Entry Title: Developing a measure of social inclusion for people with a lived experience of mental ill-health

Name of Applicant: Kate Filia

Organisation: Orygen
The MHS Early Career Research Award (Excellence) Application

Dr Kate Filia

1. Briefly describe your research (maximum 400 words).

Social inclusion is beneficial for mental health, functioning, and quality of life. The components of social inclusion (social relationships and participation, housing, occupational and educational functioning, financial wellbeing and access to services) all work together to support a person’s inclusion in society.

A disproportionate number of people with mental illness, and their caregivers, experience social exclusion. Interactions of multiple forms of disadvantage, and the negative impact of symptoms and illness relapses contribute to this increased propensity, and can create a vicious cycle of social exclusion and poor mental health outcomes.

Despite the importance of social inclusion, progress has been limited due to a lack of consensus regarding key elements of social inclusion and appropriate measurement tools. This has prevented accurate evaluation of interventions, identification of areas of need and assessment of responsiveness to treatment.

As part of a three-stage process, we focused on increasing understanding of social inclusion and developing a measure for people impacted by mental illness (the Filia Social Inclusion Measure; F-SIM).

- **Stage 1 – Thematic analysis.** Review of literature to gauge professionals’ views on key contributors of social inclusion. Contributors of social inclusion included social support and participation, housing, neighbourhood and services, health and wellbeing, employment, education, finances and the effect of life events and personal circumstances.

- **Stage 2 – Delphi study.** Obtained consensus amongst a panel of experts regarding importance/relevance of contributors of social inclusion identified in Stage 1. Experts included 32 consumers, 32 caregivers and 40 community members. 122 items were agreed as important or relevant to SI.

- **Stage 3 – Construction of F-SIM.** Important items from Stage 2 comprised the F-SIM. Care was taken in framing these items as questions and a number of consumers/caregivers provided initial feedback on the face validity of the F-SIM. After refinement, the F-SIM was trialled with ninety participants (30 consumers, 30 family members, 30 community members). The F-SIM had good face validity and is highly acceptable to respondents. Consumers/caregivers had poorer outcomes across social inclusion domains: Housing, Neighbourhood and Services; Relationships, Activities and Setbacks; Employment and Education; Finances; Health and Wellbeing).

The F-SIM is now in its final stages of psychometric assessment, with over 500 participants completing it at baseline and follow-up, alongside a battery of measures examining related constructs (testing concurrent validity). Participants include 249 consumers, 30 caregivers and 237 community members. It has been validated in young people with psychosis (published in *Psychiatric Rehabilitation Journal*).
2. **Describe your research with an emphasis on Innovation, Best Practice or Excellence (maximum 200 words).**

My research demonstrates excellence by:

- **Publications**: Findings from each stage have been published in *Psychiatry Research*, *Psychiatric Rehabilitation Journal* and *International Journal of Social Psychiatry*.

- **Early Career Researcher Grant (2017)**. I was awarded this highly competitive University of Melbourne grant. This signifies recognition of the importance of social inclusion, and the contribution the F-SIM will make in the lives of those affected by mental illness.

- **Best Research Paper (2019)**. I received the Society for Mental Health Research Award for Best Research Paper (Early to mid-career category), for my work detailing the development of the F-SIM.

- **Early Career Fellowship (2020)**. I was awarded a competitive University of Melbourne Research Fellowship to complete the psychometric assessment of the F-SIM.

- **Conference Presentations**. I have received much interest through my presentations at local/international conferences. I have been invited to speak at local forums, and join committees contributing my expertise, including within the Department of Premier and Cabinet, of the Victorian Government.

- **Collaborations**. I have received requests to validate the F-SIM internationally, and utilise it in clinical and research settings. These requests will be granted imminently, and will aid in collection of norms for different groups.

3. **Summarise the potential contribution to and/or implications for society (maximum 200 words).**

The F-SIM addresses the issue, in the field of social inclusion, of a paucity of accurate measures of the concept, in particular for people affected by mental illness.

The 2019 Productivity Commission inquiry into mental health acknowledged the importance of social inclusion to the mental health of Australians, including it as a reform objective.

Without validated measures of social inclusion, we cannot assess the worth and potential effectiveness of social inclusion programs. The F-SIM will enable us to do this, as well as:

- Enhance our understanding of the nuances of social inclusion for consumers and caregivers
- Identify subgroups particularly vulnerable to social exclusion who may need greater support.
- Allow clinicians to monitor changes in social inclusion; to target clients’ strengths and weaknesses, including identifying risks, supports and individual relationships between symptomatology and social inclusion. This will foster targeted and personalised needs-based care.
- Assist in determining where to best direct money and resources for individual programs and wider service provision, to minimise impact of marginalisation and exclusion.
- Enable assessment of cost-effectiveness of interventions or support services, and provide sound empirical data and evidence to strengthen arguments and rationale required for service reform and policy development.
4. Describe any contribution by Mental Health consumers/persons with lived experience other than as subjects (e.g. reference group, researcher) (maximum 200 words).

A major strength of this research, and the resultant measure, lies in the significant contributions of people with lived experience of mental illness (consumers, caregivers and family members). With a long history as a research assistant, I was acutely aware of the need for extensive input from the community for which the measure was intended. As such, these groups were involved in planning, development and feedback stages (in addition to involvement as participants). During early stages of development, a number of group discussions were held with consumer and carer consultants, and consumer advocates (at Psychiatric Disability and Rehabilitation Support Services and local area mental health services) to establish links with the community. Suggestions and feedback from consumers and caregivers continue to be incorporated throughout the research program. Iterations of the measure were assessed for usability and acceptability by consumers and caregivers.

In furthering development of the F-SIM in a youth mental health population, we consulted with Orygen’s Youth Research Council to ensure the F-SIM and associated research were headed in a direction commensurate with the group’s objectives. In these final stages, focus groups will be held with consumers and caregivers, to ensure measure acceptability and prioritise key areas of research.
CURRICULUM VITAE of DR KATE FILIA

QUALIFICATIONS
2015  Doctor of Philosophy (PhD; awarded 28th January 2015)
       Centre for Youth Mental Health (CYMH), University of Melbourne; Orygen
2008  Postgraduate Diploma of Psychology
       Monash University; Monash Alfred Psychiatry Research Centre (MAPrc)
2000  Bachelor of Applied Science (Psychology/Psychophysiology)
       Swinburne University of Technology

RELEVANT EMPLOYMENT HISTORY, ROLES AND RESPONSIBILITIES
Relevant Current and Past Appointments
2019- Role: Research Program Coordinator/Research Fellow
       Orygen; CYMH, University of Melbourne
2013-19 Role: Project Manager
        Orygen; CYMH, University of Melbourne
2000-13 Roles: Research Assistant, Study Coordinator, Training Coordinator
       Monash Alfred Psychiatry Research Centre (MAPrc), Monash University

AWARDS & RESEARCH FUNDING (TOTAL $1,227,792)
2020  National Health and Medical Research Council (NHMRC) Partnership Grant (APP1198696).
       Cotton, S.M., McGorry, P.D., Rickwood, D., Hickie, I., Yung, A., Mihalopoulos, C., Parker, A.,
       Smith, K., Filia, K., Gao, C. The who, why, what, where and when of primary youth mental health care: The 5W research program. $857,288.
2020  Wellcome Trust UK. The role of social connectedness in preventing, treating and managing depressive disorders in young people. £45,000 (GBP; equivalent $82,504 AUD).
2020  Melbourne Research Fellowship (Career Interruption) – University of Melbourne. $140,000. ‘Social inclusion, functioning and service use in youth mental health.’
2019  Society for Mental Health Research 2019 Best Research Paper (Early to mid-career category)
2018  Early Career Researcher Grant – University of Melbourne. $40,000. ‘Social inclusion according to clinical stage of illness.’
2009  Australian Postgraduate Award Industry (APAI) Scholarship – Australian Research Council (ARC) Linkage Grant. $108,000.

SELECTED LEADERSHIP, SERVICE & ENGAGEMENT ACTIVITIES
Professional Memberships
2020- Orygen Early Career Researcher Network
2019  SMHR Conference Scientific Advisory Committee
2019- UK Research and Innovation, Loneliness and Social Isolation in Mental Health Research Network
2018- IEPA Early Intervention in Mental Health (FILK18AU)
2018- Research Review Committee Reviewer, Orygen; CYMH Human Ethics Advisory Group
2017-18 Local advisory committee, World Psychiatric Association Thematic Congress
2016 – Research Institute on Social Cohesion (RIOSC), Department of Premier and Cabinet
2014 – Medicine, Dentistry & Health Sciences ECR Network, University of Melbourne
2014 – Society for Mental Health Research (SMHR)
Engagement and Service Activities

2020 - Developed and lead Mentoring Program - Centre for Youth Mental Health, University of Melbourne (Orygen)

2019 - Mental Health Strategy of Multiplex Global


2017 - Invited trainer, ‘Orygen Inter-Rater Reliability Training’, Orygen

Professional Development

2019 - Monthly mentoring sessions with Professor Frances Kay-Lambkin & Dr Magenta Simmons

2019 - Pragmatic randomised trial designs for evaluating health policy and practice change interventions workshop

2019 - Orygen ICH E6 GCP (R2) GCP Training for Investigator Site Personnel Course

2018 - Introduction to Data Linkage for Research; Melbourne School of Population and Global Health, University of Melbourne

2018 - Systematic Review Workshop; Patrick Condron, Brownless Biomedical Library, University of Melbourne

2016 - Early Career Academic Foundations Course, Melbourne Centre for the Study of Higher Education, University of Melbourne

SUPERVISION

Supervision (Completed)

2019 - Emma Stringer, Honours (Psych), University of Melbourne (co-supervisor)

2018-19 - Priya Sunder, Scholarly Selective (MD), University of Melbourne (co-supervisor)

2017-18 - Ming Chia, Scholarly Selective (MD), University of Melbourne (co-supervisor)

2016-20 - Andrew Gardner, PhD (Clin Psych), Monash University (co-supervisor)

2015-16 - Stephanie Dimitrieski, Scholarly Selective (MD), University of Melbourne (co-supervisor)

2015 - Andrew Gardner, Honours (Psych), University of Melbourne (co-supervisor)

Supervision (Ongoing)

2020- - Shelby Britten, Honours (Psych), University of Melbourne (co-supervisor)

2020- - Iswa Habib, Honours (Psych), University of Melbourne (co-supervisor)

2020- - Martin Mitrevski, (M Psych), University of Melbourne (co-supervisor)

2020- - Anuradhi Jayasinghe D Psych (Clin), Deakin University (co-supervisor)

2018- - George Karambelas, D Psych (Clin), Deakin University (co-supervisor)

PUBLICATIONS – TOTAL 28, h-index = 11 (Scopus; 14 Google Scholar), Total Citations = 468

Please note, I have an additional five papers in submission (two first author, one senior, one second author)


**SELECTED CONFERENCE PRESENTATIONS**

Please note, I have included here only presentations for which I was the presenting author


**Non-Conference Presentations**


3 August 2020

THEMHS AWARDS COMMITTEE
PO BOX 192
BALMAIN NSW 2041

To whom it may concern,

This letter is to support Dr Kate Filia’s application for the TheMHS ECR Award (2020).

Dr Filia came to work in my team at Orygen in 2013. I provide her with supervision and mentorship with her postdoctoral research focusing on social inclusion and mental illness.

Social inclusion is an important construct for consumers of mental health services, their carers, professionals, and social policy makers. Despite the importance of this construct, it is disappointing that it is poorly understood and there is a lack of theoretically and psychometrically sound measurement tools to monitor changes in social inclusion. As a consequence, social inclusion is often overlooked in clinical and research settings.

Dr Filia, is one of the few researchers nationally and internationally aiming to better our understanding of social inclusion in those affected by mental illness. Her research program is theoretically solid and has involved the use of mixed methodologies to engage consumers, carers, professionals and general community members. The focus on consumer engagement has been a unique strength of her work. Her research has led to the development of a social inclusion measurement tool with significant input from the target population, that has face validity, and also been used to elucidate that both adults with mental illness and their carers have experienced social exclusion. Her current research program, is to further characterise the psychometric properties of the measure, and to delineate the degree of social exclusion in young people with mental illness. She has a growing number of publications in these areas as well as supervising undergraduate and graduate research students on social inclusion projects.

In recognition of excellence of her work, she was accepted into the Research Institute on Social Cohesion (RIOSC) in the Department of Premier and Cabinet (2016). In 2017, she was promoted to Research Fellow (Level B) and she was also successful in obtaining a highly competitive University of Melbourne Early Career Researcher grant. In 2019, she was awarded Best Research Paper (early to mid-career category) from the Society of Mental Health Research (SMHR). In 2020, she has commenced a University of Melbourne Early Career Research Fellowship to continue her work on social
inclusion. Also in 2020, she has been successful in securing research funding from the Wellcome Trust to focus on social connectedness in individuals with major depressive disorder, as well as being a Chief Investigator on a newly funded NHMRC Partnership grant (APP1198696) focusing on applying data mining and linkage techniques to headspace’s minimum dataset in order to identify the subgroups of young people with mental illness who may not be having their treatment needs met.

Dr Kate Filia’s leadership in clinical research continues to grow and she has demonstrated excellence as an early career researcher. I unreservedly support her for the TheMHS Early Career Research Award (2020).

Sincerely,

[Signature]

Professor Sue Cotton
Head, Health Services and Outcomes Research