



**ISSUE 35**

# SOPH NEWS



School of  
**Public Health**

**AUTUMN 2024 EDITION**

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## Welcome to the 35th Edition of SoPH News



Dear Colleagues,

Welcome to the Autumn edition of SoPH News - The School of Public Health (SoPH) e-newsletter. Reflecting on the past months, it has overall been a very positive period for the School of Public Health at many levels.

The School has welcomed many new students who have commenced the undergraduate and postgraduate programmes, with great interest and enthusiasm as we see increased lecture attendance rates. The Masters in Public Health Programme has clearly gained global interest, with students attending from all continents.

Despite challenges related to project alpha, over the course of the past months, it has been possible to fill all posts that had been previously on hold, which is encouraging. Furthermore, projections for both CoMH and the School remain positive, as discussed at the recent meetings of the School Executive and the School Board.

I am pleased that the final [Peer Review Panel](#) report was approved for publication at the Quality Enhancement Committee (QEC) meeting on 24th September 2024, with more commendations than recommendations, which clearly reflects the high quality of the School's teaching and research programmes. Many of the recommendations are currently already being actioned, and I very much appreciate your ongoing cooperation in implementing them.

From a research and development perspective, staff members of the School of Public Health have demonstrated exceptional achievements in successful research grants at both national and international and at early, mid-career and senior level, which is a very encouraging development in terms of both research quality and leadership in Public Health and Public Mental Health.

The scope of Public Health impacts has increased significantly, ranging from health services to a wide range of community and occupational settings, including prison and probation services, media, sports settings, schools, and migrant and refugee services.

On this note, I would like to thank you all for your most valuable input and commitment to the work of the School of Public Health, at all levels.

I also would like to thank our colleagues from the NSRF, CRF UCC, HSE Public Health and NCRI for the excellent collaboration, both in terms of teaching, research and service and community engagement.

I hope you enjoy this Autumn 2024 edition of our Newsletter.

Best wishes,  
Professor Ella Arensman

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# TEACHING NEWS

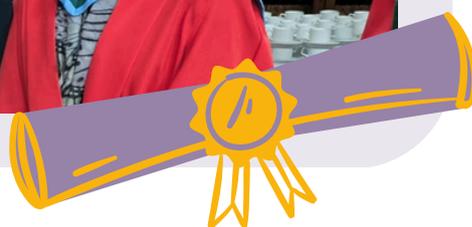
## SoPH Summer & Autumn Conferring Celebrations

Since our last edition, both the 2024 Summer and Autumn Conferring Ceremonies took place at UCC. These ceremonies were a time of joy, celebration and reflection, marking the culmination of years of hard work and dedication for our graduates.

The atmosphere was filled with pride as families, friends, and faculty gathered to honor the achievements of our newest alumni.

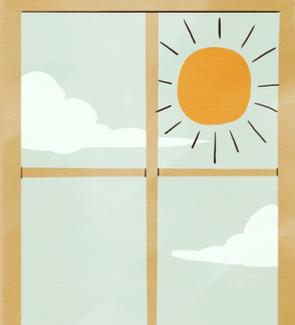
Thank you to each and every one of the graduates, their family members, and to all the staff who contributed to this excellent achievement!

Comhghairdeas  
le rang 2024!



# SCHOOL NEWS

## So(PH) Social



## Mark your calendars!

### WINTER HOLIDAY PARTY

The School of Public Health invite you to the annual SoPH Christmas Party! The venue offers a private room for our event, and we will also have AV equipment for a fun Christmas quiz!

Here are the details:

**Date:** Tuesday, 10th of December

**Time:** From 3:00 PM

**Venue:** SeventySeven (accessible lift access to all floors)

**Cost:** €18 per person (includes a delicious finger food menu)

If you haven't already, email [tmccollum@ucc.ie](mailto:tmccollum@ucc.ie) to RSVP.



## ART FROM JULES' HEART



Since the opening of the "Breathe... Catching images for health" fundraiser exhibition in May,, artist Jules Versluis has been invited to share his art in two international expositions.



Crédit photo : DR

## "Breathe..." Fundraiser Update

Thanks to the incredible support from our team and Colette's dedicated efforts, the fundraiser for the Adult CF Unit at CUH Cork has been highly successful. Our art gallery event "Breathe...Catching images for health", attended by many colleagues, raised nearly €2,000 through donations, sales, and one commission. Additionally, a coffee fundraiser organized by Betty's friends in her local parish contributed another €2,000 in Betty's memory. With these combined funds, Colette will soon be reaching out to CUH and closing the fundraiser. For anyone who would still like to donate, please reach out to Colette by email. She sends her sincere thanks to everyone who has contributed.

## Baby News!

Since our last edition, we have celebrated the arrival of two newborns.



Criostóir, the son of Dr Ana Contreras Navarro, was born on 24th May.



Arwa, the daughter of Ana Akhtar, was born on 4th October.

**We send our sincere congratulations to their families!**

## New Researchers join the OPTI AUDIT – GP Project

The HRB-funded project 'Optimising practice feedback to improve diabetes care' (OPTI AUDIT-GP) has welcomed a number of new members to the research team. Márcia Carvalho, Anna Kulig and Darran Quinn have joined the School of Public Health. The project, led by Dr Sheena MCHUGH at the School of Public Health, is an Applied Partnership Award in collaboration with the Diabetes in General Practice (DiGP) initiative. *Learn more about the recent additions to the team, Márcia, Anna and Darran, in the MEET section of the newsletter.*

# SCHOOL NEWS

## School of Public Health, Public Health Information Fair CELEBRATING EUROPEAN PUBLIC HEALTH WEEK

European Public Health Week (EUPHW) is held annually across Europe, usually in the month of May. It aims to raise awareness about public health and promote collaboration among the public health community in Europe. The annual initiative, led by the European Public Health Association, began in 2019 and continues to grow.

An event was held in UCC to celebrate EUPHW, which was held this year from 13th to 17th May, 2024.

This year, to join in the European-wide celebration, colleagues within the SPH organised a Public Health Information Fair on Tuesday, 14th May, 2024 from 10:00-14:00 in the atrium of The Hub, together with colleagues and organisations contributing to public health at local, national and European levels.

Students, staff, and visitors to UCC campus had the opportunity to drop by and participate in hand hygiene demonstrations, win prizes, and receive free giveaways and health education materials.



Partnering together to collaborate across the wide range of public health topics included:



Plans will get underway for European Public Health Week 2025 celebrations soon! If you are interested in joining in the fun, please contact:  
Monica : [m.omullane@ucc.ie](mailto:m.omullane@ucc.ie)  
or Mallorie : [mleduc@ucc.ie](mailto:mleduc@ucc.ie)

- WHO-Cork Healthy Cities Initiatives including a display and raffle for a signed copy of the book published by Cork Healthy Cities, entitled *Commitment, Collaboration & Continuity: Celebrating Cork as a Healthy City (2024)*. The book is for sale in lowercase bookshop UCC and Waterstones Cork for €20: Dr Monica O'Mullane, UCC.
- Infection Prevention through Hand Hygiene: Ms Sinead Creedon and Dr Maura Smiddy, UCC.
- Mental Health in the Workplace: Dr Mallorie Leduc, UCC, NSRF.
- Vaping Awareness: Ms Karren Mariano, Staff Nurse, Health Protection, BSc Public Health Sciences and Nursing Students.
- Promoting Sepsis Awareness: Dr Sinead Horgan, Director of Nursing – SSWHG Vaccinations, Surgical Site Infection, Sepsis, Deteriorating Patient and Ms Eimer Hallahan, BUMBLEance, The Children's Ambulance Service Ambassador
- Sexual Health: Ms Evelyn Landers, DASH Project Coordinator, Sexual Health Centre.

# SCHOOL NEWS

## World No Tobacco Day

UCC has held another successful annual outreach event to mark World No Tobacco Day - May 31st.

World No Tobacco Day (WNTD) was established in 1987 following a World Health Assembly resolution and is observed annually on May 31st. This date also marks the 2003 adoption of the WHO Framework Convention on Tobacco Control (FCTC), the first international treaty aimed at reducing tobacco use and its harmful effects. WNTD focuses on tobacco prevention, raising awareness of its dangers, and promoting effective policies to reduce consumption. The tobacco industry also contributes to environmental degradation and the exploitation of vulnerable communities.



*Dr Zubair Kabir, UCC lecturer and coordinator of the No Tobacco Day booth, wishes to share his appreciation to all those who contributed to the event.*



### DELIBERATING ETHICS IN TRIALS - SCOPE AND NECESSITY OF ETHICAL OVERSIGHT

2nd May 2024, 13:00 - 17:30 (UTC+1)

Location: Online  
Cost: Free

This event is delivered by the HRB-CRF-UCC and the HRB-TMRN

In the discourse on trial ethics, navigating the scope and necessity of ethical oversight emerges as pivotal. This training day delves into the intricate layers of ethical considerations within trials and SWATs, focusing on various trial designs as well as the intersection of ethics and the law. By deliberating on ethics, it endeavours to foster a deeper understanding of how ethical frameworks shape the course of trials and trials methodology research. This will be of interest to ethics committees, trialists, methodologists, funders, health researchers, approvals agencies and anybody working in clinical trials and health related research.

#### List of speakers below:



Register at <https://www.hrb-tmrn.ie/training-education/upcoming-events/>

[www.hrb-tmrn.ie](http://www.hrb-tmrn.ie)

[hrb-tmrn@universityofgalway.ie](mailto:hrb-tmrn@universityofgalway.ie)

[#hrbtmrn](https://twitter.com/hrbtmrn) [#trialsmethodology](https://twitter.com/trialsmethodology)

## Deliberating Ethics in Trials: Workshop

On 2nd May, Dr Frances Shiely hosted an online workshop dedicated to a discourse on ethics in clinical trials and SWATs (studies within a trial). Just under 100 people attended. Invited speakers included bioethicists, methodologists, funders, ethics committee reps, early career researchers, legal experts and members of the public. Feedback was very positive, see reviews from participants below.

*"Excellent planned programme, breaks were perfect and panel discussion was inclusive."*

*"Well selected participants, good balance between presentations and discussion, excellent chairing."*

*"The variety of speakers, from writers of medicolegal textbooks to early career researchers. Short sessions kept it very engaging."*

*"Excellent international speakers who were very knowledgeable."*

*"Really good event - well organised, excellent speakers."*

# SCHOOL NEWS



## Implementation Science Training Institute 2024

In July 2024, Dr Sheena McHugh hosted the Implementation Science Training Institute (ISTI) at Nano Nagle Place as part of the activities of the Health Implementation Research Hub (HIRH) in the School of Public Health. ISTI is funded by the Health Research Board Research Leader Award.

Twenty-six PhD students, researchers, academics, and practitioners participated in the blended training programme. Following the completion of five online modules, trainees participated in a variety of activities over the course of three days including:

- Lectures from international leaders in the field
- Small group work and project feedback
- Peer networking
- Q&A with international experts
- Mentoring opportunities

The training programme was facilitated by national and international experts in implementation science including Byron Powell, Rachel Shelton, Rinad Beidas, Geoff Curran, Justin Presseau, Jonathon Purtle, Bianca Albers, Sheena McHugh, Michael Sykes and Jenny Mc Sharry. The course was coordinated by Tania McCollum. We were ably assisted throughout the event by SPH students Isabelle Coonan (MPH), Margaret Cotter (BSc) and research assistant Julia Banasiak.



## Launch of the Cork Food Policy Council public consultation

In August, we had a very successful event to launch the Cork Food Policy Council public consultation on a Food Strategy for Cork 2025-2030 as part of the *Cork on a Fork Food Festival*.

The Cork Food Policy Council "seeks to influence local food policy to follow best practice in developing a healthy, sustainable, & resilient food system. Supporting new partnerships in Cork between statutory, community and voluntary groups, educational institutions & businesses to promote knowledge, skills & experience around food."

Visit the project website to learn more: <http://corkfoodpolycouncil.com/>



Congratulations to our colleague and Chair of the Cork Food Policy Council, Dr Janas Harrington!



# MEET

## Fai Ng



Professor Fai Ng took up the position of Director of the HRB CRF-UCC in March 2024. In addition, he is a consultant rheumatologist with globally recognized expertise and is a key opinion leader in Sjögren's syndrome and fatigue research. He has led numerous early-phase clinical trials and experimental medicine studies. Prof. Ng has published extensively in his field, with over 170 peer-reviewed articles, seven book chapters, and other notable contributions to the literature on Sjögren's syndrome, as well as securing >£60m in recent grant income.

He was previously the Director of the NIHR Clinical Research Facility in Newcastle. He qualified from Cambridge University, completed his rheumatology training in London, and obtained a PhD in Immunology at Imperial College London.

## Lauren Muttucomaroe

Lauren Muttucomaroe has been appointed as a research assistant to work on problem drug use in Cork city study. Lauren is a researcher with experience in various health-related projects and recently completed an MPH in the School of Public Health at UCC. She also has a BSc in Biology and Psychology from the University of British Columbia in Vancouver, Canada. Welcome back to the School of Public Health Lauren! We wish you success on this project.



## Márcia Carvalho



Márcia Carvalho is a Research Assistant on the HRB Applied Partnership Award 'Optimising practice feedback to improve diabetes care' (OPTI AUDIT-GP) led by Dr Sheena McHugh at the School of Public Health. Prior to joining UCC, Márcia was a PhD scholar at the School of Psychology, University of Galway, from 2020 – 2024, researching behaviour change maintenance among people living with type 2 diabetes as part of the Health Research Board Collaborative Doctoral Award in Chronic Disease Prevention (CDP-CDP) and the Structured Population Health, Policy and Health-services Research Education (SPHeRE) PhD Programme. With a background in health psychology, Márcia's research interests include health behaviour change, chronic disease prevention and self-management, and intervention development, evaluation and optimisation.

## Anna Kulig

Anna Kulig is also a Research Assistant on the OPTI AUDIT-GP project at the School of Public Health. Anna has a diverse background that spans the arts, design, marketing and psychology. She holds an MA in Heritage Management from Nicolaus Copernicus University in Poland. She received a prestigious Academic Research Award from the General Conservator of Monuments and the Association of Monument Conservators for her dissertation, which was published and is used as an academic textbook in the Theory of Architectural Design. Anna completed a HDip in Psychology and MSc in Health Psychology at the University of Galway. Her research interests include digital health intervention development and implementation, participatory and art-based research, health inequalities and disparities, social justice, academic-industrial partnership.



## Darran Quinn



Darran Quinn graduated from Trinity College Dublin with a BSc Physiotherapy (First-class honours) in 2017 and is a CORU registered physiotherapist. He graduated from University College Cork with a First-class honours Master of Public Health degree in 2023. Darran's MPH research examined physiotherapists' knowledge and experience implementing 'Making Every Contact Count' (MECC) in the Health Service Executive. Darran has a strong interest in the prevention and management of chronic health conditions and implementation science.

## Sandhya Rengarajan

Sandhya Rengarajan has a foundation in both clinical and research settings, with a background in dentistry and experience in data management for oncology research. Currently, she is pursuing a Master of Public Health (MPH) at UCC, with a focus on epidemiology and biostatistics.

She has recently joined the School of Public Health as a Research Assistant with Professor Patricia Kearney. She is actively involved in projects focused on chronic diseases and guidelines for trial protocols.



## Andrew Dyer



Dr Andrew Dyer joined the School of Public Health and National Suicide Research Foundation, University College Cork (UCC) in September 2024 as a Postdoctoral Researcher. He graduated with a PhD from the School of Psychology at Queen's University Belfast (QUB) in 2024. His PhD thesis was titled 'Alcohol-related quality of life in young people. The development and initial validation of a new targeted outcome measure'. His main research interests include quality of life, alcohol and substance use, and psychometrics. Prior to joining UCC, Andrew completed a short-term postdoctoral role with QUB researching the hypothetical implementation of drug consumption rooms in the United Kingdom.

# LAUNCH OF NEW RESEARCH PROGRAMMES

## Launching WISEWORK-C

For more information  
visit their [website](#)

### A EUROPEAN CLUSTER CONTRIBUTING TO LIVING AND WORKING IN A HEALTH-PROMOTING ENVIRONMENTS

The digital and green shifts, often called the 'twin transition,' are rapidly transforming workplaces. These changes include new work formats like hybrid work and gig jobs, and new management methods such as algorithm-driven decisions and digital performance monitoring. These shifts impact working conditions, income, and health for both skilled and unskilled workers. They also contribute to the high costs of work-related illnesses and accidents for employers and the European economy.

Mental health and ergonomic issues are major concerns for many EU workers. Musculoskeletal disorders (MSDs) are among the most common work-related health issues in the EU. Many workers and managers also see stress, depression, and anxiety as serious workplace problems. While changes in work organization can offer more flexibility and bring more people into the workforce, they can also cause psychosocial problems like job insecurity, privacy invasion, lack of rest, poor occupational safety and health (OSH) protections, and stress from long or irregular working hours and constant performance monitoring by AI.



The WISEWORK-C cluster, starting in June 2024 in Porto, Portugal, aims to tackle these challenges. It seeks to enhance cooperation, avoid redundancy, and boost the impact of projects funded under the call [HORIZON-HLTH-2023-ENVHLTH-02-02](#), which focuses on evidence-based interventions to promote mental and physical health in changing work environments, especially post-pandemic workplaces.

#### 3 shared groups to realise the WISEWORK-C cluster's work

The WISEWORK-C cluster aims to raise awareness about the EU initiatives for public health, occupational health, and sustainable working environments by increasing the visibility of the research projects, maximizing the spread of their results at institutional and academic levels, and influencing key stakeholders. To achieve its goal the WISEWORK-C cluster has initially created 3 working groups (WG):

- WG1: Science translation for policy and practice.
- WG2: Data analysis/management and protection.
- WG3: Communication and Dissemination.



WISEWORK-C

#### 5 projects involving over 60 organisations and €30M in funding

The WISEWORK-C cluster involves over 60 organisations and partners across 5 projects, funded by the [European Health and Digital Executive Agency \(HaDEA\)](#), under the [Horizon Europe's](#) programme.

[EU-CoWork](#)'s ambition is to develop an evidence basis for and subsequently develop, test and evaluate tailored compassionate workplaces program in Europe, [INTERCAMBIO](#) aims at promoting mental and physical health of workers in changing work environments due to climate change, [PROSPERH](#) and [WAge](#) focus on improving physical and mental health in workplaces by developing and validating the multi-level and inclusive interventions, and [SONATA](#) addresses the dissatisfaction of workers about their workplace design by implementing architectural adaptive technologies on a personal scale.

## HSE Problem Drug Use in Cork City Project



In this HSE-Cork and Kerry funded project, which is being led by Dr Seán Millar from the School of Public Health and Dr Michael Byrne, Head of the Student Health Department at UCC, estimates on the prevalence of problem drug use, numbers in treatment, non-fatal overdose cases, drug-related deaths, self-harm related to drug use and number of syringes exchanged in Cork city for the years 2019–2023 will be assessed using a number of data sources. The main output for this project will be a published report for use by HSE Drug Treatment Services.

# AWARDS

## Awardees of the Employment-based PhD Scholarship programme for Health Science Professionals 2024

In line with [UCC Futures](#), [UCC's Strategic Plan 2023-2028](#), and the mission of [Graduate Studies in CoMH](#), the remit of the Employment-based PhD Scholarships Programme for Health Science Professionals is to enhance and sustain excellence in graduate education in healthcare and health sciences, to deepen collaboration between researchers, clinicians, and healthcare or health sciences organisations, to increase PhD enrolment numbers and to develop pathways to widen access to programmes. The Scholarship Programme is open to those who are in full-time or part-time employment, who are excited by research and have a strong desire to enhance health research. Two of the recently announced Employment-based PhD Scholars are associated with the School of Public Health.



Graduate Studies  
College of Medicine and Health



Infant

SSWHG

SOUTH / SOUTH WEST  
HOSPITAL GROUP



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive



**Awardee: Olivia Wall**

Health and Social Care Professions Regional Practice Education Coordinator, HSE South West

*Project Title:*

The meaning of volunteering in the Gaelic Athletic Association (GAA) for older adults in Ireland

*Supervisory Team:* Dr. Janas Harrington, Dr. Sheena McHugh, School of Public Health, UCC; Dr. Eithne Hunt, School of Clinical Therapies.

*HSE Employment Mentor:* Sarah Shanahan, Health and Social Care Professions Regional Integration Development Lead, HSE South West.



**Awardee: Richard Sykes**

Chief Pharmacist, Portiuncula University Hospital, Galway

*Project Title:*

Investigating equity of access to pharmaceutical healthcare within publicly-funded acute hospital healthcare in Ireland.

*Supervisory Team:* Dr Suzanne McCarthy, Dr. Margaret Birmingham, School of Pharmacy, UCC; Dr. Sheena McHugh, School of Public Health UCC. *Employment Mentor:* Dr Paul O'Hara, Consultant General Physician and Nephrologist.



# UPDATES FROM THE NSRF

## Launch of the NSRF Newsletter

In September, the National Suicide Research Foundation launched its own Newsletter:



**CLICK THE COVER TO VIEW THE FULL ISSUE**

*The Newsletter expands on the updates included in SoPH News, as well as presenting a wide variety of additional content.*

*"The NSRF Newsletter is designed to keep our research community, social advocates, and stakeholders informed and engaged with the Foundation's projects. The Newsletter will feature articles on recent research outputs and events, interviews with the team, and spotlights on upcoming activities. In addition to providing the latest updates, insights, and stories from the NSRF, we hope this newsletter will serve as a platform for collaboration and inspiration. In this inaugural issue, we are excited to bring you updates from the National Suicide Research Foundation's research projects during 2024."*

## 30th British Isles Research Workshop on Suicide and Self-harm

NSRF team members Prof Ella Arensman, Dr Eve Griffin, Dr Paul Corcoran, Dr Selena O'Connell and Mr Niall McTernan attended the Lancet Psychiatry/University of Oxford Centre for Suicide Research New Horizons in Suicide Research and Policy Symposium and the 30th British Isles Workshop on Research on Suicide and Self-Harm on May 14th and 15th.



## Global Leadership Exchange Comprehensive Community Suicide Prevention Match



The National Suicide Research Foundation were delighted to welcome international guests from the U.S, Canada, New Zealand, Scotland and England to University College Cork on June 24th and 25th for a two day Global Leadership Exchange Comprehensive Community Suicide Prevention Match.

The 'Match' drew on the experiences, lessons learned and knowledge of participants to explore the role of data and surveillance in informing suicide prevention action plans - including efforts to respond to emerging trends in at-risk groups, as well as informing policy changes which impact on collective and community-based suicide prevention efforts.



# WHOCC Redesignation

**THE WORLD HEALTH ORGANIZATION HAS REDESIGNATED THE NSRF AS A WHO COLLABORATING CENTRE FOR SURVEILLANCE AND RESEARCH IN SUICIDE PREVENTION UNTIL 2027**

WHO collaborating centres are institutions which are designated by the WHO to carry out activities in support of the WHO's programmes at country, intercountry, regional, interregional and global levels.

The NSRF has been a WHO Collaborating Centre for 8 years following initial designation in December 2015 and has provided technical advice to inform WHO's work in establishing surveillance systems of self-harm and suicide, as well as in implementing and evaluating national suicide prevention programmes.

This work has spanned across more than 20 countries, including Namibia, Iran, Ecuador and Trinidad & Tobago. In particular, the template of the National Self-Harm Registry Ireland has been central in informing surveillance of self-harm internationally.

NSRF and WHO, with support from the Department of Health in Ireland, will continue to build on this collaboration, by providing technical support informing the establishment of surveillance systems of self-harm and suicide and improving suicide monitoring in specific countries; and guiding and supporting countries in establishing national suicide prevention strategies and implementation, including evaluation plans and measurable indicators.

## Suicide Prevention Training for Health and Social Care Students: Module Pilot Launch

On World Suicide Prevention Day, September 10th, a four-week pilot of the module for 1st -4th year health care students at University College Cork (UCC) and University College Dublin (UCD) was launched.

The module content is structured into four weekly two-hour in-person sessions, covering critical topics including risk and protective factors, effective communication skills and safety planning. The findings from this pilot will inform future iterations of the module and the development of a train-the-trainer programme, ultimately making suicide prevention education available to all health care courses nationally. More information here.



## Public and Patient Involvement in Mental Health Research Event



The National Suicide Research Foundation and PPI Ignite Network @UCC held a one-day research symposium in the Dr Dora Allman Room, University College Cork on Monday May 20th, 2024. We heard from a number of speakers including Dr Leah Quinlivan, Dan Stears and Liz Monaghan from the University of Manchester, Dr Lydia Sapouna from UCC, Dr Maria Quinlan from HSE Research and Development, Anita Whyte from the Dual Diagnosis Clinical Programme, Kathyan Kelly, Jaqui Noble and Myrice Kelly from Seeking Safety Ireland and Aileen Callanan from the NSRF.

Topics covered on the day included PPI involvement and engagement in self-harm and suicide prevention research, a discussion on power and epistemic (in)justice in relation to PPI or user involvement, trauma informed research - implications for PPI and a case study of Seeking Safety Ireland. The day provided staff, students and stakeholders with an opportunity for networking and learning from national and international experts.

# CONFERENCES & SEMINARS

## HIRH Implementation Science Networking Seminar



On the 2nd of July, Dr Sheena McHugh hosted a networking seminar entitled “Bringing Best Practices from Implementation Science to Practice” as part of the activities of the Health Implementation Research Hub.



The event was attended by academics and researchers from across UCC as well as attendees from the Health Service Executive and the charity sector. We were joined by world-renowned guest speaker Dr Rinad Beidas, Chair and Ralph Seal Paffenbarger Professor of Medical Social Sciences at the Feinberg School of Medicine at Northwestern University. Dr Beidas shared her insights on how implementation science can help health professionals, leaders, and organisations to use best practices to improve the quality and equity of care and enhance health outcomes. Dr Sheena McHugh spoke about the challenges and opportunities for implementation research in the Irish health system with examples from her own work. Talks were followed by a panel discussion with Dr Justin Presseau, Dr Michael Sykes, Dr Bianca Albers and Dr Rinad Beidas, who shared their experiences leading implementation research in the US, Canada and Europe. Finally, Professor Helen Whelton gave the closing address highlighting the increasing need for collaboration between academia and the health service. Professor Ella Arensman emphasized the need for transferable skills in implementation research across Public Health priorities.

The event was captured beautifully in a graphic record created by Hazel Hurley. The event is part of the networking and capacity building activities funded by Dr McHugh’s Research Leader Award from the Health Research Board.



# CONFERENCES & SEMINARS

## 20th European Symposium on Suicide and Suicidal Behaviour

The European Symposium on Suicide and Suicidal Behaviour (ESSSB) takes place every two years and is considered one of the most important international meetings exploring suicidal behaviours and suicide prevention. This year, beautiful, historic Rome and its glorious sunshine provided the perfect setting for a very engaging meeting. Several members of the NSRF team attended the conference, which took place from 28th – 31st August.

The team exchanged knowledge and experiences with others in attendance and heard about the latest challenges and innovation surrounding global mental health and suicide prevention.



[CLICK TO LEARN MORE](#)

# ESSSB20

## ROME 2024



### NSRF-SoPH ESSSB20 Contributions

#### Dr Eve Griffin

- Social Determinants of Suicide: An Umbrella Review
- Physical and Mental Health Impacts of Suicide Bereavement: Findings from a National Household Survey in Ireland

#### Professor Ella Arensman

- Bridging the Treatment Gap for Depression and Suicidal Behaviour: EAAD's 4-Level Approach for Stigma Reduction and Help-Seeking Facilitation
- Mental Health Promotion and Intervention in Occupational Settings: MENTUPP
- Implementation and Evaluation of National Suicide Prevention Programmes – A Global Perspective

#### Dr Paul Corcoran

- Surveillance of Self-Harm and Suicide in Ireland and the Impact on Public Health Policy – Progress and Challenges

#### Dr Isabela Troya

- Healthcare Practitioners' Views on Management Practices of Self-Harm in Older Adults: A Qualitative Study Conducted in Ireland

#### Dr Eibhlin Walsh

- An Investigation of the Impact of Patient Suicide on the Personal and Professional Lives of Psychiatrists and Psychiatrists in Training in Ireland
- An Evaluation of the Minding Your Wellbeing Programme adapted for Veterinary Medicine Students in Ireland
- A meta-ethnography of adolescents' perspectives on and experiences with post-primary school-based suicide prevention (Poster Presentation)

#### Dr Selena O'Connell

- Understanding Variation in Clinical Management of Hospital-Presenting Self-Harm: A Qualitative Study of the Implementation of a National Clinical Programme



# CONFERENCES & SEMINARS

## 2024 National PPI Festival

PPI Ignite Network @UCC were delighted to host the third National Public and Patient Involvement (PPI) Festival, a pioneering event that brought together patients, the public, healthcare professionals and researchers to celebrate the crucial role of public involvement in shaping health research in Ireland.

For info and schedule click [HERE](#)

The festival saw over 45 national and international events take place throughout the month of October. Funded by the Health Research Board, Irish Research Council and seven Higher Education Institutions in Ireland, the tagline for the 2024 festival was: Connect. Collaborate. Celebrate. Events were organised by, with and for members of the public, representatives from charity and voluntary organisations, healthcare professionals, and researchers. The festival aimed to shine a spotlight on the remarkable strides in Public and Patient Involvement (PPI) in research and created a platform where patients, their families, caregivers, and the wider public could actively engage with researchers, contribute to ongoing studies, and influence healthcare decisions. UCC is proud to lead the way in fostering a collaborative research culture where the voices of those most affected by health conditions play a key role in shaping research priorities and outcomes.



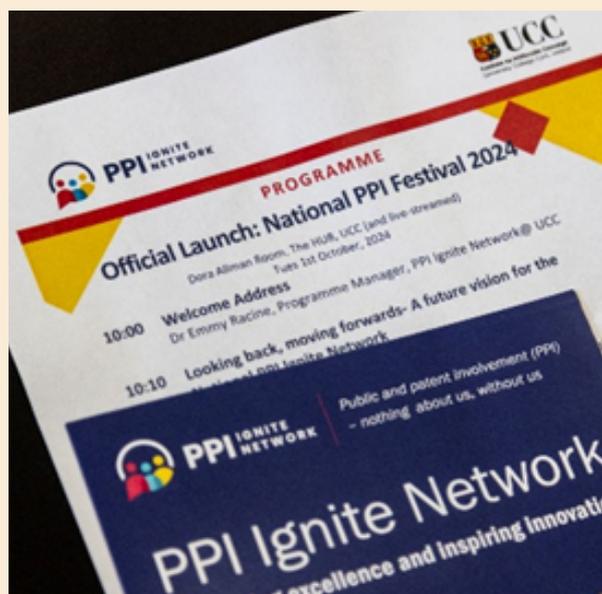
### Festival Launch Event

An official launch event was held in the Dora Allman room, UCC (and online) on Tuesday 1st October, 2024. The launch included several speakers including Dr Emmy Racine, Programme Manager, PPI Ignite Network @UCC and Professor Helen Whelton, Head of the College of Medicine and Health UCC and Chief Academic Officer for the HSE South West Hospital Group. It also included a dynamic panel discussion on Connect. Collaborate. Celebrate: Exploring the key Ingredients of Successful PPI Partnerships and a showcase of some of the fantastic events happening across Ireland during the month of October.

**CLICK HERE**

to read about highlights and access recordings from the festival under [#PPIFestival24 Highlights and Resources](#)

### PPI Ignite Network@ UCC



### Speaking of his own experience of being involved as a research partner on different research projects, Larry Masterson, Stroke Thriver said:

*"Everyone's experience of living with a health condition such as stroke is different, and this makes their thoughts and perspectives on treatment and health outcomes a rich and diverse seam for the researcher. At its core PPI aims to develop equal partnerships between researchers and patients where the person with lived experience can make pertinent contributions to research design and follow through. The process allows me to share my own experience but also to represent those with no voice at the table and hopefully feed into more open accessible research and health developments for everyone in the future. I would also like to encourage other patients to get involved with the process to create a wider and more diverse range of participants in PPI to positively support and influence the research of the future."*

# CONFERENCES & SEMINARS

## 2nd PROSPERH Plenary Progress meeting in St Mary's University, London



The PROSPERH Consortium met for its second plenary progress meeting in St. Mary's University in London on June 20th and 21st, 2024. Partners shared their work progress updates from the first six months of the project and plans for the next six months were discussed. Our EU Project Officer Dr Sara Brazys attended online and provided valuable input into the discussions.

Prof Ella Arensman shared reflections and progress on the first six months of the project as well as updates on overall project management, WISEWORK-C cluster activities, and looking ahead to the cluster randomised controlled trial. Dr Eve Griffin provided updates on the status and work to date of an ongoing scoping review led by the NSRF related to barriers and facilitators to implementing mental and physical health interventions in the workplace. Dr Caleb Leduc collaborated with colleagues from the National Research Centre for the Working Environment to present and discuss the plans underway for an umbrella and living review focused on the impact of workplace changes on health.

From the UCC and NSRF team, Prof Ella Arensman, Dr Eve Griffin, Karen Mulcahy, Margaret Kenneally, Dr Mallorie Leduc, Dr Maura Smiddy participated in the meeting.

## ASPHER Seminar in Porto

At the Dean's and Director's Panel on Future of Public Health Research and Practice, on 7th June in Porto, Prof Ella Arensman presented on the outcomes of the EU Horizon 2020 project: Mental Health Promotion and Intervention in Occupational Settings (MENTUPP), and she presented on the priorities of the new EU Horizon Europe PROSPERH project, with a focus on challenges related to mental and physical health in changing work environments, including long term impacts of the Covid-19 pandemic, war and conflict and climate related changes. At the ASPHER Conference, Colette Cunningham was involved in seminars of the Taskforce on War, Taskforce on Emergencies in Public Health, and meetings of the ASPHER-WHO Core Curriculum Programme.

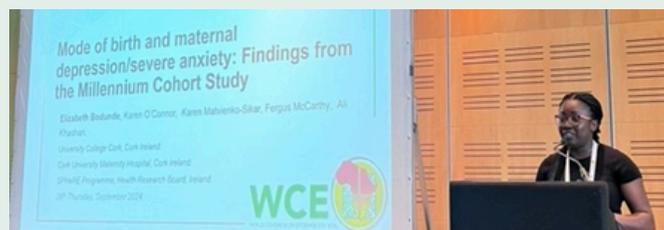


## 2024 World Congress of Epidemiology Conference

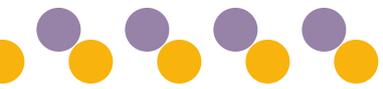
Cape Town, South Africa



Elizabeth Bodunde, SPHeR PhD scholar, delivered an oral presentation at the World Congress of Epidemiology Conference, held in Cape Town, South Africa from the 24th – 27th September 2024. This conference, held every two years, is the largest meeting worldwide devoted to Epidemiology and Epidemiological research.



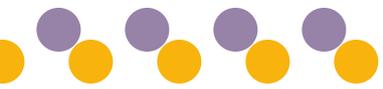
The title of Elizabeth's presentation was "Mode of birth and maternal depression/severe anxiety: Findings from the Millennium Cohort Study."



# PUBLICATIONS



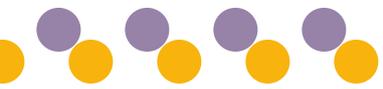
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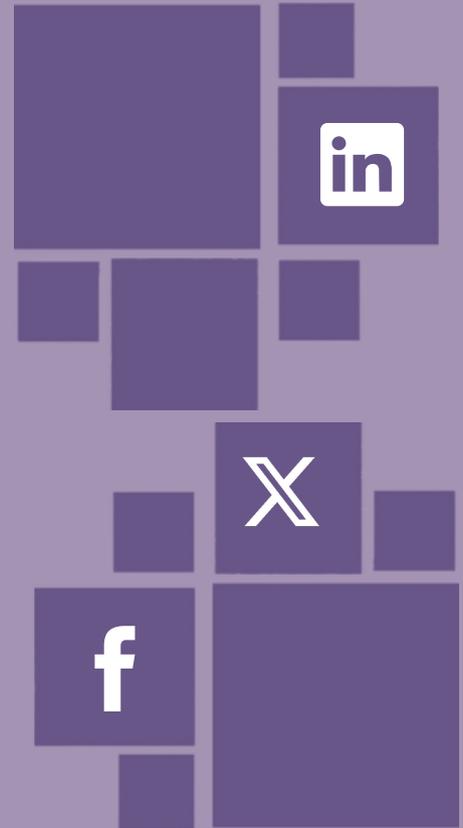
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