

SoPH NEWS

The UCC School of Public Health e-Newsletter



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WE WELCOME YOUR SUBMISSIONS

SoPH News is published quarterly by The School of Public Health, University College Cork. Please send questions or submissions to Ana at acontrerasnavarro@ucc.ie.

ISSUE 32 CREDITS

EDITOR:

Ana Contreras Navarro

CONTRIBUTORS:

Brendan Palmer, Caleb Leduc, Etain Caldwell, Eve Griffin, Fiona Riordan, Frances Buckley, Frances Shiely, Janas Harrington, Jennifer Pallin, Karen Matvienko-Sikar, Katerina Kavalidou, Kerrie Louise Gallagher, Margaret Steele, Monica O'Mullane, Niall McTernan, Nickola Pallin, Seán Millar, Tania McCollum, Zubair Kabir

MEDIA PROMOTION:

Caroline Seacy

SCHOOL MANAGER:

Felicity Lee

COVER PHOTO:

Tomás Tyner

Welcome to the Summer 2023 Edition



Dear Colleagues,

Welcome to latest issue of The School of Public Health (SoPH) e-newsletter. I would like to thank all of the SoPH staff sincerely for your commitment and very impressive updates and achievements over the past months, which represents huge energy and inspiration. I also would like to thank colleagues in the NSRF, CRF-UCC and HSE Public Health for their valuable input into the many teaching, research and other activities within the School.

This issue covers the most recent events, including the Summer Conferring; the SoPH Strategic Away Day; the Seminar entitled 'Making a Difference in Public Health' organised to celebrate 26 years of service dedicated to Public Health and Epidemiology by Professor Ivan Perry, Founding Head of the SoPH; the EU-Burden COST Action Workshop, organised locally by Dr Zubair Kabir, and many other activities. In this issue, we are also sharing research updates, such as the launch of projects spanning many pressing public health concerns, mental health challenges, as well as the problematic use of drugs in high-risk communities and the impact of climate change on health; and conferences and workshops attended over recent months. I congratulate Dr Karen Matvienko-Sikar and Dr Frances Shiely, as well as the EU Horizon PROSPERH project - which involves both the SoPH and the National Suicide Research Foundation - for being successful on recent grant applications!

In addition, I would like to welcome Dr David Healy who joined Dr Sheena McHugh on a project that aims to optimise feedback to healthcare practitioners and improve diabetes care.

I hope you enjoy reading this issue.

Best wishes,

Professor Ella Arensman

TEACHING NEWS

Comhghairdeas le rang 2023!

The Summer Conferring ceremony was celebrated on the 23rd of June, with 28 graduates for the BSc in Public Health Sciences and one student for the Masters in Occupational Health.

Professor Ella Arensman, Head of School of Public Health and Chief Scientist at the National Suicide Research Foundation, said *"Congratulations, many congratulations. Your achievements represent a huge effort and sacrifice. We are grateful for your dedication to the pursuit of excellence, be it in patient care, research or for the benefit of patients and entire populations."*



UCC President, Professor John O'Halloran, emphasized the core values instilled to students during their time in UCC: respect, ambition, compassion, resilience, and integrity.

[#GraduateAttributes](#)

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



SCHOOL NEWS

Key Milestone Reached: Strategic Away Day Organised

On the 1st of June, the School of Public Health hosted its Strategic Away Day at the historic Nano Nagle Place. This event served as a platform to discuss strategic objectives for the coming years and to reflect on experiences and achievements over the past years.



Each of the talks presented below were followed by discussion tables which fed into the School's strategic plan.

- How can we improve our engagement at University, local, national, and international levels? - led by **Dr Maura Smiddy**.
- Learning from COVID-19: how should the School prepare for future Public Health emergencies? - led by **Ms Colette Cunningham**.
- How can we support staff to conduct high quality, high impact research in Public Health? - led by **Dr Darren Dahly**.
- Communication, Cohesion and Collaboration - led by **Prof Ella Arensman**.

MAKING A DIFFERENCE IN PUBLIC HEALTH

On the 22nd of June 2023, more than 150 people convened at the Aula Maxima to celebrate the retirement of Professor Ivan Perry, Founding Head of The UCC School of Public Health.

An impactful Seminar entitled "Making a difference in Public Health" was organised by Professor Ella Arensman and SoPH staff to honour Professor Ivan Perry's local, national and international leadership in Public Health, spanning over 26 years.



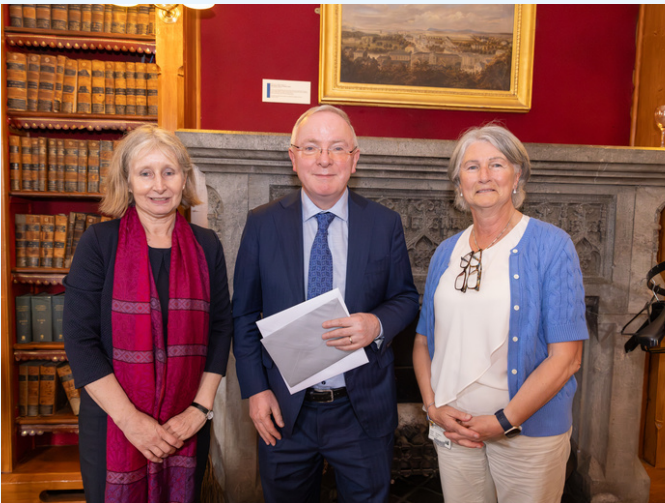
Prof Ivan Perry with his wife Prof Mary Cahill, and three children, Margaret, Eon and Conor.



Prof Helen Whelton, Head of the UCC College of Medicine and Health, joined remotely to share a warm message for Prof Ivan Perry at the "Making a Difference in Public Health" seminar.



Almas Khan, SoPH alumnus.



Prof Ella Arensman, Head of SoPH and Eileen Williamson, Chief Executive Officer NSRF, presented gifts to Prof Ivan Perry in appreciation for his invaluable dedication to the UCC School of Public Health.



Prof Ivan Perry and Prof Harry Rutter.



Prof Ivan Perry received a "Book of Memories" from colleagues wishing him a happy retirement. Pictured with Prof John O'Halloran and Dr Ana Contreras Navarro.



Prof Ivan Perry, with Dr Fiona Geaney (Left) and Olivia Beck, MSc (Right), from *Food Choice at Work* programme.



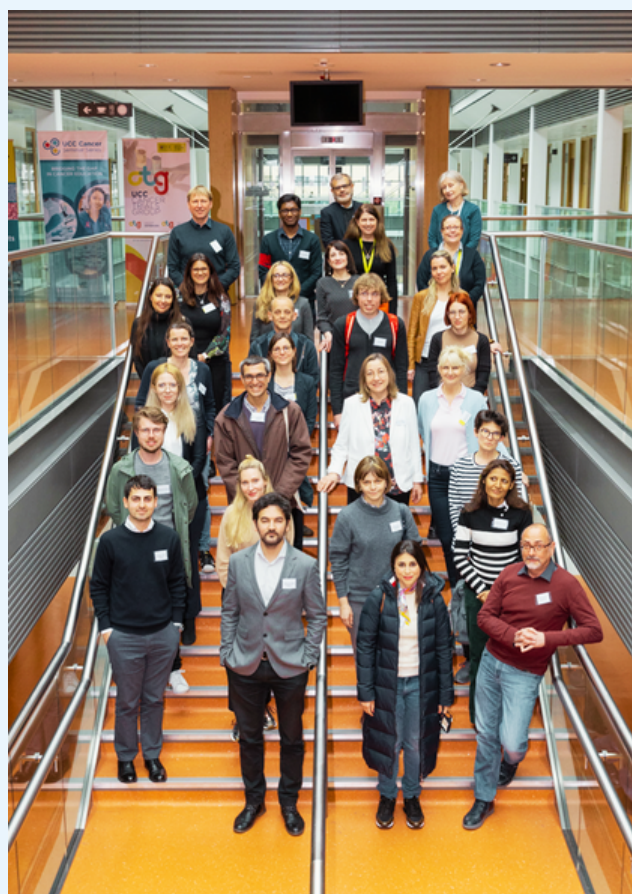
Dr Zubair Kabir and Prof Ivan Perry sharing a good moment at the UCC Staff Common Room, where the reception was celebrated.



EU COST Action Workshop on the Burden of Disease Knowledge Translation in UCC

The 4-year project on Burden-EU COST Action started in 2019 and focuses on the exchange of knowledge on methodologies, data handling and the link with policy makers regarding the Burden of Disease approaches. A 2-day workshop on Knowledge Translation (KT) was organised in April 2023 (17-18th) in UCC at the School of Public Health for the members of this COST Action European Burden of Disease Network. A hybrid model was adopted. In total, 31 delegates attended this workshop (four online) from more than 25 countries, including the United States. The workshop's chair Dr Henk Hilderink from RIVM, Netherlands co-hosted this with the local organizer, Dr Zubair Kabir of the School of Public Health, who is the Irish lead on this EU COST Action project, which is coordinated by Professor Brecht Devleesschauwer of Sciensano, Brussels.

The workshop included opening and concluding remarks from the Head of School of Public Health, Professor Ella Arensman, and the Head of College of Medicine and Health, Professor Helen Whelton, respectively. Representatives from 15 countries, including Ireland, delivered pitch presentations on the progress of Burden of Disease Studies in their respective countries. Dr Christopher Ryan, Head of Research Services and Policy at the Department of Health in Ireland, spoke on "The Global Burden of Disease: Policy Feedback from Ireland". Dr Tanja Kuchenmueller, Head of the Evidence to Policy and Impact Unit at the World Health Organization (WHO) spoke on KT and the newly-established EVIPNet (EVIDENCE-INFORMED POLICY NETWORK) at the WHO. Dr Paul Kavanagh from the HSE Health Intelligence Unit had an insightful presentation on views from the front line on using evidence and information to influence public health policy from an Irish perspective. The workshop concluded with a guided tour of the picturesque spring UCC campus led by Ms Edel Burton of the School of Public Health!



Participants of the 2-day workshop led by Dr Zubair Kabir on knowledge translation for EU Cost-Action project on Burden of Disease.

The COST Action project team acknowledges the local organising team comprising Ms Felicity Lee, Ms Vicky Murphy, Ms Frances Buckley, Mr Paul Kelly and the Kylemore catering services for their valuable contributions.

‘Mental Health Promotion and Intervention for Occupational Settings’ (MENTUPP) Continues to Promote Mental Health and Wellbeing in the Workplace

The European Union’s Horizon 2020 research and innovation programme four-year funded project, **MENTUPP**, led by Professor Ella Arensman, recently held the Consortium’s project month 42 plenary meeting in a hybrid meeting format. Members of the project within the School of Public Health (Dr Caleb Leduc and Karen Mulcahy) and the National Suicide Research Foundation (Dr Paul Corcoran and Dr Eve Griffin – also affiliated to the SoPH – and Dr Mallorie Leduc) joined colleagues from 18 **MENTUPP** Consortium partners representing 11 European countries, Australia, and the USA, both in-person in Durrës, Albania and online for meetings, discussion, project planning and a writing day from 7–9th June 2023.



The **MENTUPP** Consortium continues to build momentum working through the final year of the project, with the first publication from their pilot trial study highlighting positive results on three long-term outcomes, including mental wellbeing, symptoms of anxiety and personal stigmatising attitudes towards depression and anxiety with worker participation from 25 small to medium sized enterprises in eight European countries and Australia (see: <https://doi.org/10.1186/s12889-023-16092-x>).

The protocol manuscript for the cluster randomised controlled trial (cRCT), ‘Implementation and evaluation of a multi-level mental health promotion intervention for the workplace (**MENTUPP**): Study protocol for a cluster randomised controlled trial’ has recently been accepted for publication to BMC Trials. As the cRCT and broader project enters its final stages, the **MENTUPP** Consortium remains committed to communicating and disseminating learnings and findings to promote mental wellbeing in the workplace across a number of academic and applied settings.



Dr Karen Matvienko-Sikar Awarded Flinders University Visiting International Research Fellowship

Dr Karen Matvienko-Sikar was recently awarded a Flinders University Visiting International Research Fellowship. Dr Matvienko-Sikar is a Lecturer in the School of Public Health and a HRB Emerging Investigator and Principal Investigator on the EIA-SCOPE project. Her research focuses on childhood obesity prevention, maternal health and wellbeing during the perinatal period, as well as health behaviours and psychophysiological indicators of well-being. Methodologically, Dr Matvienko-Sikar has expertise in intervention development, outcomes research, evidence syntheses and trial methodology.



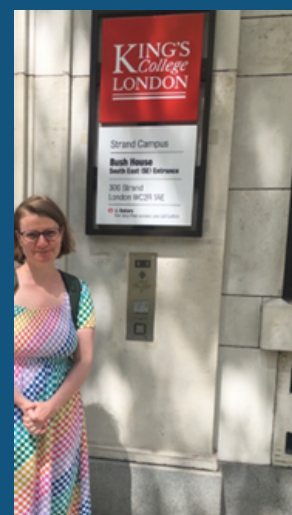
Dr Matvienko-Sikar (fourth from right) and the Child and Families Research team in the Caring Futures Institute

In April 2023, Dr Matvienko-Sikar was hosted as a Visiting International Researcher at the Child and Families Research team in the Caring Futures Institute at Flinders University. During her visit, Dr Matvienko-Sikar presented a keynote seminar to staff at the Caring Futures Institute at Flinders University on 'Supporting maternal and child health in the first 1000 days'. Dr Matvienko-Sikar also delivered an invited seminar to Wellbeing South Australia, which is a state government agency supporting the health and well-being of South Australians. Dr Matvienko-Sikar's visit to Flinders University in South Australia facilitated knowledge exchange, enhanced collaboration and fostered capacity building and professional development for researchers and health professionals across multiple institutions.

Summer Masterclass on Implementation Science in King's College London

Dr Monica O'Mullane shares her experience participating in an implementation science masterclass in London this summer.

"I participated in an Implementation Science Masterclass in Kings College London, organised by the National Institute for Health Research Applied Research Collaboration (NIHR ARC) South London. It was a fantastic experience overall. I attended lectures on different aspects of Implementation Science (IS) theories and frameworks. I also attended workshops relevant to my research on Health Impact Assessment (HIA-IM), including one on enhancing equity in IS research and strengthening co-creation in community engagement when using IS frameworks. I found meeting experts in the field really beneficial. Meeting other researchers, and swapping contacts with some, who are doing similar research to me, was such a brilliant outcome of the masterclass too."



New study to begin on problematic opioid use

Congratulations to Dr Michael Hanrahan who has been appointed as a Research Support Officer to conduct a study on problematic opioid use in Ireland. Working with Principal Investigator Dr Seán Millar of the School of Public Health, Michael will determine the prevalence of problematic opioid use in Ireland for the years 2020–2022 by age, sex, city, Community Health Organisation (CMO) area, Regional Drug and Alcohol Task Force area and regional health area.

Drug prevalence figures are a valuable tool for assessing treatment needs and offer a realistic basis for estimating the social costs of problematic drug use. In addition, the regular production of estimates facilitates the tracking of changes in drug use over time. One of the key methodologies favoured by the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) for determining the number of opioid users in a population is the capture-recapture method.

Capture-recapture methodology is useful for estimating the size of hidden populations, such as opioid drug users. It requires the use of two or more independent lists of known drug-users. The degree of overlap between these lists allows statistical models to be created to determine the size of the uncaptured population. For this study, the School of Public Health will draw on data from treatment clinics, GPs, prisons and the Irish probation service. This is the second study to be undertaken by the School of Public Health on problematic opioid use in Ireland. Welcome back Michael and we wish you success on this project!



Dr Michael Hanrahan, who will lead on data collection and analysis for the opioid prevalence study.

E-SHEILD: Enabling Students and Higher Education Institutions to Lead the Response on Drugs

The UCC **MyUSE** Research Group is to receive €293,988 funding over the next three years under the Irish Department of Health's National Drug Prevention and Education Funding Programme. The programme aims to increase the delivery of prevention programmes in Ireland that are supported by evidence and adhere to international prevention standards.

The **MyUSE** Research Group includes Dr Seán Millar of the School of Public Health, Dr Michael Byrne, Head of UCC Student Health, Dr Samantha Dockray and Dr Conor Lineham, Senior Lecturers in the School of Applied Psychology, Dr Ciara Heavin, Professor of Business Information Systems, and Dr Martin Davoren, Executive Director of the Sexual Health Centre in Cork City.

E-SHEILD continued

Funding will be used to enact the Enabling Students and Higher Education Institutions to Lead the response on Drugs (E-SHEILD) programme. This programme will support students and Higher Education Institutions (HEIs) to reduce harms experienced through drug use. It also aims to reduce the overall number of students choosing to take drugs. Each participating Irish HEI will be provided with MyUSE, a mobile app/web-based prevention, education and behavioural change intervention that aims to:

- increase mindful decision-making with respect to drug-use,
- cultivate harm-reduction practices, and
- promote alternatives to drug-use activities.

MyUSE is a new evidence-informed mobile app that has been purpose-developed for students in higher education. Specific evidence-based behaviour-change techniques are delivered via the clinical algorithm contained within the app.



For further information about the E-SHEILD programme please contact Dr Seán Millar at s.millar@ucc.ie.

CLIMATEMED: KNOWLEDGE ABOUT CLIMATE CHANGE HEALTH IMPACTS IS HERE

Dr Frances Shiely is Ireland lead on an EU project on the health impacts of climate change. In collaboration with partners in University of Pecs and the National Public Health Center, Hungary, Universitatea de Medicina, Farmacie, Stinte si Tehnologie, Romania and Center for Health, Exercise and Sport Science, Serbia, the **CLIMATEMED** project has four phases, with the ultimate goal of providing an education curriculum on the health impacts of climate change for use in medical schools, and schools of Public Health, across Europe.

Dr Shiely will teach a new module, an output from this project, to the undergraduate BSc Public Health Sciences students in January 2024.



Click on the logo for further information on the project:



Conferences



9th International Symposium on the Diabetic Foot in Galway



Jennifer Pallin, PhD Student, delivered an oral presentation titled "Appraisal of Charcot neuroarthropathy guidelines across Europe using the AGREE-II tool" as part of her international work with the Diabetic Foot Study Group (DFSG). She also presented two poster presentations on work carried out as part of her PhD and two poster presentations on work carried out with University Hospital Galway. This conference, held every four years, is the largest meeting worldwide devoted to lower extremity problems in diabetes.

Pictured: Prof Sean Dinneen, University of Galway, with Dr Claire Buckley and Ms Jennifer Pallin at the 9th International Symposium on the Diabetic Foot.

Implementation Research Scientific Conference held in Bilbao

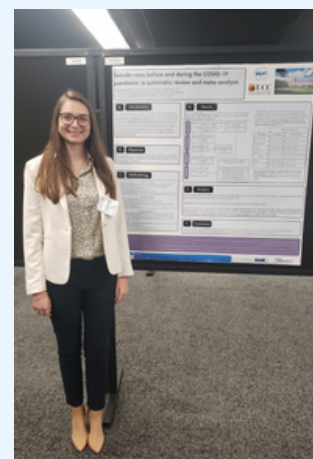


Nickola Pallin, SPHeRE PhD scholar, delivered an oral presentation at the Implementation Research Scientific Conference held in the University of Deusto, Bilbao from 12–14th June 2023. The title of Nickola's presentation was "Understanding determinants of implementing self-management support in cancer services: a practical application of theory to guide tailoring of strategies". This talk was delivered as a case study on the use of implementation science methods to guide the understanding of barriers and enablers to implementing self-management support in cancer care services.

Society for Epidemiological Research Meeting in Portland, Oregon

A recent Master of Public Health (MPH) graduate, Ana Paula Varella, presented work undertaken as part of her MPH thesis at the Society for Epidemiological Research (SER) Meeting in Portland, Oregon in June.

Ana's thesis was entitled "Suicide rates before and during the COVID-19 pandemic: a systematic review and meta-analysis." Ana was supervised by Dr Zubair Kabir and Dr Eve Griffin.



Conferences



FEAST Presentation at the European Congress on Obesity



The 30th European Congress on Obesity took place in Dublin in May 2023. The Congress was co-sponsored by the European Association for the Study of Obesity (EASO) and the Association for the Study of Obesity on the Island of Ireland (ASOI). Its programme attracted over 1600 delegates from across Europe and beyond over four days at the Convention Centre. SoPH was represented by Dr Janas Harrington, event speaker, as well as by postdoc Margaret Steele, who gave a guided poster presentation on the implementation of the Business Impact Assessment on Obesity and Population Health (BIA-Obesity) in Ireland. The poster represents work carried out as part of the EU Farm2Fork FEAST project by Drs Harrington and Steele, research assistant Shannen Hussey and SoPH undergraduate Claire Griffin, who did her work placement in the School over the summer.

BIA-Obesity is a tool and process developed by International Network for Food and Obesity/Non-communicable Diseases Research, Monitoring and Action Support (INFORMAS, www.informas.org) to assess how food industry policies and practices impact the food environment. The aim of BIA-Obesity is to establish a benchmark of food companies' publicly available commitments in the domains of corporate nutrition strategy, product formulation, nutrition labelling, product and brand promotion, product accessibility, and relationships with other organisations. This work builds on the implementation of INFORMAS's Healthy Food Environmental Policy Index (Food EPI) in Ireland, which assessed the impact of government policies and infrastructure. BIA-Obesity is simultaneously being conducted in Portugal and Belgium, and we look forward to presenting a multi-country comparison as well as our final results for Ireland in the coming months.

Royal College of Physicians for Ireland – Faculty of Public Health Summer Scientific Meeting



Jennifer Pallin, PhD student, delivered an oral presentation entitled "Early detection of risk factors for diabetic foot ulceration – does it meet the principles of population-based screening? A scoping review of the literature" at the Royal College of Physicians of Ireland Summer Scientific Meeting. The meeting was held on the 23rd and 24th May. The presentation outlined key findings of a scoping review carried out as part of Jennifer's PhD.

Conferences



6th UK & Ireland Implementation Research Conference

Members of the Health Research Implementation Hub (HIRH) attended the 6th UK and Ireland Implementation Research Conference, jointly hosted by the Health Implementation Science and Technology (HIST) cluster at the University of Limerick (UL) and NIHR ARC South London. The hybrid conference took place in UL on 13th and 14th July and featured a mix of rapid fire poster presentations, oral presentations, meet the expert sessions, and several excellent keynotes from seminal speakers in the field, including Prof. Enola Proctor – in her talk she reflected on progress in implementation science (see ‘Ten years of implementation outcomes research: a scoping review’).

The HIRH team presented on several pieces of ongoing work:

- **Dr Jane Murphy** delivered a rapid-fire presentation on a mixed methods evaluation ‘Stakeholder’s experiences of tailoring implementation of the DAFNE structured education programme for type 1 diabetes’.
- **Laura-Jane McCarthy** presented a rapid-fire presentation on ‘Tailoring implementation strategies which target patients in healthcare contexts: protocol for a scoping review sub-study’.
- **Dr Fiona Riordan** presented on an ongoing Cochrane review ‘Tailored strategies to address determinants of practice: A systematic review protocol’.
- **Nickola Pallin** presented on two studies from her PhD:
 - ‘What is needed to implement self-management support (**SMS**) in cancer care delivery? A qualitative study of **SMS** implementation in Ireland’.
 - ‘Barriers and enablers to participating in self-management support among those living with and beyond cancer: a qualitative study informed by the TDF and COM-B’.



UPDATES FROM THE NSRF



Bereavement Survey Dissemination Workshop

From March 20-24th, NSRF shared learnings in a workshop where service providers and planners discussed the findings of **AfterWords**, a survey of people bereaved by suicide in Ireland, performed through the NSRF's social media channels. The topics covered in the survey were the following:

- ▶ What support services should be available for people bereaved by suicide?
- ▶ What challenges might we encounter when trying to enhance support services?
- ▶ Bearing in mind the challenges, what steps do we need to take to improve services?

A summary of learnings can be found here:

<https://www.hugg.ie/news/afterwords-a-survey-of-people-bereaved-by-suicide-in-ireland/>



Suicide and Self-harm Early and Mid-Career Researchers' Forum

Dr Grace Cully and Dr Selena O'Connell attended and presented at the Suicide and Self-harm Early and Mid-Career Researchers' Forum in Glasgow on June 15th and 16th. Grace and Selena presented on the following topics:

- ▶ Evaluation of a national clinical programme for the management of self-harm in hospital emergency departments.
- ▶ HUGG Ireland peer support groups for people bereaved by suicide.

HSE National Office for Suicide Prevention 'Suicide Prevention: Connecting Research & Practice' Conference

Dr Eve Griffin presented key findings and implications from Ireland's first Suicide Bereavement Survey at the 'Suicide Prevention: Connecting Research and Practice' Conference, organised by the HSE National Office for Suicide Prevention on April 26th. Eve also presented findings at the National Bereavement Forum on June 16th.



UPDATES FROM THE NSRF

Self-Harm Registry Awareness Campaign

Over the months of April and June 2023, the NSRF launched a Self-Harm Registry Awareness campaign, consisting of information sharing, informative videos and updated website material.

Find out more here: <https://www.nsrp.ie/self-harm-registry/>



4th EAAD-BEST Plenary Meeting



Prof Ella Arensman, Almas Khan, Aileen Callanan and Dr Anvar Sadath attended the 4th EAAD-BEST Plenary meeting on April 28th. The meeting was held in person in Leuven, Belgium with hybrid facilities.

European Economic & Social Committee Meeting



Prof Ella Arensman attended and presented at the European Economic and Social Committee in Brussels on April 27th. The stakeholder meeting was organised as part of the EAAD-BEST project.

Mind Matters COI Seminar on 'Mental Health and Suicide'



Prof Ella Arensman and Dr Eve Griffin presented at a Church of Ireland (COI) Mind Matters seminar on 'Mental Health and Suicide' on April 22nd on the following topics:

- ▶ Suicide bereavement support.
- ▶ Improving awareness & care for people with depression.

UPDATES FROM THE NSRF

NSRF & SPH organised Seminar on ‘Impact of Bereavement by Suicide on Adolescents and Parents’

The NSRF and the School of Public Health welcomed Dr Karl Andriessen to UCC on Thursday 25th May.

Dr Andriessen presented on the ‘Impact of bereavement by suicide on adolescents and parents’, with over 200 people in attendance in person and online.

The poster is divided into two main sections. The left section, on a blue background, contains the following text: 'SEMINAR SERIES 2023', the UCC School of Public Health logo, the National Suicide Research Foundation logo, 'THE SCHOOL OF PUBLIC HEALTH AND NSRF INVITE YOU TO ATTEND OUR MAY SEMINAR presented by Dr Karl Andriessen', and 'All are welcome'. The right section, on a light blue background, contains the title 'IMPACT OF BEREAVEMENT BY SUICIDE ON ADOLESCENTS AND PARENTS AND IMPLICATIONS FOR SUPPORT', 'Presented by Dr Karl Andriessen', the date 'THURSDAY 25TH May 1.15PM – 2PM', the location 'Join us in person in Lecture Room 4.05 Western Gateway Building or online via Teams', and a registration link: 'Please click on the link below to register by Wednesday 24th May.' Below this text is a small portrait of Dr Karl Andriessen and a short biography: 'Karl Andriessen, PhD, is a Senior Research Fellow at the Centre for Mental Health in The University of Melbourne, Australia. He is co-founder and Chair of the Special Interest Group on Suicide Bereavement of the International Association of Suicide Prevention and is an advisor to several projects in the field of suicide prevention and bereavement. He also serves as Associate Editor of Death Studies. In recognition of his achievements, he received several awards, such as the 2005 IASP Farberow Postvention Award. He has published widely, including "Postvention in action: The international handbook of suicide bereavement support".'

Core Competency Framework for Suicide Prevention in Undergrad Students presented at the UCC CoMH Learning and Teaching Showcase

Colleagues in the NSRF presented a poster at the CoMH Learning and Teaching Showcase, which took place in UCC on June 16th. The poster was entitled “Developing a national curriculum in suicide prevention for healthcare students in higher education in Ireland”.



Ms Kerrie Gallagher

The module is based on a core competency framework for suicide prevention and aims to provide undergraduate healthcare students with the fundamental knowledge, skills, attitudes and confidence necessary to identify and work with individuals at risk of suicide. This project is currently in the design phase, with pilot implementation and evaluation planned for Semester 2 of the 2023/24 academic year. The project is led by Dr Eve Griffin, Dr Cliodhna O’ Brien, Dr Michelle O’ Driscoll and Ms Kerrie Gallagher, with valued input from various stakeholders, including student representatives, the National Office for Suicide Prevention, as well as healthcare lecturers and module co-ordinators across Higher Education Institutions in Ireland.

UPDATES FROM THE NSRF

DEPARTMENT OF HEALTH-FUNDED STUDY STARTS, SEEKING TO UNDERSTAND THE MENTAL HEALTH CHALLENGES AND SERVICES NEEDS FOR WOMEN FROM THE IRISH TRAVELLER COMMUNITY

Dr Katerina Kavalidou, Senior Postdoctoral Researcher at the National Suicide Research Foundation (NSRF), and Database Manager for the HSE National Clinical Programme for Self-Harm and Suicide-Related Ideation (NCPSHI) has been awarded Department of Health (DoH) funding.

The study aims to understand the mental health challenges and services needs of women from the Irish Traveller community, presenting to Emergency Departments (EDs) with suicidal ideation. Working on this project are Dr Isabela Troya, Postdoctoral Researcher from the NSRF and UCC School of Public Health, and Lecturer Dr James O'Mahony (Co-PI) from the School of Nursing and Midwifery at UCC.

Self-harm and suicide are major public health concerns, with certain ethnic minority groups being more vulnerable to suicidal behaviour. In Ireland, there are over 30,000 Irish Traveller people (0.7% of all Irish residents), who face multiple health disparities compared to non-Irish Travellers (eg, at least 13 years of reduced life expectancy). Irish Travellers are a high-risk group for suicide, being up to 7 times more likely to die by suicide compared to non-Irish Travellers, with older Traveller men and women having the highest risk of suicidal behaviours compared to the White settled population of Ireland [women over 50 years old: 6.79 (95% CI 4.37–10.57); men over 50 years old: 9.23 (95% CI 5.93–14.39)].

The 8-month project started in April 2023, and will be conducted across 11 EDs in Ireland, that report high prevalence of suicide-related ideation presentations from Traveller women. Based on previous research by Dr Kavalidou and NSRF colleagues, high rates of self-harm and suicide related ideation were found among Irish Traveller women compared to White Irish women (3.04 higher rates for suicide-related ideation and 3.85 higher rates for self-harm). The aim of the current DoH-funded project is to explore the experiences of Traveller women reaching Irish EDs for thoughts of self-harm or suicide. A qualitative research design will be used to answer the study's research objectives, using Interpretative Phenomenological Analysis via in-depth interviews with Irish Traveller women presenting with suicidal or self-harm ideation to the NCPSHI participating hospitals selected. A Lived-Experience/Public and Patient Involvement (PPI) member is also contributing to the study to help provide accessible information in the recruitment leaflets and research outputs of the project, while a narrative review is being conducted to help map all the existing evidence on the mental health needs of Traveller women reaching EDs in a suicidal crisis.

The findings of this study will help understand the appropriate suicide interventions needed for this minority group of women and recommend further policy for suicide and self-harm prevention for Traveller women at the healthcare level.

AWARDS

HRB Primary Care Clinical Trial Network Ireland Funding Success



Dr Karen Matvienko-Sikar was successfully awarded a HRB Primary Care Clinical Trial Network Ireland, Primary Care Research Seed Funding Award. The project, Refining the Choosing Health Infant feeding for Infant Health intervention and implementation strategy: Re-CHERISH, aims to build on previous finding from the CHERISH intervention. Specifically, it will refine recruitment processes and delivery of the CHERISH intervention to maximise the likelihood of successful future implementation and evaluation of the CHERISH intervention. In addition to colleagues from University of Galway, Trinity College Dublin, Flinders University, and the Mallow Primary Healthcare Centre, the Department of General Practice UCC, and the School of Nursing and Midwifery UCC, the project team includes Prof Patricia Kearney and Dr Kate O Neill from the School of Public Health.



Funding success in Core Outcome Sets



Dr Karen Matvienko-Sikar is a co-applicant on a recent University of Liverpool Harmonised Impact Acceleration Account Award: Using a Massive Open Online Course (MOOC) to increase Core Outcome Set uptake and impact. Core outcome sets are agreed-upon, standardised sets of the most important outcomes to be measured and reported in trials in specific health areas. Led by colleagues from the COMET Initiative, this project aims to promote the uptake of core outcome sets using MOOC to provide training to trialists and other users of core outcome sets.

New Appointment

DR FRANCES SHIELY IS A NEW MEMBER OF CREC

In June 2023, Dr Frances Shiely became a member of CREC (Clinical Research Ethics Committee of the Cork Teaching Hospitals) to provide expertise on trial methods and SWATs (Studies Within A Trial). If you are interested in conducting trial methods research, or embedding SWATs in your trials, contact Frances at f.shiely@ucc.ie.



Major EU Horizon Europe grant: PROSPERH



The School of Public Health has been successful with a major EU Horizon Europe grant: **PROSPERH** - Promoting Positive Mental and Physical Health at Work in a Changing Environment: A Multi-level Approach.



School of Public Health
Scoil na Sláinte Poiblí

In addition to the School of Public Health, the National Suicide Research Foundation is a Co-Lead in the PROSPERH project.



The **PROSPERH** project involves 19 partners and will run over 5 years, with a total budget of €6 million (€6.4 million including the Australian **PROSPERH** partners via EU-NHMRC).

Success in HRB-Trials Methodology Research Network Awards

The two projects are led by Dr Frances Shiely.

HRB-TMRN ARE DELIGHTED TO ANNOUNCE THE 2023 STUDY WITHIN A TRIAL (SWAT) FUNDING AWARDEE

Lead Applicant: Dr Frances Shiely
- HRB Clinical Research Facility,
University College Cork

Evaluating the feasibility and useability of the TMRN-TMRP Communication Wheel for trials: A non-randomised SWAT process evaluation using RE-AIM.



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HRB-TMRN ARE DELIGHTED TO ANNOUNCE THE 2023 WORKING GROUP FUNDING AWARDEES



Lead Applicant: Dr Frances Shiely - HRB Clinical Research Facility, University College Cork

Trial Forge Guidance 2 Extension: Reducing research waste by considering the cost-effectiveness of undertaking further SWATs on interventions.

MRC-NIHR-Trials Methodology Research Partnership Working Group: Health Economics



Lead Applicant: Prof Dominic Trepel - Trinity College Dublin

Development and evaluation of the utility of video tutorials in dissemination and implementation of trial reporting guidelines.

MRC-NIHR-Trials Methodology Research Partnership Working Group: Outcomes

This scheme is open to Irish members of the MRC-NIHR-TMRP Working Groups, and require collaboration with UK based group members. Full details are available: <https://www.hrb-tmrn.ie/research-innovation/working-group-funding/>

MEET

Dr David Healy

David Healy is a Postdoctoral Researcher working with Dr Sheena McHugh on the APA project 'Optimising practice feedback to improve diabetes care' ([OPTI_AUDIT_GP](#)). He completed an undergraduate degree in Applied Psychology at UCC and a masters in Health Psychology at the University of Galway. As part of his PhD at the University of Galway, he developed and optimised a health behaviour change intervention to support retired and non-working adults to reduce their time spent sedentary using immersive virtual reality.



[People | David Healy \(ucc.ie\)](#)

David has taught several topics in the School of Psychology and College of Medicine, Nursing & Health Sciences at the University of Galway, including research methods and statistics in psychology; health behaviour change interventions in gerontology; and digital health behaviour change interventions in health psychology. His research interests include digital health intervention development and implementation, co-production approaches in health research, and research methods in psychology.



Ms Etain Cantwell

Etain, BSc Public Health Sciences student, shares her experience working in the SPH over the summer.

This summer, I was delighted to receive the opportunity to work with the SPH Food Policy Research Team. I supported Dr Ana Contreras Navarro with her work on the EU Best-ReMaP Joint Action. This project focuses on enhancing national policies influencing food product reformulation, marketing, and procurement to improve the European food environment.

I must admit, it was strange, at first, to finally be on the 'other side' of academic research! After two years largely spent mining through academic journals in the library, I was finally able to put my skills to use and began conducting a critical appraisal of papers included in a systematic review concerned with children's food marketing codes. Albeit tedious at times, to truly understand the work that goes into a piece of academic research, and to see my work come to fruition, was both eye-opening and rewarding.

As an undergraduate student, the field of Public Health can be daunting. You are bombarded with multi-dimensional health and social issues, often detailed using extravagant language in academic journals. However, my time spent working in the School reassured me of the accessible and fulfilling nature of this sphere of academia. Although a vast and everchanging field of study, it is certainly exciting to be a BSc Public Health Sciences student!

UPCOMING EVENTS



Data Management in Health Research - You're funded but are you ready to be FAIR?

25th October 2023, Creative Zone, UCC Library

Sonraí ([Irish Data Stewardship Network](#)) aims to develop and support data stewardship skills across the national research landscape through raising the profile data stewards, greater recognition of the need for data stewardship, professionalisation of the role of data steward, and knowledge dissemination throughout this emerging community. This symposium is part of a wider project funded by the National Open Research Forum aiming to identify and organise staff engaged in data stewardship through a series of national roadshows.

What does a Data Steward do?

While there is no universally agreed definition of data stewardship, there is a range of tasks and skills that form part of everyday research activities. These can include: research data management planning; metadata creation and application; database management; data curation and preservation; supporting Open Data and the FAIR principles; data infrastructure development and management; teaching and skills development for researchers; open research advocacy; and policy development.

So a data steward supports many tasks associated with the overall research objectives of a project. These activities take place throughout the research lifecycle from planning the research, capturing the data, analysis, report dissemination, to post-project preservation and data sharing.

Who should attend?

On the 25th October, 'data stewards' working in health-focused research are invited to join the conversation. All major funders require engagement with FAIR data management practices. There is also an expectation that the data captured during the research is made 'as open as possible, yet as closed as necessary'. This is set against a backdrop of data protection rights on behalf of the patient and responsibilities on behalf of the researcher where explicit consent for the processing of those personal data must be outlined, obtained and adhered to.

Data Management in Health Research continued

Few job descriptions identify staff roles as ‘data steward’. However, data stewardship responsibilities may informally account from 0.1 FTE and upwards in many instances. We encourage any staff therefore with job roles and responsibilities as outlined above to join us on the day.

Programme

The day will comprise of two sessions. In the morning, a national networking event for staff engaged in data stewardship will take place. An understanding of shared activities and roles will be developed which will feed into the establishment of a wider network of data stewards extending to all research disciplines.

The afternoon session will begin with a panel discussion including HRB and SFI representatives on their aspirations for researcher adoption of FAIR data management practices and the maturation of funder policy in the coming years. The day will conclude with invited speakers in the health research space outlining their experiences with respect to FAIR data management and the observed downstream benefits of the intersection between increased data quality and enhanced research integrity.



Registration for the symposium will open in September.

Contact b.palmer@ucc.ie if you require further information.



Data Management in Health Research
You're funded but are you ready to be FAIR?

SYMPOSIUM, 25TH OCTOBER 2023
MORNING SESSION
SONRAÍ – IRISH DATA STEWARD NETWORKING EVENT

AFTERNOON SESSION
HEALTH DATA IN AN OPEN RESEARCH LANDSCAPE

Contact b.palmer@ucc.ie for more information

CRF-UCC | UCC | Library Leabharlann | HRB | SFI



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Irish Implementation Science Training Institute

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Spring/Summer 2024

- Introductory and advanced topics in implementation science (IS)
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- Networking and mentoring opportunities

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 Geoff Curran	 Bianca Albers	 Byron Powell	 Jonathan Purtle	 Rachel Shelton	 Justin Presseau
 Sheena McHugh	 Michael Sykes	 Fiona Riordan	 Rachel Flynn	 Elaine Toomey	

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Closing date **18th October 2023** (12 noon GMT)
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School of Public Health



PUBLICATIONS

Peer-reviewed

- Elliott PS, Harrington JM, Millar SR, Otvos JD, Perry IJ, Phillips CM. Plant-based diet indices and lipoprotein particle subclass profiles: A cross-sectional analysis of middle-to older-aged adults. *Atherosclerosis*.
- Fotini T, Evelien C, Hans DW, Ella A, Benedikt A, Arlinda CP, Paul C, Johanna CS, Grace C, Ditta TM, Birgit G. Outcome assessment of a complex mental health intervention in the workplace. Results from the MENTUPP pilot study. *International Archives of Occupational and Environmental Health*.
- Kavalidou K, Zorteza TC, Griffin E, Troya MI. Profile of people attending emergency departments with thoughts of self-harm and suicide: A descriptive study of a nurse-led programme in Ireland. *International journal of mental health nursing*.
- McTernan N, Griffin E, Cully G, Kelly E, Hume S, Corcoran P. The incidence and profile of self-harm among prisoners: findings from the Self-Harm Assessment and Data Analysis Project 2017–2019. *International journal of prisoner health*.
- Mongan D, Millar SR, O'Dwyer C, Galvin B, Smyth BP. Trends in public attitudes to permitting cannabis for recreational use: analysis of Irish survey data since 2002. *European journal of public health*. 2023.
- O'Leary E, Millar SR, Perry IJ, Phillips CM. Association of adverse childhood experiences with lipid profiles and atherogenic risk indices in a middle-to-older aged population. *SSM-Population Health*.
- Pallin ND, O'Connor M, Gannon A, Browne J, Cahill MR, O'Shea D. Experiences of and preferences for self-management among low grade non-Hodgkin's lymphoma survivors: A qualitative interview study. *European Journal of Oncology Nursing*.
- Pownall M, Azevedo F, König LM, Slack HR, Evans TR, Flack Z, Grinschgl S, Elsherif MM, Gilligan-Lee KA, de Oliveira CM, GJoneska B. Teaching open and reproducible scholarship: a critical review of the evidence base for current pedagogical methods and their outcomes. *Royal Society Open Science*.
- Riordan F, O'Mahony L, Sheehan C, Murphy K, O'Donnell M, Hurley L, Dinneen S, McHugh SM. Implementing a community specialist team to support the delivery of integrated diabetes care: experiences in Ireland during the COVID-19 pandemic. *HRB Open Research*.
- Rychlickova J, Nagy V, Shiely F, Cechova Z, Nebeska K, Mouly S, Kovacs GL, Nemeth A, Oliveira T, Maia S, Batuca J. Training clinical trial teams of the future: open online teaching programs. *European Journal of Clinical Pharmacology*.
- Sadath A, Troya MI, Nicholson S, Cully G, Leahy D, Ramos Costa AP, Benson R, Corcoran P, Griffin E, Phillip E, Cassidy E. Physical and mental illness comorbidity among individuals with frequent self-harm episodes: A mixed-methods study. *Frontiers in Psychiatry*.
- Sánchez TE, Byrne M, Meaney S, Matvienko-Sikar K. A systematic review of behaviour change techniques used in the context of stillbirth prevention. *Women and Birth*.
- Shiely F, Murphy D, Millar SR. Clinical research nurse predictions of trial failure, recruitment and retention: a case for their early inclusion in trial design. *Trials*.
- Silke C, Brady B, Devaney C, O'Brien C, Durcan M, Bunting B, Heary C. Youth suicide and self-harm: latent class profiles of adversity and the moderating roles of perceived support and sense of safety. *Journal of youth and adolescence*.

RECENT PUBLICATIONS continued

- Sinyor M, Hawton K, Appleby L, Armstrong G, Ueda M, Gunnell D, Kapur N, Chang SS, Arensman E, O'Connor RC, John A. The coming global economic downturn and suicide: a call to action. *Nature Mental Health*.
- Stamenic D, Harrington JM, Millar SR, Delaney L, Gajewska KA, Buckley CM, McHugh SM, Perry IJ, Kearney PM. Cohort profile update: The Cork and Kerry Diabetes and Heart Disease Study. *HRB Open Research*.
- Steele M, Finucane FM. Philosophically, is obesity really a disease?. *Obesity Reviews*.
- Tsantila F, Coppens E, De Witte H, Abdulla K, Amann BL, Arensman E, Aust B, Creswell-Smith J, D'Alessandro L, De Winter L, Doukani A. Developing a framework for evaluation: a Theory of Change for complex workplace mental health interventions. *BMC Public Health*.

Additional publications

- Al-Shamaa N, Karthikeyan R, Kelly E, Shiely F, Henn P, Divala T, Philip Fadahunsi K, ODonoghue J. A Systematic Review Investigating the Characteristics of Health-related Data Collection Tools Used in Randomised Controlled Trials in Low- and Middle- Income Countries. *PROSPERO*. 2023.
- Harrington J, Kenny T, O'Mahony L. Review of international practice on building 'sustainability' into national healthy eating guidelines and practical implications for policy. *safefood*. The report and executive summary can be downloaded [here](#).
- O'Brien O, Owens S, Stanton A, Allman J, Browne S, Cox J, Fitzgerald R, Harrington J, Morrissey J, Tierney A [Climate and Health Alliance sustainable diets working group]. *Fixing Food Together: Transitioning Ireland to a healthy and sustainable food system*. Climate and Health Alliance. 2023.

SPH in the press:

What are we doing to prevent diabetes-related limb amputations?

Updated / Tuesday, 11 Apr 2023 15:47



Someone undergoes a leg amputation due to diabetes mellitus every 20 seconds in the world. Photo: Getty Images

Analysis: In Ireland, the risk of limb amputation is 22 times higher than average in people with diabetes. What are we doing to prevent it?

By [Jennifer Pallin, UCC](#); [Lauren Connell](#) and [Chloe Hobbs, University of Galway](#)

Irish Examiner
NEWS SPORT LIFESTYLE OPINION

IN FOCUS: Constituency Review Clonmel Tragedy Ukraine Electric Picnic RWC 23 Cork Club Champions

'Our diet is the issue'; Expert calls for no-fry zones and tough laws to tackle obesity

Public health expert, Dr Margaret Steele, called for more focus on prevention rather than targeting individuals for their own weight. Pictures: Cian O'Regan

On our radar:

nature

nature > news > article

NEWS | 18 August 2023

WHO's first traditional medicine summit splits opinions

The World Health Organization says the world-first summit will take an evidence-based approach – some are sceptical that much progress will be made.

[Gayathri Vaidyanathan](#)





CONTACT US

SCHOOL OF PUBLIC HEALTH
Fourth Floor
Western Gateway Building
University College Cork
Cork, Ireland

General inquiries:

Tel 00353 21 420 5500

email: schoolofpublichealth@ucc.ie

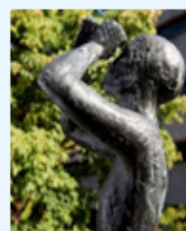
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