

JANE FISHER

FINKEL PROFESSOR OF GLOBAL HEALTH

2021 IMPACT REPORT

CHANGE IT.
FOR GOOD.

“I am extremely grateful for the exceptionally generous support of Dr Elizabeth Finkel, Dr Alan Finkel and the Finkel Family Foundation which enables me to lead this group and this large research program.”

– Professor Jane Fisher, AO,
Finkel Professor of Global Health

THANK YOU



It is an honour for me to introduce this update on behalf of Professor Jane Fisher AO, the Finkel Chair in Global Health in Monash University’s School of Public Health & Preventive Medicine.

The work of Jane and the Global and Women’s Health team is only possible because of the generous ongoing support and commitment from the Alan and Elizabeth Finkel Foundation.

Despite the challenges to research posed by the global pandemic, Jane and her team have still made significant progress in their work across the Indo-Pacific region.

This includes the operation of successful Learning Clubs in rural northern Vietnam to improve early childhood development outcomes in the local community in collaboration with the Ministry of Health and The Research and Training Centre for Community Development. The project has enabled four local Global Health students to complete PhDs and another four to complete Masters projects within the program.

The team has also led the health and well-being work of Fire to Flourish, a transdisciplinary program working at the intersection of disaster resilience and community development, in partnership with four bushfire-affected communities in New South Wales and Victoria.

Throughout 2021, Jane spoke extensively as an expert voice on the potential psychological effects of the COVID-19 pandemic on Australians.

As Monash shares its vision for the future through our Impact 2030 strategy, we have identified Thriving Communities as one of the three grand challenges around which we will focus our research.

The work of Jane and her team will continue to be a flagship research project for Monash as we further enhance the impact of our research within Australia and across the region.

We are so grateful for our partnership with Alan and Elizabeth Finkel and their continued commitment to creating better health outcomes for communities worldwide through their support.

Professor Rebekah Brown
Deputy Vice-Chancellor (Research) & Senior Vice-President
Monash University

SUMMARY

Despite the pandemic's ongoing challenges - extended lockdowns, restrictions on local, national and international travel and largely working from home in 2021 - the Global and Women's Health Unit had a successful year. We made active progress with ongoing local and international projects and secured funding to initiate new research.

FIRE TO FLOURISH

- Global and Women's Health is responsible for the health and wellbeing stream in Fire to Flourish. Initiated in 2021, this five-year transdisciplinary program is led by the Monash Sustainable Development Institute in collaboration with Monash University, the Paul Ramsay Foundation and The Australian Centre for Social Innovation.
- In this inception year, the Fire to Flourish team has conducted systematic literature reviews and examined Australian disaster resilience policy and practices along with independent and commissioned Commonwealth and State Government reviews of the 2019/20 bushfires – all the while engaging with people and communities that lived through these bushfires. This has culminated in the **Inaugural Agenda-setting Report** which articulates an agenda for community-led bushfire recovery processes.

THE MENTAL HEALTH IMPACT OF THE COVID-19 RESTRICTIONS

- As the coronavirus pandemic continues to affect profoundly the way in which people live, our team received sustained interest in the research we conducted surrounding the mental health impact of the coronavirus restrictions in Australia and two further key papers were published in 2021.
- The first **paper**, published in the *Journal of Affective Disorders*, reported that the most severe COVID-19 restrictions are associated with nearly double the population prevalence of moderate to severe depressive and generalised anxiety symptoms.
- The **second**, published in *The Australian Journal of Public Administration*, reported our findings that for people in Australia, the preferred policy options for post-COVID-19 recovery are to have a publicly available plan for future pandemic management, support for community groups such as Men's Sheds, training for workplaces to understand and respond to the mental health needs of workers, and public education about effective self-management of emotions.
- Our expertise was called upon throughout 2021 to help explain the impact and scale of the psychological effects of the pandemic on people in Australia. We gave invited presentations to expert professional societies, community groups and the ACT Government's Mental Health Commission and our data were sought by the New South Wales Government to inform state planning.
- Through a key piece in **The Conversation** we advocated for informed policy planning for recovery-focused mental health promotion as well as strategies to assist the most vulnerable groups in Australian society.



LEARNING CLUBS FOR EARLY CHILDHOOD DEVELOPMENT IN RURAL VIETNAM

- In 2021 we completed the data collection for the outcomes of the cluster randomised controlled trial of Learning Clubs, a multicomponent program to optimise early childhood development. The trial was implemented in Ha Nam Province in the north of Vietnam.
- The trial was completed when children were 12 months old, with follow-up assessments completed when they were aged two, in February 2021. Data were contributed by 1245 women and their children. Data cleaning and analysis are complete and papers to be submitted to international journals are being finalised.

OUTPUTS

- Our strong record of publishing in the peer-reviewed literature and in print and broadcast media was sustained in 2021, with 31 academic papers published in peer-reviewed journals, two book chapters, more than 15 conference and academic presentations, 40 *Life and Other Catastrophes* programs on ABC Radio, and 106 media imprints recorded.
- We continued our supervision and mentorship with 15 new and continuing research higher degree and postgraduate students.

NEW GRANTS SECURED

- We have been successful in securing new competitive funding from Vic Health, a transition to scale grant from Grand Challenges Canada, and a grant awarded through Monash Partners from the Medical Research Futures Fund.
- We are delighted to be funded under the Fire to Flourish program to conduct the health and wellbeing section of the research.





REPORT FROM THE FINKEL PROFESSOR OF GLOBAL HEALTH

In 2021 we experienced the adaptive challenges of extended lockdowns, restrictions on local, national, and international travel and of working from home. The Global and Women's Health Unit continued nevertheless to function productively. We made good progress with ongoing local and international projects and secured funding to initiate new research. Our strong record of publishing in the peer-reviewed literature and in print and broadcast media was sustained. Our supervision and mentorship are sought widely, with a large cohort of new and continuing research higher degree and postgraduate students completing their research training with the Global and Women's health group.

In 2021, Monash University unveiled its 2021-2030 strategic plan, *Impact 2030*. Climate change, geopolitical security and thriving communities are the three key challenges identified within the plan. Monash University's goal is to understand, engage with and address these pressing challenges through partnerships and alliances with government, industry, philanthropic and community organisations. It explicitly seeks to be of service in seeking solutions.

All our research and research translation in global health seeks to reduce health inequalities and contribute to these priorities. We focus in particular on how communities and community members can be enabled to thrive, even in difficult circumstances. Another key focus is on understanding the health effects of climate change and the increase in adverse events such as bushfires. Our work seeks to contribute to Monash University's intentions to fulfil the Sustainable Development Agenda, in particular Sustainable Development Goals 3 Good Health and Wellbeing, 5 Gender Equality and Women's Empowerment and 11 Sustainable Cities and Communities.

I am extremely grateful for the exceptionally generous support of Dr Elizabeth Finkel, Dr Alan Finkel and the Finkel Family Foundation which enables me to lead this group and this large research program.



Professor Jane Fisher, AO
Finkel Professor of Global Health

SELECTED MAJOR PROJECT UPDATES

The Global and Women's Health Unit leads and contributes to diverse research activities. In 2021 these include major projects, smaller scale projects and student research.

FIRE TO FLOURISH

Fire to Flourish is a five-year transdisciplinary program led by the Monash Sustainable Development Institute in collaboration with Monash University, the Paul Ramsay Foundation and The Australian Centre for Social Innovation, working at the intersection of disaster resilience and community development. The program was formed in response to the 2019/2020 Australian bushfires and aims to build resilience in bushfire-affected communities experiencing entrenched disadvantage. The program brings together a consortium of partners with the University's transdisciplinary research capabilities.

The program's aim is to support communities to lead their own recovery and resilience-building to create a long-lasting foundation for community wellbeing. Through the creation of a National Learning Network, Fire to Flourish aims to reimagine community resilience and provide opportunities for shared learning, coordinated action and wider policy and system change.

Global and Women's Health is responsible for the health and wellbeing stream. We work with the four focus communities to co-design population-wide surveys to enable them to understand the health and health information needs of their community members. All research findings will be fed back to the community to enable them to make evidence-informed decisions about local interventions to improve health and then to assess change in subsequent surveys.

INAUGURAL AGENDA-SETTING REPORT

In this inception year, the Fire to Flourish team has conducted systematic literature reviews and examined Australian disaster resilience policy and practices along with independent and commissioned Commonwealth

and State Government reviews of the 2019/20 bushfires, while also crucially engaging with the communities that lived through these bushfires. This has culminated in the **Inaugural Agenda-setting Report** which articulates an agenda for community-led bushfire recovery processes.

The report identified that the most affected communities were those experiencing long-term disadvantage, who are therefore likely to experience barriers to preparing for, responding to, and recovering from disaster. The psychological, social, economic, ecological and infrastructural impacts of the bushfires, and the challenging recovery journey, can further entrench the experience of disadvantage for communities.

The report showed that Indigenous Australians were particularly and disproportionately affected by the bushfires. Aboriginal and Torres Strait Islander peoples' experiences during and after disaster, including their engagement with institutional services, are influenced by their experience of historical, cultural and intergenerational trauma.

Four key themes have emerged from the Agenda-Setting Report. First, there is an emerging focus on disaster risk reduction, moving from a reactive 'crisis response' to a more proactive 'disaster risk management' and 'mitigation' focus. Second, there is confirmation of a re-focus on resilience through recovery processes, recognising the need to 'build back better' in local communities affected by disaster. Third, there is an emerging focus on community-centred and community-led responses that are tailored to the needs and priorities of local communities to improve disaster recovery and build long-term resilience. Fourth, there remains a need to give greater attention to addressing economic disadvantage and intergenerational vulnerability.

COVID-19 RESEARCH

We have been active in contributing to understanding the psychological consequences of the pandemic and the essential restrictions to prevent the spread of the infection for people in Australia.

THE MENTAL HEALTH IMPACT OF THE COVID-19 RESTRICTIONS

During 2020, the Global and Women's Health team undertook two anonymous online surveys to understand how people in Australia were experiencing life during the COVID-19 pandemic. The first was available online from 3rd April to 2nd May 2020 and was the largest survey of nationwide mental health during the height of the restrictions in Australia. The second survey was conducted during July and August 2020, just after the second wave of infections and subsequent stage four restrictions were mandated in Victoria. In this survey, we listed potential policies to assist recovery and asked respondents to rate their usefulness.

As the coronavirus pandemic continues to affect profoundly the way in which people live, our team has received sustained interest in the research we conducted surrounding the mental health impact of the coronavirus restrictions in Australia.

Two key papers were published in 2021 from these datasets:

- Fisher J, Tran T, Hammarberg K, Nguyen, Stocker R, Rowe H, Sastri J, Popplestone, Kirkman M. Quantifying the mental health burden of the most severe covid-19 restrictions: A natural experiment. *Journal of Affective Disorders*. 2021 doi: [10.1016/j.jad.2021.06.060](https://doi.org/10.1016/j.jad.2021.06.060)
- Hammarberg K, Tran T, Kirkman M, Rowe H, Fisher J. Preferred policy options to assist post-COVID-19 mental health recovery: A population study. *Australian Journal of Public Administration*. 2021;1-11. doi: [10.1111/1467-8500.12507](https://doi.org/10.1111/1467-8500.12507)

The first, published in the *Journal of Affective Disorders*, reported that the most severe COVID-19 restrictions are associated with nearly double the population prevalence of moderate to severe depressive and generalised anxiety symptoms. The second, published in *The Australian Journal of Public Administration*, reported our findings that for people in Australia, the preferred policy options for post-COVID-19 recovery are to have a publicly available plan for future pandemic management, support for community groups such as Men's Sheds, training for workplaces to understand and respond to the mental health needs of workers, and public education about effective self-management of emotions.

Our expertise was called upon through 2021 to help explain the scale and impact of the psychological effects of the pandemic on people in Australia. We spoke to expert professional societies, community groups and the ACT Government's Mental Health Commission and our data was sought by the New South Wales Government. We interpreted our data as indicating that the mental health problems we identified are indicators of a normal human response to a very abnormal circumstance over which individuals had little agency. Nevertheless, symptoms of depression and anxiety are associated with reduced energy, functional efficiency, optimism, creativity, engagement, and capacities to concentrate and solve problems, and acknowledge that these are needed for optimal social and economic participation. Through a key piece in *The Conversation*, we advocated for informed policy planning for recovery-focused mental health promotion as well as strategies to assist the most vulnerable.



TRANSLATIONAL OUTPUTS

Fisher J. **Psychologist says to 'quell feelings of anxiety and panic'.** *ABC online*, May 28, 2021. Timely advice from Professor Jane Fisher on dealing with feelings of anxiety and depression arising from lockdown extension.

Fisher J. **If you're feeling low you're not alone.** *The Age*, July 29, 2021. Professor Jane Fisher was interviewed for a feature article focussing on the Global and Women's Health Team's survey from 2020 which found record levels of mental health symptoms during lockdowns.

Fisher J. **Double trouble: How severe lockdown restrictions have taken a toll on population mental health.** *Monash Lens*, August 6, 2021. Research shows last year's lockdowns in Victoria were associated with nearly double the population prevalence of anxiety and depressive symptoms.

Fisher J. **Mental Health in the age of COVID-19.** *Jean Hailes for Women Health website*, Women's Health Week Podcast, September 9, 2021. Professor Jane Fisher AO calls for the recognition of grief for all those important moments and events we have missed during COVID-19.

Hammarberg K, Rowe H, Fisher J, Kirkman M, Tran T. **We asked 9000 Australians about their mental health needs post-COVID – this is what they want.** *The Conversation*, September 1, 2021. The Global and Women's Health team shared the results of their survey, in which they asked 9000 Australians about their mental health needs after the pandemic subsides.

ADDITIONAL RESEARCH PROJECTS

Given the substantial amount of data collected in these studies, further research projects are being carried out examining subsets of the data:

Stocker R, Tran TD, Hammarberg K, Nguyen H, Rowe H, Fisher J. Patient Health Questionnaire 9 (PHQ-9) and General Anxiety Disorder 7 (GAD-7) data contributed by 13,829 respondents to a national survey about COVID-19 restrictions in Australia. *Psychiatry Research*. 2021; 8:113792. DOI:10.1016/j.psychres.2021.113792

We are working with Professor Jacinta Elston, Pro Vice-Chancellor Indigenous, on analysing the data contributed by Aboriginal and Torres Strait Islander people to report on their experiences. Further papers are being prepared about diverse aspects of the psychological consequences of the pandemic including loneliness, financial difficulties, access to health care for non-COVID problems, and experiencing suicidal thoughts.

LEARNING CLUBS FOR EARLY CHILDHOOD DEVELOPMENT IN RURAL VIETNAM

Learning Clubs are facilitated community-based groups which aim to address the eight major risks to optimal early childhood development in resource-constrained settings: iron deficiency anaemia, iodine deficiency, intrauterine growth restriction, stunting, unresponsive caregiving, insufficient cognitive stimulation, maternal mental health problems and exposure to family violence. In close cooperation with the Research and Training Centre for Community Development in Hanoi, the Vietnam Ministry of Health and colleagues from the University of Melbourne, the Aga Khan University in Nairobi and UNICEF, we have completed a cluster randomised controlled trial in Ha Nam Province in the north of Vietnam, in which 42 communes were randomly assigned to offer the usual standard of care plus the Learning Clubs and 42 offered only the usual standard of care. The trial was completed when children were 12 months old and we completed follow up assessments when they were aged two, in February 2021.

Data were contributed by 1245 women and their children. Data cleaning and analysis have been completed and papers reporting the primary outcome – children's cognitive development at the age of two – along with the subsidiary outcomes of language, motor and social and emotional development and indicators of women's health and children's health and growth, are being finalised.

We received further funding from Grand Challenges Canada as a Transition to Scale grant (2021 – 2022) which is supporting us to take Learning Clubs to scale in Ha Nam Province. I was invited with our collaborator Ms Ha Tran from the Research and Training Centre for Community Development in Hanoi to participate in both peer-to-peer coaching and stakeholder ecosystem mapping programs for projects funded by Grand Challenges Canada. These included participants from four countries and were facilitated by the Truepoint Social Innovation Platform Team. We are having to adapt the program to a hybrid technology- assisted and in-person format to accommodate the continued COVID-19 restrictions in Vietnam.

INTERNATIONAL AND NATIONAL ROLES

CONTRIBUTIONS TO THE WORLD HEALTH ORGANIZATION 2021

I was invited to Co-Chair the World Health Organization Guideline Development Group for the Postnatal Care Guideline. The GDG included more than 60 representatives from diverse international agencies. All meetings were conducted virtually late at night to accommodate multiple time zones. The Guideline was finalised and accepted by WHO in November 2021 and will now be distributed to all member states for implementation.

I was invited by the World Health Organization Department of Mental Health and Substance Use to join the writing team to prepare a Maternal Mental Health Implementation Guide for the many low- and middle-income countries that lack services for women experiencing mental health problems associated with pregnancy and childbirth. It will be finalised and published in 2022.

CONTRIBUTIONS TO THE UNITED STATES AGENCY FOR INTERNATIONAL DEVELOPMENT

The United States Agency for International Development (USAID)'s MOMENTUM Country and Global Leadership, in collaboration with the World Health Organization and the United Nations Population Fund, convened a Technical Consultation on Maternal Mental Health in September 2021. It included nearly 1000 representatives from 100 countries who met virtually with the aim of identifying how strategies to address mental health could be incorporated into primary care via civil society organisations. I was an invited member of the advisory committee and one of the presenters in the opening plenary panel session. It comprised a global overview of perinatal mental health, exploring the questions: What do we know and how do we reframe the conversation?

Illustrating the narrative with reference to the *BMC Public Health* paper, I reframed the conversation around the links between poverty and indicators of common mental disorders, stating that if people have inequitable access to education, food, security, and hold a low socio-economic position, they are inevitably more vulnerable to mental health problems.

The interagency Technical Consultation Committee is developing a worldwide community of practice to ensure that mental health is integrated into all USAID's strategies to improve maternal, newborn and child health.

LOCAL BOARDS AND COMMITTEES

In addition to these, I am an active member of the following boards and committees:

COMMITTEES EXTERNAL TO THE UNIVERSITY:

- Chair, Psychosocial and Epidemiological Research in Reproduction Group, Royal Women's Hospital and Melbourne IVF (2008 -)
- Deputy Chair and Chair of the Executive Committee Australian Global Health Alliance (2019 -)
- Member, Masada Private Hospital Medical Advisory Committee (2016 -)
- Member, National Women's Health Survey Expert Advisory Group (2019 -)
- Invited member UK Foreign, Commonwealth and Development Office Technical Advisory Group for Gender and Early Childhood Development (2020 -)

INTERNAL COMMITTEES:

- Co-Director Division of Planetary Health
- Member, Public Health and Preventive Medicine Senior Executive Committee
- Member, Public Health and Preventive Medicine Research Committee
- Member, Public Health and Preventive Medicine Prizes and Awards Committee
- Chair, Public Health and Preventive Medicine Diversity and Inclusion Committee

JOURNAL EDITORSHIPS:

- Senior Board Member Mental Health, BMC Women's Health
- Member of the Editorial Board Archives of Women's Mental Health
- Member of the Editorial Board Journal of Psychosomatic Obstetrics and Gynaecology
- Member of the Editorial Board International Journal of Mental Health Systems
- Member of the Editorial Board Global Mental Health

PUBLICATIONS, PRESENTATIONS AND MEDIA

PUBLICATIONS 2021

PEER REVIEWED PAPERS

Baek Y, Ademi Z, Paudel S, Fisher J, Tran TD, Romero L, Owen A. Economic evaluations of child nutrition interventions in low- and middle-income countries: systematic review and quality appraisal. *Advances in Nutrition: An International Review Journal*. 2021; nmab097. DOI:10.1093/advances/nmab097

Baum SE, Wilkins R, Wachira M, Gupta D, Dupte S, Ngugi P, Makleff S. Abortion quality of care from the client perspective: Priorities in abortion care among women in Kenya and India. *Health Policy and Planning*. 2021. DOI:10.1093/heapol/czab065

Brear M, Shabangu P, Hammarberg K, Fisher J. Enhancing demographic survey protocols to characterise household dynamics that influence health – a participatory approach from rural Eswatini. *Global Public Health*. 2021. DOI:10.1080/17441692.2021.1936118

Brear, MR, Pinky N. Shabangu, Hammarberg K, Fisher J. (2021). Ethical tensions surrounding 'third-party disclosure' by participants: Lessons from participatory health research in Eswatini. *Global Public Health*, DOI: 10.1080/17441692.2021.1983000

Copp T, Nickel B, Lensen S, Hammarberg K, Lieberman D, Doust J, Mol BW, McCaffery K. Anti-Mullerian hormone (AMH) test information on Australian and New Zealand fertility clinic websites: a content analysis. *BMJ Open*. 2021;11:e046927. DOI:10.1136/bmjopen-2020-046927

Gang D, Loff B, Naylor B, Kirkman M. A call for evaluation of restorative justice programs. *Trauma, Violence, & Abuse*. 2021;22(1):186-190. DOI:10.1177/1524838019833003

Doma H, Tran TD, Tran T, Hanieh S, Tran H, Nguyen T, Biggs B, Fisher J. Continuing breastfeeding for at least two years after birth in rural Vietnam: prevalence and psychosocial characteristics. *International Breastfeeding Journal*. 2021;16: 78. DOI:10.1186/s13006-021-00427-8

Dorney E, Millard J, Hammarberg K, Griffin K, Gordon A, McGeechan K, Black K. Australian primary health care nurses' knowledge, practice and attitudes relating to preconception care, learnings for service implementation. 2021; (Accepted)

Fisher J, Tran TD, Hammarberg K, Nguyen H, Stocker R, Rowe H, Sastry J, Popplestone S, Kirkman M. Quantifying the mental health burden of the most severe Covid-19 restrictions: A natural experiment. *Journal of Affective Disorders*. 2021;293: 406-414. DOI:10.1016/j.jad.2021.06.060

Forbes F, Wynter K, Zeleke B and Fisher J. Male partner involvement in birth preparedness, complication readiness and obstetric emergencies in Sub-Saharan Africa: a scoping review. *BMC Pregnancy and Childbirth*. 2021;21:128. DOI:10.1186/s12884-021-03606-x

Forbes F, Wynter K, Zeleke B, Fisher J. Fathers' involvement in perinatal healthcare in Australia: experiences and reflections of Ethiopian-Australian men and women. *BMC Health Services Research*. 2021;21:1029. DOI:10.1186/s12913-021-07058-z

Freak-Poli R, Ryan J, Tran TD, Owen A, McHugh J, Berk M, Stocks N, Gonzalez-Chica D, Lowthian J, Fisher J, Byles J. Social isolation, social support and loneliness as independent concepts, and their relationship with health-related quality of life among older women. *Aging & Mental Health*. 2021. DOI:10.1080/13607863.2021.1940097

Gang D, Loff B, Naylor B, Kirkman M. Opening Pathways to Restorative Justice: Analysis of Parliamentary Debates on Sex Crime Law Reform in Victoria, Australia. *Social Politics: International Studies in Gender, State & Society*. 2021. DOI:10.1093/sp/jxab019

Hammarberg K, Stocker R. Evaluation of an online learning module to improve nurses' and midwives' capacity to promote preconception health in primary healthcare settings. *Australian Journal of Primary Health*. 2021; (Accepted)

Hammarberg K, Tran TD, Kirkman M, Rowe H, Fisher J. Preferred policy options to assist post COVID-19 mental health recovery: A population study. *Australian Journal of Public Administration*. 2021. DOI:10.1111/1467-8500.12507

Hammarberg K. Stress and alcohol consumption in the era of COVID-19: How will babies be affected? *International Journal of Birth and Parent Education*. 2021;8(3):12-15.

Harper J, Hammarberg K, Simopoulou M, Koert E, Pedro J, Massin N, Balen A on behalf of the International Fertility Education Initiative. The International Fertility Education Initiative: research and action to improve fertility awareness. *Human Reproduction Open*. 2021;(Accepted)

Hicks MH, Mohsin M, Silove D, Fisher J, Moussa B, Steel Z, Nancarrow H, Nadar N, Klein L, Hasoun F, Yousif M. Attitudes towards gender roles and prevalence of intimate partner violence perpetrated against pregnant and postnatal women: Differences between women immigrants from conflict-affected countries and women born in Australia. *PloS One*. 2021;16(7):e0255105. DOI:10.1371/journal.pone.0255105

Hogan R, Hammarberg K, Wang A & Sulliv E. 'Battery hens' or 'nuggets of gold': a qualitative study on the barriers and enablers for altruistic egg donation. *Human Fertility*. 2021. DOI:10.1080/14647273.2021.1873430

Kirkman M, Fisher J. Promoting older women's mental health: Insights from Baby Boomers. *PLOS ONE*. 2021;16(1):e0245186. DOI:10.1371/journal.pone.0245186

Lensen S, Chen S, Goodman L, Rombauts L, Farquhar C and Hammarberg K. IVF add-ons in Australia and New Zealand: A systematic assessment of IVF clinic websites. *Australian and New Zealand Journal of Obstetrics and Gynaecology*. 2021;61(3) 430-438. DOI:10.1111/ajo.13321

Lensen S, Hammarberg K, Polyakov A, Wilkinson J, Whyte S, Peate M, Hickey M. How common is add-on use and how do patients decide whether to use them? A national survey of IVF patients. *Human Reproduction*. 2021;deab098. DOI:10.1093/humrep/deab098

Makleff S, Garduño J, Zavala RI, Valades J, Barindelli F, Cruz M, Marston C. Evaluating complex interventions using qualitative longitudinal research: a case study of understanding pathways to violence prevention. *Qualitative Health Research*. 2021. DOI:10.1177/10497323211002146.

McKelvie S, Stocker R, Manwo MM, Manwo A, Sala T, Leodoro B, Tran T, Fisher J. Intimate partner violence and health outcomes experienced by women who are pregnant: a cross-sectional survey in Sanma Province, Vanuatu. *The Lancet Regional Health-Western Pacific*. 2021 Nov 1;16:100272.

Pearson L, Holton S, McLachlan R, Hammarberg K. Australian men's fertility information seeking attitudes and behaviour: A qualitative investigation. *Sexual & Reproductive Healthcare*. 2021;29. DOI:10.1016/j.srhc.2021.100621

Rowe H, Hammarberg K, Dwyer S, Camilleri S, Fisher J. Improving clinical care for women with endometriosis: qualitative analysis of women's and health professionals' views. *Journal of Psychosomatic Obstetrics and Gynaecology*. 2021;42(3):174-180. DOI:10.1080/0167482X.2019.1678022

Sastry J, Agawane S, Rajan M, Black K, Laumbach R, Ramagopal M. The effect of the indoor environment on wheeze- and sleep-related symptoms in young Indian children. *Lung India*. 2021;38:307-13.

Stanzel K, Hammarberg K, Fisher J. Challenges in menopausal care of immigrant women. *Maturitas*. 2021. DOI:10.1016/j.maturitas.2021.05.008

Stocker R, Tran TD, Hammarberg K, Nguyen H, Rowe H, Fisher J. Patient Health Questionnaire 9 (PHQ-9) and General Anxiety Disorder 7 (GAD-7) data contributed by 13,829 respondents to a national survey about COVID-19 restrictions in Australia. *Psychiatry Research*. 2021;113792. DOI:10.1016/j.psychres.2021.113792

Wollum A, Makleff S, Baum SE. Exploring experiences responding to the Individual Level Abortion Stigma scale: Methodological considerations from in-depth interviews. *Frontiers in Global and Women's Health*. 2021;2:678101. DOI:10.3389/fgwh.2021.678101

BOOK CHAPTERS

Nguyen T, Tran TD, Tran H, Hanieh S, Luchters S, Biggs BA, Tran T, Fisher J. Community-Based Learning Club for Women's Health and Infant Development in Rural Vietnam. Okpaku S.O, editor. *Innovations in Global Mental Health*. Springer, Cham; 2021. DOI:10.1007/978-3-319-70134-9_37-1

Razali S, Fisher J, Kirkman M. Maternal Filicide in Malaysia: Structural inequality and cultural disparity. In *Infanticide and Filicide: Foundations in Maternal Mental Health Forensics* 2021 Feb 7 (pp. 321-338). American Psychiatric Publishing.

PRESENTATIONS 2021

CONFERENCE AND ACADEMIC PRESENTATIONS

Fisher J. Mental health promotion and universal prevention strategies: essential to providing comprehensive perinatal mental health care. *Invited presentation to the Presidential Symposium 20th WPA World Congress on Psychiatry 2020*, March 10-13, 2021.

Fisher J. Mental health of women who are pregnant or caring for infants. *Invited presentation to the World Health Organisation South-East Asian Regional Office Regional multisectoral meeting to promote nurturing care of early childhood development: April 27-29*, 2021.

Fisher J. Invited Panel Member Mental Health *RANZCOG Women's Health Summit 2021*, Australian Parliament House, Canberra, May 27, 2021.

Fisher J. Global overview of perinatal mental health: what do we know and how do we reframe the discussion *Invited presentation Opening Plenary session USAID Momentum Technical Consultation on Maternal Mental Health*, September 7, 2021.

Fisher J. Gender transformative approaches to prevention of perinatal mental health problems *USAID Momentum Technical Consultation on Maternal Mental Health*, September 9, 2021.

Fisher J. Gender in healthcare communications: health care provider and patient perspectives. *Invited presentation Occupational English Test, Cambridge Box Hill Language Assessment Global Forum*. September 23, 2021.

Fisher J. Perinatal Mental Health *Invited panel discussant Woodrow Wilson Centre for Scholarship in partnership with the United Nations Population Fund (UNFPA)*, October 13, 2021.

Fisher J. Invited Moderator *AI for Healthy Minds and Healthy Brains*, online webinar October 14, 2021.

Fisher J. Burnout: an essential condition for occupational physicians to comprehend and respond to. *Monash Centre Occupational and Environmental Health, School of Public Health and Preventive Medicine, Occupational Medicine Short Course*, October 28, 2021.

Fisher J. When are you stopping work? Improving women's experiences of clinical care by being gender-informed. *Invited presentation to the RANZCOG ACT Chapter Annual Professional Seminar*, November 23, 2021.

Fisher J. Prevention of Postnatal Mental Health Problems Experienced by Women: What is the Place of Gender-Transformative Health Promotion? *Women and Medicine Series – Clinical Module 1: Women and Mental Health*, Weill Cornell Medicine-Qatar, October 23, 2021.

Fisher J. Workshop on Perinatal Mental Health. *Invited Co-Presenter WPA World Psychiatry Association Congress 2021*, October 10, 2021.

Fisher J and Hammarberg K. Mental health consequences of the pandemic and why a public health response is needed. *Invited presentation to the ACT Mental Health Advisory Council*, November 4, 2021.

Fisher J. Cohort investigation of women admitted with their infants or toddlers to Masada Private Hospital Early Parenting Centre to identify indicators of immediate- and medium- term program impact: interim analysis. *Invited presentation to the Masada Private Hospital Medical Advisory Committee Meeting*, November 16, 2021.

Hammarberg K Patient-based assisted reproduction: How to integrate exceptional care with cutting edge technology, *Australia and New Zealand Infertility Counsellors Association*, February 4, 2021.

Hammarberg K. Mental health of people in Australia during the COVID-19 pandemic, *RMIT Business and Human Rights Centre Seminar series*, Virtual, June 10, 2021.

Hammarberg K. Outcomes of retrospective donor legislation introduced in Victoria, Australia in 2017, *European Society of Human Reproduction and Embryology Annual meeting*, Virtual, June 28– 30, 2021.

Hammarberg K. Barriers to access to ART and what's needed to remove them, *Reproductive Lifecycles: An Interdisciplinary Experts Meeting, In/fertility Research Network*, September 8, 2021.

Hammarberg K. Cutting cost to improve access to assisted reproductive technology, *Invited guest lecture Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada, Indonesia*, October 25, 2021.

Hammarberg K Fertility health promotion in action: Your Fertility 10 years on, *Family Federation of Finland*, November 3, 2021.

Hammarberg K. Findings and clinical practice implications of a systematic review of the preconception health care needs of women with chronic conditions, *CRE SPHERE Annual Meeting*, November 25, 2021(poster).

Hammarberg K How to give yourself the best chance of having kids when the time is right for you, *Spotify Australia*, November 17, 2021.

Makleff S. Applying a Complex Adaptive Systems Approach to Evaluation of Social Change Interventions *European Evaluation Society*, September 2021.

COMMUNITY, PROFESSIONAL DEVELOPMENT & OTHER PRESENTATIONS

Flesh after Fifty – Changing images of older women **Dr Karin Hammarberg** and **Professor Jane Fisher** discussed the impacts of COVID-19 lockdowns and social isolation, during the *Flesh after Fifty* exhibition held at the Abbotsford Convent.

Karin Hammarberg was on the advisory board of the *Flesh after Fifty* exhibition, which was established to challenge the negative stereotypes of ageing and instead celebrate positive images of older women through art. **Watch a short documentary on Vimeo.**

Jane Fisher contributed a podcast to Jean Hailes for Women's Health's National Women's Health Week about recognising disenfranchised grief for all the important missed family events and experiences during COVID-19. Structured as a conversation with Jean Hailes CEO, Ms Janet Michelmore AO, it also discussed how to manage this aspect of the mental health consequences of the pandemic. Since launching in September 2021 it has been downloaded more than 2000 times. **<https://podcasts.apple.com/au/podcast/mental-health-in-the-age-of-covid-19/id1584590781?i=1000534405347>**

MEDIA

Media interest has been substantial this year, with coverage across print, web and radio channels. In addition to my regular Monday afternoon slot as a guest on ABC Radio's *Life and Other Catastrophes* segment, hosted by Rafael Epstein, there has been ongoing interest in the mental health impact of the COVID-19 restrictions and our research contributions to this topic. We celebrated the tenth anniversary of *Life and Other Catastrophes* on December 13, 2021. A total of 106 other media imprints were recorded for 2021.

OTHER MEDIA HIGHLIGHTS

Kirkman M, Fisher J. The mental health challenges facing ageing women: Insights from female Baby Boomers. **<https://lens.monash.edu/2021/10/21/1383906/the-mental-health-challenges-ageing-women-face-insights-from-female-baby-boomers>** *Monash Lens*, October 21, 2021

Makleff S. Young people are hungry for good sex education. There's a program in Mexico that gets it right. **<https://theconversation.com/young-people-are-hungry-for-good-sex-education-i-found-a-program-in-mexico-that-gets-it-right-156742>** *The Conversation*, March 10, 2021.

Hammarberg K. Last shot pregnancy. **<https://www.abc.net.au/radio/programs/ladies-we-need-to-talk/last-shot-pregnancy/13381594>** *ABC Podcast Ladies We Need to Talk*, June 15, 2021

Hammarberg K. The Fertility conversation we are missing in our teens and 20s. **<https://www.smh.com.au/lifestyle/life-and-relationships/the-fertility-conversation-we-are-missing-in-our-teens-and-20s-20210903-p58oha.html>** *The Sydney Morning Herald*, September 12, 2021

RESEARCH HIGHER DEGREE 2021

RESEARCH HIGHER DEGREE SUPERVISION 2021

CONTINUING

Main Supervisor

Davidson N. *Health literacy as a determinant of equitable access to cervical screening for refugees in Victoria* (commenced February 2020, in progress). Co-supervisor: Karin Hammarberg.

Forbes, F. *The new role of fathers: The culturally and linguistically diverse family experience*. PhD (Commenced March 2016, part-time in progress). Co-supervisors: Karen Wynter and Berihun Zeleke.

Kalra H. *Perinatal Mental Health of Women in India: Gaps and Challenges* (Commenced July 2017, part-time external in progress). Co-supervisors Thach Tran and Prabha Chandra.

Shah R. *Evaluation of outcomes and impacts of the national reproductive incentive scheme in India* PhD (Enrolled through IITB – Monash Academy commenced January 2019, in progress) Co-supervisor Guarev Sarthak.

Associate Supervisor

Baek Y. Cost-effectiveness of maternal and child nutrition interventions in developing countries (Commenced March 2020, in progress). Main supervisor Alice Owen, other associate supervisors: Thach Tran and Zanfina Ademi.

Hore-Lacy F. Physical and mental health consequences of silicosis associated with work in the stone benchtop industry (Commenced February 2021, in progress). Main supervisor Malcolm Sim, other co-supervisors Deborah Glass.

Quin N. The prevalence and efficacy of perinatal sleep and circadian health interventions that aim to improve maternal mental health? (Commenced February 2020, Doctorate in Clinical Psychology). Main supervisor Bei Bei.

Wong E. Following a consumer-driven healthcare policy from policy into practice - Safer Care Victoria PhD. (Commenced March 2018, in progress). Main supervisor Felix Mavondo.

External Supervisor

Margaretha Margaretha. The development of a framework to promote student mental health in schools in Indonesia. February 2020, University of Melbourne Department of Paediatrics. Main Supervisor Susan Sawyer, other co-supervisor Peter Azzopardi.

HONOURS SUPERVISION

COMPLETIONS

Main Supervisor

Mudunna C. Understanding youth mental health in Sri Lankan communities. Bachelor of Health Sciences Honours, December 2020.

Associate Supervisor

Wijaya P. Female genital cosmetic surgery: Perspectives of health and other professionals who work with women's bodies. Bachelor Medical Science Honours, December 2020. Main supervisor Maggie Kirkman,

Doma V. Social support for refugees and asylum seekers and longterm mental health MPH, December 2021. Main supervisor Thach Tran.

Extended Summer Scholarship Supervision

Grace Ang, *BBiomedSci Anatomically correct and idiomatic language used to describe female genitals by adults in Australia*. December 2021. Main supervisor Maggie Kirkman.

Meg Ruyters, *BBiomedSc and BSc Socioeconomic and gender differences in language used to describe female genitals by adults in Australia*. Main supervisor Maggie Kirkman.

STUDENT HIGHLIGHTS

GLOBAL AND WOMEN'S HEALTH ALUMNA STEPHANIE MCKELVIE AND RUBY STOCKER

The Global and Women's Health team aims to foster the research capabilities of our students and enable them to address complex health problems.

A recent example of this is the publication of a paper by Global and Women's Health honours student alumnae Stephanie McKelvie and Ruby Stocker in the highly regarded journal *The Lancet Regional Health - Western Pacific*.

Under the supervision of Professor Fisher, Dr Thach Tran and Dr Basil Leodoro of the Northern Provincial Hospital in Vanuatu, Dr McKelvie concentrated her B Med Sci Honours project on researching the prevalence, patterns and determinants of intimate partner violence (IPV) experienced by women during pregnancy in Vanuatu. She also identified the associations between this risk factor and mental health problems. The *Lancet Regional Health* paper was co-authored with Ms Stocker, Prof Fisher, Dr Thach Tran, and non-Monash research partners. These are the first findings in Vanuatu about the prevalence of IPV experienced by women who are pregnant and its adverse effects on pregnancy health, including increased likelihood of suicidal thoughts and behaviours and mental health problems.

Dr McKelvie graduated at the end of 2020, and is working at Alice Springs Base Hospital as an intern. She established an initiative in the early days of the coronavirus pandemic to connect people during the nationwide lockdown. She discusses her **Conversations in Isolation** initiative, which has continued well into 2021, in an article in **The Age**.

Ms Stocker is now studying medicine as a post graduate student at Deakin University. Her honours year in the Global and Women's Health team focused on the mental health of pregnant women in Vietnam. Under the guidance of Prof Fisher and Dr Tran, Ms Stocker undertook secondary analyses of data from two studies previously conducted in Ha Nam, a northern rural province in Vietnam (one in 2006, the other in 2010), assessing whether socioeconomic development can impact perinatal mental health.

Published in *BMC Public Health*, the data showed that social and economic policies can be effective levers in improving population-level perinatal mental health.

PUBLICATIONS

McKelvie S, Stocker R, Manwo MM, Manwo A, Sala T, Leodoro B, Tran T, Fisher J, . Intimate partner violence and health outcomes experienced by women who are pregnant: a cross-sectional survey in Sanma Province, Vanuatu. *The Lancet Regional Health-Western Pacific*. 2021 Nov 1;16:100272.

Stocker, Nguyen, Tran TD, Tran H, Tran T, Hanieh S, Biggs BA, Fisher J, 2020. Social and economic development and pregnancy mental health: secondary analyses of data from rural Vietnam. *BMC Public Health*, 20(1), 1-11.

NEW AND CONTINUING RESEARCH GRANTS 2021

LED BY GLOBAL AND WOMEN'S HEALTH

Fisher J, Tran TD, Nguyen T, Tran T, Tran H. Impact on men's attitudes and behaviours of a multi-component, gender-informed, father-inclusive intervention for early child development in Vietnam. Sexual Violence Research Initiative and World Bank Group **\$USD99,904** (2020-2022).

Fisher J, Tran TD, Thean T, Nguyen H. Cohort investigation of women admitted with their infants or toddlers to Masada Private Hospital Early Parenting Centre to identify indicators of immediate- and medium-term program impact. Ramsay Hospital Research Foundation **\$503,707** (2020-2021).

Rowe Murray, H, Fisher, J, Weller, C, Campbell, D, Craig, L, Meggetto, L & Robertson, J. MHIPC: Strengthening mental health capacity and service integration in primary postnatal care in Victoria. The Department of Health **\$170,404** (2019-2021).

Evans S, Heathcote P, Mark S, Frydenberg M, Kirkman M, Fisher J. *Movember Collaborative Project*. Movember Foundation **\$66,259** (2020-2021).

Dasari P, Mahalakshmy T, Fisher J, Sastry J. *Actions louder than words: development of curriculum and course for health professionals and a mobile phone app for intrapartum women to actualize Respectful Maternal Care (RMC) in India*. Government of India - Ministry of Human Resource Development **\$99,000** Monash University – Internal School Contribution \$112,480 (2019-2021).

Tran T, Nguyen H, Fisher J, Shochet I, Le M, Holton S. *Addressing an unrecognised public health problem in Vietnam: a clustered randomised controlled trial of the culturally adapted Resourceful Adolescent Program (RAP-V) to improve adolescent mental health*. NHMRC NAFOSTED International Joint Call **\$498,545** (2019-2021). (CIC, APP1158429).

INCOME SHARED WITH GLOBAL AND WOMEN'S HEALTH

Leder K, Cheng A, McGuinness S, Zoungas S, Hodgson C, Fisher J, Sim M, Forbes A, Cameron P, Kirkman M, Liew D, Kasza J, Teede H, Smith K. L, Kelsall H, Russo P, Udy A, Hunter P, Trauer J, Russell G & Skouteris H. The coronavirus in Victorian healthcare and aged care workers (COVIC-HA) cohort study. Department of Jobs, Precincts and Regions (DJPR) (Victoria) **\$1,401,000** (7/10/20 - 7/10/21)

Bassed R, Ryan J, Manning E, Moller M, Bugeja L, Ibrahim J, Fisher J & Wells D. Accredited training for sexual violence responses. Department of Social Services **\$4,398,800** (2020-2022)

Mishra G, Hickey M, Dobson A, Gannon B, Doust J, Fisher J, Cicuttini F, Huxley R, Tooth L, Brown H. *Centre of Research Excellence on Women and Non-communicable Disease (CRE WaND): Prevention and Detection*. NHMRC Centres of Research Excellence **\$2,495,848** (2019-2023) (CIF, APP1153420)

Mazza D, Fisher J, Taft A, Black K, Lucke J, Haas M, Hussainy S, McGeechan K, Norman W. *SPHERE - The Centre of Research Excellence in Sexual and Reproductive Health for Women: Achieving Better Outcomes through Primary Care*. NHMRC Centres of Research Excellence **\$2,499,270**. (2019-2023) (CIB, APP1153592)

Hiscock H, Jorm A, Goldfeld S, Fisher J (CID), Eastwood J, Reupert A, Sanci L, Yap M, Dalziel K, Eapen V. *Centre of Research Excellence in Childhood Adversity and Associated Depression and Anxiety*. NHMRC Centres of Research Excellence **\$2,495,356.5** (2019-2023) (CID, APP1153419)

COLLABORATION WITH GLOBAL AND WOMEN'S HEALTH

Muir J, Burgell R, Varney J, Moore J, Morrison M. & Fisher J. Creating an evidence base for clinical care: A randomized controlled study examining the efficacy of the low FODMAP diet for the relief of gastrointestinal symptoms in endometriosis. Australian Government Department of Health **\$948,619.20** (2020-2025)

Rees S, Fisher J, Stell Z. *Refugee women, intimate partner violence and settlement: The first cohort study*. NHMRC Project Grant **\$670,788** (2019-2022) (CIB, APP1164736)

Hickey M, Peate M, Norman R, Hart R, Fisher J. *Eggsurance? A randomised controlled trial of a novel Decision Aid for women considering egg freezing*. NHMRC Project Grant **\$593,042.72** (2019-2021) (AI, APP1163202)

APPENDICES

Hammarberg K, Tran T, Kirkman M, Rowe H, Fisher J. Preferred policy options to assist post-COVID-19 mental health recovery: A population study. *Aust J Publ Admin*. 2021;1-11. doi: 10.1111/1467-8500.12507

Fisher J, Tran T, Hammarberg K, Nguyen, Stocker R, Rowe H, Sastri J, Popplestone, Kirkman M. Quantifying the mental health burden of the most severe Covid-19 restrictions: A natural experiment. *J Affective Disorders*. 2021 Jul 2. doi: 10.1016/j.jad.2021.06.060

If you're feeling low you're not alone. 29 July 2021. Prof Jane Fisher AO was featured in **The Age** in a piece focussing on the Global and Women's Health Team's survey from 2020 which found record levels of mental health symptoms during lockdowns.

We asked 9000 Australians about their mental health needs post-COVID — this is what they want. 1 September 2021. The Global and Women's Health team shared the results of their survey in **The Conversation** recently. They asked 9000 Australians about their mental health needs after the pandemic subsides.

Double trouble: How severe lockdown restrictions have taken a toll on population mental health. 6 August 2021. Research shows last year's lockdowns in Victoria were associated with near double the population prevalence of anxiety and depressive symptoms. Read more at **Monash Lens**.

“We are so grateful for our partnership with Alan and Elizabeth Finkel and their continued commitment to creating better health outcomes for communities worldwide through their support.”

– Professor Rebekah Brown,
Deputy Vice-Chancellor (Research) & Senior Vice-President

For further information about the impact of your gift, please contact:

Marita O'Callaghan
Director Development (Health Sciences)
T: (+61 3) 9903 4281
E: marita.ocallaghan@monash.edu

Megan O'Connor
Deputy Director Development, Clinical and Biomedical Research
T: (+61 3) 9903 1485
E: megan.oconnor@monash.edu

External Relations, Development and Alumni
Office of the President and Vice-Chancellor
Locked Bag 7
Monash University VIC 3800 Australia