



Grant recipient

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Specialist Mental Health Service

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Grant details

GRANT TYPE	Clinical Research Training Fellowship - Nursing 2016 NFS	FUNDING ROUND	2016 CRTF
GRANT REFERENCE		GRANT AMOUNT	\$40,000

Final report

1. Report for the Scientific Assessing Committee

View an attachment by double clicking the icon to the left of the file name. Icons are not displayed and attachments are not accessible when this PDF is viewed in a web browser; you must open it in [PDF reader software](#).

CMRF Final Report for Ian Averill 16192.pdf
192.4 KiB

2. Brief summary

This grant has allowed me to become an integral part of the research team at the University of Otago's Department of Psychological Medicine (Clinical Research Unit). It has given me the opportunity to learn much about the processes and disciplines involved in planning and conducting research involving depressed inpatients. The studies we have undertaken have involved the measurement of physical attributes and performance often affected by a Major Depressive Episode. Our objective has been to identify change in these attributes (activity levels and psychomotor speed particularly) which correspond to changes in clinical (mood) state during active treatment. In this way it is hoped that data can be accumulated to support more accurate and timely treatment response measures. Useful results were obtained during a pilot study and have since been published. A further research project using more refined measures has been planned and required approvals obtained. This study aims to identify early changes in activity levels and psychomotor speed which predict outcomes in treatment as usual compared with treatment augmented by Activation Therapy. The protocol is published and the study is now underway.

3. Photographs

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3.3 MiB



4. Feedback