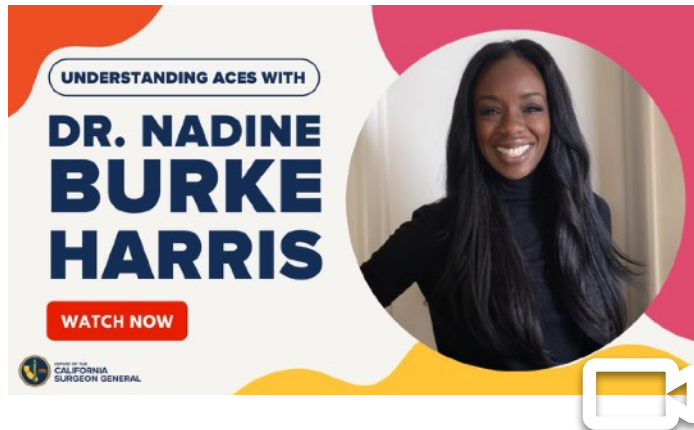
Adyashanti



VIDEOS & PODCASTS

Understanding ACEs with Dr. Nadine Burke Harris

California's first Surgeon General Dr. Nadine Burke Harris about the science behind Adverse Childhood Experiences and toxic stress and why there is hope for healing—at any age.



Mind the Kids - Behind the Tears: The Surprising Role of Genetics in Infant Crying

Drawing on findings from a major study involving nearly 1,000 sets of Swedish twins, Mark Tebbs discusses how much of a baby's crying is down to genetics and why sleep quality often depends on home routines and environment with Dr. Charlotte Viktorsson, a behavioural genetics researcher at Uppsala University.



Why Your Brain Wants You To Be Anxious (And What You Can Do About It) | Dr Anders Hansen



In this 'BITESIZE' podcast, Dr Rangan Chatterjee talks to Swedish psychiatrist, globally renowned speaker, and best-

selling author Dr Anders Hansen who believes we can start to understand the struggles of modern life by looking to the brain, where our emotions are created. In this clip, he offers a powerful reframe for understanding anxiety, and some simple, practical tools to help.

[Why Your Brain Wants You To Be Anxious PODCAST](#)



Amanda Grace - Becoming Emotionally Sober

Brendan Grace's daughter Amanda tells Oliver about her 'idyllic' childhood and battling addiction.

[Amanda Grace on Oliver Callan](#)

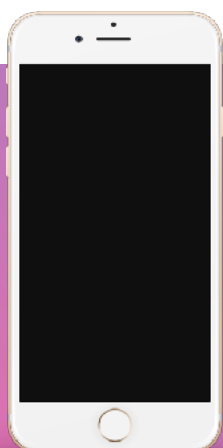
Victims of crime on the benefit of restorative justice in a legal system that centres perpetrators

The Women's Podcast is a female take on Ireland and the world. Hosted by Kathy Sheridan and Róisín Ingle the show is packed full of feminism, humour, health, politics, sex, storytelling, relationships and more. The podcast is produced by Suzanne Brennan.



Restorative Justice piece starts at 24:24

<https://www.irishtimes.com/podcasts/the-womens-podcast/>



YouTube



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APPS & SOCIAL MEDIA

SRN Midlands[@srnmidlands.bsky.social](https://srnmidlands.bsky.social)

A peer-led research network for PGRs conducting complex and emotionally demanding topics across the social sciences.

Blog: <https://blog.srnmidlands.com/>

**Open Research and Public Engagement Roadmap**[@engagedroadmap.bsky.social](https://engagedroadmap.bsky.social)

Co-Creating Ireland's Public Involvement in Open Research Roadmap

ENGAGED is building a national roadmap to shape public involvement in open research in Ireland. We believe that research can and does play an important role in tackling societal challenges.

Autistic Lecturer[@yasmeenmultani.bsky.social](https://yasmeenmultani.bsky.social)

Yasmeen Multani

Passionate about Autistic children's play, so much so that my PhD is an exploration of it! @The University of South Wales

PODCAST

Supporting social workers to flourish in their career. Community Care. [Click here](#)

BLOGS & ARTICLES**The Mental Health and Wellbeing of Autistic Young People (M-WAY)**

The M-WAY study aims to better understand anxiety and depression in autistic young people, so as to inform mental health support for autistic young people. M-WAY is an Economic and Social Research Council (ESRC) funded study based at University College London. It is a three year project, starting in March 2024 and ending in February 2027.

[The M-WAY study BLOG](#)

Business ideology has no place in care services and social work

In this Irish Examiner article, social worker **Diarmaid Twomey** writes about the exodus of staff from caring professions which, he posits, may be driven by a realisation that the profits of private firms are triumphing over person-centred care.

[Business ideology has no place in care services article](#)

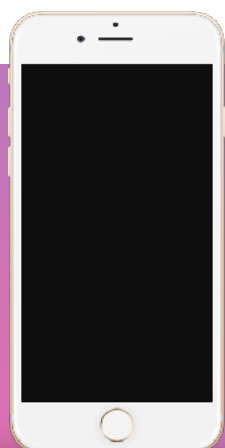
APP

The HSE Health App is a secure way to manage your health information, find health services and get information on conditions and treatments.



[HSE App for Apple](#)

[HSE App for Android](#)



APPS & SOCIAL MEDIA



**Campbell
Collaboration**

*The Efficacy of
Nutritional
Interventions in
Reducing
Childhood/
Youth
Aggressive
and Antisocial
Behavior: A
Mixed-
Methods
Systematic
Review and
Meta-Analysis*

**BARNA KONKOLY
THEGE, CHAZ
ROBITAILLE,
LUJAYN
MAHMOUD, EDEN
A. KINZEL, RAMEEN
QAMAR, JAMIE
HARTMANN-
BOYCE, OLIVIA
CHOY**

1.1 Certain Nutritional Interventions May Be Effective in Reducing Childhood/Youth Aggressive and Antisocial Behavior as Well as Criminal Offending

1.2 The Review in Brief

Nutritional interventions targeting a large number of nutrients (e.g., general improvement in diet or provision of food supplements with a wide array of vitamins and minerals) may be effective in reducing aggression (small effect), antisocial behavior (moderate effect), and offending (large effect). Omega-3 fatty acid supplementation has a small effect in reducing both aggression and antisocial behavior. Vitamin D supplementation has a moderate effect in reducing antisocial behaviors.

1.3 What Is This Review About?

Aggressive or antisocial behaviors in children and young people can cause problems at home, with friends, at school, as well as in other settings, and may lead to long-term challenges for both the individual and society. Researchers are exploring whether changes in nutrition might help reduce these behaviors. A nutritional intervention refers to any action taken to improve the availability of nutrients in the body, and it can involve three main approaches: (1) making changes in what foods a person regularly eats, like eating more vitamin D-rich foods; (2) fortifying common foods by adding extra nutrients, like drinking milk with added vitamin D; and (3) taking supplements, which are pills or other products that provide specific (group of) nutrients, like a multivitamin supplement. This

review looked at whether any nutritional changes could help reduce aggression, antisocial behaviors (like theft, vandalism, or other misbehavior), or crimes in children and young adults.

1.4 What Is the Aim of This Review?

This Campbell systematic review examines the effects of nutritional changes on aggression, antisocial, or criminal behaviors in children and young adults (up to the age of 24). This article summarizes previously collected data from 50 individual studies completed by other researchers.

1.5 What Are the Main Findings of This Review?

All 50 studies compared an intervention group and a control group (participants not getting the active nutritional intervention). The studies spanned the period from 1978 to 2023 and were mostly carried out in the United States, Europe, and Asia. Sixteen percent of the studies were conducted on an exclusively male sample, while 82% were conducted on mixed samples of males and females, but the average proportion of males across all studies was quite high (79%). The number of studies on offending and using vitamin D supplementation was quite low; therefore, the results regarding these are much more uncertain.

Nutritional interventions targeting a large number of nutrients are effective in reducing aggression (7 studies, small effect), antisocial behavior (13 studies, moderate effect), and offending (2 studies, large effect). For all three outcomes, diet change was considerably more effective than supplementation.



The Efficacy of Nutritional Interventions in Reducing Childhood/ Youth Aggressive and Antisocial Behavior: A Mixed-Methods Systematic Review and Meta-Analysis

**BARNA KONKOLY
THEGE, CHAZ
ROBITAILLE,
LUJAYN
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A. KINZEL, RAMEEN
QAMAR, JAMIE
HARTMANN-
BOYCE, OLIVIA
CHOY**

Omega-3 fatty acid supplementation has a small effect in reducing both aggression (9 studies) and antisocial behavior (21 studies). Vitamin D supplementation has a moderately large effect in reducing antisocial behaviors (4 studies). Eliminating studies with lower methodological quality decreases intervention effectiveness in some cases (broad-range nutritional interventions for aggression and antisocial behavior, omega-3 fatty acid or vitamin D supplementation for antisocial behavior), while it does not result in considerable changes regarding others (broad-range nutritional interventions for offending, omega-3 fatty acid supplementation for aggression). The data also suggest that the results may not be consistent across different populations or interventions. This means that in future research or implementation efforts, nutritional interventions in certain populations will not be effective in reducing aggression, antisocial behaviors, or offending. While there are several studies on nutritional interventions other than those mentioned above, all seven of them are examined in a single study only, thus not allowing any conclusions beyond those of the original authors.

1.5.3 How Has This Intervention Worked?

Some of the studies found that the increased nutrient levels in participants' blood were associated with the improvement in behavior, which provides support for the assumption that a good nutrient supply in the body supports a better functioning of the nervous system, which in turn leads to better adaptation to the social

environment (less antisocial behaviors).

This review also describes a large number of factors that can support or hinder the successful use of nutritional interventions (e.g., support vs. resistance from family members regarding dietary changes, costs vs. health insurance coverage for food supplements, etc.).

1.6 What Do the Findings of This Review Mean?

The results of this review should not be considered complete or definitive. Instead, they should be seen as one of the preliminary attempts to characterize a new research- and clinical field (i.e., nutritional-behavioral sciences) still in its infancy. While many further questions remain to be answered regarding the effectiveness of nutritional interventions in reducing aggression/antisocial behavior/offending, these interventions are safe, relatively easy-to-implement, and cheap. Given that better nutrition not only has the potential to reduce antisocial behaviors but is the basis for both physical and mental health in general, investment in nutritional interventions on all levels of society seems warranted.

More research is needed in more similar samples and using more similar nutritional approaches (e.g., several studies investigating the effects of the Mediterranean diet in young adult offenders) so clearer conclusions can be drawn on who and what type of nutritional interventions are effective in reducing aggressive and antisocial behaviors or criminal offending.

The full review can be found [here](#).



Hospital Anxiety and Depression Scale Anxiety subscale (HADS-A) for detecting anxiety disorders in adults

**ALEXEY FOMENKO,
DANIEL DÜMMLER,
ZEKERIYA AKTÜRK,
STEFANIE ECK, CLARA
TEUSEN, SIRANUSH
KARAPETYAN, SARAH
DAWSON, BERND
LÖWE, ALEXANDER
HAPFELMEIER, KLAUS
LINDE, ANTONIUS
SCHNEIDER**

How accurate is the 'HADS-A' questionnaire in detecting anxiety disorders in adults?

Key messages

- The results across studies were very different, but we don't know why. This means that the Hospital Depression and Anxiety Scale Anxiety subscale (HADS-A) may be better or worse if applied in practice.
- However, based on the combined results, in practice, a lot of people would be labelled as positive when they are not, which could put more pressure on the healthcare system.

Why is the accurate detection of anxiety disorders important?

Anxiety disorders are quite common but often go undetected, even in people who would benefit from treatment. Through the screening process, people are divided into two groups: those who test negative and those who test positive. Those with positive results need further evaluation. The final diagnosis is made by a competent clinician. However, the screening process can give incorrect results. Not detecting an anxiety disorder when it is there is called a false-negative result. This might mean missing the chance for timely treatment. A false positive is a result that incorrectly shows an anxiety disorder when it is not there. This can cause a burden for patients and the public health system because of unnecessary worry, further testing, and treatments. Screening for anxiety covers different conditions,

which are summarised by the term 'any anxiety disorder' (AAD). These include, amongst others, generalised anxiety disorder (GAD) and panic disorder. In our review, we look at these three conditions.

What is the 'HADS-A' subscale?

The Hospital Anxiety and Depression Scale (HADS) is a questionnaire. It was created to detect anxiety and depression in people with medical problems. It has two sections: the Depression subscale (HADS-D) and the Anxiety subscale (HADS-A). Each subscale has seven questions. People answer the questions on a scale from 0 to 3. After answering all the questions, the scores are added up to get a total score. Total scores at or over a specified score (the 'cutoff'), suggest the presence of anxiety disorder. The recommended HADS-A cutoff is 8 or higher for possible anxiety (or 11 or higher for definite anxiety). The HADS-A allows for simple and quick results, so individuals with high HADS-A scores can be referred for further evaluation.

What did we want to find out?

We aimed to find out how well the HADS-A can tell whether an adult has an anxiety disorder or not.

What did we do?

We searched for studies that used HADS-A to detect anxiety. Then, we combined the results of these studies.



Hospital Anxiety and Depression Scale Anxiety subscale (HADS-A) for detecting anxiety disorders in adults

**ALEXEY FOMENKO,
DANIEL DÜMMLER,
ZEKERIYA AKTÜRK,
STEFANIE ECK, CLARA
TEUSEN, SIRANUSH
KARAPETYAN, SARAH
DAWSON, BERND
LÖWE, ALEXANDER
HAPFELMEIER, KLAUS
LINDE, ANTONIUS
SCHNEIDER**

What did we find?

This review included results from 67 studies with 18,467 participants. Fifty-four studies had information on HADS-A in detecting AAD, 35 studies had information on GAD and 10 on panic disorder.

How up to date is this evidence?

The evidence is current up to 10 July 2024.

The full review can be found [here](#).

What were the main results of the review?

The combined results for AAD alone showed that if HADS-A is administered to 1000 individuals and 170 of them have confirmed AAD, then:

- of the 325 people who tested positive for AAD, 199 would be incorrectly labelled as having AAD (false positives) and 126 would be correctly labelled positive (true positives).
- Out of the 675 people who tested negative, 44 would be incorrectly labelled as not having AAD (false negatives) and 631 would be correctly labelled negative (true negative).

What are the limitations of the evidence?

The examples above are from the combined results of all studies. Yet, the results across all studies were very diverse. Also, there were problems with how most of the studies were done. Finally, not all studies gave enough information for us to say whether they also included participants with mental health complaints. Therefore, we are not sure if the HADS-A will always match the combined results above.



GUIDELINE ON USE OF ARTIFICIAL INTELLIGENCE (AI) IN SOCIAL WORK

A briefing paper on the use of Open AI in social work, by Prof. Beth Weaver, Dr. Fern Gillon, Dr. Gavin Heron and Prof. Feng Dong, has been published by the University of Strathclyde, Glasgow. The briefing paper is **available here**



ACADEMIC INSIGHTS REPORTS

Two new Academic Insights reports, on: using the COMPASS model with people on probation and knowledge partnerships in youth justice, published

These latest Academic Insights, (1) by Dr. Sean Creaney and Dr. Jayne Price, on the purpose, value and functioning of knowledge partnerships in youth justice, and (2) by Mark Durkin on using the COMPASS model to provide a holistic and person-centred framework for understanding and supporting people on probation, have been published by HM Inspectorate of Probation and are **available here**





Read report [here](#).



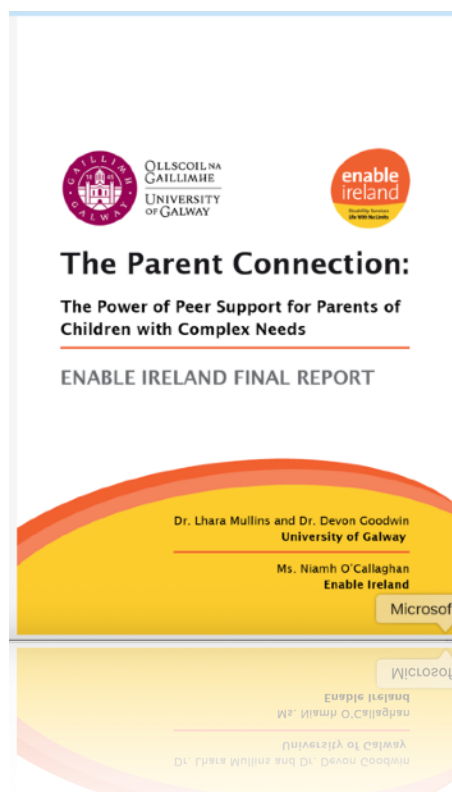
Read report [here](#).



Read report [here](#).



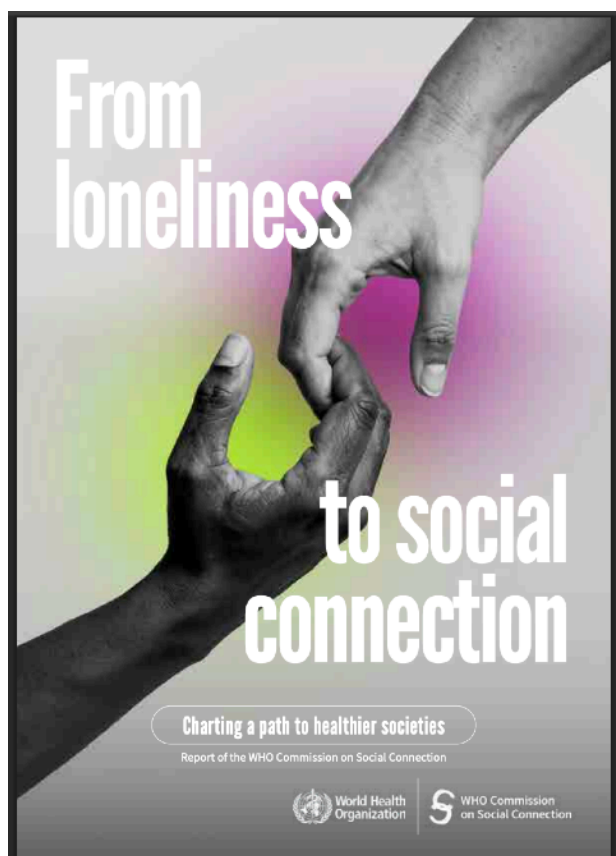
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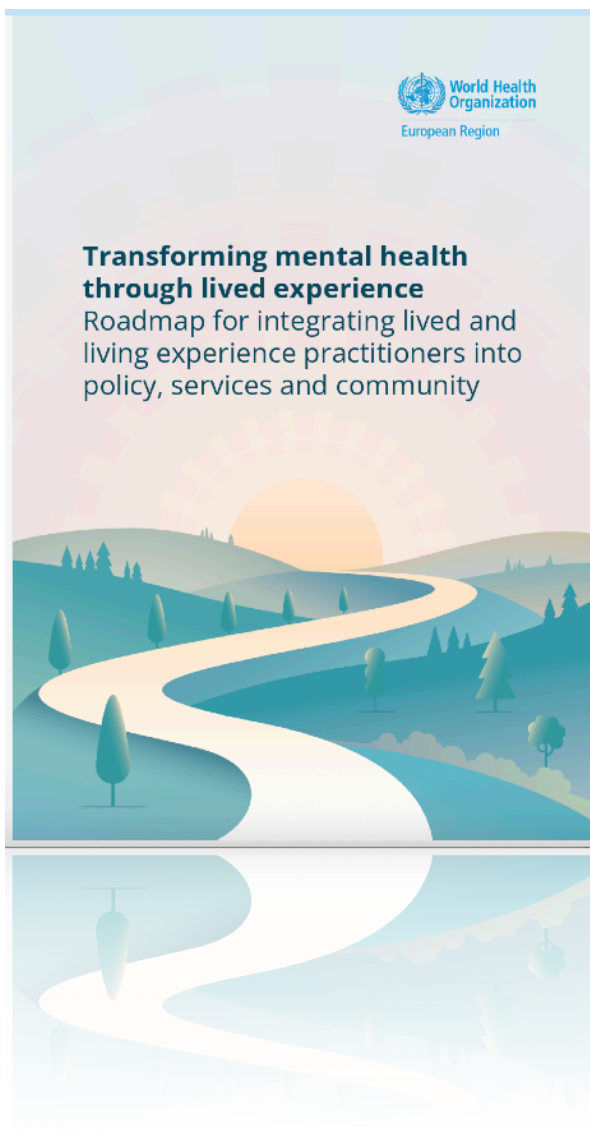
Overview

This landmark report from the [WHO Commission on Social Connection](#) highlights that social isolation and loneliness are widespread, with serious but under-recognized impacts on health, well-being, and society. Drawing on the latest evidence, the report makes a compelling case for urgent action. It outlines practical, scalable solutions to strengthen social connection – and calls on policy-makers, researchers and all sectors to treat social health with the same urgency as physical and mental health. The Commissioners envision a future where stronger social bonds improve well-being, reduce preventable deaths, boost education and economic resilience, and ease the social and financial burden of disconnection. This report is a call to act – and an invitation to build a more connected, healthier world.



Transforming mental health through lived experience

Roadmap for integrating lived and living experience practitioners into policy, services and community



Overview

Integrating lived/living experience practitioners into health-care and social systems is crucial to realizing recovery-oriented mental health care. Practitioners model recovery and bridge gaps between traditional health-care structures and service users, humanizing and promoting inclusivity of services. This roadmap, co-created under the WHO Regional Office for Europe's collaboration with the European Commission under the "Addressing mental health challenges in the European Union, Iceland and Norway" project, provides a structured framework to integrate lived/living experience expertise into mental health systems and workforce through six essential actions. Case studies from a variety of European countries are presented to illustrate these actions in practice. The roadmap is for use by governments, mental health policy-makers, service providers, people who use services, lived/living experience workers and advocates.



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Benefits, burdens, and complications: A secondary analysis of research on signs of safety with service users and practitioners within the Irish child protection and welfare services

Matthew Townsend^{a,*}, Donna O'Leary^{b,c}, Sinead Whiting^a^a Trinity College Dublin, Ireland^b Tusla Child and Family Agency Block 36 St Finbarr's Hospital, Douglas Road, Cork, Ireland^c University College Cork, School of Applied Social Studies, Donovan's Road, Cork, Ireland

Benefits, burdens, and complications: A secondary analysis of research on signs of safety with service users and practitioners within the Irish child protection and welfare services coauthored by Matt Townsend, Dr Sinead Whiting, TCD and Dr Donna O'Leary, Tusla and UCC, examines the implementation and use of Signs of Safety in Tusla child protection and welfare services through a secondary analysis of early research commissioned by Tusla. That research includes the Tusla Parent Survey Overview Report (Munro & Devine, 2019), the Staff Surveys, (Part 1 and Part 2) (Munro & Cunliffe, 2020), and Through the Eyes of the Child: A Study of Tusla Child Protection and Welfare Intervention (Holt et al., 2023). The open-access paper is available on this [website - click here](#).

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ORIGINAL ARTICLE OPEN ACCESS

The Importance of Relationship in Independent Advocacy for Care-Experienced Young People

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ABSTRACT

Independent advocacy services for children and young people with care experience aim to connect with, empower and facilitate service users to have their voices heard and address issues of importance and concern to them. This paper gives an account of a review of independent advocacy services for those with care experience in Ireland, with a particular focus on the views and experiences of young adults and advocates. The article highlights how supportive relationships emerge as a strong priority for those engaged in the advocacy process and proceeds to explore the findings of this study in light of relevant national and international literature and research. In view of the research findings and the strong focus on relationships and support that unfold, a model of advocacy is proposed which places relationships at its heart, serving to provide an effective and essential foundation from which other key elements of independent advocacy such as voice, participation and empowerment are enabled. Such a model will, it is proposed, enhance the experience and heighten the impact of advocacy interventions for young people and the advocacy professionals that work with them.

Open access
published in
Children and
Society. [Click here](#)
to access.



Practice signposts provide links to high-quality, research-informed databases and publications. Some of the databases at a quick glance may seem too medical/health orientated, but contain great resources to support social work and allied professionals' practice.

OPEN ACCESS RESEARCH DATABASES:

RIAN - Irish Open Access Research Archive - [click here](#)

Trinity Access Research Archive (TARA) - [click here](#)

Cork Open Research Archive (CORA) - [click here](#)

Galway Open Access Research Archive (ARAN) - [click here](#)

TU open access (Arrow) - [click here](#).

RESEARCH DATA ARCHIVES:

Irish Qualitative Data Archive - [click here](#)

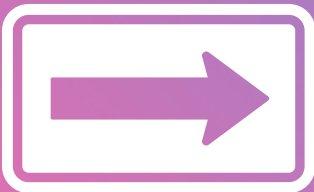
Irish Social Science Data Archive (ISSDA) - [click here](#)

Irish Social Sciences Platform - [click here](#)

OPEN ACCESS (FREE) JOURNALS

Journal of Early and Intensive Behaviour Intervention; International Journal of Child and Adolescent Resilience (IJCAR; Journal of Global Social Work Practice; International Journal of High Risk Behaviours and Addictions; Journal of Indigenous Social Development; Critical Social Work; International Journal of Child, Youth & Family Studies; The Irish Journal of Applied Social Studies; Comparative Migration Studies; Irish Social Worker.

SYSTEMATIC REVIEW



Practice signposts: data sources to support your practice

PRACTICE GUIDANCE, DATABASES & PUBLICATIONS:

Addiction Technology Transfer Centre Network (USA) - [click here](#)

CES - Centre for Effective Services - [click here](#)

Child and Family Agency Publications and Reports - [click here](#)

Drug and Alcohol Information and Support (drugs.ie) - [click here](#)

Growing Up in Ireland - national longitudinal study of children. [Click here](#)

HSE Health Promotion Publications - [click here](#)

HSE Publications and Reports - [click here](#)

HRB National Drugs Library - [click here](#)

HUB na nÓg Young: Voices in Decision-Making - [click here](#)

NICE - National Institute for Health and Clinical Excellence (UK) - [click here](#)

Mindfulness Based Relapse Prevention Resources (free audio tracks) - [click here](#)

North South Child Protection Hub - [click here](#)

Probation Service Publications - [click here](#)

Social Care Institute for Excellence (SCIE) - [click here](#)



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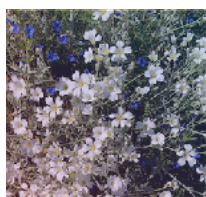
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