



ISSUE 33

SOPH NEWS

Welcome to the 33rd Edition of SoPH News



Dear Colleagues,

Welcome to the Winter edition of SoPH News – The School of Public Health (SoPH) e-newsletter, which as you can see has been ‘wrapped in a new coat’.

This Newsletter provides a unique opportunity to showcase our tremendous achievements in teaching, research and civic and community engagement.

I want to express my heartfelt gratitude to all SoPH staff for your remarkable dedication, progress, and accomplishments in recent months. I particularly would like to acknowledge the high-quality teaching delivery and the supervision to the many students who completed their dissertations over the past year.

Additionally, I extend my appreciation to our colleagues in the NSRF, CRF-UCC, and HSE Public Health for their valuable contributions across many initiatives within the School.

In recent months, the School has welcomed several new members of Staff, many of whom are showcased in our “MEET” section of the newsletter. Among them, Sofia Bettella, who from this edition forward, has stepped in as the new Editor of the Newsletter. On behalf of all colleagues, I would like to thank Ana Contreras Navarro – the previous ‘SoPH News’ editor – sincerely for her commitment, time, and professionalism. I am confident in Sofia’s ability to continue the great work that Ana has done, and excited to see a new spin on SoPH News.

The 33rd edition of SoPH News covers a wide variety of recent events, from the Winter Conferring to the many successful research grant awards (HRB, DoH, EU, ERASMUS, SFI) within just four months, and 26 publications, and contributions by many staff members to national and international seminars and conferences.

The successful development in research grants reflects the high-quality level and proactive approaches towards research and innovation within the School and the partner organisations, on which I would like to commend all of you. The successful grant awardees represent both 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.

I hope you enjoy reading this issue.

Best wishes,

Professor Ella Arensman

EDITOR:

Sofia Bettella

MEDIA

PROMOTION:

Caroline Seacy

SCHOOL

MANAGER:

Felicity Lee

COVER

PHOTOS:

Tomás Tyner

TEACHING NEWS

Comhghairdeas le rang 2023!



In October 2023 the School celebrated the Autumn Conferring of 18 students who graduated based on the MSc in Occupational Health (online), and who had started in August 2021. It was a great occasion to meet with the students in person, and to congratulate them on this major achievement. We also congratulate our colleague Michelle Syron who was conferred for completing the PG Certificate in Project Management.



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

Celebrating the CoMH Quercus College Scholars

Last October we were thrilled to come together and celebrate that Immanuela Ogheneigbunu and Etain Cantwell were honored for their outstanding achievements by The Quercus College Scholarship. The Scholarship recognized the exceptional academic achievements of students who earned top marks in the CoMH examinations of Summer 2023. Congratulations to our graduates!



Transition year week-long event

BSC IN PUBLIC HEALTH SCIENCES



Dr Janas Harrington, Dr Maura Smiddy and Ms Margaret Mannix Sheenan organised a week of events for 6 students from 4 schools in Cork. The students attended a range of undergraduate and postgraduate university lectures and engaged in group activities and practicals.

We were thrilled to host these students on our campus and extend our sincere appreciation to all four schools involved.



SCHOOL NEWS

Holiday Quiz and Office Social



Before the Winter break, SoPH staff gathered to share their holiday spirit for an evening of sweet treats and games to celebrate the end of 2023.

Sincere thanks to Tania, Frances and Sofia for making this evening so memorable!

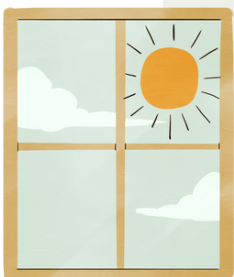


PG Expo 2024

On Wednesday 31st January, Maura Smiddy, Caleb Leduc, Eilis O'Reilly and Tony Fitzgerald represented the School of Public Health at the PG Expo 2024. Each year, the Expo provides an exciting opportunity to welcome and inform prospective students, who fill The Hub on UCC's campus.

So(PH) Social

A new SoPH Social Committee has been formed with the intention of facilitating social events for staff – during and after office hours. Take their survey gathering interest in and suggestions for future events: [CLICK HERE.](#)



Baby News!

Since the previous newsletter, there have been plenty of exceptionally exciting staff updates, including some "newcomers".

In September 2023, Dr Isabela Troya and her family welcomed baby Tomás!

In December 2023, Christie Godsmark and her family celebrated the arrival of newborn Heath!

Fiona's Farewell

At the beginning of February, Dr Fiona Riordan took up the position of Research Officer with the Office of the Vice President for Research and Innovation in UCC, after almost ten years with the School of Public Health. Her colleagues at the School extend their congratulations on taking this new and exciting step in her career!



Frances' Win

Congratulations to Frances Buckley on her stellar result from the IM 70.3 Bahrain in December!



"Pleasant temperatures, non-wetsuit swim, flat fast bike course with the addition of a loop of the F1 track. Good day out."

MEET

Reindolf Anokye



Dr Reindolf Anokye is a behavioural scientist, who began working as a postdoctoral researcher on the SCOPE project in September 2023 following completion of his PhD in Edith Cowan University, Perth, Australia.

Eibhlin Looney

Eibhlin Looney, who has been working for the past few months in the School on perinatal mental health research, joined the SCOPE project in November.



Moira Duffy



Moira Duffy commenced work on the SCOPE project in November 2023, following completion of her Master in Public Health in UCC.

Sofia Bettella

Sofia Bettella took up the dual position of Research Assistant with the School of Public Health and the National Suicide Research Foundation (NSRF) under their Memorandum of Collaboration (MoC).



Madhav Bhargav

Dr Madhav Bhargav took up the Position of Post-Doctoral Researcher with the EU-ERAPerMed PERMANENS project under the NSRF-UCC Memorandum of Collaboration (MoC).



Farzana Ferdous



Dr Farzana Ferdous is a life-course epidemiologist who took up the position of 'Research Fellow' in the HRB Social Paths project at the School of Public Health, UCC in July 2023.

Julia Banasiak



Julia Banasiak joined the HRB-KTA CUSTOMISE project in January 2024, after concluding her Masters in Dental Public Health at UCC.

Aoife O'Mahony

Aoife O'Mahony is a Postdoctoral Researcher who has recently joined the CUSTOMISE Project after completing her PhD in Psychology at Cardiff University.



Kirsty Nash

Kirsty Nash joined the School of Public Health in January 2024 as Research Assistant on the HIA-IM project.



AWARDS

HRB Postdoctoral Fellowships 2023 Awardees



Revisiting suicide prevention in later life: human-centred approaches in an ageing Ireland

Dr Isabela Troya

Globally, suicide is more prevalent in older adults when compared to any other age group. This is partly due to the fact that self-harm is more lethal among older adults, and this cohort has complex health conditions which influence recovery. While some research has been conducted examining suicide prevention in older adults, further human-centred approaches are needed. Co-production, the process of collaborative research which includes stakeholders such as patients, the public, and clinicians, has been identified as the way forward in health services research because of its potential to improve the quality and relevance of research and its impact on policy and practice. Building from previous research, the aim of this mixed-methods study is to improve our understanding of factors associated with self-harm and suicide risk in older adults aged >60 and thus co-produce clinical and policy guidance to reduce suicidal behaviour in older adults. This research grant application was submitted under the NSRF-UCC Memorandum of Collaboration.



RESTRICT - REducing intentional overdose: a mixed methods STudy of means RestrICTION interventions

Dr Caroline Daly

This research aims to prevent intentional overdose by studying the impact of measures to restrict access to drugs. This project will be delivered by a team of individuals from different disciplines, including mental health professionals, policy makers, researchers and people with experiences of self-harm. The research will involve three linked studies which will examine national data on self-harm and suicides, analyse the impact of an intervention to restrict access to drugs and result in the co-development of best practice evidence and guidance reports to support the development and improvement of measures to restrict access to drugs. Central to this project will be the application of the project findings to policy and practice, through working with a range of colleagues involved in self-harm and suicide prevention. Findings from this research will provide a comprehensive understanding of intentional overdose in Ireland and will inform future measures to restrict access to drugs and to prevent self-harm and suicide. Results will be used to guide and support mental health policies and health service delivery within clinical settings. This research grant application was submitted under the NSRF-UCC Memorandum of Collaboration.



AWARDS

HRB Postdoctoral Fellowships 2023 Awardees *continued*



Improving public health through better implementation of alcohol policy

A multimethod study examining and addressing the factors influencing successful implementation

Dr Susan Calnan

Among the successful HRB Applying Research into Policy and Practice (ARPP) fellowships this year is Dr Susan Calnan's research project entitled Improving public health through better implementation of alcohol policy: A multimethod study examining and addressing the factors influencing successful implementation. Dr Calnan is a researcher and lecturer at the School of Public Health in UCC. Her research interests include a focus on alcohol prevention and implementation research. In her upcoming fellowship research, Dr Calnan will be focusing on alcohol policy from a number of perspectives: examining barriers and facilitators to implementation of public health alcohol policy in Ireland in the post-enactment phase; exploring public awareness and understanding of this policy as a factor influencing successful implementation; and undertaking a media analysis to examine framing of public health alcohol policy.

This research acknowledges a growing emphasis on the importance of policy implementation and the need for research to inform enhanced implementation of policies aimed at improving societal health and well-being.



An investigation of the long-term impact of hypertensive disorders of pregnancy on maternal health, and exploration of optimal models of follow-up care for affected women in Ireland.

Dr Peter Barrett

Dr Peter Barrett is a Consultant in Public Health Medicine in St. Finbarr's Hospital, Cork, and Adjunct Clinical Senior Lecturer in UCC School of Public Health. He was the first graduate of the Wellcome Trust-HRB Irish Clinical Academic Training (ICAT) PhD Fellowship in Ireland, and he is the first public health physician to be awarded a HRB Clinician Scientist Fellowship. His research will focus on hypertensive disorders of pregnancy and the long-term risk of age-related diseases such as dementia, stroke and retinal vascular disease. He will use large-scale epidemiological data from Sweden to identify women who are at increased risk of chronic diseases in later life on the basis of their obstetric history. He will also conduct original qualitative research with patients and healthcare professionals to explore optimal models of follow-up care for affected women in the Irish healthcare system. This research will be based between the Irish Centre for Maternal and Child Health Research (INFANT) and the School of Public Health, in collaboration with international academic and health service partners.

CLINICIAN SCIENTIST POSTDOCTORAL FELLOWSHIP



AWARDS

Migrant Women and Ethnic Minority Group's Experiences of Maternity Services



Women's Health Fund, Department of Health Award to National Quality and Patient Safety Directorate and sub-contracted to Professor John Higgins, and Professor John Browne (co-PIs).

The objective of this project is to explore the key barriers and enablers that migrant women and ethnic minorities (M&EM) experience accessing and using maternity services in Cork. The findings will inform the development of a quality improvement initiative focused on improving the experience of migrant women and ethnic minorities.

This proposal will address a need to support migrant women and ethnic minorities of diverse backgrounds accessing maternity services. Previous research has indicated significant challenges exist including communication, language and literacy skills, digital skills and access, timely access to care and healthcare staff's unconscious bias and lack of cultural sensitivity.

This project will deliver a review of peer reviewed and published literature, a quantitative analysis of existing inequities in care processes and outcomes, as well as a co-designed (with representatives from migrant women and ethnic minorities and staff working in maternity services) quality improvement plan.

In 2024, fieldwork will commence including a series of semi-structured interviews and focus groups to explore the barriers and facilitators experienced by migrant women and ethnic minorities accessing and using maternity services. Interview data will be thematically analysed to identify reoccurring themes. A series of workshops will also be held to share the study findings and to inform the development of a QI plan for implementation in maternity services. Invitations will be sent to key stakeholders including migrant women and ethnic minorities who have accessed maternity services, staff working in maternity services and other key stakeholders such as Inclusion Health and Safety Net. The impact of this project for women will be a quality improvement plan to facilitate migrant women and ethnic minorities to interact with maternity services and enhance their experience of care.

AWARDS



Erasmus+

ERASMUS+ Grant Success - Dr Frances Shiely



“SENSITISE” project

To finish off 2023, in December Dr Frances Shiely secured an ERASMUS+ grant for which she is the consortium lead. The project, is *SENSITISE - Inclusive Clinical Trials: Training and Education to increase involvement of underserved groups*. The value is €400,000. The kick off meeting will be held in UCC in February. Mr Vincent Russell, Instructional Designer, SPH, is a co-applicant on the grant. The partner countries and organisations are: Masaryk University, Czech Republic; University of Aberdeen, UK; ECRIN (European Clinical Research Infrastructure Network), a multinational organization that provides advice and services for the set-up and management of investigator or SME led clinical studies in Europe.

Project Summary: SENSITISE is concerned with the inclusion of underserved groups in clinical trials and addresses two EU priorities, “inclusion and diversity in all fields of education, training, youth and sport” and “common values, civic engagement and participation”. To meet these priorities we will provide education and training in four languages (English, French, German, Czech) to promote the inclusion and participation of under-served groups in clinical trials: the elderly (particularly those >75 years of age), ethnic minorities, the socioeconomically disadvantaged, pregnant and lactating women, the LGBTQ+ community, rural dwellers and those with comorbidities including disability, mental health conditions or cognitive impairment, amongst others, and thus meet the common societal goal of health for all its citizens.



“PRECISEMED” project

To begin the new year, Frances also secured another ERASMUS+ grant, this time as a partner. ERASMUS+ PRECISEMED (Precision Medicine Education for Clinical Implementation and Science Excellence in Medical Training).

Dr Andy Willis and Ms Ellen Murphy (both SPH) are co-applicants on this grant. This is a collaboration between the Medical University of Bialystok, Poland; iBioScience, Hungary; and UCC. It will run for 3 years. The value is €250k.

Project Summary: The PRECISEMED project strives to enhance the quality and relevance of healthcare education in Europe by updating the curricula of undergraduate and postgraduate healthcare programs to include the latest developments in genetic testing. This will enable future healthcare professionals to meet the growing demand for genomic knowledge in the healthcare sector. The developed programme will enable students to master technologies, select next-generation sequencing tools, interpret results, understand the clinical relevance and grasp the ethical, societal, and legal implications of genomic testing and analysis.

“CONSCIOUS II” and “CLIMATEMED”

Frances is also a partner in two other ERASMUS+ grants, CONSCIOUS II (Curriculum Development for Human Clinical Trials) an open online curriculum on clinical trials for postgraduate students which she is currently piloting. The other project, CLIMATEMED, the development of education and training on the health impacts of climate change, is currently offered to our BSc Public Health Sciences students (EH4012 Health Impacts of Climate Change) as an elective module to our 4th year students.

CONSCIOUS II website for more details <https://conscious2.eu/>
CLIMATEMED project website for more details <https://www.climatemed.eu/>

AWARDS



Dr Seán Millar awarded EMCDDA contract



Dr Seán Millar was recently awarded a 4-year contract worth €283,000 to provide research services to the Irish Focal Point of the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), which is headquartered at the Health Research Board (HRB) in Dublin.

Dr Millar has been working with the EMCDDA Irish Focal Point since 2016. In this role he is responsible for the preparation of annual reports detailing the prevalence of illicit substance use in Ireland, harms and harm reduction practices related to drug use and substance abuse in Irish prisons. He is also a regular contributor to Drugnet Ireland, the quarterly newsletter of the Alcohol and Drug Research Unit of the HRB. In addition, Seán is the lead PI for repeated capture-recapture studies that are used to estimate the prevalence of opioid use in Ireland.

The EMCDDA, which is shortly to be renamed as the European Union Drugs Agency (EUDA), is a decentralised European Union (EU) agency based in Lisbon. There are 30 national focal points that act as monitoring centres for the EMCDDA. These focal points gather and analyse country data according to common data collection standards and tools. The results of this national monitoring process are supplied to the EMCDDA from which it produces the annual European Drug Report and other outputs. These outputs support policy formation on drugs and addiction in both the EU and member states.

For more information on the EMCDDA, Drugnet, or current drugs-related research in Ireland, please contact Dr Millar at: s.millar@ucc.ie

Successful EU ERA4Health grant

FOODPATH : FOOD systems and policy PATHways for equal population nutrition in Europe



Dr Janas Harrington is the PI of the FOODPATH project: "FOOD systems and policy PATHways for equal population nutrition in Europe". The consortium brings together partners from The Netherlands, Belgium, Poland, Italy and Turkey. The total funding is €1,651,510.

Project Background: Governments recognise the importance of a good diet for health and wellbeing of their citizens. At the same time there are large health disparities, and different socioeconomic groups in Europe have differential access and ability to choose healthy foods that can help them to maintain their health. It is recognised that increasing socioeconomic inequalities in diet and health over the past decade have coincided with large and detrimental changes in the food environment. The food environment is described as all contexts in which people engage with the food system to make their food choices. To date, to improve population diets, government actions relied predominantly on individuals changing their behaviour, while the food environment in which these choices were being made remained largely unchanged. This approach not only ignores that poor diets are the result of a complex web of determinants, also dietary and health inequalities increased in recent years. There is a growing consensus that structural changes are needed through the simultaneous implementation of a comprehensive set of actions and policies, including improvements of the food environment to create a shift towards healthy dietary choices in the entire population. The overarching aim of FOODPATH is to identify and understand the societal, commercial and political determinants and mechanisms of food-related inequalities, and to provide solutions which have the potential to break through the cycles maintaining unhealthy dietary behaviours and food-related inequalities in Europe. It will take a broad perspective to investigate the factors which influence dietary behaviours among disadvantaged communities providing an understanding of how food policy, social policy and commercial interests could impact socioeconomic inequalities in diet. Collectively, these outcomes will provide structural insights and solutions to reduce food-related inequalities in Europe.

AWARDS

Funding success in perinatal mental health: Caring for Caregivers

Dr Karen Matvienko-Sikar is a co-applicant on a recently funded project via the Health Translation South Australia HTSA Medical Research Future Fund Catalyst Grant Scheme. The project is titled "Caring for Caregivers: Implementing an evidence-informed program to support caregiver wellbeing". Karen will work with colleagues in Australia, including the state government agency Wellbeing South Australia, to implement and evaluate a population-level intervention to support the wellbeing of women and partners across pregnancy and the first years of life.



Previously, Dr Contreras Navarro worked at the National Suicide Research Foundation in the EU Horizon project MENTBEST, with Professor Ella Arensman, and at the School of Public Health on the EU project Best-ReMaP, with Dr Janas Harrington and Professor Ivan Perry.



Aoife O'Mahony recently completed her PhD in Psychology at Cardiff University, focusing on the Registered Reports publishing format. She has also worked as an Associate Lecturer in Psychology at The Open University and at Wrexham University.

Introducing two new researchers to the HRB CUSTOMISE research project

Dr Ana Contreras Navarro and Dr Aoife O'Mahony are joining the School of Public Health as post-doctoral researchers on the CUSTOMISE project (Comparing and Understanding Tailoring Methods for Implementation Strategies in Healthcare). CUSTOMISE is funded by the Health Research Board Research Leader Award led by Dr Sheena McHugh.

CUSTOMISE involves several projects examining the process and impact of tailoring strategies to implement evidence-based interventions. Ana and Aoife will work on a scoping review about how tailoring of implementation strategies has been conceptualised, operationalised and evaluated in healthcare (protocol available [HERE](#)). They will also contribute to an ongoing update of a Cochrane review about the effectiveness of tailored implementation strategies (protocol available [HERE](#)). Finally, they will be leading the analysis of data from a study of the development of tailored strategies to support the implementation of a structured type 1 diabetes education programme (further details are available in the protocol for the overall research programme [HERE](#)).



AWARDS

HRB Applied Programme Grant (APRO) Success

MaxSBF



Dr Karen Matvienko-Sikar and Prof Patricia Kearney are co-applicants on the recently awarded HRB APRO project: 'Maximise support for breastfeeding for sustainable population health and wellbeing: Integrated knowledge translation approach, MaxSBF'. The project is led by Prof Patricia Leahy-Warren (School of Nursing and Midwifery) and was awarded €2.5 million to investigate barriers and facilitators to breastfeeding in Ireland, as well as raise awareness, promote the importance of breastfeeding and support women to breastfeed in Ireland. The interdisciplinary project will have benefits both nationally and internationally to elevate the importance of breastfeeding and improve outcomes for women and infants.

[CLICK HERE FOR MORE INFORMATION](#)

Open Science funding success: *POST-Edu*



Dr Karen Matvienko-Sikar is a co-applicant on a recently awarded grant from the Dutch Research Council (NWO) Open Science Fund. The project is titled "Promoting Open Science Teaching: A Positive, Inclusive and Participatory Program for Educators (POST-Edu)". With colleagues, including the Framework for Open and Reproducible Research Training (FORRT <https://forrt.org/>), the project will develop a pedagogically-informed, evidence-based, self-guided program to support the teaching of open science, created from the established needs of educators.

[CLICK HERE FOR MORE INFORMATION](#)

- **Proposal: Home Measurements for Enhancing Air quality (HOME-Air) was awarded seed funding Eur9900 from GreenCampus UCC**

Asit Kumar Mishra, Eilis O'Reilly, Maura Smiddy & John Wenger

The project aims to increase awareness, encourage measurement, and change behaviour to improve our home air by providing easy access to indoor air quality (IAQ) monitoring. We will achieve this by establishing a pilot IAQ monitors lending program in the UCC community.

- **HRB – APA-2022-027" The Development and Evaluation of a referral guideline for referring patients with suspected cognitive impairment or dementia from general practice to secondary care"**

Dr Sheena McHugh, Co-Applicant

- **HSE/ICGP – CSCST Fellowship grant in Gestational Diabetes**

Dr Sheena McHugh, Co-Applicant



UPDATES FROM THE NSRF

Professor José Luis Ayuso Mateos visit



The NSRF were delighted to welcome Professor José Luis Ayuso Mateos from Universidad Autónoma de Madrid to the NSRF and the UCC School of Public Health on September 5th.

It was great to have an opportunity to discuss shared research priorities, possibilities of exchange and collaboration.

World Suicide Prevention Day Opinion Article

On World Suicide Prevention Day (September 10th 2023) the NSRF published an opinion article in the Irish Examiner authored by Chief Scientist Professor Ella Arensman and Head of Research Paul Corcoran. The article discussed suicide prevention in Ireland, including:

- Progress and ongoing challenges
- Evidence-based interventions and prevention programmes
- Future recommendations

Suicide prevention in Ireland: We have come a long way

One constant observation from the past decades of working with people with lived experience of suicidal behaviour is that 'people who attempt suicide don't want to die, what they want is a different life'.



Irish
Examiner



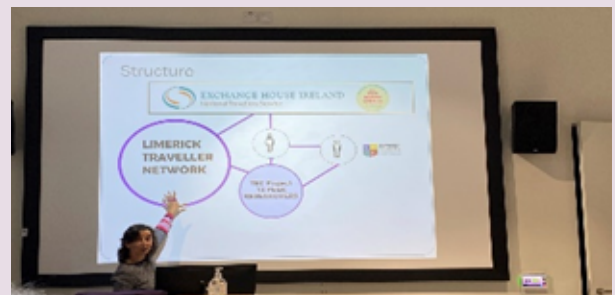
32nd World Congress of the International Association for Suicide Prevention (IASP)

Several of the NSRF team attended and presented on a range of topics at the 32nd World Congress of the International Association for Suicide Prevention in Piran, Slovenia from September 20th-23rd.

The event provided an excellent opportunity to network, learn from and collaborate with international colleagues throughout the world.

To access the Conference's programme [CLICK HERE](#)

Exchange House Peer Researchers Visit



On October 5th, the NSRF hosted peer researchers from Exchange House Ireland. Such engagement is a vital part of the work of the NSRF. To read our paper on hospital presenting self-harm and suicide-related ideation among the Traveller population

[CLICK HERE.](#)

Project MENTBEST organised a Plenary Meeting in November 2023

On the 2nd and 3rd of November, Professor Ella Arensman and Dr Ana Contreras Navarro participated in the Plenary Meeting of the project MENTBEST. Dr Contreras Navarro presented updates on a deliverable led by the NSRF and by NSRF Chief Scientist, Prof Ella Arensman, relating to an online survey on interventions that have

proven to be effective for improving mental health disorders in vulnerable populations, with a focus on migrants and the long-term unemployed. The hybrid meeting was organised in Frankfurt and was a major success, with agreed plans and actions for 2024. MENTBEST will implement an extended version of the European Alliance Against Depression 4-level approach, to include depression, anxiety, as well as clinical and sub-clinical aspects of mental health disorders.



EAAD-BEST Training Workshops



On November 7th and November 16th, the EAAD-BEST team delivered Train the Trainer programmes on mental health and suicide prevention to Prison Officers in Midlands prisons and Clinical Nurse Specialists from the south, east and midlands regions. It was great to engage and interact with these key stakeholder groups.

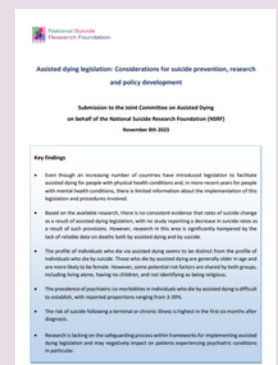
[CLICK HERE](#) to learn more about EAAD-Best.

Joint Committee on Assisted Dying presentation

On November 9th Dr Eve Griffin and Prof Ella Arensman presented a discussion paper on 'Considerations for suicide prevention, research and policy development' to the Oireachtas Joint Committee on Assisted Dying.

The Joint Committee on Assisted Dying was established to consider and make recommendations for legislative and policy change related to a statutory right to assist a person to end his, her or their life and a statutory right to receive such assistance. The NSRF would like to thank the chair and members of the committee for the invitation and for the considered and sensitive discussion on a very complex topic.

[CLICK HERE](#) to read the document in full.



Safe sales of paracetamol CAMPAIGN



The NSRF were delighted to collaborate with the HSE National Office for Suicide Prevention, the Department of Health, the Irish Pharmacy Union, the Health Products Regulatory Authority, the Pharmacy Regulator in Ireland, and the School of Public Health in UCC on the safe sales of paracetamol campaign, launched by Minister Mary Butler on October 17th.

For more information, [CLICK HERE](#).

CONFERENCES & SEMINARS

World Mental Health Day 2023 Seminar



Every year, the NSRF's World Mental Health Day seminar provides a unique opportunity to engage with a wide range of suicide prevention stakeholders including Early Career Researchers, leading academics nationally and internationally, and key personnel involved in strategy and policy implementation.

On October 10th, the NSRF hosted the annual World Mental Health Day Seminar, which was held in the Dora Allman Room of the Hub.

The Dr Michael Kelleher Memorial Lecture was presented by Professor Rory O'Connor, Professor of Health Psychology at the University of Glasgow and President of the International Association for Suicide Prevention, titled: 'Gone Too Soon: Preventing Premature Mortality from Mental Illness and Mental Distress'. The seminar then featured a variety of NSRF research presentations on *Building Capacity in Mental Health and Suicide Research*, an Early Career Researcher workshop, and awarded a research training prize to the best presentation, funded by the Higher Education Authority.



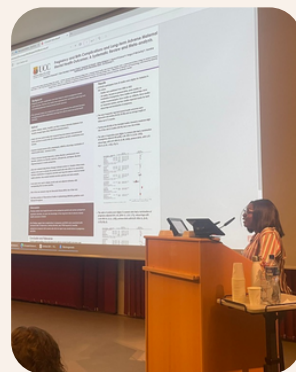
L-R: Prof O'Connor, Dr Kelleher, Ms Williamson, Dr Corcoran, Prof Arensman, Dr Griffin

The event notably marked Eileen Williamson's 30 years as Chief Executive Officer with the National Suicide Research Foundation and welcomed Dr Eve Griffin, who assumed the role in September.

The organizers wish to thank the Higher Education Authority and the HSE National Office for Suicide Prevention for supporting the event, and Professor Rory O'Connor (University of Glasgow) and Dr Louise Doyle (Trinity College Dublin) for their excellent keynote presentations.

43rd Annual Society for Infant and Reproductive Psychology Conference LAUSANNE, SWITZERLAND

During the 43rd Annual Conference of the Society for Infant and Reproductive Psychology, which took place in Lausanne from September 6–8, 2023, Elizabeth Bodunde, SPHeRE PhD student, gave an oral presentation and a poster. Organised in conjunction with the Lausanne University Hospital, the SRIP conference is a premier multidisciplinary research conference. The topic of Elizabeth's presentation was "Pregnancy and birth complications and adverse maternal mental health outcome: a systematic review and meta-analyses."



Elizabeth Bodunde, presenting author

CONFERENCES & SEMINARS

PROSPERH Project Kick-Off Meeting 25TH-26TH JANUARY

The Horizon Europe PROSPERH project was launched by UCC and the NSRF during the Kick-off meeting on Thursday 25th January 2024. Professor Stephen Byrne, Deputy President and Registrar, provided an opening address.

PROSPERH boasts an international consortium of 21 partners from 19 countries, who will work together to develop and validate the multi-level PROSPERH intervention, delivered via the online PROSPERH Portal. The intervention will target both organisational (work), peer and individual (worker) aspects, with three components focusing on health promotion, online self-monitoring and self-management and clinical care or coaching referral pathways.

Development of the intervention will build on existing knowledge and tools developed by the consortium in previous EU-funded projects (Click [HERE](#) to learn more about MENTUPP, and to [HERE](#) for the iFightDepression tool.). The project will focus on three sectors experiencing significant change and challenges in physical and mental health (telework and ICT-based mobile work, health and construction).

Once developed, the intervention will be tested in Albania, Australia, Denmark, Germany, Hungary, Ireland, Kosovo, The Netherlands, Portugal, Spain and Turkey. Key project outcomes will include policy guidelines and recommendations, as well as a roadmap for making the PROSPERH Portal freely available to companies.

PROSPERH will be led by Professor Ella Arensman, Head of the School of Public Health, Professor of Public Mental Health, UCC and Chief Scientist, National Suicide Research Foundation, with co-lead, Dr Eve Griffin, Chief Executive Officer, National Suicide Research Foundation.



"Via the EU Horizon Europe – PROSPERH project, we have a unique opportunity to build on the evidence base and interventions, developed by the EU Horizon 2020 project MENTUPP, and to progress the needed interventions to improve both the mental and physical health of staff in changing working environments. PROSPERH supports the UN Sustainable Development Goal : Good Health & Wellbeing, by strengthening the capacity of countries for prevention, early warning, and risk reduction of mental and physical health issues".

– Prof Ella Arensman

"The National Suicide Research Foundation are delighted to co-lead this important programme of work, which will provide evidence regarding innovative tools and strategies to support mental wellbeing in the workplace. PROSPERH represents a dynamic consortium of international researcher, with a significant track record of interdisciplinary collaboration, and we look forward to working together over the coming years".

– Dr Eve Griffin:



CONFERENCES & SEMINARS

An Undergraduate Suicide Prevention Module for Healthcare Students



L-R: PROF ARENSMAN, DR O' DRISCOLL, MS GALLAGHER, DR WOODS, DR O'SULLIVAN, MS O' NEILL, DR O'MAHONY, DR VALDESDORF - JENSEN, DR GRIFFIN - LAUNCHING THE MODULE.

On Wednesday January 17th, 2024, the National Suicide Research Foundation in collaboration with the HSE National Office for Suicide Prevention and the School of Public Health held a successful seminar and World Café in UCC. The event received SATLE funding from the Centre for Integrated Research in Teaching and Learning UCC. 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 support individuals at risk of suicide.

The project is led by Dr Michelle O' Driscoll, Ms Kerrie Gallagher, Dr Eve Griffin and Dr Clíodhna O' Brien of the NSRF, with valued input from various stakeholders, including the HSE National Office for Suicide Prevention, healthcare lecturers, module coordinators and students. A consultation group with members from across the HEIs has also been established.



ROBYN DEASY, GRAPHIC HARVESTER - GRAPHIC OUTPUTS FROM THE DAYS EVENTS

OVERVIEWS, INSIGHTS AND A WORLD CAFÉ

The module was launched during the Seminar's morning sessions, and featured presentations from key stakeholders in research and education. Professor Ella Arensman, Head of the School of Public Health, UCC, opened the session and set the context of suicide and self-harm in Ireland. Ms Ailish O'Neill, Education and Training Manager, HSE National Office for Suicide Prevention, outlined the Connecting for Life Framework and the relevant actions that this module links to. Dr Aoife O'Sullivan, Mental Health Lead, Irish College of General Practitioners, presented the need for suicide prevention skills in community practice, and the prevalence of mental health challenges. Dr James O'Mahony, Lecturer in Mental Health Nursing, UCC, outlined the importance of suicide prevention training in clinical practice and gave valuable insights from his own experiences. Dr Mette Valdersdorf Jensen, Centre for Suicide Prevention, Denmark, shared insightful research findings from the SOSU Project which evaluated teaching nursing assistants about suicide prevention. Dr Ross Woods, Senior Manager, Higher Education Authority, spoke to the National Student Mental Health and Suicide Prevention Framework, and how this module can align with student mental health needs. Dr Aoife Flemming, Vice-Head for Interprofessional Learning, UCC highlighted the importance of interprofessional teaching and learning and how this may be applied to suicide prevention training in higher education.

The event was attended by healthcare academics as well as representatives from various non-governmental organisations and student representatives. Presentations were followed by a panel discussion and Q&A with contributions from attendees. The afternoon World Café gathered qualitative data regarding how best to implement the module across the relevant healthcare courses in Ireland. It provided a platform for participants to share a wide range of ideas and innovative solutions to implementation challenges. The data gathered will inform next steps in this work. The module will be piloted with healthcare students in UCC this semester, to evaluate the module's effectiveness and accessibility. It will also build momentum for the project and help to optimise wider implementation.

If you would like more information on the upcoming pilot of this module, or involvement in future iterations of the module, contact Dr Michelle O' Driscoll (michelle.odriscoll@ucc.ie) or Ms Kerrie Gallagher (kgallagher@ucc.ie).

The project team would like to sincerely thank all those involved in the design and development of this work and look forward to future collaboration in the upcoming pilot implementation and evaluation.

UPCOMING EVENTS

REGISTRATION IS NOW OPEN FOR THE 2024 SPHeRE Network 10th Annual Conference



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The SPHeRE Network 10th Annual Conference will take place on Thursday 29th February 2024 in RCSI, Dublin. This year the theme of the conference is 'Health Services Research – Improving Population Health and influencing Health System Reform'. At the conference, we will examine how health services research can and does improve population health as well as influence health system reforms. We will showcase different aspects of health services research that address key public health and health system challenges resulting in positive health and system change. The conference is an opportunity to hear from international leaders in the field and to understand how different disciplines can work together using high-quality academic research to guide health system and policy decision-making which shape population health and health system reforms.

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The School of Public Health are planning a series of events as part of this annual initiative which commenced in 2019 aimed at raising awareness surrounding topics of Public Health and encouraging collaboration among the community in Europe.

*If interested,
please
contact Dr
Monica
O'Mullane
m.omullane
@ucc.ie*



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