



Royal Brisbane and Women's Hospital

RBWH Research Report 2025

Mental Health Services

Metro North
Health



Queensland
Government



Metro North Health acknowledges the Traditional Custodians of the Land upon which we live, work and walk, and pay our respects to Elders both past and present.

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Research highlights

Metro North Mental Health (MNMH) have continued to demonstrate a strong commitment to impactful research, evaluation and service improvement throughout 2025, achieving significant milestones across the directorate. Highlights include more than 33 active research projects, 67 publications, and 23 invited lectures and presentations at research summits, conferences and showcases. MNMH researchers also received several prestigious awards, including the 2025 Leonard E. Gibbs Award presented to Dr Liz Eggins in recognition of contributions made to evidence-informed practice in social welfare.

The launch of the MNMH Research Strategy 2025–2030 marks an important advancement in setting a clear vision and strategic direction for research across the service. The strategy outlines priorities to strengthen research capability, foster partnerships and expand capacity across the directorate over the coming years. Complementing this strategic framework, enhanced research governance and support structures have been implemented to better guide and assist clinicians in achieving their research goals and embedding evidence-based practice within routine care.

A major service innovation in 2025 was the establishment of Metro North's first Mental Health Hospital in the Home (HiTH) unit. Within the first 12 months of operation, more than 200 consumers received acute mental health care in their own home, with more than 2,200 bed days provided. Evaluation findings demonstrated that the Mental Health HiTH model provided equivalent care to an inpatient hospital admission, with high levels of satisfaction reported by consumers, carers and staff. Importantly, consumers and carers also reported feeling more actively involved in decision-making processes. The strength of these findings was recognised nationally, with the evaluation team invited to present at the National HiTH Society Conference.

Further evaluation work included the Youth Step Up Step Down (YSUSD) model incorporating embedded Dialectical Behaviour Therapy (DBT). This community-based, sub-acute residential mental health service operates within a rehabilitative framework to support young people experiencing significant mental health concerns. Evaluation findings, presented at the Metro North Research Summit, demonstrated positive impacts on adolescent mental health outcomes within the Caboolture YSUSD service, contribution to the growing evidence base supporting similar models of care.

The fourth annual MNMH Research Symposium was also a notable success, with over 160 MNMH staff in attendance. The program featured a keynote presentation addressing cultural change and strengthening clinician-family partnerships in mental health care, a plenary lecture on supporting patients to thrive following major illness, and a presentation from Lived Experience representatives highlighting the importance of co-production in service improvement. Twelve paper presentations showcased the breadth of MNMH research, including studies on the role of Peer Workers in the Alcohol and Drug Service, evaluations of newly established services, staff wellbeing research, systematic challenges such as documentation burden, and analyses of referral characteristics to the Consultation Liaison Psychiatry service. A new poster session further enhanced engagement, with 14 staff projects displayed throughout the day, reflecting the depth and diversity of research across the service. Collectively, these achievements reflect the MNMH's ongoing commitment to research excellence, service innovation and embedding evidence into practice to improve outcomes for consumers, families and staff.

Research Awards and Achievements

Recipient	Award	Event
Dr Liz Eggins	2025 Leonard E. Gibbs Award	Campbell Collaboration Members Meeting
Anna Asnicar and Dr Tessa Clarkson	Best Free Paper Presentation	MNMH Research Symposium 2025
Emma Armitage	Best Rapid Presentation	MNMH Research Symposium 2025
Anthony Bligh	Lived Experience Choice Award	MNMH Research Symposium 2025
Wendy-Kaye Rogers	Best Poster Award	MNMH Research Symposium 2025
James Hoey, Jeff Buckley	Highly commended award – Early Career Researchers	2025 APSAD Conference

Research Grants

Investigator Names (RBWH staff in bold)	RBWH Departments / Research Groups	Research Project Title	Granting Body	Total Awarded (whole all years)	Length of Awards in years and years active
Carla S Meurk, Emilia Janca, Csongor Oltvolgyi, Diana McKay, Jonathan Lane, Duncan Wallace, Andrew Khoo, Elissa Waterson, Edward Heffernan	MNMH – Forensic Mental Health	Understanding and improving responses to suicidality to DVA clients: proposed data linkage study	Department of Veteran Affairs	\$1,006,632	4 yrs, 2023-2026
Dylan Flaws, Stephen Parker	MNMH	Caboolture Short Stay Unit Evaluation	The Common Good	\$200,000	4 yrs, 2023-2026
Stephen Parker , Faye Jordan	MNMH	Getting it right the first time – Predicting mental health related emergency department re-presentations and subsequent hospitalisation: Logistic regression modelling of re-presentation within 48 hours, 7-days and 28-days	The Common Good	\$89,096.73	4 yrs, 2023-2026
Stephen Parker , James Kesby	MNMH	Consumer and Community Involvement Microgrants: Reward learning in psychosis: a predictor of illness course	Health Translation Queensland	\$1,000	2023-
Anna Jenkins, Liz Eggins, Stephen Parker	MNMH	RBWH-PG-054-2025 - [P-CANS] Prescribed CAnnabis and Stimulant drugs before acute adult inpatient mental health care: Investigating trends and implications.	RBWH Research Project Grant	\$49,411.92	4 yrs, 2023-2026
Stephen Parker	MNMH	Clinician Research Fellowship: SURE-STEP	Metro North Office of Research	\$18,000	1 year, 2025
Stephen Parker	MNMH	Clinician Research Fellowship: SURE-STEP	Metro North HHS	\$600,000	4 yrs, 2023-2026

Investigator Names (RBWH staff in bold)	RBWH Departments / Research Groups	Research Project Title	Granting Body	Total Awarded (whole all years)	Length of Awards in years and years active
Mark Fullerton, Nahid Choudhary, Nathan Dart, Jedd Duff, Kerrie Reed, Vanessa Napper	MNMH	Implementation and evaluation of Mental Health Nurse Led Clozapine Clinic	Helix Hub	\$75,000	2 yrs, 2025-2026
John Kelly	MNMH - ADS	Tools for Change – Getting Active	Multimorbidity Quality Improvement Strategy Incentive Initiative, Tranche Two funding	\$44, 273	1 year, 2025-June 2026
Taneal Barber, Nahid Choudhury	MNMH	Pilot study: Exploring the impact of group art therapy on social support and isolation in adolescent cancer patients	RBWH Foundation Grant.	\$21,865	1 year, 2025
Daniel Schmidt	MNMH	Beyond The Clinician In-Service (BTCI) Framework	Helix Hub Grant	\$10,000	1 year, 2025
Greg Pratt, Michelle Combo, Julie-Anne Rogers, Kushlar Houkamau, Corey Jones, Edwin Adrianta, Kylie Burke, Danielle Alchin, Chris Henaway, Stuart Ekberg, Renata Meuter	MNMH	Communication training for mental health professionals: developing cultural sensitivity and capability to improve Aboriginal and Torres Strait Islander people mental health outcomes	NHMRC	\$2,813,402	6 yrs, 2022-2027
Stuart Kinner, Ed Heffernan, Kimberlie Dean, Rohan Borschmann, Michael Doyle, Penny Abbott, David Preen, Mark Stoové, Jesse Young, Craig Cumming, Lucas Calais Ferreira, Michael Curtis, Darcy Coulter, Dennis Petrie, Emily Wang	MNMH – Forensic Mental Health	Improving mental health and wellbeing after release from prison: The HARP trial	MRFF Million Minds Mental Health Research Stream	\$5,000,000	6 yrs, 2025-2030
Penny R. Dale, Carla Meurk, Megan Williams, Marshall Watson, Megan L. Steele, Lisa Wittenhagen, Scott Harden, Stephen Stathis, James G. Scott, Stuart Kinner, Ed Heffernan	MNMH – Forensic Mental Health	IMHIP-Youth: A multi-disciplinary collaboration to embed and evaluate a model of social and emotional wellbeing care for Indigenous adolescents who experience detention	Medical Research Future Fund, National Health and Medical Research Foundation	\$1,988,280	6 yrs, 2020 – 2025

Investigator Names (RBWH staff in bold)	RBWH Departments / Research Groups	Research Project Title	Granting Body	Total Awarded (whole all years)	Length of Awards in years and years active
Justin Chapman	MNMH	The MOVEMENT study: iMproving quality Of life in people with seVEre MENTAL illness	751,249.38	\$591,249	2023-2027
Megan Nitz	MNMH	Implementing Live Well Program for Older Adults	Multimorbidity Quality Improvement Strategy Incentive Initiative, Tranche Two funding	\$50,000	2025

RBWH Department / Research Group Led Research Activity

Lead Investigator Name (RBWH staff and consumers in bold)	Other Study Investigators (RBWH staff and consumers in bold)	Research Project Title	Consumer involvement	Number of RBWH Patients Recruited
Catriona Harwood	Michael Power	Restorative Practice in Mental Health Stage 2	Not applicable	
John Kelly	Melissa Connell, Ezra Burdon, Cassandra Davis, Hollie Wilson	A qualitative study exploring the barriers and treatment needs of priority populations within a specialist alcohol and drug treatment service.	Involvement	25
Kylie Burke	Liz Eggins , Alina Morawska, Louise Brennan, Bryce McMahon	Considering parents and parenting in recovery from serious mental illness	Partnership, involvement	22
Hilda Wu	Samuel Houston, Magdalena Hagn, Stephen Parker, Liz Eggins	A comprehensive cohort description and statistical grouping of patients referred to Consultation-Liaison Psychiatry Services at Redcliffe and Caboolture Hospital and Health Service	Not applicable	
Angela Ng		Supporting flexibility in care: A case series exploring brief intervention pathways for consumers with multi-diagnostic eating disorder presentations	Not applicable	
Kate Murphy		Implementation of FREED in Queensland statewide public community eating disorder service.	Not applicable	
Anna Jenkins	Liz Eggins, Stephen Parker, Jessina Cheney, Jasmine Soder, Emma Forrester, Minnie Park	The proportion of inpatients at an inner-city public acute adult inpatient unit who were taking prescribed medicinal cannabis or stimulant drugs immediately before admission.	Not applicable	
Margherita (Margie) Chivavone	Nicole Brigg, Ada Gain, Liz Eggins, Abbie Galloway	Evaluating the HP1 Allied Health Cadets Program at MNMH	Not applicable	
Wendy Muller	Matteo Brunetti	(Extra)ordinary Excellence: A positive reporting system for capturing excellence amongst Metro North Mental Health	Not applicable	
Kirsty Laurie	Stephen Parker	Metro North Early Psychosis Care Pathway	Consultation, Involvement	127
Liz Eggins	Carissa Uzabeaga, Mark Butterworth, Kylie Burke	Mental Health Intensive Discharge (MIND) Evaluation	Not applicable	
Rebekah Stewart	Stephanie Oliver, Wendy Muller, Corey Fulcher, Craig Brown, Dana Koorochin, Thea Prasad	Onboarding in Metro North Mental Health	Not applicable	

Lead Investigator Name (RBWH staff and consumers in bold)	Other Study Investigators (RBWH staff and consumers in bold)	Research Project Title	Consumer involvement	Number of RBWH Patients Recruited
Vivien Deng	Kylie Burke, Tessa Clarkson	Integrated Care Package – Housing Project	Involvement	11
Taneal Barber	Nahid Choudhury, Louise Leotta	Exploring the Impact of Group Art Therapy on Social Support and Isolation in Adolescent and Young Adult Cancer Patients	Involvement	2
Kylie Burke	John Martin, Kathryn Turner, Bryce McMahon, Amra Catakovic	Evaluation of the effectiveness and fidelity of the Suicide Prevention Pathway (SPP) across Metro North Mental Health services	Not applicable	
Nahid Choudhary	Nathan Dart, Kylie Burke, Liz Eggins	Assessment of nurse special observation for patients with serious mental illness: An exploratory study of implementation and effectiveness	Not applicable	
Amy Duff	Liz Eggins	Does helping hurt? Compassion fatigue, Burnout, and Secondary Traumatic Stress in Metro North Peer Responders	Not applicable	
Sally Mercier	Thomas Redfern, Kylie Burke, Matteo Brunetti, Subramanian Purushothaman, Megan Nitz, Pam Henry	Working Differently – Phases of Care MIRT	Not applicable	
Matilda Mackay-Sims	Eebah Goraya, Stephen Parker	Who develops restrictive eating disorders (anorexia nervosa (typical and atypical) and bulimia nervosa) after bariatric surgery for obesity: A systematic review.	Not applicable	
Stephen Parker	Mingyan Li, Jane Waldmann, Jason Connor, James Scott, Gemma McKeon	Comparing the descriptive psychopathology of cannabis-induced psychosis and schizophrenia spectrum disorders: A systematic review	Not applicable	
Stephen Parker	Edward Hall, Jason Connor, Mark Daghish, James Scott, Jana Waldmann, Nisitha Ratnayake	Optimal duration of antipsychotic therapy following cannabis and amphetamine-induced psychosis: A systematic review	Not applicable	
Stephen Parker	Shuichi Suetani, James Kesby, Faraz Honarparvar, Peter Muller	The risk of psychosis associated with cannabis use by people with attention deficit hyperactivity disorder: A systematic review.	Not applicable	
Stephen Parker	Sarah Bresnehan, Jane Waldmann, Katie McCullough, Jason Connor	Factors that predict non-disclosure of substance use in healthcare settings	Not applicable	
Stephen Parker	Cecilia Shim, Siu Ki Ng, Jana Waldmann, Emily Martin	The Impact of Dialectical Behaviour Therapy on Suicidality and Self-harm Behaviour in People with Autism Spectrum Disorder: Systematic Review	Not applicable	
Hillary Ung	Stephen Parker	Long-term neurocognitive side effects of MDMA in recreational ecstasy users following sustained abstinence: A systematic review and meta-analysis	Not applicable	
Daniel Debattista	Ben Goodwin, Jana Waldmann, Gerard Byrne, Stephen Parker	The relationship between social media use and social anxiety: A systematic review and meta-analysis	Not applicable	
Serena Angeline	Stephen Parker, James Scott	Pharmacological and psychosocial interventions in the treatment of bipolar depression in children and adolescents: A systematic review	Not applicable	

Lead Investigator Name (RBWH staff and consumers in bold)	Other Study Investigators (RBWH staff and consumers in bold)	Research Project Title	Consumer involvement	Number of RBWH Patients Recruited
Emily Martin	Stephen Crossley, Kylie Burke, Tessa Clarkson	RBWH ACT Ambient Listening Project to reduce documentation	Involvement	

Collaborative Research Activity Involving RBWH Department / Research Group

Lead Investigator Name (RBWH staff and consumers in bold)	Other Study Investigators (RBWH staff and consumers in bold)	Research Project Title	Consumer involvement	Number of RBWH Patients Recruited
Catherine Renkin	Kylie Burke, Elizabeth Eggers, Kerrie Jones, Aleta Walker, Darryl Maybery	Perceived barriers to engaging families in care within the Metro South and Metro North Hospital Health Service	Not applicable	0
Olivia Falvey	Donna Jones, Terry Stedman, Stephen Parker	Community Care Unit Benchmarking 2023: Secondary use of existing data to explore factors associated with consumer sentiment and rehabilitation engagement (staff-rated).	Not applicable	0
Courtney Craig	Jana Waldmann, Mark Daglish, Jason Connor, Stephen Parker	A systematic review of VAREnicliNe for the management of CANnabis use disorder with or without nicotine dependence (VANCAN)	Not applicable	0
Justin Chapman	Dan Siskind, Alison R Yung, Yong Yi Lee, Urska Arnautovska, James G Scott, Kylie Burke, Eva Malacova, Nicole Korman, Marianne Wyder, Meg A Doohan, Shelley E Keating, Stephen Parker, Max E Walker, Di Hu, Jake O'Brien, Geoffrey Lau, Gregory F Pratt, Simon Rosenbaum, Jackie Curtis, Mary Lou Chatterton, Lisa Simmons, Amanda J Wheeler	The MOVEMENT study: iMproving quality Of life in people with seVERe MENTAL illness	Involvement	
Noori Dhaliwal	Siddharth Kaladharan, Stephen Parker	A systematic scoping review of the feasibility, safety, and effectiveness of intramuscular clozapine	Not applicable	
Samuel Goulter	Dennis Mok, Stephen Parker, Magdalena Hagn, Jana Waldmann, Faye Jordan	Systematic review of predictors of recurrent mental health-related emergency department presentations for youth and adults	Not applicable	

Research Activity with a Specific Focus on Aboriginal and Torres Strait Islander Peoples

Lead Investigator Name (RBWH staff and consumers in bold)	Other Study Investigators (RBWH staff and consumers in bold)	Research Project Title	Number of RBWH Patients Recruited
Sarangan Ketheesan	Vicki Wade, Te-Yu Hung, Kathryn V Roberts	Autoimmune neuropsychiatric sequelae of group A streptococcal infections in Aboriginal and Torres Strait Islander people: an overlooked burden?	
Rebecca Hird Fletcher	Lisa Wittenhagen, Alyssa Cormick, Marshall Watson, Jessica Elliott, James G Scott, Scott Harden, Stephen Stathis, Stuart A Kinner; IMHIP-Youth Cultural Governance Group; Ed Heffernan, Penny Dale , Carla Meurk, Megan Williams	Development of a growth and empowerment tool (GEM-Youth) co-designed with Aboriginal and Torres Strait Islander young people	
Greg Pratt	Michelle Combo, Julie-Anne Rogers, Kushlar Houkamau, Corey Jones, Edwin Adrianta, Kylie Burke, Danielle Alchin, Chris Henaway , Stuart Ekberg, Renata Meuter	Developing cultural capabilities through communication training for mental health professionals.	

Research Publications

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Publications in 2025

Journal Articles (RBWH staff or consumers in bold)

Siskind D, Baker A, Arnautovska U, Parker S. Efficacy and safety of semaglutide versus placebo for people with schizophrenia on clozapine with obesity (COaST): a phase 2, multi-centre, participant and investigator- blinded, randomised controlled trial in Australia. *Lancet Psychiatry*. 2025;12(7):493-503. [https://doi.org/10.1016/S2215-0366\(25\)00129-4](https://doi.org/10.1016/S2215-0366(25)00129-4)

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