



Tom Trauer Award Application Cover Sheet

Entry Title: _____
Health Services and Outcomes
Research in Youth Mental Health

Name of Applicant: _____
Professor Susan Cotton

Organisation: _____
Orygen, and
Centre for Youth Mental Health,
University of Melbourne

PART B (max 1 page)

Additional Information

Prof Sue Cotton has a unique background with both clinical training in neuropsychology (PhD, LaTrobe University 2007) and formal training in biostatistics (GradDipAppSc(Stats), 1998, Swinburne; MAppSc(Stats), Swinburne, 2002). These complementary skills have contributed to making her the strong clinical researcher in mental health she is today.

Prof Cotton commenced her appointment at Orygen and the Centre for Youth Mental Health, The University of Melbourne in 2002 as a Research Fellow (Biostatistician). Early in her research career, she consulted on many projects at Orygen with her contributions beyond the 'traditional' role of statistician. She has brought leadership, mentorship and innovation, as well as making significant contributions with respect to intellectual property. Since her early days at Orygen, she has grown as an independent researcher, and is now one of the leading mental health researchers in Australia.

Prof Cotton heads the Health Services and Outcomes research program at Orygen. Within her team, she has 17 staff including four postdoctoral researchers, six research assistants, four senior clinical psychologists, a senior statistician, a health economist and a psychiatry registrar. She is also currently supervising a total of 15 students including 5 PhD students, 2 completing Doctorates of Psychology, 3 Masters students, and 5 Honours students. As evidence of her strong leadership skills and emphasis on mentoring, she has, and continues to build a strong team of clinical researchers ensuring the ongoing success and capacity in youth mental health and mental health service research. Many of her past students have gone on to further study, or have taken on clinically significant roles while continuing their research in or alongside her team, demonstrating the quality of her supervision and supportive approach to capacity building. Her postdoctoral research fellows are also making significant contributions and gains in mental health services research. For example, Dr Kate Filia under the guidance and mentorship of Professor Cotton, has made significant progress in her work on social inclusion in serious mental illness. Dr Filia was awarded an Early Career Researcher Award (2017) from the University of Melbourne, Best Research Paper (early to mid-career category) from the Society of Mental Health Research (2019), an Early Career Fellowship (2020) and has recently secured highly competitive research funding from the Wellcome trust (2020). Professor Cotton appreciates how such mentorship and sponsorship of future research leaders is essential to her role.

As a result of Prof Cotton's background and earlier career focus of biostatistics, she has developed a broad research program. Her program encompasses work in first episode psychosis (FEP), early stages of bipolar disorder, primary mental health services, outcome measurement and the impact of serious mental illness on caregivers. She has led, or is leading, numerous clinical trials of novel psychological, pharmacological and nutraceutical interventions for individuals with schizophrenia, bipolar disorder, borderline personality disorder, depression, and substance use. The success of her work is highlighted by her securing a total of \$33.6M in career funding, 18 NHMRC grants as a Chief Investigator totalling \$21.7M, 240 peer-reviewed publications in some of the highest ranking mental health related journals (122 since 2015), and her extensive leadership in mental health research in Australia.

In summary, Prof Cotton has extensive experience in quantitative methodologies, clinical trials, and mental health service research, making her an ideal recipient of the Prof Tom Trauer award.

Finally, Prof Cotton had the great fortune of meeting and working alongside Prof Trauer during her time as an early career researcher at LaTrobe University (1998-2001). During this time, her and Prof Trauer shared many conversations about statistical problems and issues relating to outcome measures. It is with great honour and gratitude to TheMHS for encouraging continued mental health service research in Australia and having such an award in Prof Trauer's name, that this application is submitted.

Award Criteria (max 10 pages)

Evidence of contribution to, or potential impact on, mental health service improvement.

Prof Sue Cotton's work in early psychosis and primary mental health care, are two of many exemplars of how her work contributes to, or has the potential to impact on, mental health service delivery.

Early psychosis work. Prof Cotton has been involved in early psychosis research since commencing her employment at Orygen in 2002. A key Orygen project, the First Episode Psychosis Outcomes Study (FEPOS) was initially led by Professor Philippe Conus and Professor Martin Lambert, with significant involvement from Prof Cotton. This project involved a medical file audit of all patients treated at the Early Psychosis Prevention and Intervention Centre (EPPIC) over a two-year period between January 1998 and December 2000. The resulting cohort comprised 661 young people aged between 15-29 years who presented with an incipient psychotic episode. Information was extracted on clinical characteristics at pre-treatment, service entry, treatment and 18-month discharge time points. This work has led to 30+ publications focusing on outcomes of the cohort covering topics such as incidence of first episode psychosis (FEP), premorbid and baseline characteristics, differences between adolescent- and adult-onset illness, impact of substance use on outcomes, responses to antipsychotic medications, 18-month diagnostic stability, predictors of suicide attempt in treatment, predictors of sudden death, sex differences in illness course, relationship between trauma and outcome, differences in clinical and functional outcomes of different diagnostic groups, and correlates of service disengagement. Prof Cotton contributed significantly to publications including four first author papers focusing on sex differences in treatment outcomes, the impact of depression in first episode schizophrenia, differential diagnosis, and mapping functional outcomes in the early stages of disorder. Through this work, the FEPOS team have successfully addressed a range of pertinent issues with a particular focus on risk factors associated with poor outcome for people who have experienced a FEP. Findings from this work were used to inform Australian Early Clinical Guidelines for Early Psychosis (2016), especially surrounding service disengagement, suicide attempts during treatment, and the role trauma in presentation of FEP.

There is a paucity of information regarding the long-term effectiveness of specialist early interventions for FEP, treatment received post-early intervention treatment, identification of which factors best predict long-term outcomes, and how the extent and quality of such treatments influence long-term outcome. Prof Cotton and her team have been focusing on these issues in a longitudinal 15+ year follow-up of those originally included in the FEPOS cohort (known as FEPOS15). This project is funded by NHMRC (APP1045997) and is led by Prof Cotton (Chief Investigator A, CIA). This is a huge project, and recruitment is in the final stages. The protocol manuscript is currently under review, and several publications to come from interim findings are in preparation, and will be imminently submitted for peer-review. A data linkage study is planned to better map illness trajectory, health service utilisation and long-term outcome in this cohort. Data for a study investigating gene expression is also being collected simultaneously with main study outcomes, with analysis of gene expression data planned following final specimen collection. The results of this research will inform policy and maximise the quality and accessibility of mental health services for young people with psychotic disorders and their caregivers.

Prof Cotton has been involved in many other early psychosis research projects including as CIA on several large NHMRC funded clinical trials. The focus of these trials is the improvement of symptomatic and functional outcomes for young people in the early stages of psychotic disorders. She is currently leading a trial of n-acetylcysteine as an adjunctive treatment for the early stages of FEP (NHMRC, APP1125778). Professor Cotton is concurrently leading a second trial focusing on a novel psychological intervention for individuals with bipolar I disorder with psychotic features (NHMRC, APP1128626).

Prof Cotton is also involved as a Chief Investigator on a newly funded clinical trial registry and translation network called the Australian Early Psychosis Collaborative Consortium (AEPCC). This project received \$2.7M funding from the Wellcome Trust. Work on this program has begun and Prof Cotton is a key contributor in determining which outcome measures should be included as part of a minimum dataset battery of assessments to be rolled out across all *headspace* Early Psychosis services. These measures are often used in evaluating and modifying service provision, and ensuring that the needs of young people presenting to these services are met. This will be the world's first clinical registry for FEP and will provide a better understanding of the outcomes of young people with psychotic disorders.

Primary youth mental health services. Over the past 18 months, Prof Cotton has led a team of three of her four postdoctoral researchers, a health economist and a senior biostatistician, to gain a better understanding of how to best assess outcomes in youth primary mental care. This work has been leveraged from a NHMRC Partnership Grant (APP1076940) with Orygen, *headspace* National and other partners. Data was collected from a number of sources including: 1107 young people attending five *headspace* centres; a computerised-assisted telephone interview study of over 4000 young people (12-25 years) pertaining to levels of awareness and access to *headspace* centres, and; Medicare data extracted to retrospectively examine the impact of the establishment of *headspace* centres on young people's help-seeking behaviour and engagement in mental health services. A range of manuscripts are in both preparation and submission focusing on topics such as the psychometric properties of the Kessler Psychological Distress Scale (K6), predictors of distress, how distress maps onto clinical staging, understanding and mapping social inclusion in young people, understanding the impacts of self-reported neurocognitive impairments on clinical outcomes, validating a 3-item suicidal ideation tool, screening for psychosis 'at risk' symptoms, and the needs of young parents presenting to *headspace* centres. There are number of outcomes of this work, including better understanding of the outcomes measures use to assess and monitor treatment outcomes, and the development of targeted interventions for subgroups with complex needs (e.g., young parents or those who are socially excluded with complex presentations).

Within this Partnership program the First Bounce study has commenced, the aim of which is to develop a mathematical model of primary mental health services for young people that can be generalised to inform policy and service planning. This work will enable an accurate estimate of the cost-effectiveness of treatment delivered via *headspace* centres. It is proposed that the analysis will be customisable within the context of local decision making, suggesting its usefulness to Primary Healthcare Networks and other policymakers. Focus groups have been run including young people, clinicians and policy makers to gauge how stakeholders at various levels interpret the value of these economic models in an everyday setting. The value of the input of people who access and provide services is highlighted. We aim to ensure that outcomes are modelled in line with their preferences.

The Mapping project is another conducted within the Partnership program and led by Prof Cotton. In this study, data has been collected from over 4000 young people attending *headspace* centres with respect to three quality of life measures: the Assessment of Quality of Life – Eight Dimensions (8D), EuroQol-five dimension (EQ-5D-5L), and the Child Health Utility 9D (CHU-9D). These will be mapped against clinical measures such as the Patient Health Questionnaire 9 and the K10, to develop youth-based health utility scores. Most quality of life measures have been valued and applied to adults, and such data do not currently exist for young people. This is an important study because it is the first to develop health utility scores that can be used to inform policy and service planning decisions specific to youth populations. It is also important to identify a quality of life measure that is acceptable to young people and provides the most useful information that may be included in routine outcome measurement.

Another study within the Partnership program is a Delphi study investigating the meaning of the term, the 'Missing Middle'. The recent Productivity Commission Report on Mental Health highlighted the importance of identifying the 'Missing Middle' or those individuals that have

mental health issues too complex to receive treatment from primary care, but not severe enough to be supported by tertiary mental health services. There is confusion, however, regarding how to best operationalise and identify individuals with mental-ill health who fall into this group. In an attempt to define the 'Missing Middle' as it relates specifically to young people, Prof Cotton and her team are conducting a consensus study to determine what the term means to young people, their caregivers, clinicians, researchers, and policy makers.

headspace has been the prototype model for youth mental health reform worldwide, with numerous countries adopting similar culturally-appropriate services. In order to strengthen the outcomes of *headspace*, a better understanding of the clinical characteristics of consumers and broader health service utilisation behaviours is needed. This will assist with accurate identification of the pertinent subgroups (e.g., 'Missing Middle'), and treatment gaps. Prof Cotton recently successfully secured a new NHMRC Partnership grant (CIA, APP1198696) 'The who, why, what, where and when of primary youth mental health care: the 5W research program'. This new program of research involves partnerships with Orygen, *headspace* National, Ambulance Victoria, and the Department of Health and Human Services, Victoria alongside leading Australian academics. The main aims are to apply data mining and linkage techniques to the *headspace*'s minimum dataset (MDS) and other population-based surveys in order to identify the subgroups of young people with mental health concerns and determine whether their treatment needs are currently being met. There is a particular focus on young people who may need lower intensity behavioural or digital interventions, and on the other end of the spectrum, those with more complex presentations requiring intense support. Focus groups including each of the health needs subgroups will be conducted, and there will be a delineation of young people's preferences for different service types through discrete choice experiments. Again this highlights the important of consumer partnerships in mental health service research. All data will be integrated into dynamic simulation models, which will be used to predict help-seeking, health and resource use outcomes from different service delivery models within *headspace*. Prof Cotton's team and project partners will then work towards a refined *headspace* model that best meets the need of young people.

Evidence of research excellence

Prof Sue Cotton has a unique background with clinical training in neuropsychology (PhD, LaTrobe University 2007) and formal training in biostatistics (GradDipAppSc(Stats), 1998, Swinburne; MAppSc(Stats), Swinburne, 2002); these are complementary skills that make her a strong clinical researcher in mental health. Evidence of research excellence is highlighted by her peer review publications, grant funding, international standing, collaborations, and supervision and mentoring.

Publications. Overall, Prof Cotton has authored 240 peer reviewed publications (122 since 2015), one edited book and 4 book chapters. Google Scholar indicates Prof Cotton has 10,108 citations (6,125 since 2015) and her h-index is 54, while Scopus citations total 6,504 (3,917 since 2015). Since 2015, she has a Field-Weighted Citation Impact of 1.82 meaning 82% of Prof Cotton's citations are greater than the global average. Since 2017 her Field-Weighted Citation Impact is 2.07.

Some examples of publications over the last 5 years include:

1. Jansen, J. E., Gleeson, J., & **Cotton, S.** (2015). Towards a better understanding of caregiver distress in early psychosis: A systematic review of the psychological factors involved. *Clinical Psychology Review*. 35, 56-66. (citations 78 in GS, JIF 10.255).
Highlights important work to increase the understanding of the impact of psychosis on family members.
2. **Cotton, S. M.**, Lambert, M., Schimmelmann, B. G., Fila, K., Rayner, V., Hides, L., . . . Conus, P. (2017). Predictors of functional status at service entry and discharge among young people

with first episode psychosis. *Social Psychiatry and Psychiatric Epidemiology*. 52, 575-585. (citations 17 GS, JIF 3.335).

Outlines variables associated with poor functional outcome. Variables included developmental disabilities, substance use, and forensic issues, which also could be targets of potential interventions.

3. Berk, M., Daglas, R., Dandash, O., Yücel, M., Henry, L., Hallam, K., . . . **Cotton, S. M.** (2017). Quetiapine v. lithium in the maintenance phase following a first episode of mania: randomised controlled trial. *British Journal of Psychiatry*. 210, 413-421. (citations 33 GS, JIF 7.85).

A treatment study for the early stages of disorder with the emphasis on neuroprotection.

4. **Cotton, S. M.**, et al. (2019). Improving functional outcomes in early-stage bipolar disorder: The protocol for the REsearch into COgnitive and behavioural VERsatility trial. *Early Intervention in Psychiatry*, 13, 1470-1479. (citations 1 GS, NHMRC APP1128626, JIF 2.257)

A novel psychotherapy trial focusing on improving outcomes for young people experiencing first episode mania.

5. **Cotton, S. M.**, Rice, S., Moeller-Saxone, K., Magnus, A., Harvey, C., Mihalopoulos, C., . . . Herrman, H. (2020). Sex differences in psychological distress, behavioural and emotional problems, and substance use in young people in out-of-home care. *Child and Family Social Work*, 25, 325-336. (citations 1 GS, NHMRC APP1046692, JIF 1.337)

This work came out of a pragmatic trial of a mental health intervention for caregivers of those young people who reside in out-of-home care. In this paper, it was highlighted that young girls in out-of-home care are at increased risk of poor mental health outcomes and substance use.

Grants. Prof Cotton has received a total of **\$33.6M** (\$21.7M National Health and Medical Research (NHMRC) funding, \$13.4M current NHMRC funding) in research grant funding from funders such as NHMRC, Wellcome Trust, Australian Rotary Health, Movember, Jack Brockhoff Foundation, beyondblue, American Foundation for Suicide Prevention, and Helen Macpherson Smith Trust. In total, Prof Cotton has been named Chief Investigator (CI) on 18 NHMRC grants. In the 2012 NHMRC TCR (Mental Health) grant round, she was named CI on three of the 13 successful grants, including one as CIA. She has been named CI on eight NHMRC Project Grants (4 current, 2 as CIA). She currently leads a trial of n-acetylcysteine as an adjunctive treatment for FEP (APP1125778) and a psychotherapy trial for the early stages of bipolar disorder I (APP1128626). She has recently been successful in securing (as CIA) a NHMRC Partnership Grant (APP1198696) focusing on the development of acceptable, equitable and efficient strategies to improve the reach of primary mental healthcare services for young people. This grant involves partnerships with *headspace* National, Orygen, Ambulance Victoria, and Department of Health and Human Services. She is currently also a CI on a NHMRC/NIHR Collaborative Research Grant (APP1095879), NHMRC EU Collaborative Grant (APP1074555), and a NHMRC CRE (APP1153607) on novel interventions in psychiatric disorders.

Furthermore, Prof Cotton has a proven record of success in securing fellowship funding. She was awarded the Ronald Phillip Griffith Fellowship, University of Melbourne (2009-2012) and a NHMRC Career Development Fellowship (CDF, 2014-2018). In 2018 she was awarded a NHMRC Senior Research Fellowship (CDFAPP113634), a year prior to completion of her CDF.

The following table provides a summary of the NHMRC funding that Prof Cotton has held.

NHMRC Funding	
G1.	<u>NHMRC Partnership Grant (APP1198696)</u> . 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 (2020-2024). \$857,288.

G2.	<u>NHMRC Project Grant (APP1153607)</u> . Berk, M., McGrath, J., McGorry, P., McNeil, J., Malhi, G., Jacka, F., Cotton, S., Walder, K., Dean, O., Williams, L. CREDIT: The CRE for the Development of Innovative Therapies for Psychiatric Disorders. (2018-2022). \$2,497,157.50.
G3.	<u>NHMRC Project Grant (APP1138736)</u> . Davey, C., Loo, C., Cotton, S. et al. A randomized controlled trial of low-dose ketamine in youth with severe depression and elevated suicide risk. 2018-2021. \$2,232,756.74.
G4.	<u>NHMRC Senior Research Fellowship (APP1136344)</u> . Cotton, S. Understanding illness trajectories and developing novel therapies for individuals with psychosis. 2018-2022. \$640,210.00.
G5.	<u>NHMRC Project Grant (APP1125778)</u> . Cotton, S. , Dodd, S., Wood, S., Allott, K., Batholomeusz, C., Bortolasci, C., O'Donoghue, B., Ratheesh, A. The efficacy of N-Acetyl cysteine as an adjunctive treatment for first episode psychosis. 2017-2021. \$2,143,069.40.
G6.	<u>NHMRC Project Grant (APP1128626)</u> . Randomised controlled trial of the RECOVER tailored psychological intervention for first episode bipolar disorder. Cotton, S. , Macneil, C., Murray, G., Jackson, H., Ratheesh, A. 2017-2021. \$1,550,290.70.
G7.	<u>NHMRC Project Grant (APP1102595)</u> . Chanen, A., McGorry, P., Nelson, C., Cotton, S. , Jackson, H., Thompson, K., Bartholomeusz, C., Jovev, M. Randomised controlled trial of aripiprazole for treatment of auditory verbal hallucinations in borderline personality disorder. 2016-2020. \$2,748,147.95.
G8.	<u>NHMRC/NIHR Collaborative Research Grant (APP1095879)</u> . Gleeson, J., Farhall, J., Cotton, S.M. , Mihalopoulos, C., Lederman, R., Sundram, S., Alvarez-Jimenez, M. EMPOWER: Early Signs Monitoring to Prevent Relapse and PrO mote Wellbeing, Engagement and Recovery. 2015-2017. \$407,716.62.
G9.	<u>NHMRC Career Development Fellowship (APP1061998)</u> . Cotton, S.M. Developing better models of outcome for psychotic disorders. 2014-2018. \$447,840.
G10.	<u>NHMRC Partnership Grant (APP1076940)</u> . McGorry, P., Rickwood, D., Hetrick, S., Pirkis, J., Parker, A., Hickie, I., Herrman, H., Cotton, S. , Kathy, E. Youth-specific change and outcome measures for effective youth mental health service delivery. 2014-2017. \$1,475,867.30.
G11.	<u>NHMRC European Union Collaborative (APP1074555)</u> . McGorry, P.D., Pantellis, C., Nelson, C., Amminger, G.P., Killackey, E., Davey, C., Cotton, S.M. , Yuen, H.P. PSYCAN – Translating neuroimaging findings from research into clinical practice. 2014-2018. \$366,080.58.
G12.	<u>NHMRC Targeted Call for Research Grant – Mental Health (APP1045997)</u> . Cotton, S.M. McGorry, P., Mackinnon, A., Herrman, H., Gleeson, J., Hides, L., Foley, D. Rates, patterns and predictors of long-term outcome in a treated first-episode psychosis cohort. \$1,344,905.
G13.	<u>NHMRC Targeted Call for Research Grant – Mental Health (APP1046692)</u> . Herrman, H., Humphrey, C., McGorry, Kaplan, I., Mitchell, P., Harvey, C., Mihalopoulos, C., Cotton, S.M. , Davis, E., Vance, A. Improving mental health for young people in out-of-home care: providing participatory evidence-based mental health care across services. 2012-2017. \$914,242.
G14.	<u>NHMRC Targeted Call for Research Grant – Mental Health (APP1044046)</u> . Hides, L., Kavanagh, D., Connor, J., Daghli, M., Cotton, S.M. , Barendregt, J., Witkiewitz, K., Young R., White, A. Brief telephone interventions for reducing future alcohol use and related harm in young people accessing emergency departments. 2012-2015. \$702,461.
G15.	<u>NHMRC Project Grant (APP1024570)</u> . Davey, C., McGorry, P.D., Chanen, A., Hetrick, S., Cotton, S.M. First line management of youth depression. 2012-2016. \$1,208,745.
G16.	<u>NHMRC Project Grant (APP1026307)</u> . Berk, M., Dodd, S., Cotton, S.M., & Dean, O. The Efficacy of N-acetylcysteine as an adjunctive treatment in Bipolar Depression: A double-blind, randomised, placebo-controlled trial. 2012-2014. \$930,844.00.
G17.	<u>NHMRC Project Grant (APP1006749)</u> . Lubman, D., Allen, N., Yucel, M., & Cotton, S.M. The role of anhedonia in recovery from opiate addiction. 2011-2013. \$522,787.40.

G18.	<u>NHMRC Project Grant (APP628739)</u> . Chanen, A., Jackson, H., Cotton, S. , & Gleeson, J. Early intervention for borderline personality disorder in youth: a randomised controlled trial. 2010-2013. \$681,625.
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International standing. Prof Cotton has been invited to talk at national and international meetings and regularly presents at both national and international conferences (since 2015). She has been a committee member for the Schizophrenia International Research Society (SIRS): Publications Committee (2010-2012, 2018-2020) and Ethics Committee (2013-2014).

Supervision and mentoring. Her research team includes four postdoctoral researchers and 6 research assistants, 4 senior clinical psychologists, a senior statistician, a health economist and a psychiatry registrar. She supervises other junior research staff at Orygen, particularly those involved with funded NHMRC clinical trials. She has supervised 54 students to completion (8 PhDs, 3 DPsych, 1 MD, 5 MPsych, 31 Honours, 1 PGDip, 5 medical students). She is currently supervising 15 students (5 PhDs, 2 DPsych, 3 Masters, 5 Honours).

NHMRC service. As evidence of her research expertise, Prof Cotton has provided 11 years of consecutive service to NHMRC. For 3 years, Prof Cotton was a Grant Review Panel (GRP) member of the Large Clinical Trials Panel (2009-2011). In 2011, 2012, and 2016 she was a member of the Psychology/Psychiatry GRP. Between 2015 and 2016 she was a member of the ECR GRP. She was a member of the Assigners Academy from 2013 to 2015. In 2017, she was a member of the inaugural panel for the MRFF Lifting Clinical Trials and Registry Capacity panel. In 2018-2019, she was on the Clinical Trials and Cohort Studies (CTCS) GRP. In 2020, she is on the MRFF Rare Cancers, Rare Diseases and Unmet Needs GRP, and has been requested to join the 2020 NHMRC CTCS GRP.

Collaborations. Prof Cotton has strong collaborations both nationally (52.3%) and internationally (46.7%; SciVal, 2015-2020+). This is also highlighted by her peer-review manuscripts with more than 150 co-authors in multidisciplinary areas (health, medicine, psychology). She has strong partnerships across Australia and internationally (see below).

Leadership in research and practice, community engagement. Prof Cotton held the position of Treasurer of the Society for Mental Research (SMHR, formally known as the Australasian Society for Psychiatric Research [ASPR]) until 2018. She was Conference Co-convenor and Scientific Convener for the 2013 ASPR conference and a member of the Local Organising Committee for the 2014 SMHR Conference. She was on the Scientific Committees for the World Psychiatric Association 2018 Thematic Conference and the Schizophrenia International Research 2019 Conference International Program Committee. She is a member of the Melbourne Health Human Research and Ethics Committee. Prof Cotton has been consulted by various agencies including the Centre of Disease Control (CDC, USA), Australian State and Federal Governments, and community-based agencies (e.g., VicHealth, YMCA Victoria, Austin Hospital, St. Vincent's Hospital). In 2013, as part of the ASPR conference, she led and ran a workshop on clinical trial methodology in mental health.

Translation of research into practice. Prof Cotton has made major contributions to the field in translational research to improve clinical practice as follows: (1) Early work on cognition in Duchenne Muscular Dystrophy was used by the Centres for Disease Control, USA, to develop clinical guidelines for the psychosocial treatment of the disorder; (2) Clinical research methodology especially in psychiatric research has led to the development of Handbook for Allied Health Researchers (commissioned by the Menzies Institute, Co-editor), as well as workshops such as Trials in Mental Health (ASPR 2013 conference) and lecture series for postgraduate clinical programs; (3) Development of an equine-assisted therapy program for young people with mental illness that is being used by Riding for the Disabled Victoria; and (4) Evaluated the outcomes of an outdoor adventure therapy program for young people with mental illness for the Victorian State Government and YMCA Victoria – this program is now regularly offered by YMCA Victoria.

Evidence of participation of mental health consumers, in the planning, implementation and evaluation as relevant.

Orygen places a strong emphasis on collaboration with young people and their families to ensure the work remains relevant, appropriately youth-focused and is highly acceptable to young people. The input from young people and their families is invaluable and essential for effective clinical service delivery, research, and policy development. Consumer involvement has been a core activity in Prof Cotton's research.

Prof Cotton regularly consults Orygen's Youth Research Council and Youth Advisory Council, as well as *headspace* Youth Advisory Groups through all stages of the research process, incorporating applicable feedback in ethics and grant applications, and maintaining a consultative relationship from protocol development through to implementation of the research project. These interactions specifically allow her team to gauge the relevance of the work for young people, gain feedback about assessment tools or participant-facing study documents such as participant information and consent forms, to help determine the best ways of engaging and recruiting young people, and the best ways to promote knowledge translation from study outcomes.

Prof Cotton and her team engage young people and their caregivers in research to give them a voice, as evidenced by the 'Missing Middle' study which is currently underway. This study was developed by the team in an attempt to address an issue raised as a key priority in a recent report published by the Productivity Commission, which called for an extension of mental health services to address the needs of the 'Missing Middle'. Prof Cotton and her team are attempting to tackle this issue specifically in young people with mental ill-health by engaging young people, their caregivers, clinicians, mental health researchers and policy makers to develop a definition of the term Missing Middle. This work will provide the foundation for research on how youth mental health services can be adapted to better identify, and meet the clinical needs, of this vulnerable subgroup.

Recently Prof Cotton and the team's Program Manager, Dr Kate Filia, presented a primary mental health research program at Orygen's *headspace* research committee (covering Orygen's five *headspace* centres) meeting. The purpose of this meeting was to present our existing and planned work to clinicians and young people, and seek advice regarding implementation and translation into practice. This is about our continued engagement with key stakeholders in *headspace* centres. A young person involved in the Youth Advisory Group at *headspace* Sunshine sent feedback after the meeting stating: *"I said it before and I'll say it again - your team is doing some of the most valuable work for YP and I want to thank you on their behalf"* (personal communication).

Furthermore, Prof Cotton and her team are working with caregivers and pertinent advocate groups in a new research study focusing on expanding stress-coping models to better understand the impacts and outcomes of caring for individuals with serious mental illness. Relationships have been formed with Mental Health Carers Australia and Tandem Victoria, with ongoing discussions planned to continue this partnership. In developing the study, input was sought from caregiver consultants from North West Mental Health; these caregivers will continue to be consulted throughout the course of the study.

In addition to mental health consumers themselves, the clinicians who work every day with individuals with serious mental illness are considered invaluable stakeholders in the research process. Prof Cotton works closely with clinicians to identify clinically relevant questions for her research. This is highlighted in her current work related to bipolar I disorder. Working with senior Orygen clinicians, including Dr Craig Macneil, Dr Melissa Hasty, and Dr Aswin Ratheesh, Prof Cotton and her team have refined an intervention specifically designed for young people with bipolar disorder, and collaboratively have secured NHMRC funding (APP1128626) to investigate the effectiveness of this intervention in an implementation trial.

Evidence of Partnerships and Linkages (collaboration for continuity between organisations).

Collaboration is a key feature of Prof Cotton's work; she has many partnerships and linkages across her research program.

Early psychosis and psychotic disorders. Prof Cotton as CIA secured a NHMRC Targeted Call grant (APP1045997) to conduct 15-20-year follow-up of the FEPOS cohort with collaborators including Prof Philippe Conus (Switzerland), Prof Martin Lambert (Germany), Prof Andrew Mackinnon (BlackDog), Prof John Gleeson (ACU), Prof Leanne Hides (UQ), Prof Michael Berk (Deakin), Prof Philippe Conus (Switzerland), Prof Martin Lambert (Germany), and Prof Benno Schimmelmann (Germany). Participant recruitment is currently being finalised and linkage with appropriate health administration databases is being undertaken to gain a better understanding of long-term outcomes of the cohort.

Prof Cotton also leads a clinical trial of n-acetylcysteine for first episode psychosis (NHMRC Project Grant, APP1125778). There are a range of collaborators involved with this study including with researchers from both Orygen/University of Melbourne (Prof Patrick McGorry, Prof Stephen Wood, Prof Andrew Chanen, A/Prof Kelly Allott, A/Prof Brian O'Donoghue, Dr Cali Bartholomeusz, Dr Aswin Ratheesh, Dr Amity Watson) and Deakin University (Prof Michael Berk, Prof Ken Walder, A/Prof Olivia Dean, Dr Chiara Borolasci). Participant recruitment is currently underway.

Prof Cotton has been involved with trials for adults with more established psychotic disorders, specifically working with Prof Michael Berk (Deakin) and his team. More recently, she has been involved in a clinical trial led by Prof Michael Berk (Deakin) and Prof John McGrath on the effectiveness of mangosteen pericarp as an adjunctive treatment for individuals with chronic schizophrenia; the main outcome paper is current under review. This project was funded by the Stanley Foundation.

Prof Cotton has also contributed to an international clinical trial of a smartphone intervention for relapse prevention for individuals with psychotic disorders (known as the EMPOWER trial) led by Prof Andrew Gumley (UniGlasgow), Prof John Gleeson (ACU) and A/Prof John Farhall (LaTrobe) but involving other internationally renowned researchers including Prof Alison Yung (UniMelb) Prof Shon Lewis (Manchester), Dr Sandra Bucci (Manchester), Prof Suresh Sundram (Monash), Prof Cathy Mihalopoulos (Deakin). This trial was funded by through a NHMRC/NIHR Collaborative Research grant. Importantly the collaborators in the trial come from many different backgrounds including academic settings as well as integrated clinical/research positions, and from health economic and policy background. The trial has finished recruitment and preliminary analyses have been conducted indicating the benefits of the smartphone intervention in clinical services in aiding relapse prevention. Consumers also have evaluated the intervention positively. Given this initial study was a pilot, plans for a larger cluster randomised trial are being discussed along with the potential integration of the intervention into more clinical services in the UK and Australia.

Prof Cotton is a Chief Investigator on a CREDIT; The Centre of Research Excellence (CRE), for the Development of Innovative Therapies for Psychiatric Disorders (APP1153607). This CRE is led by Prof Michael Berk (Deakin), but includes other leading mental health researchers including Prof John McGrath (UQ), Prof John McNeil (Monash), Prof Gin Malhi (USyd), Prof Felice Jacka (Deakin), Prof Ken Walder (Deakin), A/Prof Lana Williams (Deakin), and A/Prof Olivia Dean. The focus is not only finding and testing novel innovations but also capacity building in mental health research. This CRE also provides the foundations for the development of a national adult psychiatry clinical trial network which will foster new partnerships.

Mental health services. Prof Cotton steers the everyday running of a previously funded NHMRC Partnership study (APP1076940) led by Prof Patrick McGorry (UniMelb), focusing on developing novel outcome measures for people with mental illness presenting to primary mental health services. Prof Cotton, her team and collaborators are working on numerous outputs from this grant. This work provided the groundwork for NHMRC funding of a new Partnership study (APP1198696), led by Prof Cotton, that is titled 'The who, why, what, where and when of

primary youth mental health care: the 5W research program'. This new program involves partnerships with Orygen, headspace National, Ambulance Victoria, and Department of Health and Human Services, Victoria and leading Australian academics including Prof Patrick McGorry (UniMelb), Prof Debra Rickwood (headspace, and UniCanberra), Prof Ian Hickie (UniSyd), Prof Alison Yung (UniMelb), Prof Cathy Mihalapoulos (Deakin), Prof Alex Parker (VU), Prof Karen Smith (Ambulance Victoria, Monash). These new partnerships will help ensure that integrity and ease of implementation of the research program, ensuring stakeholder involvement and engagement, and service and policy reform.

Bipolar disorder. For her research in both early to later, more established, stages of bipolar disorder, Prof Cotton has built significant collaborative relationships with eminent researchers in the field including Prof Michael Berk (Deakin). Additionally, she also works with Greg Murray (Swinburne), Prof Philip Mitchell (UNSW), Prof Philippe Conus (Switzerland), Prof Andreas Bechdolf (Germany), Prof Henry Jackson (UniMelb), Prof Ken Walder (Deakin) A/Prof Olivia Dean (Deakin), A/Prof Lana Williams (Deakin), Dr Tamsyn van Rheenen (UniMelb), Dr Lesley Berk (Deakin), Dr Mary-Lou Chatterton (Deakin). There are many outcomes from this work including publications, successful grant funding and joint supervision of postgraduate students. Prof Cotton has liaised with Sophie Scott (ABC Science Reporter) regarding bipolar research in Australia. Prof Cotton leads a clinical trial of a novel psychotherapy, known as "REsearch into COgnitive and behavioural VERSatility" (RECOVER) for young people in the early stages of bipolar disorder (APP1128626), one of the first of its kind internationally.

Prof Cotton, is involved in another new study led by Dr Aswin Ratheesh call "Bipolar early interventions using New Digital technologies (BLEND) which is focused on a new clinical service model for young people with bipolar I and II. This new consulting service and evaluation of this service, is to commence in 2021.

Caregivers. Prof Cotton has conducted previous research related to caregivers of people with mental illness, with Prof John Gleeson (ACU), Prof Terence McCann (VicUni), Prof Andrew Chanen (UniMelb). Prof Cotton is leading a new study developing a model of caring for individuals with serious mental illness but considering both the stage and type of illness impacts on caregivers. She has drawn together various collaborators including Prof Michael Berk (Deakin), Prof John Gleeson (ACU), Prof Greg Murray (Swinburne), Prof Henry Jackson (UniMelb), Prof Andrew Chanen (UniMelb), Prof Mario Alvarez (UniMelb), A/Prof Simon Rice (UniMelb), Dr Lesley Berk (Deakin), Dr Aswin Ratheesh (UniMelb), Dr Kate Filia (UniMelb), and Dr Amity Watson (UniMelb). This new study also involves collaboration with Mental Health Carers Australia and Tandem Victoria. Prof Cotton is also involved with the development of novel interventional trials for caregivers caring for individuals with depression (led by Prof Michael Berk and Dr Lesley Berk) and borderline personality disorder (Prof John Gleeson, Prof Andrew Chanen).

Borderline personality disorder. Prof Cotton has a long history working with Prof Andrew Chanen (UniMelb) in conjunction with Prof Henry Jackson (UniMelb), Prof John Gleeson (ACU) and Prof Michael Kaess (Germany) in the area of borderline personality disorder (BPD) research. A strong focus of this work is identifying novel service delivery interventions for young people with BPD and their caregivers and currently a trial of the efficacy of aripiprazole as an adjunctive treatment for voices in BPD (NHMRC Project Grant, APP1102595). Prof Cotton has also co-supervised several doctoral students in the field whose studies have focused on ecological momentary assessment of self-harm and suicidal ideation in young people with BPD (Dr Holly Andrewes), and developing a measure of functioning in appropriate for young people with BPD (Dr Claire Fowler). She has mentored students on other projects focusing on substance use in BPD (Mr Franco Scalzo) and a novel group intervention of caregivers and friends of young people with BPD (Mr Mirra Seigerman).

Comorbidity. Prof Cotton's collaborations with Prof Dan Lubman (Monash, APP106749), Prof Leanne Hides (UQ), Prof Yucel (Monash), Prof David Kavanagh (QUT), Prof Amanda Baker (UON) involve a range of projects investigating substance use and mental health. Outcomes have included securing successful grant funding and numerous publications. Example of grants

include measuring anhedonia in opiate users (APP1006749) and a brief intervention for young people presenting with alcohol related injuries at emergency departments (APP1044046).

Vulnerable populations. Prof Cotton was a Chief Investigator on a pragmatic trial of complex mental health intervention for caregivers of young people in out-of-home care. This project was led by Prof Helen Herrman (UniMelb), and other investigators including Prof Carol Harvey (UniMelb), Prof Cathy Humphries (UniMelb), Prof Cathy Mihalopoulos (Deakin), as well links with the DHHS, and four Community Sector Organisations (CSOs) providing support for out-of-home care sector. Through this work we have highlighted that young people attending out-of-home care are particularly vulnerable to poor emotional and behavioural outcomes as well as increased risk of substance use, forensic issues, and homelessness. Through this work the importance of supporting caregivers in the out-of-home sector, as well as integrating supports across out-of-care, mental health, substance use and forensic sectors is highlighted. The analyses of the final project are underway.

Verification and Evaluation of the research effectiveness in achieving the goals of the investigation(s).

Prof Cotton has a broad, burgeoning research program. Numerous key studies are currently underway, where the outcomes of the work will come into fruition over the next few years. The example detailed here is associated work that was done to increase social inclusion for individuals impacted by serious mental illness.

Recreational activities for individuals with Serious Mental Illness: In 2007, Prof Cotton was invited to join YMCA Victoria Mental Health Advisory Council. Other members on this Council included staff from Sports and Recreation Victoria (SRV), Mind Australia, and other Community Service Organisations (CSO) supporting individuals with mental illness. SRV funded the development of the Mental Health Access and Participation and Industry Mentoring Project, or 'Journey to Strength). Through the work with the Council, YMCA developed a four-day camping program for individuals impacted by serious mental illness. The philosophies underpinning the camp program were developing partnerships, 'Challenge by Choice', building social connections and improving physical health outcomes. The camping intervention was manualised.

Prof Cotton led the evaluation of the camping program using both quantitative and qualitative techniques. A total of 108 individuals from mental health services across Victoria participated in 12 camps. Five of these camps were for individuals between 18 and 25 years of age, and seven camps were for individuals aged 26 years and older. Participation in the camp resulted in significant improvements in mastery, self-esteem, and social connectedness.

This work was important for the following reasons: (i) promoting partnerships across government, mental health and community recreational sectors; (ii) providing the foundations for YMCA Victoria to continue to develop programs to promote social inclusion of individuals with serious mental illness; (iii) highlighting the importance of evaluation in facilitating the sustainability of a program. Most importantly, the program offered new experiences for individuals impacted by serious mental illness. One participant offered advice to other prospective campers "*Have a go and really challenge yourself! Why? Because you will be amazed by how much you can really do!*"

Other outcomes from this work included:

Cotton, S. M., & Butselaar, F. J. (2012). Adventure camps for young adults and adults with mental illness. *Psychiatric Services*, 63, 1154.

Cotton, S., & Butselaar, F. (2013). Outdoor adventure camps for people with mental illness. *Australasian Psychiatry*, 21(4), 352-358.

YMCA Victoria. Journey to strength. Melbourne: YMCA Victoria, 2011

Conclusion (1/2 x A4 page)

Prof Sue Cotton is a psychologist with clinical training in neuropsychology, and a consultant biostatistician. Her qualifications include BBS(Hons), GradDipAppSc(Statistics), MAppSc (Statistics), MPsych/PhD (Clinical Neuropsychology). She is a Professorial Fellow at Orygen and the Centre for Youth Mental Health (CYMH), University of Melbourne and her current role is Head of Health Services and Outcomes Research at Orygen. Prof Cotton has an impressive background in psychiatric research, clinical research methodology and biostatistics with twenty years' experience in the field. With this background, she has established a very successful career in psychiatric research, and has a great capacity to build upon these achievements.

As an early career researcher, Prof Cotton had the honour of meeting Prof Tom Trauer on numerous occasions, and in many ways, Prof Cotton's research program is commensurate to the values portrayed by him. She has established research excellence in mental health service research particularly in services provided to young people. She has demonstrated an extraordinary ability to foster successful collaborations and partnerships across sectors as well as engaging young people, their families, and clinicians in her every day work.

Referees (1/2 x A4 page)

Referee 1

Prof Henry Jackson

The University of Melbourne



Referee 2

Prof Michael Berk

NHMRC Senior Principal Research Fellow

Alfred Deakin Professor of Psychiatry, School of Medicine, Deakin University, the Geelong Clinic and Barwon Health.

Director, IMPACT Strategic Research Centre (Innovation in Mental and Physical Health and Clinical Treatment).



Appendix of Support Material (8 pages)

Due to space limitations, only publications from 2010 onwards are presented here.

Original Articles

1. Allott, K., ..., **Cotton, S. M.** (in press). Subjective cognitive functioning in relation to changes in levels of depression and anxiety in youth over three months of treatment. *BJP Open*.
2. Bortolasci, C. C., et al. (in press). Interleukin-6 and total antioxidant capacity levels following N-acetylcysteine and a combination nutraceutical intervention in a randomised controlled trial for bipolar disorder *Acta Neuropsychiatr*.
3. Caveleti, M., et al. (in press). Borderline personality disorder diagnosis and symptoms in outpatient youth as risk factors for criminal offences and interpersonal violence *J Pers. Disord*.
4. Hides, L., Quinn, C., Chan, G., **Cotton, S.**, et al., (in press). Telephone-based motivational interviewing enhanced with individualised personality-specific coping skills training for young people with alcohol-related injuries and illnesses accessing emergency or rest/recovery services: A Randomized Controlled Trial (QuikFix). *Addiction*.
5. Perera, S., Hetrick, S., **Cotton, S.**, et al., (in press). Awareness of headspace youth mental health service centres across Australian communities between 2008 and 2015. *J Mental Health*.
6. Rafeld, J., et al., (in press). 'Getting Our Voices Out There': Acceptability of a mental health participation program for young people with out of home care experience in Australia. *Health Promot Int*.
7. Rafeld, J., Moeller-Saxone, K., **Cotton, S.**, et al., (in press). Corrigendum: 'Getting our voices out there': acceptability of a mental health participation programme for young people with out of home care experience in Australia. *Health Promot Int*.
8. Seidler, Z. E., Rice, S. M., Dhillion, H. M., **Cotton, S. M.**, et al., (2020). Patterns of youth mental health service attendance and discontinuation: Population data from Australia's headspace model of care. *Psychiatr Serv*.
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10. Ashton, M. M., et al. (2020). Diet quality, dietary inflammatory index and BMI as predictors of response to adjunctive N-acetylcysteine and mitochondrial agents in adults with bipolar disorder: a substudy of a randomised placebo-controlled trial. *Aust N Z J Psychiatry*. 54, 159-172.
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16. Gumley, A., et al. (2020). Early signs monitoring to prevent relapse in psychosis and promote well-being, engagement, and recovery: Protocol for a feasibility cluster randomized controlled trial harnessing mobile phone technology blended with peer support. *JIMR Res Protoc*. 9, e15058.
17. Alvarez-Jimenez, M., et al., (2019). HORYZONS trial: protocol for a randomised controlled trial of a moderated online social therapy to maintain treatment effects from first-episode psychosis services. *BMJ Open*, 9, e024104.
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