Care, collaborate, lead
Research on Mental Health Equity and Digital Health in the Asia Pacific

Inaugural Conference of UBC’s REMAP-D Research Cluster
26 October 2021, 2:00 – 6:00 p.m. PT, Zoom
**Poster Authors**

**VMood: Adaptation of an In-Person Depression Intervention to a Smartphone App**

**Leena Chau**, PhD student in the Faculty of Health Sciences at Simon Fraser University, under the supervision of Dr. John O’Neil, is Research Manager for three global mental health projects implementing the scale-up of an evidence-based depression intervention in Vietnam using mobile health technology (VMood). Developed in Vietnam based on an evidence-based in-person intervention developed in Canada, VMood is a smartphone-based depression intervention. Her PhD research will test the feasibility of implementing VMood in the Vietnamese community in BC using a mixed-methods participatory approach. Prior to SFU, Leena was at the UBC Centre for Health Services and Policy Research, the School of Nursing, and the GF Strong Rehabilitation Research Lab. She received her MSc in Population and Public Health from UBC.

**Dr. Vu Cong Nguyen** is Deputy Director of the Institute of Population, Health and Development, Vietnam. He is a research scientist and public health physician. Nguyen is Co-Principal Investigator for three global mental health projects funded by CIHR and Grand Challenges Canada (GCC) focused on improving depression services in Vietnam. He has led many successful research studies in Vietnam with international funding from GCC, National Institutes of Health, US Agency for International Development, and International Development Research Centre.

**Dr. Duong Viet Anh** is a Project Officer at the Institute of Population, Health and Development in Vietnam working on the three global mental health projects. Before joining PHAD, Dr Viet Anh worked for National Committee for Elderly, a national non-governmental organization. Viet Anh received his Doctor of Preventive Medicine and MPH from the Hanoi Medical School.
Hayami Lou, MSc student in the Faculty of Health Sciences, SFU, is Project Coordinator for three global mental health projects. Hayami completed her BA in Psychology at UBC. Prior to CARMHA, Hayami was a research assistant at Neuroethics Canada for over 3 years working on various projects including examining public perceptions of psychiatric neurosurgery through media analyses and focus groups as part of ERA-Net, a multinational research consortium under the European Commission. As a trainee with Kids Brain Health Network, she studied the use of various disability terminology used around the world and the implications of stigmatizing labels on children with disabilities.

Dr. John O’Neil, Professor of Global and Indigenous Health, is the Co-Principal Investigator for three global mental health projects. From 2007 to 2017, he was Dean of the Faculty of Health Sciences at SFU. He was Director of the Manitoba First Nations Centre for Aboriginal Health Research and Professor and Head of the Department of Community Health Sciences in the University of Manitoba’s Faculty of Medicine. Dr. O’Neil’s work has been primarily in the area of Aboriginal health. He has published more than 120 papers and reports on a variety of aboriginal health issues including self-government and health system development, cultural understandings of environmental health risks, and social determinants of health disparities.
Effect of a Digital Intervention on Depressive Symptoms in Patients with Comorbid Hypertension or Diabetes in Brazil and Peru

Liliana Hidalgo, a psychologist with an MSc in Global Mental Health, worked as a Clinical Coordinator in Peru for the LATIN-MH project. For this project, she monitored the nurses delivering the CONEMO intervention.

Facilitators and Barriers of E-Mental Health Resources: Perspectives from Culturally Diverse Populations

Shawna Narayan, a graduate student in the experimental medicine program at the University of British Columbia, is an Institute of Mental Health Marshall Scholar. Her research investigates the experience culturally diverse populations have with online mental health services. Shawna’s research interests include mood disorders, cross-cultural psychiatry, digital health, and substance use therapies.

Developing and Implementing a Machine Intelligence Mental Health System Navigation Chatbot to Support Healthcare Workers in Two Canadian Provinces

Ali Zamani, M.Sc. student in the Department of Computing Science at the University of Alberta, received his B.Sc. Electrical Engineering-Electronics from Kashan University, Isfahan, Iran in 2017, and his M.Sc. Digital Electronic Systems Engineering from Amirkabir University of Technology, Tehran, Iran, 2020. His research interests are Natural Language Processing and chatbot. He is working on his master's thesis, "Developing and Implementing a Machine Intelligence mental Health System Navigation Chatbot to Support Healthcare Worker in Two Canadian Provinces."
**Fiji Regional Telehealth Project**

**Brigid Ryan**, Program Manager with St. Vincent’s Mental Health International Unit, has a Master of Public Health, a B.A. and a strong public health background. She has worked with health workers from the Asia and Pacific region in the areas of community mental health and recovery, HIV/AIDS and prevention of violence against women. Over the last 10 years, Brigid has co-ordinated the Postgraduate Overseas Specialist Training (POST) program that focuses on training and capacity-building in community mental health and recovery, and on fostering international collaborations.

**Dr. Odille Chang**, Associate Professor of Psychiatry at the College of Medicine, Nursing and Health Sciences, Fiji National University, has over 25 years of clinical experience in mental health policy, planning and services in Fiji. She has held senior clinical and administrative positions in the Fiji Ministry of Health and has led the development of Fiji mental health legislation, policy and strategic plans as well as the establishment of mental health outreach clinics nationwide. Dr. Chang has contributed to the development of undergraduate psychiatry and was instrumental to the development of the postgraduate clinical training program in mental health at FNU. A member of the Royal Australian and New Zealand College of Psychiatrists and an Honorary Fellow of the Fiji College of General Practitioners, Dr. Chang was made a Member of the Order of Fiji in 2017 for meritorious service to health and medical services especially in the field of psychiatry and for contributing significantly to addressing mental health issues in Fiji.
The Tapestry Tool: A Collaborative, Interactive and Non-Linear Online Learning Tool

Melanie Butt, a Masters student in Psychology at UBC, studies how cognition is linked to our community mobility patterns. As Director of the User Experience and Interface Research for The Tapestry Tool, Melanie has conducted various user experience studies and presented these results at conferences and workshops.

Bita Jokar, a fifth-year B.A. Psychology student at UBC Faculty of Arts, is the user experience research lead of The Tapestry Tool project. Her role with the project entails conducting user experience studies while collaborating with team members and sharing study results. Furthermore, she helps to disseminate this research in conferences and workshops.

Dr. Steven J. Barnes (he/him/his), well-regarded for his work related to online learning technologies (e.g., tapestry-tool.com), student mental health and wellbeing, and bipolar disorder (BD), is deputy co-lead of the Collaborative RESEARCH Team (CREST.BD, crestbd.ca) – a BD research and knowledge exchange network which received the 2018 CIHR Gold Leaf Prize for Patient Engagement. Steven is the recipient of multiple prestigious awards for his teaching, including the Killam Teaching Prize and the 3M National Teaching Fellowship – the top national award given for teaching in any discipline in any postsecondary institution in Canada. An accomplished author, having published in the fields of epileptology, neurophysiology, student mental health, digital mental health, bipolar disorder, and behavioural neuroscience, Steven is the co-author of a prominent textbook for the field of behavioural neuroscience, Biopsychology 11th Edition (Pearson). Beyond being a prominent educator, researcher, and author, Steven is also an accomplished artist. He has produced myriad stop-motion animations, interactive and electronic artworks, oil paintings, and acrylic paintings.
Heartbeat - Creating Recovery Project: *theatre as a tool for the inclusion of autistic people during the pandemic*

**Mariana Salas,** Professor with the Faculty of Psychology at Pontificia Universidad Católica del Perú (PUCP), researcher of the Community Psychology Research Group specializing in Community Mental Health, Community Participation, Memories and Education of political violence and Art for Social Transformation, obtained her degree in Psychology (Clinical Psychology) and her master’s in Community Psychology at PUCP. She worked as Research Assistant for the Heartbeat - Creating Recovery Project.

**Daniela Weilg,** Psychologist with a major in Clinical Psychology at Pontificia Universidad Católica del Perú (PUCP), Teaching Assistant at the Department of Psychology, PUCP, and Research Assistant for the Heartbeat - Creating Recovery Project, has a background in psychoanalytic and theatre studies. She has worked in projects that use art to promote mental health and social integration. In 2017, she did an internship in “Hacer Lugar” (Buenos Aires) – an institution focused on the treatment of autistic children and in 2013, participated in a workshop with Anamaria Fernandes (Brazil) who works with autistic people through dance and movement.
Collaborative Care Model for Depression in Rural Nepal

Nandini Choudhury, MPH is a data analyst and global health researcher at the Icahn School of Medicine at Mount Sinai - Arnhold Institute for Global Health in New York. Her work focuses on implementation research to help advance health equity for underserved communities. She also serves as a research and data analytics advisor to the non-profit organization Possible, where she previously worked as an implementation research analyst for three years. She has worked with the Public Health Foundation of India on research projects on the social determinants of health and human resources for health. She has also worked with Maitri India, a women’s rights non-profit in her hometown, New Delhi. Nandini completed her Master’s in Public Health in Global Health and Epidemiology at Boston University, and her undergraduate studies at Soka University of America, where she concentrated in Environmental Studies.

Pragya Rimal, MA is a psychologist and global mental health researcher based in Nepal. She manages mental health research conducted by Possible. She led the successful implementation of collaborative mental health care at Possible's two sites in rural Nepal. In the two-year study, mental health services were integrated into the primary care setting, and non-specialist clinicians were trained to provide high-quality mental health care. Currently, she leads two studies looking at the adaptation and development of a Motivational Interviewing tool to assist Community Health Workers to engage with non-adherent patients with Depression and Youth Living with HIV. Additionally, she oversees the implementation of a family intervention pilot study to address mental health drivers of domestic violence among young women in Nepal. As a former global mental health fellow at Health, Equity, Action, and Leadership (HEAL) at the University of California San Francisco (UCSF), she received global health training and mentorship from a vast network of experts working in resource-denied settings. Her areas of interest are implementation research and global mental health.

Bibhav Acharya, MD, Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of California San Francisco (UCSF). He conducts clinical care, clinical research in low-resource settings, and is the founding director of the UCSF Psychiatry HEAL Fellowship in Global Mental Health. He is the co-founder of Possible, a non-profit organization that built and operated two healthcare systems that provided care for over 500,000 people in a public-private partnership with the Nepali Government. He grew up in Nepal and attended Haverford College and Yale Medical School on full scholarships. He completed his general psychiatry residency and clinical research training at UCSF.
Strengths and challenges of virtual community-based participatory research: takeaways from a bipolar disorder mHealth project

Laura Lapadat has a Bachelor of Arts in Psychology from the University of Victoria where she was twice awarded the University of Victoria President's Scholarship for academic excellence. Currently, Laura is a research assistant to Dr. Erin Michalak at the University of British Columbia Department of Psychiatry and a UBC non-degree student. She works in bipolar disorder research with a focus on eHealth/mHealth, knowledge translation, self-management, and participatory research methods. Laura is currently leading content development for the Bipolar Bridges app, a CIHR-funded mHealth intervention for bipolar disorder.

Dr. Emma Morton’s research focuses on the measurement and optimisation of quality of life for people living with bipolar disorder, as well as digital interventions targeting patient-valued outcomes. Currently, Dr. Morton is working with CREST.BD, the Collaborative RESearch Team to study psychosocial issues in Bipolar Disorder (CREST.BD), to develop and evaluate a novel app-based self-management intervention for bipolar disorder.

Dr. Erin Michalak gratefully settled in British Columbia in Canada in 2001, carries her mother’s surname, Michalak, and is of Polish heritage on her grandfather’s side. Her paternal grandmother was Aleut. Erin lives in Xwesam (Robert’s Creek) which means "when the water bubbles" according to local shishalh elders of the Coast Salish nation. She lives with her husband, Richard, and an ever-growing menagerie of farm animals, and is a keen mushroom forager in the Fall. Erin’s educational background is in psychology, with a PhD from the University of Wales College of Medicine in the UK. Her research expertise lies in lived experience engagement in research, mental health, digital technologies, knowledge translation and quality of life. She has published over 100 scientific articles and several books and been awarded the 2018 CIHR Gold Leaf Prize for Transformation in Patient Engagement.