



WITNESS STATEMENT OF PROFESSOR HARRIET HISCOCK

I, Professor Harriet Hiscock, Paediatrician, of the Centre for Community Child Health, Royal Children's Hospital, Flemington Road, Parkville Victoria 3052, say as follows:

- 1 I make this statement in my personal capacity but with authorisation from my employers, The Royal Children's Hospital (**RCH**) and the Murdoch Children's Research Institute (**MCRI**).
- 2 I make this statement on the basis of my own knowledge, save where otherwise stated. Where I make statements based on information provided by others, I believe such information to be true.

BACKGROUND

- 3 My full name and title, together with any postnominals, are as follows: Professor Harriet Hiscock, MBBS, FRACP, MD, Grad Dip Epi & Biostats.
- 4 I qualified as a paediatrician in 2000 and have worked across several roles since then, as set out below:
 - (a) Clinician researcher, leading and contributing to more than 10 trials of interventions for infant¹ crying (Baby Biotics and Baby Business trials), infant sleep and associated maternal depression with Maternal and Child Health (**MCH**) nurses (Infant Sleep Trials I and II), child sleep (Sleep Well, Be Well Trials I and II), preschool anxiety treatment and behaviour prevention with child psychologists, school nurses and paediatricians (Cool Little Kids Trial, Toddlers without Tears Trial, Families in Mind Trial), and sleep and anxiety with Attention Deficit Hyperactivity Disorder (**ADHD**) child psychologists and paediatricians (Sleeping Sound with ADHD Trial and Calm Kids Trial).
 - (b) Director, RCH Unsettled Babies Clinic, which I established over 10 years ago, providing clinical care to infants with regulatory disorders (sleep, feeding and crying problems) and associated maternal and paternal postnatal depression.
 - (c) Group Leader, Health Services, MCRI:
 - (i) over the last 3 years I have led a National Health and Medical Research Council (**NHMRC**) project grant with Victorian General Practitioners (**GPs**), paediatricians, child psychologists and child and adolescent

¹ 0 to 2 years old.

psychiatrists, detailing the lack of mental health services for under 12 year olds and the costs and wait times for services in the private system (Secret Shopper study). We also interviewed 140 clinicians and 35 caregivers about what is wrong with the mental health system for children and how to fix it.

- (ii) I am currently leading the Centre of Research Excellence in Childhood Adversity and Mental Health (**CRE in Childhood Adversity**),² partnering with North Western Melbourne Primary Health Network (**PHN**) and IPC Health to develop a Family Hub in a community health clinic in Wyndham, Victoria to better detect and address the effects of family adversity on child anxiety and depression (see paragraphs 37 to 41 below).
 - (iii) I am also leading a 5-year Campus Mental Health Strategy encompassing clinical care, education and training, and research for the RCH, MCRI and the Department of Paediatrics, University of Melbourne (together the Melbourne Children's Campus).
- (d) Director, Health Services Research Unit, RCH:
- (i) I have lead work on understanding trends in mental health presentations to Victorian emergency departments (**EDs**) and re-presentations for self-harm.
 - (ii) I am a co-investigator on a Million Minds Medical Research Future Fund (**MRFF**) grant aimed at better supporting children who present to ED with mental health issues including developing and trialling a model of care to keep children with self-harm or suicidal ideation out of the ED.
- (e) private practitioner seeing infants and children with mental health, sleep and behavioural issues for 20 years.

5 Attached to this statement and marked 'HH-1' is a copy of my curriculum vitae.

6 Currently, in my role as Group Leader, Health Services at MCRI, I lead a group of approximately 15 researchers and students, focusing on three core areas:

- (a) improving access and quality of mental health services;
- (b) keeping children out of hospital; and
- (c) reducing low value care.

² <https://www.childhoodadversity.org.au/>.

QUESTIONS FOR PANEL MEMBERS

Question 1: What could be done to better identify infants and children:

a. at risk of developing mental illness?

- 7 Infants and children primarily access GPs and MCH nurses for their healthcare whilst also attending early childhood education and school settings. Some children will also access hospital care (ED, inpatient, outpatient clinics), private paediatricians and allied healthcare providers. Larger populations at risk of developing mental illnesses include:
- (a) infants and children living with family adversity (i.e. adverse childhood experiences (**ACEs**) which include those childhood adversities measured in the World Mental Health Surveys.³ These are: Interpersonal loss (parental death, parental divorce, other parental loss); Parental maladjustment (parental mental illness, parental substance disorder, parental criminal behaviour, family violence); Maltreatment (physical abuse, sexual abuse, emotional abuse, neglect); and Other childhood adversities (physical illness, economic adversity);
 - (b) infants with persistent regulatory (feeding, sleeping, crying) problems – at age 5 and at 11 years. These children are 9 to 10 times more likely to have mental health issues than children who did not have these problems as infants; and
 - (c) infants and children with chronic physical illness (e.g. diabetes, asthma).
- 8 Infants and children referred to in paragraphs 7(a) and (b) could be better detected through regular (e.g. annual) monitoring by GPs, MCH nurses or GP practice nurses for family adversity and persistent (more than three months) sleeping, feeding, crying issues.
- 9 However, in relation to paragraph 7(a) there is debate as to whether screening for ACEs is helpful or harmful. For example, it may be argued that screening for ACEs raises risks of false positives and inadequate services to respond to demand as compared to a sensitive conversation between a trusted healthcare provider and the family. I am currently leading a review of the benefits and harms of ACEs screening with outcomes including uptake of referrals and child mental health. Either way, clear pathways of care need to be developed and services available to manage family adversities, including health and social care responses. I am leading a trial of such an approach in the CRE in Childhood Adversity in Wyndham, Victoria (see paragraphs 37 to 41 below).
- 10 In relation to paragraph 7(c), infants and children with chronic physical illness should be routinely screened (e.g. annually) in the hospital setting. About 30% of children with chronic illnesses also have mental health issues; having a chronic illness puts a child at risk of poorer mental and physical health outcomes. Indeed, screening for mental health

³ Kessler RC, McLaughlin KA, Green JG, Gruber MJ, Sampson NA, Zaslavsky AM, et al. Childhood adversities and adult psychopathology in the WHO World Mental Health Surveys. *The British Journal of Psychiatry*. 2010;197(5):378-85.

issues is an incoming national hospital accreditation standard and a plan for this standard is to be put in place by the end of this year. The problems associated with this are, however, that hospitals do not have adequate resources to conduct screening and to handle the ramifications of detecting persons at risk of developing mental illness, and that hospitals do not know how best to conduct the screening. As such, I am leading a pilot project on how best to do this, beginning with screening inpatient children with chronic illnesses at two clinics at the RCH. In this project, we will consider such children's need for mental health services (whether they are mild, moderate, severe etc.) and their care pathways.

- 11 Measures that can reduce the problem of the lack of resources include:
- (a) increasing the specialist mental health workforce for infants and children, which is chronically under-resourced; and
 - (b) more efficient use of the existing specialist mental health workforce which can, for example, participate in a child psychiatry access program or equivalent (see paragraph 20 below) or provide more support to the primary and secondary sectors (comprising GPs, paediatricians, etc.).
- 12 Relevantly, GPs currently have no, or insufficient training, in relation to mental health and are not confident about providing mental health care to infants and children. Given that the training regime for medicine is a product of the Commonwealth regime, the levers that the Commonwealth and State governments can pull to address the issue of providing adequate training in this area should be considered.
- 13 RCH is interested in using its Child and Adolescent Mental Health Service (**CAMHS**) for outreach. This will likely include CAMHS psychologists attending community health services including our 'family hub' at IPC Health, Wyndham, to offer secondary consultations to the clinicians in the hub including GPs, maternal and child health nurses, allied health professionals (including other psychologists) and paediatricians. This will happen in our CRE in Childhood Adversity.
- b. *experiencing or living with mental illness?***
- 14 As set out in paragraphs 8 to 10, infants and children experiencing or living with mental illness can be better detected by ongoing monitoring in the healthcare system by GPs and MCH nurses, and, for children with chronic physical illness, by hospital clinicians.
- 15 Within early childhood centres and schools, Emerging Minds is doing a lot of work to help educators better detect children at risk of, or with, mental health issues. Victoria can consider how best to ensure this training and associated resources are taken up by

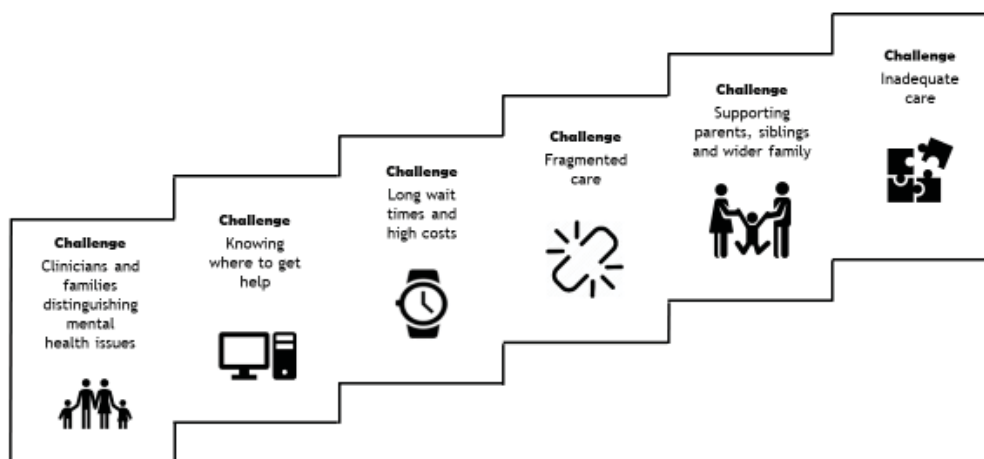
educators, for example by promoting the resources through professional communication channels and conferences.

- 16 I am supervising paediatrician Dr Karen McLean in her PhD looking at the timeliness of a comprehensive health assessment in Victorian children in out-of-home care. In a sample of over 6,000 children, less than 40% get a comprehensive assessment from a GP and less than 20% from a paediatrician within 30 and 90 days, respectively. Ensuring timely access to the child's Medicare number and ongoing State government funding for the Pathways to Good Health clinics which provide this service, would allow for more timely detection of mental health illness in this high-risk cohort.

Question 2: What could be done to better support infants and children who are at risk of developing mental illness? What key changes would you recommend to:

a. Victoria's mental health system? Please consider the community-based mental health system and early intervention approaches;

- 17 By definition, intervening early in a child's life is a form of early intervention, especially in the first 2,000 days.⁴ As described above, most children will not access a community mental health service and as such, we need to turn our attention to GPs, MCH nurses, paediatricians and child psychologists as the largest workforces who will care for these infants and children.
- 18 There are several issues that stand in the way of an accessible, equitable system that better supports infants and children at risk of developing mental health illness. Our NHMRC project grant research (see paragraph 4(c)(i) above) demonstrates the following issues:



⁴ Antenatal – 5 years.

- 19 Briefly, our work found the following issues:
- (a) In a systematic review of the literature examining the extent to which mental health issues prior to 14 years of age predict adult mental health disorders, we identified 47 papers. We have analysed 27 and found that 24 out of 27 (88%) papers report strong relationships between symptoms and/or diagnosis of mental health disorders in childhood (from age 5 years) and mental health disorders in adulthood. The effect sizes (an effect size is a statistical measure of how large an effect of something (in this case the 'something' is the relationship between mental health issues before the age of 14 years and adult mental health disorders) is) are generally large to very large.
 - (b) In a sample of about 5,000 Australian children aged 8-13 years, only 9% to 27% of children with clinical levels of mental health issues accessed Medicare Benefits Schedule (**MBS**)-rebated mental health services, typically from GPs, psychologists and paediatricians.⁵
 - (c) Girls, children from more disadvantaged families, or families speaking a language other than English, were less likely to receive services.⁶
 - (d) From 4-15 years, few children, even those with persistently high symptoms, received an episode of care that could be considered sufficient to treat their problem or shift their trajectory.⁷
 - (e) A 'secret shopper' study of about 185 child and adolescent psychiatrists, psychologists and paediatricians in March-April 2019 found wait times of 51, 41, and 44 days respectively and out-of-pocket costs of \$185, \$82 and \$122 respectively for an initial mental health consultation. Further, we found 30% of clinicians had either closed their books to new referrals or did not see children less than 12 years of age.
- 20 The Massachusetts Child Psychiatry Access Program (**MCPAP**)⁸ provides a model of care that we could adapt and test to provide solutions for the above issues of:
- (a) families and clinicians not knowing if the child has a mental health issues;
 - (b) families and clinicians not knowing where to get help;
 - (c) long wait times and high out of pocket costs for private mental health services;

⁵ Hiscock H, Mulraney M, Efron D, Freed G, Coghill D, Sciberras E, Warren H, Sawyer M. Use and predictors of health services among Australian children with mental health problems: A national prospective study. *Australian Journal of Psychology*. 2020 Mar;72(1):31-40.

⁶ Ibid.

⁷ Mulraney M, Hiscock H, Sciberras E, Coghill D, Sawyer M. Mental health difficulties across childhood and mental health service use: findings from a longitudinal population-based study. *The British Journal of Psychiatry*. 2019 Feb 27:1-6.

⁸ <https://www.mcpap.com/>.

(d) fragmented care; and

(e) inadequate care.

21 Briefly, the MCPAP is a system of children's mental health consultation teams designed to help primary care providers and their practices to promote and manage the mental health of children. The goal of MCPAP is to increase access to behavioural health treatment by making child psychiatry services – a scarce resource – available to primary care. Each team is staffed with two full-time child and adolescent psychiatrists, behavioural health clinicians, resource and referral specialists, and program coordinators. The MCPAP team provides support in the form of emails, telephone consultations, telepsychiatry, and clinical care pathways with training resources. In an evaluation of the program in a sample of 10,114 children attending 353 primary care practices, clinicians contacted the program for advice about diagnosis (34%), identifying community resources (27%) and consultation regarding medication (27%). Primary care providers report improved competence managing common paediatric mental health issues and increased ability to meeting the needs of patients from 8% to 63%.⁹

22 The MCPAP is an extremely promising model that could be adapted then critically evaluated in Victoria, supporting GPs and MCH nurses along with allied health clinicians (psychologists etc.) and paediatricians. Our qualitative interviews with GPs, psychologists and paediatricians tell us that they want this support. Equally, our interviews with child and adolescent psychiatrists indicate they are keen to provide it. Further, we have developed a project plan to test such a model (co-designed with GPs) across 26 practices in partnership with the North Western Melbourne and Murray PHNs and the Victorian Faculty of Child & Adolescent Psychiatry. We have submitted a grant application for this plan (which has a \$1.6 million budget) to the MRFF and we will find out in a few months whether we can proceed with the trial. We consider it a cost-effective trial that ensures that future investment is made into an evidence-based model.

b. *other service systems (including maternal and child health services, other health services, child protection services and schools) that support infants and children;*

23 In general, there is a lack of evidence base as to whether the programs that we have enacted in other service settings are successful or not, We tend to have data on how many children or families have been seen by a service but not on whether or not this service is helping them or making a difference to their child's mental health and wellbeing.

⁹ Sarvet B, Gold J, Bostic JQ, MasekBJ, Prince JB, Jeffers-Terry M, Moore CF, Molbert B, StrausJH. Improving access to mental health care for children: the Massachusetts Child Psychiatry Access Project. *Pediatrics*. 2010 Dec 1;126(6):1191-200.

When testing models, the focus must always be firstly, whether it is effective in achieving its objectives and secondly, whether it is cost-effective.

24 As set out above, I recommend the MCPAP model. The MCPAP could be adapted to include MCH nurses and other health services.

25 Another model of care that could be adapted to provide support – for both educators and healthcare workers – is Project ECHO, which has a lighter touch than MCPAP. Originating in the United States of America (**USA**), Project ECHO is a telementoring model which uses proven adult learning techniques and interactive video technology to connect groups of community providers with specialists at centres of excellence in regular real-time collaborative sessions. The sessions, designed around case-based learning and mentorship, help local workers gain the expertise required to provide needed services. Thus, it aims to build the capacity of the existing local workforce. It is a licensed model that uses a ‘train the trainer’ approach.

26 In this model, there are about 10 one hour sessions, each with 25 participants, which might run over a year. Each project focuses on a topic (for example, ADHD or alcohol and drug addiction) and each session starts with about 10 to 15 minutes with a specialist providing didactic information. Typically, a GP presents a case and everyone in the session learns from a discussion of that case.

27 Over the last two years, Queensland Health (which are accredited training providers of Project ECHO) have been delivering Project ECHO to GPs and other education and health professionals for child behaviour and ADHD.¹⁰ Participants report improved confidence and competence in caring for common child mental health issues via Project ECHO, but it is not yet clear whether Project ECHO helps the children that the GPs and other health and education professionals discussed during their Project ECHO sessions. Whilst the MCPAP has been extensively evaluated, Project ECHO has not yet been evaluated in relation to child mental health and behavioural problems. The Royal Australian College of General Practitioners is currently funding a Project ECHO in relation to alcohol and other drugs (adults). A Victorian version would also be worth developing and evaluating.

c. *the way Victoria’s mental health system and other service systems work together.*

28 As set out above, I recommend the MCPAP and Project ECHO models. In particular, the MPACP would allow mental health specialists to work with primary and secondary care clinicians.

¹⁰ <https://www.childrens.health.qld.gov.au/chq/health-professionals/integrated-care/project-echo/>.

- 29 Another model that I recommend is Strengthening Care for Children. We ran a trial of that model for 12 months, whereby paediatricians and GPs saw children together at five GP practices in relation to general health (not just mental health). Once a month, the paediatricians and GPs would have case discussions and email support. We found that 40% of GPs wanted help with mental health, behaviour control and related issues. Results from the trial include that the parents' preference to see GPs went up by 20% and their need to see paediatricians was reduced, ED presentations decreased by 7%, the quality of GP care was improved, and the paediatrician's work was streamlined as the GP knew the background of the children (and the paediatrician could ask a few further questions to round out the consultation).¹¹ Participating GPs also reported that they liked this model and were better able to manage without the paediatricians after six months.
- 30 Similarly, this model can be adapted by psychiatrists and GPs. The biggest barrier to this model is that only one clinician can bill Medicare for the consultation (either the GP or the paediatrician); as a result, RCH had to pay the paediatricians for participating in the trial. Publicly funded paediatricians in Victoria – similar to what exists in New South Wales (NSW) – would represent a major step forward in providing such care.

Question 3: What could be done to better support infants and children who are experiencing or living with mental illness? What key changes would you recommend to:

- a. **Victoria's mental health system? Please consider the community-based mental health system and early intervention approaches;**
- 31 As set out above, I recommend the MCPAP, Project ECHO and Strengthening Care for Children models. In particular, the MPACP would allow mental health specialists from the hospital and community based mental health services to work with primary and secondary care clinicians to better support infants and children living with mental illness.
- 32 As it is difficult to address the mental health of infants and children unless their parents' mental health is addressed, we should also support parents who are experiencing or living with mental illness. RCH considered setting up a parents' mental health clinic (for parents who are experiencing mental health issues because of their children's mental health), but this was not possible in a paediatric setting despite good parents' mental health being essential for supporting a child's mental health. Early Parenting Centres can also be of great help to parents in understanding what is going on for their infants and children (psycho education) and can educate them to pick up early signs of mental health issues and to know where to go to get help. Eight new Early Parent Centres were included in the last Victorian budget.

¹¹ Hiscock H, O'Loughlin R, Laird C, Pelly R, Holzman J, Wright M, Oakley E, Freed G. Strengthening care for children: pilot of a novel, integrated general practitioner-paediatrician model. *International Journal of Integrated Care*. 2019 Aug 8;19(4).

b. *other service systems (including maternal and child health services, other health services, child protection services and schools) that support infants and children;*

33 As set out above, I recommend the MCPAP, Project ECHO and Strengthening Care for Children models. The MCPAP could be adapted to include MCH nurses and other health services. Project ECHO could also provide support to other service systems.

34 The eight new Early Parenting Centres referred to in paragraph 32 above can also support parents of infants and pre-school children to better manage common regulatory problems with feeding, sleeping and crying, using evidence-based strategies. They can also assist in detecting and providing referrals for associated maternal and paternal mental health problems including depression.

c. *the way Victoria's mental health system and other service systems work together.*

35 Please see paragraphs 28 and 29 above.

Question 4: What features of system design need to be considered to make specialist mental health expertise available to advise other service providers, such as those working with infants, children or their families who are or who have experienced trauma?

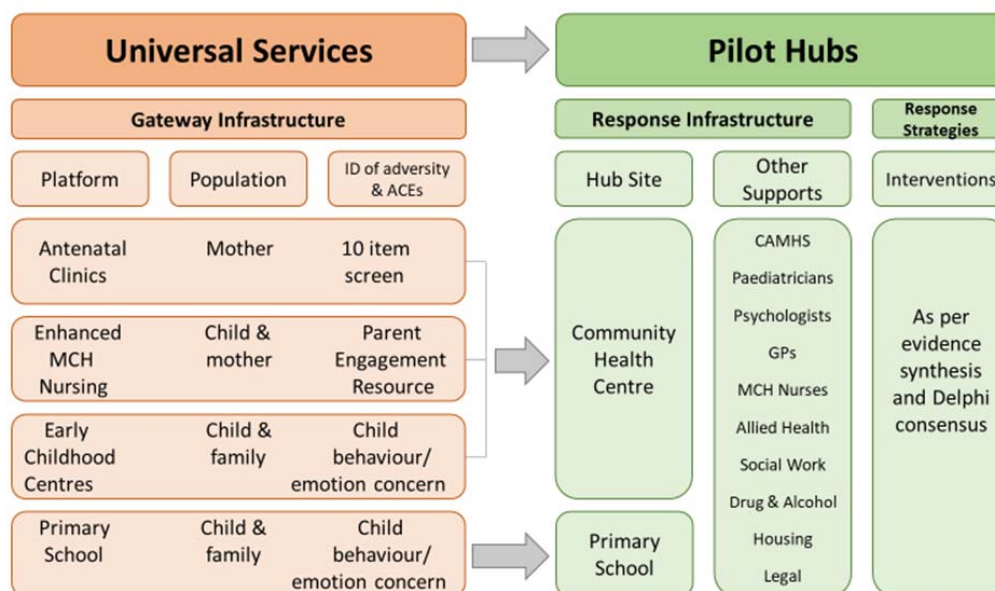
36 Specialist mental health expertise needs to be freely available, at the point of care, to other service providers. Again, the MCPAP offers an ideal model with point of care clinical decision support via email, telephone or telepsychiatry consultations, based on a stepped care model according to patient severity. This approach combined with a Project ECHO model for trauma could also provide support.

Question 5: What changes could be made to the current system that would better organise mental health and other social services around the needs of an individual child or cohorts of infants and children?

37 To get the 'best bang for buck' bringing health and social services together, we should focus on 'at risk' populations who typically cluster in low socioeconomic status (**SES**) areas. We need to trial integrated care approaches where health and social services are co-located – physically and virtually – in these geographic areas. We plan to do this in our CRE in Childhood Adversity in Wyndham, Victoria, using IPC Health as our community clinic base. This year is the second year of our five year program.

38 Our proposed model of care brings health, social, education and legal service together (in partnership with Health Justice Australia) as depicted below. We will provide mental health expertise to the hub from RCH CAMHS and RCH public (bulk billing) paediatricians. The hub will deliver interventions based on our evidence synthesis around

what works to mitigate the effects of adversity on child mental health. A key requirement for a model such as this (where specialist mental health expertise is provided to support the primary and secondary care clinicians) is that of funding – the State government would need to fund the mental health specialists to provide this new support.



a. What are the strengths and weaknesses of these approaches?

39 The strengths include providing a 'one stop shop' for families with 'no wrong door.' That is, all providers in the hub work to elicit family needs and then seek to provide the help the child needs through their own or other physically or virtually co-located services.

40 The weaknesses include the lack of a shared data system to allow for data sharing between providers, which precludes ongoing monitoring of the impact of the model of care on child and family outcomes. Embedding measurement of outcomes into routine clinical care using a common data system and a common core set of measures would be ideal. This would allow clinicians to know whether what they are doing is helping or harming families and to improve their clinical care based on data not anecdote. This is something that our community clinic – IPC Health Wyndham – is keen to work towards.

41 Another challenge is getting the Department of Health and Human Services and other funders to focus on outcomes and not just throughput of service provision.

Question 6: Should services for children, adolescents and youth be streamed by age? If so why and how?

42 No. We do not stream physical healthcare (e.g. for asthma or diabetes) by age; it makes no sense to families and impacts on continuity of care to do so for mental health in

children. Paediatricians see children from 0-18 years and this allows for greater trust, efficiency of care and care coordination. Paediatricians can also provide care or streamline referrals for the whole child (i.e. for their physical, developmental and mental health, which is of particular relevance in children with a chronic physical illness who have a co-morbid mental health problem).

Question 7: What are the challenges associated with age-based streaming?

- 43 The real challenge is for families who have to tell their story again, build rapport again (which is particularly hard for an older child), and need to go to multiple places for appointments. Further, if the family has more than one child who needs help and then has to go to different services to get this help, care becomes further fragmented and the risk of the family disengaging ('it's all too hard') becomes very real.

Question 8: Could the aims of aged based streaming be met through alternative means? For example, by streaming based on different criteria.

- 44 Streaming can potentially be based on severity of illness criteria. I cannot think of any other criteria (e.g. disease based) which makes sense, especially given that mental health issues are highly co-morbid in children.
- 45 Examples of illnesses on the higher end of the severity spectrum include suicidal ideation, psychosis, schizophrenia and bipolar disorder (which are best managed by CAMHS). Less severe illnesses can include ADHD, anxiety, depression and some eating disorders.
- 46 CAMHS do not accept children with behavioural problems so paediatricians end up managing such children and often struggle. A high-level criterion as to when an illness should be managed by CAMHS is when it is no longer within a paediatrician's scope of expertise to manage the illness. As discussed above, it would be helpful to have a model like MCPAP to increase paediatricians' abilities to manage mental health issues.

Question 9: How important is family and carer engagement in the delivery of services to infants and children?

- 47 Family and carer engagement is extremely important in the delivery of services to infants and children. If a family member or carer is not engaged, then delivery of effective care and services is almost impossible. Especially for younger children (i.e. those under 12 years), much of the therapeutic work for their mental health is done by changing how their parents parent them (i.e. reducing harsh or abusive parenting and promoting warm and consistent parenting). This is impossible to do if parents are not engaged.

a. *What assists and what hinders successful family and carer engagement?*

48 The following assists family and carer engagement:

- (a) continuity of care;
- (b) a provider who is trained to ask about what families need, values families as decision makers, gives hope and concrete support and strategies, and takes a strength-based approach; and
- (c) seeing the positive in the child.

49 The following hinders family and carer engagement:

- (a) lack of the matters set out in paragraph 48;
- (b) lack of services provided after typical business hours (given that many parents work);
- (c) long commute times to get help (noting this can be overcome by telehealth); and
- (d) high out of pocket costs (i.e. costs after Medicare rebates).

Question 10: What are the professional mindsets, capabilities and skills that are needed for working specifically with infants, children and their families and carers in mental health?

a. *What are the implications of the required professional mindsets, capabilities and skills you have identified above for the composition, training and deployment of:*

- i. clinical workforces?***
- ii. non-clinical workforces?***
- iii. workforces in other service settings who may identify presenting mental health needs in infants and children (e.g. maternal and child health and early education staff)?***

50 There is a clear need for State-wide guidelines for clinical care of common infant and child mental health conditions. This can support professionals' capabilities and skills. Whilst such guidelines exist at RCH for physical health conditions (and have been taken up by NSW and Queensland as their State-wide guidelines too), Victoria has no such set of guidelines for mental health and persistent regulatory problems in infants and children (noting this may be because of a lack of funding). All workforces would benefit from such guidelines. Again, the MCPAP has such guidelines as does the National Institute for Health and Care Excellence (United Kingdom (**UK**)) (e.g. for ADHD). Thus, we can adapt these existing guidelines for use in Victoria.

51 Another set of skills and capabilities for non-clinical workforces and workforces in non-clinical settings (including schools) is Mental Health First Aid (**MHFA**) for children. MHFA

is a registered health promotion charity that empowers and equips any individual with the knowledge, skills and confidence to make a difference at three key stages:

- (a) developing a mental health issue;
- (b) experiencing worsening of an existing mental health issue; and
- (c) mental health-related crisis.

52 MHFA is available in more than 30 countries and has been repeatedly evaluated. It is based in Melbourne.

53 I have been in discussion with MHFA about developing a MHFA course for children, with appropriate content expertise provided by MCRI. They have suggested that they can build and evaluate a course for primary school aged children that:

- (a) equips teachers and other school professionals to:
 - (i) support children in the school setting by identifying possible mental health issues, offering support and encouragement, and assisting in a crisis;
 - (ii) distinguish transitory, reactive or age-related problems from problems that warrant genuine concern; and
 - (iii) discuss professional help with the children's parents or creating a pathway in the school for that to happen; and
- (b) equips non-specialists in health fields, mental health professionals without expertise in childhood, and parents to:
 - (i) recognise, screen or monitor kids at high risk of mental health issues (e.g. those who are ill, have a disability, have experienced abuse or neglect, or have a parent with a serious mental health issue);
 - (ii) support kids at home and inpatient settings; and
 - (iii) potentially provide targeted prevention messages to children at high risk.

54 Developing this MHFA would be a world first for younger children.

55 Professionals also need to work in partnership with the whole family – not just the child. Family Partnerships training can support this.¹² This approach has been evaluated and found to improve the developmental progress of children, parent-child interactions and the psychological functioning of parents, families and children. It has been taken up by the Tasmanian government for use in their services, by Victorian Early Parenting Centres and by MCH nurses.

¹² https://www.rch.org.au/ccch/training-dev/Family_partnership_training/.

Question 11: What prevents existing workforces from providing optimal care, treatment and support to infants and children, and what steps can be taken to overcome these factors?

- 56 A lack of guidelines and a lack of support for the primary and secondary care workforces prevents existing workforces from providing optimal care, treatment and support to infants and children. To overcome this, we need State-wide guidelines (see paragraph 50 above). We also need funding mechanisms whereby specialist mental health clinicians can support the primary and secondary care providers in a model akin to that of the MCPAP.
- 57 Further, there is a lack of integrated services to address the social determinants of mental health – i.e. family adversities, such as a family that cannot pay the rent, put food on the table or get support for the parent’s mental health issue, then they cannot parent their child and manage that child’s mental health. Until we have hubs of care that bring health and social services together, we will fail to improve the mental health of children living with adversity. We need to develop such hubs in low SES areas and evaluate them for their effectiveness.

Question 12: What capabilities and skills are needed within the workforce to better engage with families and carers of infants and children as partners in their care, treatment and support?

- 58 Please see paragraphs 51 to 55 above.

CONTEXT

Predicted changes in the prevalence of mental health issues and mental illness for infants and children in Victoria over the coming decades

- 59 The prevalence of mental health issues and mental illness for infants and children in Victoria is likely to increase over the coming decades, but I am unsure by how much.
- 60 A possible reason for the increase in prevalence is that more children are living in poverty. Parental relationship breakdown is also a big issue for children – we need to consider how to help parents navigate the parental relationship breakdown and settlement without adversely affecting their children.

How infant and child mental health issues or vulnerabilities present

- 61 Infants present mental health issues or vulnerabilities with persistent sleep, feeding and crying problems (lasting more than three months and not explained by medical causes).

- 62 Toddlers and pre-schoolers present mental health issues or vulnerabilities with persistent aggression, separation anxiety or sleep issues. Primary school aged children can present with similar issues as well as school refusal, low self-esteem (e.g. they may think that they are dumb or stupid, especially in the context of co-morbid learning difficulties), hyperactivity and inattention (i.e. ADHD or attention deficit disorder) which causes disruption to peers and affects their ability to learn in the classroom setting, or in the case of anxiety-related issues, they can present with recurrent physical complaints such as tummy pain and headaches.

Access to services for infants and children presenting with mental health difficulties or vulnerabilities

- 63 Infants and children in Victoria who are presenting with mental health difficulties or vulnerabilities are likely to be missing out on services for their mental health issues to a great extent. As outlined in our research using the Longitudinal Study of Australian Children where, in a sample of about 5,000 Australian children aged 8-13 years, only 9% to 27% of children with clinical levels of mental health issues accessed MBS-rebated mental health services. This is disgraceful. Whilst some of these children would have received help from school counsellors, this service typically provides limited consultations (e.g. three to four sessions) due to under resourcing. Further, while some children may have received CAMHS services, the number of such children is likely to be very small and these children are those with the most severe illnesses.
- 64 The research also showed that, in particular, girls and young children from culturally and linguistically diverse (**CALD**) backgrounds have the poorest access to MBS-rebated mental health services.

Influence of family environments on infant and child mental health outcomes

- 65 Different types of family environments significantly influence infant and child mental health outcomes. The key issue here is the presence of family adversities or ACEs. In a 2017 Lancet review of ACEs,¹³ encompassing 27 studies and more than 250,000 participants, individuals with at least four ACEs were at increased risk of all health outcomes compared with individuals with no ACEs. These risks were strong for sexual risk taking, mental ill health, and problematic alcohol use with odds of developing these problems increasing three to six times compared to children who had not been exposed to ACEs.

¹³ Hughes K, Bellis MA, Hardcastle KA, Sethi D, Butchart A, Mikton C, Jones L, Dunne MP. The effect of multiple adverse childhood experiences on health: a systematic review and meta-analysis. *The Lancet Public Health*. 2017 Aug 1;2(8):e356-66.

COMMUNITY BASED MENTAL HEALTH SERVICES

Core service components that a well-functioning community-based mental health system should deliver

66 Victoria's mental health system has not done well for infants or primary school children. As discussed above, most infants and children currently do not have the opportunity to access a community mental health service. For those that do, core service components of a well-functioning community-based mental health system should include:

- (a) delivery of evidence-based interventions which can be psychological (e.g. cognitive-based therapy) or pharmacological – this will require State-wide guidelines (see paragraph 50 above);
- (b) use of a core outcome measurement set to monitor if the interventions are working or not; and
- (c) clear and timely communication with the referrer about what has been done for the child and future management plans.

67 Given that adult mental health issues are often co-morbid with child mental health issues, an ideal system would offer treatment for both adults and children in one site and not separate out services which again impacts poorly on whole of family and continuity of care.

Specific types of care/services the community-based mental health system should deliver to infants, children and their families and carers

68 The community-based mental health system should deliver evidence-based care to infants, children and their families and carers in a variety of formats, given that different parents will prefer different options (e.g. face-to-face, online, group-based). It is also essential that a mental health service delivers whole of family care (i.e. care for the child, the parents and siblings who might be affected).

69 Our caregiver interviews also highlighted issues with where the care is delivered, noting that caregivers commonly cited a preference for school-based care as they viewed the school as a safe and convenient location. Parents also highlighted the need for care during school holidays when many mental health services close, which has forced parents to go to the ED.

Specific types of care/services other social services should deliver to infants, children and their families and carers to support good mental health

70 Evidence from USA and UK reviews suggest the following types of care/services delivered by other services (such as education, maternal and child health and other

general health services) are of particular benefit to supporting good mental health of infants, children and their families and carers:

- (a) parenting programs, noting that the key issue is how to get families to attend such programs;
- (b) peer-to-peer support;
- (c) respite for parents;
- (d) support groups for siblings of children with mental illness; and
- (e) family therapy.

71 There are a number of parenting programs which have been vigorously evaluated (for example, Triple P (Queensland), Tuning In to Kids (Victoria) and Time Out for Parents: The Early Years (UK). Middle-class parents, but not parents who are of low SES or from dysfunctional families, tend to use such programs. Main barriers include stigma, the lack of availability of the programs outside business hours, the length of the programs (noting that longer programs are harder to attract and retain parents) and the convenience of the location where such programs are held (noting it is also hard for people to take up the programs online). We should work harder to provide support to parents by providing the programs outside business hours and integrating the programs into community settings such as schools. Schools should be utilised as a site to deliver services and care (including on holidays and weekends) because schools are trusted, safe and easy to get to.

72 It is nevertheless difficult to get families to attend the programs – for example, when we trialled a parenting program at a maternal and child health nurse clinic with childcare available, only 50% of parents turned up even though they had already signed up for the program.

73 There is a whole set of other issues relating to CALD families. We need to go to CALD groups separately and ensure that they are in a place where they feel respected and safe. For example;

- (a) MCRI have run maternity services for CALD groups in the community (not hospital) setting;
- (b) in NSW, there are CALD playgroups, whereby children go to 'playgroups' that incorporate assessments by publicly funded paediatricians and allied health professionals, rather than families having to travel to these clinicians; and
- (c) the philanthropically-funded Doveton College holds cooking classes where a trusted relationship can develop between the child, parents and the psychologist.

Improved integration or coordination of mental health and other social services for better overall health outcomes

- 74 Our CRE in Childhood Adversity is striving to better integrate and coordinate mental health and other health and social services such as general practice, maternal and child health, paediatrician, and allied health services, together with financial services, housing services, legal services etc. in a single 'child and family hub'. By co-locating services, training clinicians to better identify ACEs and deliver evidence-based interventions, mapping local service pathways, and likely testing the role of care navigators to support families through the system, we hope to better detect and respond to ACEs. Setting up child and family hubs in existing community health centres – where many of the health and social services already exists – is an essential first step. The next steps are to:
- (a) co-design with the hub providers and families an approach that either screens for, or asks about, ACEs and then provides evidence-based interventions to mitigate the effects of these on child mental health;
 - (b) co-design a core set of outcome measures for use in routine clinical care;
 - (c) establish a data system that allows for shared data and child and family outcome monitoring based on the outcome measures; and
 - (d) establish a feedback loop (learning health system) to enable clinicians to continuously improve their care based on these outcome data.

Examples of best practice in Australia and globally in providing infant and child mental health services

- 75 Examples of best practice in Australia and globally include MCPAP and Project ECHO (discussed above).

sign here ►



print name Harriet Hiscock

date 1 May 2020



Royal Commission into
Victoria's Mental Health System

ATTACHMENT HH-1

This is the attachment marked 'HH-1' referred to in the witness statement of Professor Harriet Hiscock dated 1 May 2020.

**CURRICULUM VITAE
HARRIET HISCOCK**

CV AT A GLANCE

CURRENT POSITIONS

Paediatrician, Centre for Community Child Health, The Royal Children's Hospital, Melbourne
 Group Leader, Health Services, Murdoch Children's Research Institute
 Director, Health Services Research Unit, The Royal Children's Hospital
 Professorial Fellow, Department of Paediatrics, University of Melbourne

CERTIFICATION

| | | |
|-------------|--|--|
| 2003 | MD | University of Melbourne |
| 1999 | FRACP (Paediatrics) | Royal Australasian College of Physicians |
| 1999 | Graduate Diploma Epidemiology & Biostatistics (Hons.) | University of Melbourne |
| 1991 | MB.BS | Monash University |

PUBLICATIONS SUMMARY

- 163 peer-reviewed original manuscripts plus 3 in press and 4 editorials/commentaries
- 3,320 Web of Science citations for peer-reviewed manuscripts: 8 papers cited ≥ 100 times (highest 177); 9 cited 50-99 times; 11 cited 30-49 times; and a further 21 cited 10-29 times.
- Journals include BMJ (IF 20.785), and top international specialty journals, eg JAMA Pediatrics (IF 10.251), Journal of Child Psychology and Psychiatry (IF 6.226), Archives of Pediatrics & Adolescent Medicine (IF 5.731), Pediatrics (IF 5.705), Sleep (IF 4.923), European Child & Adolescent Psychiatry (IF 3.295), Sleep Medicine (IF 3.391).
- 14 research reports and invited articles.

GRANTS SUMMARY from 2000

| Funding body | Role | # grants | Value |
|---|-------------|-----------------|-----------------|
| National Health & Medical Research Council (NHMRC) | | | |
| Personal support | CDF | 4 | \$980,286k |
| Research support | CIA | 8 | \$7.37 million |
| Research support | CI other | 9 | \$12.84 million |
| Australian Research Council (ARC) | | | |
| Linkage (awarded but declined, not included in total) | CI other | 1 | \$316 k |
| Discovery | CI other | 1 | \$250k |
| Other research grants | CIA | 38 | \$11.16 million |
| | CI other | 24 | \$11.22 million |
| Tenders (undefined \$ value) | | 5 | |
| Total | | | \$45 m |

SUPERVISION

| Degree | Current Primary | Current Other | Past Primary | Past Other | Total |
|---------------------|-----------------|---------------|--------------|------------|-------|
| Honours | 0 | 0 | 2 | 3 | 5 |
| Medical Student | 0 | 0 | 7 | 0 | 7 |
| Research Placements | 1 | 1 | 18 | 0 | 20 |
| Masters | 0 | 1 | 5 | 2 | 8 |
| PhD/MD, DPsych | 3 | 1 | 5 | 2 | 11 |
| Postdoc | 5 | 0 | 4 | 0 | 10 |

CAREER STATEMENT

Professor Harriet Hiscock is Associate Director, Research at the Centre for Community Child Health, Consultant Paediatrician and an NHMRC Practitioner Fellow. She is Director of the Royal Children's Hospital Health Services Research Unit, Group Leader of Health Services at the Murdoch Children's Research Institute, Director of the Australian Paediatric Research Network, and Professorial Fellow, Department of Paediatrics, University of Melbourne.

Her research focuses on common child health conditions, in particular (i) developing and trialling community approaches to their management; (ii) reducing low value care (i.e. unnecessary imaging, pathology testing and medication); and (iii) optimising care for common mental health conditions such as ADHD and anxiety. She is also interested in improving child health outcomes through paediatric, secondary care-based research including e-health. She is driving this research through the Australian Paediatric Research Network – a research network of 550 paediatricians. She is assisted by a team of about 20 researchers and students.

Professor Hiscock has translated her research into practice including the rollout of her Infant Sleep program to 1200 Victorian maternal and child health nurses, for which she was awarded the 2010 Early Years Minister's Award for Partnerships with Families and Communities. The program has been translated into eight languages and informed content of the federal government-funded [Raising Children Network](#) parenting site. She was funded by the Victorian government to extend this training program to 150 GPs in 2011/12 and by the Sleep Health Foundation to develop an online version of the training program in 2013. She has lead innovations in clinical care for common child health conditions that burden the hospital sector, including Australia's first allergy training program for clinicians and a sleep app for parents of children with behavioural sleep problems. She has co-authored a report which led to inclusion of a child mental health measure in the Victorian School Entry Health Questionnaire that enables earlier detection and management of child mental health problems.

CURRICULUM VITAE IN DETAIL

PRIZES, SCHOLARSHIPS, AWARDS

- 2018** RACP Arthur E Mills Oration, RACP College Ceremony 2018
- 2018-2022** NHMRC Practitioner Fellowship (1136222)
- 2016** Best poster prize in paediatrics, RACP Congress
- 2014-2017** NHMRC Career Development Fellowship (level 2)
- 2016** Rue Wright Memorial Award presentation finalist. Royal Australasian College of Physicians Annual Scientific Meeting
- 2012** RACP Fellow's Contribution Award (\$150,000)
- 2011** The Royal Australasian College of Physicians Mentors Award - special commendation
- 2010** Victorian government Early Years Minister's Award for Partnerships with Families and Communities for Infant Sleep Program
- 2010-2013** NHMRC Career Development Award (level 1)
- 2009** MCRI Rising Star award for excellence in research less than 10 years post doctorate
- 2009** Rue Wright Memorial Prize for best community child health research. Royal Australasian College of Physicians Annual Scientific Meeting
- 2007** Jeffrey Mahemoff Travel Scholarship
- 2001** Young Investigator Award Royal Australasian College of Physicians Annual Scientific Meeting.
- 2001** NHMRC Public Health Scholarship (997510)
- 1998** RCH Research Institute Trainee Research Scholarship

PROFESSIONAL EXPERIENCE

- 2001 -** Royal Children's Hospital, Melbourne:
Paediatrician and research fellow, Centre for Community Child Health
Clinical work: Unsettled Babies Clinic, private paediatrics
- 1999-2000** Royal Children's Hospital, Melbourne:
NHMRC Research Fellow, Centre for Community Child Health
Clinical work: Sleep Clinic, Behaviour Clinic, A&E
Positions: Coordinator, RCH Research Institute Seminar Series
- 1998** Royal Children's Hospital, Melbourne:
Research Fellow, Royal Children's Hospital Research Institute
- 1997** Royal Children's Hospital, Melbourne:
Fellow in Victorian Training Program for Community Child Health
Positions: Hospital Deputy Chief Registrar
- 1996** Northampton General District Hospital:
Community Paediatric Registrar (including acute paediatric and N.I.C.U. cover).
- 1995** Royal Children's Hospital, Melbourne:
General Medicine, Emergency Medicine.
- 1995** Monash Medical Centre, Melbourne:
Oncology, General Medicine, Adolescent Medicine
- 1993** Royal Children's Hospital, Melbourne:
Diabetes, Endocrine, Renal, Cardiac and Emergency terms
- 1992** Internship at Alfred Hospital, Melbourne:
General Medicine, General Surgery, Gastroenterology and Emergency terms

1990 Royal Free Hospital, Hampstead, London, England. Elective: Psychiatry

EDUCATION

- 2003 MD, University of Melbourne.
Title: 'The Impact of Infant Sleep Interventions on Postnatal Depression: A Randomised Controlled Trial in the Community Setting.'
- 1999 FRACP (Paediatrics), Royal Australasian College of Physicians
- 1999 Graduate Diploma in Epidemiology and Biostatistics, University of Melbourne (Hons).
- 1995 Paediatric Fellowship Examination
Completed at first attempt
- 1991 M.B.B.S. Monash University, Melbourne Australia.
Final Year Result: First Class Honours.
Final Year Ranking: Seventh

REPORTS, INVITED ARTICLES AND EDITORIALS

1. Borschmann R, Craig S, **Hiscock H**. How can we reduce suicide after hospital-treated self-harm in young people? *The Lancet Child & Adolescent Health* 10th January 2020 (THELANCETCHILDADOL-D-19-00618) (invited commentary)
2. **Hiscock, H**. An Educational Intervention for Improving Infant Sleep Duration—Why Won't You Sleep, Baby? *JAMA Network Open*. 2019;2(12):e1918061. doi:10.1001/jamanetworkopen.2019.18061 (Invited commentary)
3. Paton K, **Hiscock H**. How can we strengthen the care of Australian children with complex mental health conditions? *Emerging Minds*. 30 September 2019
4. Heussler HS, **Hiscock H**. Sleep in Children with Neurodevelopmental Difficulties. *Journal of Paediatrics & Child Health* 2018; 54(10):1142-1147 PMID:30294981 2018doi:10.1111/jpc.14164 (IF: 1.572)
5. **Hiscock H**, Perera P, McLean K, Roberts G. Clinical variation in paediatric health care; 2014. Evidence Check Review brokered by the Sax Institute for the NSW Ministry of Health.
6. Rinehart N, May T, McGillivray J, Papadopoulos N, Sciberras E, Williams K, **Hiscock H**. Sleep disturbance in autism spectrum disorders: Recent advances in research and practice. *InPsych* Australian Psychological Society April 2014.
7. **Hiscock H**, Davey MJ. Sleep disorders in infants and children. *Journal of Paediatrics and Child Health* December 2012, pp1-4. doi: 10.1111/jpc.12033 PubMed PMID: 23252887 (Invited annotation) (IF 1.477)
8. Policy Brief No 24: Children's Mental Health. Centre for Community Child Health, Royal Children's Hospital, April 2012
9. Wake M, Price A, **Hiscock H**. Commentary: Does an intervention that improves infant sleep also improve overweight at age 6? Follow-up of a randomised trial. In: Lee-Chiong T, editor. Best of sleep medicine 2012. Denver, Colorado: CreateSpace. p. 186-88. (Invited commentary) (KIDS) (Citations 13)
10. Luangrath A and **Hiscock H**. Problem behaviour in children: An approach for general practice. *Australian Family Physician*. September 2011 (Citations 3)
11. Understanding and responding to unsettled infant behaviour. A discussion paper for the Australian Research Alliance for Children and Youth. Jane Fisher, Heather Rowe, **Harriet Hiscock**, Brigid Jordan, Jordana Bayer, Anne Colahan and Vivienne Amery. 2011
12. Victorian Department of Human Services "Growing the evidence base for early intervention for young children with social, emotional and/or behavioural problems: systematic literature review." April 2008. Melissa Wake, **Harriet Hiscock**, Jordana Bayer, Megan Mathers, Tim Moore, Frank Oberklaid.

13. **Hiscock H.** The child who will not sleep. Invited article, *Paediatrics and Child Health*. April 2008 Volume 1. <http://dx.doi.org/10.1016/j.paed.2008.02.010>
14. Policy Brief No 5: Childhood mental health: promotion, prevention and early intervention. Centre for Community Child Health, Royal Children's Hospital 2006.
15. **Hiscock H**, Hampton A, Wake M. Measuring Child Behaviour Problems/Emotional Well-being and Family Stress in New School Entrants. Report to Office for Children, DHS, Victoria, 2006.
16. **Hiscock H** Managing Sleep Problems in Babies Aged 6 Months and Over: What can you do? *New Ethics Journal*, April 2003, pp54-57.

PEER REVIEWED RESEARCH ARTICLES – PUBLISHED

Citations last updated 20 November 2019 via Web of Science

2020 (n=6; Web of Science citations to date)

1. **Hiscock H**, Connolly AS, Dunlop K, Perera P, O'Loughlin R, Brown SJ, Krieser DM, West A, Chapman P, Lawford R, Cheek JA. Parent perspectives on children and young people's mental health services in Victoria – what's wrong and how to fix it: A multi-site qualitative study. *Journal of Paediatrics and Child Health* 26 February 2020 doi:10.1111/jpc.14835 PMID: 32100422 (IF 1.688) (HEAADS).
2. McLean K, Clarke J, Scott D, **Hiscock H**, Goldfeld S. Foster and kinship carer experiences of accessing healthcare: A qualitative study of barriers, enablers and potential solutions. *Children and Youth Services Review* 6 April 2020 doi: 10.1016/j.childyouth.2020.104976 [Epub ahead of print] (IF: 1.226).
3. Summers P, O'Loughlin R, O'Donnell S, Borschmann R, Carlin J, **Hiscock H**. Repeated presentation of children and adolescents to the emergency department following self-harm: A retrospective audit of hospital data. *Emergency Medicine Australasia* 26 February 2020 [Online ahead of print] doi: 10.1111/1742-6723.13485 PMID: 32100442 (IF: 1.50)
4. Chatterton ML, Bayer JK, Engel L, Rapee RM, Beatson R, **Hiscock H**, Bretherton L, Wake M, Mihalopoulos. Cost-effectiveness of preventing child internalising problems: results from the translational trial of Cool Little Kids at school entry. *Journal of Anxiety Disorders* Volume 70, March 2020, 10219111 PMID:32014832 doi:10.1016/j.janxdis.2020.102191 (ANXDIS_2019_377R1) (Cool Little Kids)
5. **Hiscock H**, O'Loughlin R, Pelly R, Laird C, Holman J, Dalziel K, Lei S, Boyle D, Freed G. Strengthening care for children: Pilot of an integrated GP-paediatrician model of primary care in Victoria. *Australian Health Review* 12 February 2020 doi: 10.1071/AH19177 PMID: 32045563 (IF 1.228) (HSRU)
6. Efron D, Mulraney M, Sciberras E, Hearps S, **Hiscock H**, Coghill D Patterns of long-term ADHD medication use in Australian children. *Archives of Disease in Childhood* Published Online First: 14 January 2020. doi: 10.1136/archdischild-2019-317997

2019 (n=21; Web of Science citations to date)

7. Papadopoulos N, Sciberras E, **Hiscock H**, Williams K, McGillivray J, Mihalopoulos C, Engel L, Fuller-Tyszkiewicz M, Bellows ST, Marks D, Howlin P, & Rinehart N. Sleeping Sound with Autism Spectrum Disorder (ASD): Study protocol for an efficacy RCT of a tailored brief behavioural sleep intervention for autism spectrum disorder. *BMJ Open* 11 September 9 (11), e029767 doi: 10.1136/bmjopen-2019-029767 PMID: 31748288 (IF:2.369)
8. **Hiscock H**, Perera P, Danchin MH, Sung V, Lee K, Stival C, Peat R, Molloy J, Selvakumaran S, Tang MLK. Improving timely access to food allergy care: a before-and-after controlled trial of a community-based model of care. *Allergy*. 2019 Nov 12. doi: 10.1111/all.14105. [Epub ahead of print] (IF6.77) (HSRU) (Letter to the editor)
9. Sciberras E, Efron D, Patel P, Mulraney M, Lee K, Mihalopoulos C, Engel L, Rapee RM, Anderson V, Nicholson J, Schembri R, **Hiscock H**. Does the treatment of anxiety in children with Attention-Deficit/Hyperactivity Disorder (ADHD) using cognitive behavioral therapy improve child and family outcomes? Protocol for a randomized controlled trial. *BMC Psychiatry* 2019 Nov 13;19(1):359 doi: 10.1186/s12888-019-2276-3 PMID: 31722690 (IF: 2.22)
10. Christie-Johnston CA, O'Loughlin R, **Hiscock H**. "Getting to Clinic Study" – a mixed methods study of families who fail to attend hospital outpatient clinics. *Journal of Paediatrics and Child Health* 2019 Nov 12. doi: 10.1111/jpc.14672. PMID: 31714655 [Epub ahead of print] (IF 1.688)
11. Williamson A, Mindell JA, **Hiscock H**, Quach J. Child sleep behaviors and sleep problems from infancy to school-age. *Sleep Medicine* doi: 10.1016/j.sleep.2019.05.003 [Epub ahead of print] (IF: 3.391)

12. Peyton D, **Hiscock H**, Sciberras E. Do Digital Health Interventions Improve Mental Health Literacy or Help-seeking Among Parents of Children Aged 2-12 Years? A Scoping Review. 2019 Aug 8;266:156-161. doi: 10.3233/SHTI190788 PMID:31397317
13. Lawrence J, Andrew L, Bracken J, Voskoboynik A, Oakley E, South M, Middleton K, Scanlan B, Marshall T, **Hiscock H**. Bronchiolitis at a Specialist Paediatric Centre – the Electronic Medical Record helps to evaluate low value care. *Journal of Paediatrics and Child Health* 2019 Aug 25. doi: 10.1111/jpc.14602 PMID: 31448456 [Epub ahead of print] (IF: 1.572)
14. Yaari M, Sheehan J, Oberklaid F, **Hiscock H**. Early Minds: a pilot randomised controlled trial of a mindfulness program in early learning centres. *Pilot and Feasibility Studies* 2019;5(18) doi:10.1186/s40814-019-0463-0 (Early Minds)
15. **Hiscock H**, Mulraney M, Heussler H, Rinehart N, Schuster T, Grobler AC, Gold L, Bohingamu Mudiyansele S, Hayes N, Sciberras E. (2019) Impact of a behavioral intervention, delivered by pediatricians or psychologists, on sleep problems in children with ADHD: a cluster-randomized, translational trial. *Journal of Child Psychology & Psychiatry* doi: 10.1111/jcpp.13083 (IF: 6.615)
16. **Hiscock H**, Mulraney M, Efron D, Freed G, Coghill D, Sciberras E, Warren H, Sawyer M. (2019) Use and predictors of health services among Australian children with mental health problems: A national prospective study. *Australian Journal of Psychology* Doi: 10.1111/ajpy.12256 [Epub ahead of print] (MHS)
17. McLean K, Little K, **Hiscock H**, Scott D, Goldfeld S. Health needs and timeliness of assessment of Victorian children entering out-of-home care: An audit of a multidisciplinary assessment clinic. *Journal of Paediatrics and Child Health* 9 April 2019 PMID: 30968526 doi: 10.1111/jpc.14472 [Epub ahead of print] (IF: 1.572)
18. Lawrence J, **Hiscock H**. Clinician Experience of Low Value Care. [Letter to the Editor] *Journal of Paediatrics and Child Health* 2019 May;55(5):609. doi: 10.1111/jpc.14430 PMID: 31017356 (JPC-2019-0127) (IF: 1.572)
19. Williamson A, Mindell J, **Hiscock H**, Quach J. 0751 Longitudinal Sleep Problem Trajectories And Child Functioning At Ages 10-11 Years. *Sleep* 12 April 2019 42(1):A301–A302 doi: 10.1093/sleep/zsz067.749 (IF: 5.135)
20. Paton K, **Hiscock H**. Strengthening care for children with complex mental health conditions: views of Australian clinicians. *PLoS One* 2019 Apr 2;14(4):e0214821. PMID: 30939168 doi: 10.1371/journal.pone.0214821 (IF:2.766) (MOCHA)
21. Zendarski N, Mensah F, **Hiscock H**, Sciberras E. Trajectories of Emotional and Conduct Problems and their Association with Early High School Achievement and Engagement for Adolescents with ADHD. *Journal of Attention Disorders* PMID: 30832528 doi: 10.1177/1087054719833167. [Epub ahead of print] (IF: 3.378) (Moving Up)
22. McLean K, **Hiscock H**, Scott D, Goldfeld S. What is the timeliness and extent of health service use of Victorian (Australia) children in the year after entry to out-of-home care? Protocol for a retrospective cohort study using linked administrative data. *BMJ Paediatrics Open* 2019;3:e000400. doi:10.1136/bmjpo-2018-000400
23. Wang Y, Koplin J, Lei S, Peters R, Horne S, **Hiscock H**, Allen K. Time Trends in Adrenaline Auto-Injector Dispensing Patterns Using Australian Pharmaceutical Benefits Scheme Data. *The Journal of Allergy and Clinical Immunology* 2019;143(2)AB431 doi:10.1016/j.jaci.2018.12.976 (IF: 12.485)
24. Mulraney M, **Hiscock H**, Sciberras E, Coghill D, Sawyer D. Mental health difficulties across childhood and mental health service use: Findings from a longitudinal population based study. *The British Journal of Psychiatry* 2019 Feb 271-6. doi: 10.1192/bjp.2019.32 PMID: 30810103 [Epub ahead of print] (IF:7.06)
25. Cook F, Giallo R, **Hiscock H**, Mensah F, Sanchez K, Reilly S. Infant Regulation and Child Mental Health Concerns: A Longitudinal Study. *Pediatrics* 2019 Feb 8 PMID: 30737245 doi: 10.1542/peds.2018-0977 [Epub ahead of print] (IF:5.705)
26. Sciberras E, Mulraney M, Mensah F, Efron D, Oberklaid F, **Hiscock H**. Sustained impact of a sleep intervention and moderators of treatment outcome for children with ADHD: A

- randomized controlled trial. *Psychological Medicine* 18 January 2019 PMID:30654852 doi: 10.1017/S0033291718004063. [Epub ahead of print](IF:5.230) (Sleep and ADHD)
27. Goldfeld S, Price A, Smith C Bruce T, Bryson H, Mensah F, Orsini F, Gold L, **Hiscock H**, Bishop L. Nurse Home Visiting for Families Experiencing Adversity: A Randomized Trial. *Pediatrics* 1 January 2019 143:1 PMID:30591616 doi:10.1542/peds.2018-1206 (IF:5.705)
- 2018** (n=27; Web of Science citations to date)
28. Hawi Z, Yates H, Pinar A, Arnatkeviciuteb A, Johnson B, Tong J, Pugsley K, Dark C, Pauper M, Klein M, Heussler H, **Hiscock H**, Fornito A, Tiego J, Finlay A, Vance A, Gill M, Kent L, Bellgrove M. A case-control genome-wide association study of ADHD discovers a novel association with the tenascin R (TNR) gene. *Translational Psychiatry* doi:10.1038/s41398-018-0329-x PMID:30563984 (IF:5.620)
 29. Reiss S, Lei S, Huang L, O'Loughlin R, **Hiscock H**. Non-indicated acid-suppression prescribing in a tertiary paediatric hospital: an audit and costing study. *Journal of Paediatrics and Child Health* doi:10.1111/jpc.14287 PMID:30484922 [Epub ahead of print] (IF: 1.572)
 30. Sawyer M, Reece C, Sawyer AC, **Hiscock H**, Lawrence D. Adequacy of treatment for child and adolescent mental disorders in Australia. A national study. *ANZ Journal of Psychiatry* 2018 Nov 2:4867418808895. DOI: 10.1177/0004867418808895. [Epub ahead of print] (IF:5.084)
 31. Huang L, **Hiscock H**, Dalziel K. Parents' perception of adolescents' mental health: associations with income and age. Published online Archives of Disease in Childhood 2 November 2018 doi: 10.1136/archdischild-2018-315829 PMID: 30389678 (IF:3.258)
 32. Zendarski N, Sciberras E, Mensah F, **Hiscock H**. Factors associated with educational support in young adolescents with ADHD. *Journal Attention Disorders* 2018 Oct 17:1087054718804351. DOI: 10.1177/1087054718804351. [Epub ahead of print] (IF: 3.378)
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INVITED PRESENTATIONS: INTERNATIONAL

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My baby never sleeps - infant sleep from physiology to pathophysiology; Evidence based interventions for infant sleep problems; Preventing infant sleep problems – an evidence based approach; Managing sleep problems in school children (workshop). All: 2012 Sleep Symposium, Chinese University, Hong Kong, October 2012

Impact of an early parent education program on infant sleep and crying: A randomized controlled trial. 11th International Cry Conference, Netherlands, June 2011

The Sunny Hill Hospital Sleep(y) Grand Rounds on Sleeping Sound with ADHD: sleep problems and their management in children with ADHD. Vancouver, Canada, May 2008

Hiscock H, Bayer J, Price A, Ukoumunne O, Oberklaid F, Wake M. What Works for Managing Infant Sleep and Crying Problems? XVIth International Conference of Infant Studies Vancouver, Canada 2008.

INVITED PRESENTATIONS: NATIONAL

Mental Health Across The Lifespan Conference 2020. Tackling the impacts of family adversity on child mental health: an integrated, sustainable approach. Melbourne, 17 March 2020. Audience - researchers, clinicians and policy makers.

Children's Healthcare Australasia Paediatric Units face to face Insight Forum. Strengthening Care for Children; Pilot of a novel, integrated general practitioner paediatrician model (Keynote). Melbourne, 31st October 2019. Audience - 85 clinicians, policy makers.

Tasmanian Child Safety Network. Evidence-based sleeping strategies in children. Hobart 27th April 2018. Audience - 115 clinicians (nurses, paediatricians) and social workers.

Prevention United and VicHealth. *Joining Forces Forum*. Melbourne, October 19th 2018. Audience: 90 government advisors and researchers.

Don't Forget the Bubbles. *Move over melatonin!* Melbourne, August 29th 2018. Audience: 100 paediatricians

Neuro-developmental Behavioural Society of Australasia. *Your Sleep Problems Answered*. Melbourne, August 31st 2018. Audience: 150 paediatricians and allied health clinicians.

Arthur E Mills Oration. *Be Curious, Give Back; the life of a paediatric clinician-researcher*, Royal Australasian College of Physicians graduation ceremony, May 13th, 2018, Sydney. Audience: 1,000 people including RACP graduates, their families and RACP dignitaries.

Clinical Insights Meeting: Common Ground in ADHD 2017 (Shire), Invited keynote *Sleep Strategies and Current Research Update*. Melbourne, 27-28 May 2017. Audience: 190 paediatricians, psychiatrists, GPs and psychologists.

RACP Congress *Variation in ADHD prescribing: what, where and why?* Melbourne, 8 May 2017. Audience: 200 paediatricians.

Victorian Department of Health and Human Services. *ADHD; managing comorbidities and optimizing access to care*. Melbourne, 18 November 2016. Audience: 100 pediatricians, allied health, researchers, policy makers.

Firefighters Charity Fund. *Child and Adolescent Mental Health problems; what are they and what can we do about them?* Murdoch Children's Research Institute, Melbourne, 14 October 2016. Audience: 50 firefighters and emergency services workers.

Menzies Institute, Sydney University, NSW. *Reducing low value care in children*. 5 October 2016. Audience: 15 researchers.

Health Services Research Association of Australia and New Zealand 9th Health Services and Policy Research Conference. *Early Career Funding*. Invited breakfast session. Melbourne, 8 December 2015. Audience: 30 early career researchers.

Health Services Research Association of Australia and New Zealand 9th Health Services and Policy Research Conference. *From data to delivery: Connecting research, policy and practice for better health outcomes*. Chair, "Child Health" Plenary Session. Melbourne, 8 December 2015.

Panel discussion: Sleepless in Melbourne – practical approaches to common paediatric sleep problems. *Sleep DownUnder 2015, Australasian Sleep Association Annual Meeting*, Melbourne, Australia. 22-24 October 2015. Audience: 50 psychologists, GPs and paediatricians.

27th Annual Scientific Meeting of Australasian Sleep Association. *Strategies for managing sleep disorders in children with neurodevelopmental disabilities*. Invited symposium. Convention & Exhibition Centre, Melbourne, 23 October 2015. Audience: paediatricians, psychologists, nurses, researchers.

Knowledge Translation Education Forum. *Translating research into practice and policy*. Victorian Paediatric Rehabilitation Service, Melbourne, 3 August 2015. Audience: 90 clinicians and researchers.

M S McLeod Research Seminar Series Grand Round, Women's and Children's Health Network. *Sleeping like a baby? Evidence-based interventions and current controversies in child sleep*. University of Adelaide, 26 November 2014. Audience: paediatricians, nurses, psychologists, GPs

M S McLeod Research Seminar Series Research Seminar, Women's and Children's Health Network. *Beyond the journal impact factor: a toolkit for translating your research into policy and practice*. University of Adelaide, 26 November 2014. Audience: paediatricians, psychologists, researchers

Australian Health & Medical Research Conference. *Clinical Case Studies on Sleep and Mental Health - Expert Panel*. Convention & Exhibition Centre, Melbourne, 16-19 November 2014 (presented on 17th Nov). Audience: 40 clinicians and health professionals.

Australian Health & Medical Research Conference. *What are the effects of poor sleep on behaviour and what are the evidence-based interventions*. Convention & Exhibition Centre, Melbourne, 16-19 November 2014 (presented on 17th Nov). Audience: 40 clinicians and health professionals.

ARACY Seminar webinar "Sleeping like a baby - not! Evidence-based strategies and current controversies". 6 August 2014. Audience: Record number of attendees for an ARACY seminar (n=280) including nurses, paediatricians, psychologists, psychiatrists and policy makers.

Australian College of Rural & Remote Medicine Webinar "*The Crying Baby*". Audience: Rural General Practitioners n=50. Wednesday 4th June 2014.

MCRI Healthy Kids Seminar "*Sleep problems in babies and children*". Audience: parents, grandparents, health professionals - n=200. Wednesday 28th May 2014.

Epworth Hospital Research week "*Becoming a clinician researcher - serendipity or hard work?*" Audience: health professionals (doctors, nurses, allied health) - 40. Melbourne, May 29th 2014.

RCH Clinical Practice Update on "*Managing behavioural sleep problems in children*". Audience – 180 paediatricians, Melbourne, May 31st 2014.

'Grow & Thrive' national webinar for early years educators and teachers, Melbourne, Australia 5th December 2013. "*Sleep and sleep problems in infants, toddlers and young children*". (Invited

speaker, audience restricted to 100 participants then posted on the Royal Children's Hospital Learning Hub).

Sleep Down Under 2013, Australasian Sleep Association. *"Impact of a sleep intervention in children with ADHD"* in *"The three A's: ADHD, autism and adolescence"* Plenary Session. Brisbane, October 18th 2013.

The Royal Children's Hospital Grand Rounds, *"Learning Hub: The Infant Sleep eLearning Program"*. Melbourne, September 4th 2013. Audience – 200 paediatricians and researchers, Royal Children's Hospital Campus

Kaarene Fitzgerald Public Lecture, Monash Medical Centre on *"Alternatives to co-sleeping for the unsettled baby"*. Audience – 50 members of public, nurses, doctors. Melbourne, June 27th 2012.

RCH Clinical Practice Update on *"Managing behavioural sleep problems"*. Audience - 150 paediatricians. Melbourne, June 2nd 2012.

RACP Conference *"Understanding the research process"*. Audience - 30 advanced trainees. Brisbane, May 6th 2012.

Shire Clinical Insights on *Sleep and ADHD and ADHD Research in the Australian Paediatric Research Network*. Sydney, March 19th 2012

Royal Children's Hospital Grand Rounds, *"Healthcare Innovations at The Royal Children's Hospital"*. Melbourne, February 6th 2102. Audience – 200 paediatricians and researchers, Royal Children's Hospital Campus

The Australasian Sleep Association Annual Meeting on *Impact of Infant Sleep on Parents*. Sydney, October 28th 2011.

Post and Antenatal Depression Association on *Managing the unsettled baby and depressed mother*. Melbourne, May 2011.

The Royal Australasian College of Physicians Annual Scientific Meeting on *Tips for supervising advanced trainee research projects*. Darwin, May 2011.

Clinical Research Excellence 2010 – Early career researcher case study. Melbourne, August 2010

The Australasian Sleep Association Annual Meeting on *Sleep through the ages*. Melbourne, October 2009.

The Royal Australasian College of Physicians Annual Scientific Meeting, expert session on *Behavioural sleep disorders*. Sydney, May 2009.

The Australian Health & Medical Research Congress on *Can we really fight obesity though children's sleep?* Brisbane, November 2008.

INVITED PRESENTATIONS: STATE

Victorian Paediatric Clinical Network Conference. Tackling family adversity and its impact on children – What is the evidence? (Keynote). Melbourne, October 24th 2019. Audience - 250 clinicians, policy makers, public servants, consumers.

Melbourne Academic Centre for Health. *Reducing asthma re-admissions in children through partnerships with hospitals, GPs, and families* (keynote). Melbourne, October 22nd 2019. Audience - clinicians and researchers.

Royal Children's Hospital Grand Rounds. *Parent perspectives on accessing mental health care for children*. Melbourne, October 9th 2019. Audience: 180 clinicians and researchers

Department of Health and Human Services. *Child mental health: What's wrong with the mental health system and how can we fix it?* Melbourne, October 3rd 2019. Audience - 20 policy makers and public servants.

Northern Health Research Seminar. *Keeping patients out of hospital - two exemplars from a health service systems researcher*. Melbourne, 15th November 2018. Audience - 20 Researchers and clinicians

RCH Clinical Practice Update. *Is melatonin safe or should we only use behavioural sleep strategies?* Melbourne, 3 June 2017. Audience - 150 paediatricians.

Better Care Victoria. *Variation in Paediatric Practice*. Melbourne, May 3rd 2017. Audience - 150 clinicians, policy makers and health systems managers.

Primary Care and Population Health Advisory Committee. *Increased Paediatric ED Presentations: The Importance of Data in Decision-Making*. Western Health, Melbourne 16 March 2017. Audience - GP's, MCH nurses, policy advisers

Victorian Heads of Paediatric dinner. *The Royal Children's Hospital Health Services Research Unit: A year in review*. Melbourne, 9 March 2017. Audience - 20 paediatricians and policy advisers

Victorian Department of Health and Human Services, Victorian Paediatric Clinical Network. *Towards optimal equitable care for ADHD*. Melbourne, 2016. Audience - 270 clinicians, policy makers and researchers

Rotary Hastings Westernport. *Understanding children's mental health*. Melbourne, 11 May 2016. Audience - 50 lay people, school staff, business leaders.

The Royal Children's Hospital Grand Rounds. *Variation in clinical practice – why does it happen and does it matter*. Melbourne, 25 November 2015. Audience – 200 paediatricians and researchers, Royal Children's Hospital Campus

Intervention with parents to improve child and family outcomes: why, how, and does it work? Clinical and Public Health Research Seminar Series. Melbourne, 5 November 2015. Audience: 100 paediatricians and researchers.

Sleeping Sound with ADHD. Innovation in Clinical Trial Methodology Workshop, Murdoch Children's Research Institute, 20 May 2015. (Invited keynote speaker). Audience - 100 statisticians, researchers, clinicians.

Teenage sleep in the digital age. Invited presentation, Healthed. Melbourne, Australia. 10 October 2015. Audience: 500 GPs.

Getting started in research and translating research into practice. Melbourne, 26 August 2015. Audience 20 clinicians, Royal Children's Hospital Campus.

Strategies to help your child sleep. Melbourne, 29 July 2015. Audience - 60 parents.

What is the nature and affect of 'Unsettled Infant Sleep'? Parent and Baby Expo Forum, Melbourne, 12 May 2015. Audience – 60 clinicians, researchers, parents.

Infant sleep traps and tricks. Victorian Rural Paediatricians update, 7 February 2015. Audience - 40 paediatricians.

Managing infant sleep problems - a practical approach. Ballarat Base Hospital, 15 October 2014. Audience - approximately 40 paediatricians and nurses.

Managing sleep problems in infants: Evidence base and current controversies. Australian Association for Cognitive and Behaviour Therapy (AACBT), Pub Discussion, Melbourne, 15 October 2014. Audience - 15 psychologists.

Parent Information Session: The Sleeping Baby and Toddler. Glen Eira City Council Childhood Services, Melbourne, 14 May 2014. Audience – 50 parents.

Translating evidence into practice and policy: a toolkit for clinician researchers. Victorian Clinician's Research Network, Melbourne, April 2014.

Post and Antenatal Depression Association - Managing the Unsettled Baby. Melbourne, August 2013.

BabyBusiness - Parent Education Seminar. Glen Eira City Council Childhood Services, Melbourne, 7 August 2013.

Australian Doctor GP Education Seminar. *Managing sleep problems in children*. Melbourne, 10 August 2013

Preventing early infant sleep and cry problems: the Baby Business Randomised Controlled Trial. Melbourne, November 2012.

Centre for Community Child Health, Ross Trust Seminar on *Early intervention and prevention to address sleep and crying problems in infants.* Melbourne, November 2012.

Behavioural sleep problems in school children. Royal Children's Hospital Campus Research and Education Week. Audience - 200 paediatricians, nurses, GPs. Melbourne, October 2012.

Monash Autism & ADHD Research Forum on *Behavioural sleep problems in children with ADHD: prevalence, correlates and interventions.* Melbourne, May 2012.

Royal Children's Hospital on *Work-life balance and research.* Audience - 40 paediatric trainees and consultants. Melbourne, May 2012.

National Australia Bank- Re-Connect employee group on *Infant Sleep Problems and Managing the Transition Back to Work.* Melbourne, November 2011.

Royal Children's Hospital General Practitioners Update - *Managing Infant Colic.* Melbourne, August 2011.

Royal Children's Hospital Research week – *The best of both worlds: using clinical practice to grow paediatric research.* Melbourne, June 2011.

Royal Children's Hospital Research week – *A career in research.* Melbourne, June 2011.

Royal Children's Hospital Research week – APRN and Sleep Research presentations. Melbourne, October 2010.

Wesley College Colloquium on *Learning to Sleep and Sleeping to Learn.* Melbourne, September 2010.

Nestle Nutrition Institute on *Long-term effects of breastfeeding.* Melbourne, April 2010.

Parent Infant Research Institute Infant Sleep Seminar on *Evidence-based sleep interventions in infants.* Melbourne, April 2010.

Ross Trust Seminar on *A population approach to prevention of child mental health problems.* Melbourne, March 2010.

Ross Trust Seminar on *Early detection of health and developmental problems in young children: behavior.* Melbourne, March 2010.

Department of Human Services, Perinatal Mental Health Research Forum on *Managing early infant sleep, crying and feeding problems: the role of the early parenting centres.* Melbourne, November 2009.

Department of Education and Early Childhood Development, Research Forum on *Preventing child mental health problems.* Melbourne, July 2009.

Wyeth Annual Maternal and Child Health nurse conference on *Managing behaviour problems in the toddler years.* Melbourne, June 2009.

Australasian Sleep Association, Victorian Branch on *Sleeping like a baby: evidence-based sleep interventions in the first year of life.* Melbourne, May 2009.

Tweddle Parenting Centre, Annual Meeting on *Long-term outcomes of infant sleep intervention.* November 2008.

Cystic Fibrosis Victoria annual conference on *Behavioural problems in preschool children with cystic fibrosis.* Melbourne, 2008.

Department of Human Services Annual Maternal & Child Health Nurse conference on *Infant sleep and maternal wellbeing – effects and cost-effectiveness of a brief, nurse-led intervention.* 2006

TEACHING - PRESENTATIONS

- 2016** RACP EVOLVE Masterclass, Sydney November 25th 2016. "Reducing low value care in children: what works?" Audience: 40 clinicians and researchers
- 2016** Australasian Sleep Association Advanced Trainee course, Sydney February 27th 2016. "Behavioural sleep problems in infants and pre-schoolers: theories and evidence-based management." Audience: 50 RACP advanced trainees (adult and paediatric)
- 2013 -2019** *Translating research into practice and policy*. Child Health elective, Master of Public Health, University of Melbourne, July 2013 and August 2014
- 2012** Further Education and Training session (RACP) on *Managing the unsettled baby*, September 2012. Largest ever FEAT audience (400 paediatricians with 55 national webinar sites).
- 2011** *Preventing child mental health problems*. Child Health elective, Master of Public Health, University of Melbourne, July 2011.
- 2010** Post and Antenatal Depression Association, Melbourne November 25th on "*Managing the crying baby*".
- 2010** Centre for Community Child Health – Annual Professional Development seminar – invited speaker on "*Managing anxiety in childhood*" October 9th 2010.
- 2010** Further Education and Training session (RACP) on *Sleep*, 27th October 2010.
- 2010** *Preventing child mental health problems*. Child Health elective, Master of Public Health, University of Melbourne, July 2010.
- 2009** *Preventing child mental health problems*. Child Health elective, Master of Public Health, University of Melbourne, July 2009.
- 2009** *Infant Crying: causes, management pitfalls and long-term outcomes. The Early Years: From research to policy to practice seminar (Melbourne)* March 2nd Oral presentation. Crying infants: what do parents find helpful?
- 2008** North-West paediatrician's seminar on "*Infant Settling*", June 13th, Ballarat, Victoria.
- 2008** University of Tasmania, Inaugural Visiting Health Research Fellow October 28th to 30th, Burnie, Tasmania, 6 presentations to paediatricians, GPs, midwives and members of the public.
- 2007** Maternal & Child Health nurse seminar "*Management of childhood anxiety*", May, Melbourne.
- 2006** *Childhood Aggression: Pathways, prevention and policies. The Early Years: From research to policy to practice seminar (Melbourne)* Oral presentation. Toddlers Without Tears: A universal prevention program for childhood aggression.
- 2005** RCH GP Education and Update Day – May on "Managing infant irritability."
- 2005** Australian Doctor Annual Paediatric Update – June 2005 on "*Managing infant irritability, vomiting, slow weight gain, and care of the premature baby.*"
- 2005** Victorian Training Program for Community Child Health –October on "*Prevention of Child Behaviour Problems.*"
- 2004** Professional Infant Care Services – seminars April, July 2004 on postnatal depression and management of toddler behavior.
- 2004** Northern Hospital - invited speaker on "*Sleep Problems in Childhood*" for paediatricians and paediatric registrars, June 2004.
- 2004** Centre for Community Child Health – 10th Annual Professional Development seminar – invited speaker on "*The crying baby*", October 2004.
- 2003** Ballarat regional paediatricians professional development day – *Managing Sleep Problems* - November 21, 2003.

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| 2003 | Centre for Mother's and Children's Health <i>Infant Sleep Problems and Postnatal Depression – Results from 3 Years of Research</i> – November 25 th , 2003. |
| 2003 | Victorian Child and Adolescent Mental Health Service <i>Preventing Preschool Behaviour Problems- Results from a Community Pilot</i> – September 12 th , 2003. |
| 2003 | Nestle Maternal and Child Health nurse PD seminar – <i>Managing the unsettled Baby</i> - September 4 th and 6 th , 2003. |
| 2001 | RACP Further Education and Training (FEAT) sleep seminar (invited speaker). |
| 2000 | Centre for Community Child Health Professional Development course (invited speaker), on " <i>Managing infant sleep problems</i> ". |
| 1999 | Graduate Diploma in Child Health (lecturer), Centre for Community Child Health. |

TEACHING - PROFESSIONAL DEVELOPMENT

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| 2014 - | Online infant sleep training program. Program for GPs, nurses, paediatricians and child psychologists. |
| 2011 | Check: Independent learning program for GPs (online and paper based) on "Mandy's baby won't stop crying". Royal Australian College of General Practitioners. |
| 2009 | <i>Paediatric systematic reviews</i> for Systematic Review Course, Clinical Epidemiology & Biostatistics Unit, Royal Children's Hospital, Melbourne. |
| 2003-ongoing | RACP and Junior RMO lecture series, Royal Children's Hospital, Melbourne. |
| 1999-2015 | Annual Evidence Based Child Health Course (tutor), Clinical Epidemiology & Biostatistics Unit, Royal Children's Hospital, Melbourne. |

REVIEW AND ASSESSMENT

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| 2019 | NMHC Investigator Grant Panel |
| 2018 | Women's and Children's Hospital Research Foundation (SA) |
| 2018- | RACP Fellowship Awards (annual) |
| 2018 | Health Research Council of New Zealand |
| 2018 | NHMRC Practitioner Fellowship Panel |
| 2018 - ongoing | Member, Queensland Children's Health Foundation Research Advisory Committee (3 x grant review panels per year) |
| 2017 | Health and Medical Research Fund (Hong Kong) Grant Reviewer |
| 2015 | RACP Career Development Fellowships Grant Review Panel |
| 2014 | RACP Scholarships (60) Reviewer |
| 2011, 2012, 2015 | NHMRC Project Grants Panel |
| 2011, 2012, 2016 | NHMRC Early Career Fellowship Assessment Panel - Chair in 2012 |
| 2010- | NHMRC Certification Assessor Panel for HoMER paediatric HREC review |

JOURNAL EDITORIAL INVOLVEMENT

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| 2015 - | Editorial Board, <i>Journal of Paediatrics and Child Health</i> . |
| 2013-2018 | Editorial Board, <i>Academic Pediatrics</i> |

Independent reviewer, peer reviewed journals

I continue to review for the following 37 journals on a regular basis

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| 2018- | BMJ Evidence-Based Medicine, JAMA Open |
| 2017- | Journal of Developmental and Behavioral Pediatrics, PLOS One |
| 2016- | Journal of Child and Adolescent Psychopharmacology, Journal of Pediatric Psychology, Primary Health Care Research & Development, BMC Health Services |
| 2015- | Journal of Affective Disorders, Sleep Medicine Reviews, Journal of Paediatrics and Child Health, Australian Family Physician, BMJ Open |
| 2014- | JAMA, BMJ, Journal of Women's Health, Issues and Care |
| 2014- | Sleep Medicine |
| 2014- | BioMed Central |
| 2014- | JAMA Pediatrics |
| 2012- | BMC Pediatrics, Journal of Health and Education, Sleep Medicine |
| 2011 | Health Promotion Journal of Australia |
| 2010- | Academic Pediatrics, Behavioral Sleep Medicine, Health and Quality of Life Outcomes |
| 2009- | Sleep Medicine Reviews, Journal of Reproductive and Infant Psychology, Sleep Medicine, BMC Public Health |
| 2008- | Child and Adolescent Psychiatry and Mental Health, International Journal of Pediatric Obesity |
| 2006- | Ambulatory Pediatrics |
| 2005- | Pediatrics |
| 2001- | Archives of Disease in Childhood |
| 2000- | ANZ Journal of Public Health |
| 1999- | Child: Care, Health and Development |
| 1998- | Journal of Paediatrics and Child Health |

Independent reviewer, grants:

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| 2018, 2019 | Hong Kong Health and Medical Research Fund |
| 2017 | Women's and Children's Hospital Research Foundation (SA) |
| 2017, 2019 | Swiss National Science Foundation |
| 2016 | New Zealand Health Research Council Grant Review Panel |
| 2015 | Canadian Brain Research Trust Grant Review Panel |
| 2015 | NHMRC project grants, Hong Kong Research Council |
| 2014 | NZ Health Research Council, Unites States-Israel Binational Science Foundation, Hong Kong Research Council |
| 2012 | NHMRC project grants, NHMRC Senior Fellowship Award |
| 2009 | NHMRC project grant, Israel Scientific Research Board, Queensland Children's Medical Research Institute. |
| 2008 | Health Research Board, Ireland, Canadian Health Board |
| 2007 | Royal Children's Hospital Foundation, Perth |
| 2003 | NHMRC project grant |

Independent reviewer, abstract reviews:

Annual RACP annual scientific meeting – involves marking of approx. 70 abstracts each year; 125 in 2013.

Independent Reviewer, ethics in human research

2002-2006 Technical panel, Ethics in Human Research Committee, Royal Children's Hospital

Thesis Examination

2017 Liora Kempler, Doctor of Philosophy in Psychology, University of Sydney. Title: *Sleep focused interventions to improve sleep and mood for new mothers.*

2016 Steven A Watts, Doctor of Philosophy in Psychology, School of Health Sciences, RMIT University, title: *The prevention of infant sleep disturbance: a universal approach.*

2014 Sonia Chhabra, Bachelor of Science (Biomedical and Health Sciences), with Honours, Department of Paediatrics, The University of Melbourne, title: *Relationship between food allergy and lung function in a population based cohort study of childhood allergic disease.*

2011 Kate Jackson, Doctor of Philosophy in Clinical Psychology, School of Psychology, Flinders University, title: *For Crying Out Loud! An investigation into intervention techniques for infant sleep disturbance.*

2008 Vanessa Mckay, Doctor of Clinical and Health Psychology, Psychology Department at the School of Behavioural Science, the University of Melbourne, title: *Infant, maternal & paternal factors associated with infant cry-fuss behaviour: a prospective, community-based study.*

2003 Dr Brian Symon, Medical Doctorate, Department of General practice, University of Adelaide, title: *Effect of a consultation teaching behaviour modification on sleep performance in infants: a randomised controlled trial.*

EXPERT COMMITTEES AND ADVISORY PANELS

ONGOING

- 2019-** Member, National Children's Mental Health Strategy
- 2018-** Co-chair, Kids to Adults (K2A) National Alliance, Models of Care group
- 2018-** Member, Scientific Advisory Committee, Prevention United
- 2017-** Chair, Health Services Implementation and Improvement Subcommittee, Melbourne Academic Centre for Health
- 2017-** Committee on Health Services Research, Australian Health Research Alliance (one of only two Melbourne Academic Centre representatives on this national committee)
- 2017-** Research Advisory Committee Member, Children's Hospital Foundation, Queensland
- 2017-** Member, National Collaborative Network for Child Health Informatics – Partnership Groups
- 2015-** Quala, Customized Sleep Profile (CSP) Digital Parent Education Endeavour Advisory Board (Member)
- 2015-** Research Excellence (REx) Expert Scientific Review Panel (ESRP), Melbourne Academic Centre for Health (Member)
- 2015-** Sleep Health Foundation – national media spokesperson
- 2014-** Paediatric Representative, GP Education Sub Committee, Australasian Sleep Association
- 2013-** Royal Australasian College of Physicians, Research Foundation (one of only two paediatric members; ongoing)

- 2012-** Member, Working Party for National Intensive Nurse Home Visiting Trial, Australian Research Alliance for Children and Youth (ongoing)
- 2009-** Expert content advisor, Raising Children Network (ongoing)
- 2007-** Steering group, Australian Paediatric Research Network (ongoing)
- 2005-** National Raising Children Network website – expert advisor on sleep content (ongoing)

COMPLETE

- 2017-2020** Chair, Paediatric and Child Health Division Research Committee, Royal Australasian College of Physicians
- 2018- 2019** Chair, Better Care Victoria Choosing Wisely Hospital Scale Up Project
- 2016-2018** Board member, Australian Council on Children and Media
- 2014-2017** NHMRC Mental Health and Parenting Working Committee (invitation)
- 2014-2015** Member, Conference Committee, 9th Health Services and Policy Research Conference Melbourne 5-7 December 2015
- 2013** Reference Group Member, Building Blocks – edition two, Murdoch Children's Research Institute
- 2012** Royal Australasian College of Physician representative (Paediatrics) for Hunter Institute of Mental Health, Chronic Illness Resilience Project (ongoing) Member, Raising Children Network Advisory Committee
- 2012** Member, Technical Advisory Group for Parent Engagement Resource Trial
- 2012** Member, Campus Research and Education Week scientific program committee
- 2011** Member, Working Party for Child and Adolescent component of the National Mental Health and Wellbeing Survey, Dept of Health and Aging
- 2011** Member, Working Party for Access to Allied Health Professionals Services, Dept of Health and Aging
- 2011** Member, Working Party for National Survey of Sleep Habits of Australian Children, Sleep Health Foundation
- 2010-2013** International Congress of Pediatrics 2013 Scientific Program Committee
- 2010-2014** Co-convener, Victorian Clinical Research Network
- 2009-2011** Department of Health and Ageing Child Mental Health Stakeholder Group, representative for the RACP, Paediatric and Child Health Division
- 2009** Victorian government Perinatal Mental Health Initiative subcommittees: research and clinical pathways
- 2006** Royal Australasian College of Physicians Paediatric Scientific Program Committee
- 2005** Royal Australasian College of Physicians Research Advisory Group

INTERNAL COMMITTEES

- 2015-2019** National Children's Health Poll
- 2015- 2017** Honours committee, Department of Paediatrics, University of Melbourne
- 2010-2013** RCH Research Week Organising Committee

INTERNATIONAL RESEARCH GRANTS

- 2017-2019** **Changing Agendas on Sleep, Treatment and Learning in Epilepsy - A Long Term Condition of Children (CASTLE)**
 National Institute for Health Research
 National Programme Grant for Applied Research (RP-PG-0615-10005)
 Cls: Deb Pal, Paul Gringras, Jo Sutcliffe, Catrin Tudur-Smith, Christopher Morris, Colin Dunkley, Frances Gibbon, **Harriet Hiscock**, Luci Wiggs, Lucy Bray, Helen Gillard, Bernie Carter, Dyfrig Hughes.
 Amount: (GPB) £2,737,427 (£912,475 pa for three years) (\$3,892,648 AUD)
- 2015-2020** **Models of Child Health Appraisal (MOCHA)**
 Horizon 2020 – The European Framework Program for Research and Innovation. (634201-2)
 Cls: Mitch Blair, Maria Brenner, Danielle Jansen, Nadia Minicuci, Simon de Lusignan, Anders Hjern, Paul Kocken, Ingrid Wolfe, Peter Shroder, Kinga Zdunek, Anne Clancy, Geir Gunnlaugsson, Adamos Hadjipanayis, Janine van Til, Stine Lundstroem Kamionka, Helen Wells, Jay Berry, Andre Michaud, Sharon Goldfeld, **Harriet Hiscock**, Gary Freed.
 Amount: (EUD) €6,969,360 (\$9,917,747 AUD)
- 2006-2009** **For program and pilot consultation for "Toddlers Without Tears" parenting program in New Zealand context.**
 Ministry of Social Development, New Zealand Government Grant
 Cl: **Harriet Hiscock**
 Amount: \$100,000
- 2005** **For program content of "Toddlers without Tears"**
 New Zealand government
 Cl: **Harriet Hiscock**
 Amount: (NZD) \$80,000 (\$76,694 AUD)

NATIONAL RESEARCH GRANTS

- 2020-2024** **Strengthening Care for Children: A stepped-wedge translational trial to reduce hospital burden.**
 NHMRC Partnership grant application (GNT1179176)
 Cls: **Harriet Hiscock**, Raghu Lingam, Lena Sanci, Susan Woolfenden, Yvonne Zurynski, Kim Dalziel, Siaw-Teng Liaw, Katherine Lee, Douglas Boyle, Gary Freed
 Als: Gaston Arnolda, Jeffrey Braithwaite, Chris Carter, Mary Crum, Elise Davies, Janelle Devereux, Joanne Ging, Peter Hibbert, Michael Moore, Edward Oakley
 Amount: Total Grant amount \$3,430,871.80 (NHMRC Contributions \$1,432,584.80)
- 2019-2021** **Improving the care of children with frequent asthma admissions through partnerships with hospitals, GPs, and families. Extension for the design of partnership interventions.**
 Melbourne Academic Centre for Health
 Cls: **Harriet Hiscock**, Katherine Chen, Colin Robertson, Peter Vullermin, David Tran, David Fuller, John Carlin, Lena Sanci
 Amount: \$75,000
- 2019-2020** **Improving the care of children with frequent asthma admissions through partnerships with hospitals, GPs, and families.**
 Melbourne Academic Centre for Health
 Cls: **Harriet Hiscock**, Katherine Chen, Colin Robertson, Peter Vullermin, David Tran, David Fuller, John Carlin, Lena Sanci.
 Amount: Total \$225,000

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- 2019-2022 MRFF Million Minds Mission: The Kids are Not Okay: Emergency Department management of acute mental health crises in children and young people.**
NHMRC (GNT1179137)
Cls: Simon Craig, Franz Babl, Kylie Gray, Rohan Borschmann, Vicki Anderson, **Harriet Hiscock**, Katherine Lee, Glenn Melvin, Meredith Borland, Michael Gordon
Als: Andrew Davidson, Bruce Tonge, Emma Tavender, Kim Dalziel, Frank Muscara, Jonathan Knott, Ric Haslam, Antje Walter, Barbara Stanley.
Amount: \$4,996,126.75 (2019 \$932,486, 2020 \$1,062,971.30, 2021 \$1,132,495.65, 2022 \$1,133,302.65, 2023 \$734,871.15)
- 2019-2021 Does the treatment of sleep problems in adolescents with ADHD improve outcomes? A randomised controlled trial (RCT)**
Waterloo Foundation
Cls: Emma Sciberras, **Harriet Hiscock**, Nicole Rinehart, Matthew Fuller-Tyszkiewicz, Jane McGillivray
Amount: \$109,811
- 2018-2019 Strengthening Primary Care to Reduce Paediatric Outpatient and Emergency Department Referrals Pilot Extension**
"Strengthening Primary Care for Children"
North Western Melbourne Primary Health Network
Cl: **Harriet Hiscock**
Amount: \$165,961
- 2018-2023 RCH Health Services Research Unit (2018-987)**
Cl: **Harriet Hiscock**
The Royal Children's Hospital Foundation
Amount: \$2,825,095.26
- 2019-2023 Centre of Research Excellence in Childhood Adversity and Associated Depression and Anxiety**
NHMRC (GNT1153419)
Cl: **Harriet Hiscock**, Anthony Jorm, Sharon Goldfeld, Jane Fisher, John Eastwood, Andrea Reupert, Lena Sanci, Marie Yap, Kim Dalziel, Valsamma Eapen
Amount: \$2,495,365.5
- 2018-2019 First do no harm: multisite study to reduce the use of acid suppression therapy in Victorian infants (HREC #: 38171A)**
"REducing MEDications in Infants (REMEDII)"
Safer Care Victoria
CIA: **Harriet Hiscock**
Amount: \$250,000
- 2018-2019 Understanding why children present to the ED with anxiety and depression (HEAADS)**
The Royal Children's Hospital Foundation
Cl: Harriet Hiscock
Amount: \$94,962.80
- 2017-2018 Timeliness of health assessments for children entering out-of-home care in Victoria.**
Centre for Excellence in Child and Family Welfare Inc.
Cls: Karen McLean, Sharon Goldfeld, **Harriet Hiscock**, Dorothy Scott, Aron Shlonsky, Emily Gordon, Justine Harris, Michelle van Doorn
Amount: \$57,650
- 2018-2022 Optimising evidence-based, equitable and efficient care for common child health conditions.**
NHMRC Practitioner Fellowship (GNT1136222)
Cl: **Harriet Hiscock**
Amount: \$481,155 (\$96,231 p.a.)
- 2017-2018 Strengthening Primary Care to Reduce Paediatric Outpatient and Emergency Department Referrals**
"Strengthening Primary Care for Children"

-
- Better Care Victoria Innovation Fund
Cl: **Harriet Hiscock**
Amount: \$392,780
- 2017-2019 Towards an evidence-based and equitable mental health system for children in Australia.**
NHMRC Project Grant (APP1129957) (GNT1129957)
Cls: **Harriet Hiscock**, Michael Sawyer, Emma Sciberras, Gary Freed, David Coghill, Kim Dalziel, Susan Donath, Daryl Efron, Lynn Gillam.
Als: Frank Oberklaid, Lyn Littlefield, Noel Cranswick
Amount: \$706,059.20 (2017 \$185,558.40, 2018 \$334,942.40, 2019 \$185,558.40)
- 2017-2019 Smiling Mind for Pre-Schoolers: Developing smiling minds early in life to ensure their brightest future. (Early Minds Mindfulness Study)**
Ian Potter Foundation
Cls: Addie Wootten, Sam Page, **Harriet Hiscock**.
Amount: \$342,944 (2017 \$174,860, 2018 \$80,192, 2019 \$87,892)
- 2017-2018 Understanding why children present to the ED with anxiety and Depression (2017-892)**
Cl: **Harriet Hiscock**
The Royal Children's Hospital Foundation
Amount: \$95,362.80
- 2016-2019 Does the treatment of anxiety in children with ADHD improve outcomes? A large-scale randomised controlled trial. (Calm Kids)**
NHMRC Project Grant (APP1106427)
Cls: Emma Sciberras, **Harriet Hiscock**, Daryl Efron, Katherine Lee.
Als: Ron Rapee, Cathy Mihalopoulos, Vicki Anderson, Jan Nicholson
Amount: \$854,629.60 (2016 \$72,897, 2017 \$291,997.05, 2018 \$301,997.05, 2019 \$187,738.50)
- 2016-2019 Tailoring a brief sleep intervention for autism: a randomised controlled trial. (Sleeping Sound with Autism)**
NHMRC Project Grant (APP1101989).
Cls: Nicole Rinehart, Emma Sciberras, **Harriet Hiscock**, Katrina Williams, Jane McGillivray, Patricia Howlin, Nicole Papadopolous.
Amount: \$430,938.90. (2016 \$96,027, 2017 \$108,393 2018 \$108,393 2019 \$118,125)
- 2015-19 Can home-visiting improve early school entry outcomes?: Following the right@home randomised trial to age 5 years.**
NHMRC Project Grant (APP1079148)
Cls: Sharon Goldfeld, Lynn Kemp, Anna Price, Fiona Mensah, Lisa Gold, Lance Emerson, Lara Bishop.
Als: Graham Vimpani, **Harriet Hiscock**, Pippa Procter, Susan Diamond.
Amount: \$2,701,957.30 (2015 \$284,782.70, 2016 \$651,823.20, 2017 \$532,725.90, 2018 \$616,653.70, 2019 \$615,971.80)
- 2015-2019 Preventing Child Internalising Problems: Follow up of a population-based randomised trial through middle childhood. (Cool Kids)**
NHMRC Project Grant (APP1079956)
Cls: Jordana Bayer, Ronald Rapee, **Harriet Hiscock**, Catherine Mihalopoulos, Lesley Bretherton.
Als: Joyce Clearly, Melissa Wake.
Amount: \$478,305.20 (2015 \$143,781.10, 2016 \$140,818.50, 2017 \$135,818.50, 2018 \$57,887.10)
- 2015-2018 Models of Child Health Appraised (MOCHA)**
NHMRC European Collaboration Grant (APP1101321)
Cls: Sharon Goldfeld, **Harriet Hiscock**, Gary Freed.
Amount: \$321,054 (2016 \$154,975, 2017 \$114,215.58, 2018 \$51,863.42)
- 2015-2016 Nudging to a healthier BMI: Pilot randomised trial for a novel obesity intervention in children.**

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- Ian Potter Foundation
 Cls: Melissa Wake, Matthew Sabin, **Harriet Hiscock**, Lisa Gold, Louise Baur, Bary Taylor, Obioha Ukoumunne, Kate Lycett, Jessica Boyce.
 Amount: \$50,000
- 2015 Creswick Foundation Fellowship in Child and Adolescent Development**
 Short term visit by Professor Paul Gringas.
 Cl: **Harriet Hiscock**
 Amount: \$9,792
- 2015 Calm Kids: Does the identification and treatment of anxiety in children with ADHD improve outcomes? (Calm Kids)**
 Besen Family Trust
 Cls: Emma Sciberras, **Harriet Hiscock**, Vicki Anderson Daryl Efron, Katherine Lee, Ron Rapee, Jan Nicholson.
 Amount: \$100,000
- 2014-2017 Improving child health outcomes in common, high burden conditions.**
 NHMRC Career Development Fellowship (APP1068947)
 Cl: **Harriet Hiscock**.
 Amount: \$268,704 (\$67,176 p.a.)
- 2014-2017 Impact of a sleep intervention in ADHD: translational randomised trial. "Sleeping Sound with ADHD translational trial"**
 NHMRC Project Grant (APP1058827)
 Cls: **Harriet Hiscock**, Emma Sciberras, Helen Heussler, Frank Oberklaid, Nicole Rinehart, Michelle Wiest.
 Amount: \$980,672 (2014 \$249,300, 2015 \$265,098, 2016 \$255,098, 2017 \$211,176)
- 2014-2015 Identifying the earliest indicators of anxiety among toddlers and their mothers to inform effective early parenting interventions.**
 Australian Rotary Health.
 Cls: Jane Fisher, Heather Rowe, Karen Wynter, **Harriet Hiscock**, Jordana Bayer.
 Amount: \$140,000
- 2013-2017 Turning points: breaking intergenerational cycles of intimate partner abuse and social adversity.**
 NHMRC Project Grant (APP1048829)
 Cls: Stephanie Brown, Jan Nicholson, Kelsey Hegarty, Fiona Mensah, Deirdre Gartland, Hannah Woolhouse, **Harriet Hiscock**.
 Amount: \$1,577,812 (2013 \$120,000, 2014 \$50,000, 2015 \$55,000, 2016 \$60,000, 2017 \$40,000)
- 2013 E-Learning Infant Sleep (ELIST) Program for non-sleep specialists**
 Cls: **Harriet Hiscock**, Anna Price, Melissa Wake.
 Sleep Health Foundation.
 Amount: \$20,000
- 2013 RACP Fellowship, Post-Higher Degree Award**
 Cl: **Harriet Hiscock**.
 Amount: \$150,000
- 2012-2015 Improving school transition by addressing sleep problems: Translational randomised trial: "Sleep Well Be Well"**
 NHMRC Project Grant (APP1024203)
 Cls: **Harriet Hiscock**, Melissa Wake, Jon Quach, Lisa Gold.
 Amount: \$747,806 (2012 \$164,304; 2013 \$203,043; 2014 \$213,043; 2015 \$167,416)
- 2012-2014 Prevention of postnatal mental health problems in women.**
 NHMRC Project Grant (APP1026550)
 Cls: Jane RW Fisher, Heather Rowe, Lisa Amir, Paula Lorgelly, Sanjeeva Ranasinha, Jenny Proimos.
 Als: **Harriet Hiscock**, Jordana Bayer, Anne Colahan, Warren Cann.
 Amount: \$679,499 (2012 \$214,223, 2013 \$245,457, 2014 \$219,819)

- 2012-2014 Identifying family factors that impact on child health and wellbeing: National study of the Parent Engagement Resources, A randomised control trial.**
Department of Families, Housing, Communities and Indigenous Affairs (FAHCSIA)
Cls: Mary Sayers, Sue West, Clare Jennings, Tim Moore, Sharon Goldfeld, **Harriet Hiscock**, Dianne Halloran, Leonie Symes.
Amount: \$561,000
- 2012-2014 Attentional Mechanisms in the Relationship between Sleep Disruption and Academic Outcomes in Australian School Children.**
ARC Discovery grant
Cls: Kim Cornish, Shanthakumar Rajaratnam, Nicole Reinhart, Russell Conduit, Helen Heussler, **Harriet Hiscock**.
Amount: \$250,000
- 2012 Improving care of food allergy pilot study.**
Victorian Paediatric Clinical Network
Cls: **Harriet Hiscock**, Katie Allen, Margie Danchin, Mimi Tang.
Amount: \$25,000
- 2012 Improving care of food allergy pilot study.**
Scobie and Claire Mackinnon Trust
Cl: **Harriet Hiscock**.
Amount: \$50,000
- 2011 The Australian Paediatric Research Network Parenting Needs in Autism study and Baby Business trial.**
Scobie and Claire Mackinnon Trust
Cl: **Harriet Hiscock**.
Amount: \$80,000
- 2011 Baby Biotics: do probiotics help crying babies and their families? (ISRCTN95287767)**
Equity Trustees Grant (Georgina Menzies Maconachie Charitable Trust)
Cls: Valerie Sung, Melissa Wake, **Harriet Hiscock**, Mimi Tang, Ralf Heine, Fiona Mensah, Amanda Stock.
Amount: \$10,000
- 2010-2013 Impact of a sleep intervention in children with ADHD: a randomized controlled trial.**
“**Sleeping Sound with ADHD Trial**”
NHMRC Project Grant (607362)
Cls: **Harriet Hiscock**, Daryl Efron, Frank Oberklaid, Emma Sciberras.
Amount: \$382,750
- 2010-2013 Preventing early internalizing problems in the preschool setting: randomized controlled trial.**
“**Cool Little Kids**”
NHMRC Project Grant (607302)
Cls: Jordana Bayer, Ron Rapee, **Harriet Hiscock**, Melissa Wake, Obioha Ukoumunne, Cathy Mihalopoulos.
Amount: \$795,400 (2010 \$265,775, 2011 \$234,750, 2012 \$219,625, 2013 \$75,250)
- 2010-2013 Prevention of child mental health, sleep and obesity problems.**
NHMRC Career Development Fellowship (607351)
Cl: **Harriet Hiscock**.
Amount: \$192,080 (\$48,020 p.a.)
- 2010-2011 The Australian Paediatric Research Network**
Royal Australasian College of Physicians
Cl: **Harriet Hiscock**.
Amount: \$51,000
- 2010 Evidence into Practice: Feasibility and Acceptability of an Integrated Intervention for Irritable Infants and their Mothers.**
RACP Chris Silagy Scholarship

- Cls: Pam Douglas, **Harriet Hiscock**, G Mitchell.
Amount: \$10,300
- 2009-2014 Preventing mental health problems in children: a population based cluster controlled trial.**
NHMRC Partnership Projects Grant (546525)
“**Families in Mind**”
Cls: **Harriet Hiscock**, Jordana Bayer, Melissa Wake, Obioha Ukoumunne, Lisa Gold, Daniel Shaw.
Amount: \$416,268
Partner Organisations: DEECD, DHS Mental Health, DHS Primary Health, MAV.
Amount: \$416,268 (2009 \$86,410, 2010 \$112,174, 2011 \$114,167, 2012 \$64,667, 2013 \$38,850); total including partner contributions \$899,522
- 2009-2014 Preventing mental health problems in children: a population based cluster controlled trial.** (declined)
ARC Linkage Grant
Cls: Ann Sanson, **Harriet Hiscock**, Jordana Bayer, Melissa Wake, Obioha Ukoumunne, Lisa Gold, Daniel Shaw.
Amount: \$316,027
- 2009-2011 Preventing mental health problems in children: A population-based cluster controlled trial.**
Australian Research Council Linkage Grant (LP0989740).
Cls: **Harriet Hiscock**, Jordana Bayer, Melissa Wake, Obioha Ukoumunne.
Partner Organisations: DEECD, MAV, DHS Community Health and Mental Health.
Amount: \$316,027 (2009 \$41,595, 2010 \$85,219, 2011 \$81,440, 2012 \$55,305, 2013 \$34,979, 2014 \$17,489); total including partner contributions \$1,229,447
(Declined, as took up NHMRC Partnerships Projects Grant 546525, above)
- 2009-2010 Precursors of Depression: Young children’s emotional and behavioural problems and unmet need for health services.**
“**Toddlers Without Tears Follow-up**”
Equity Trustees Grant (Preston & Loui Geduld Trust)
Cls: Jordana Bayer, **Harriet Hiscock**, Melissa Wake.
Amount: \$31,855
- 2009 Infant sleep and settling strategies: addressing controversies and evaluating evidence to inform a universal prevention trial.**
ARACY Grant
Cls: Jane Fisher, Heather Rowe, **Harriet Hiscock**, Jordana Bayer, Brigid Jordan, Vivienne Amery.
Amount: \$20,000
- 2009-2010 Kids Sleep Study: Long-term outcomes of an infant sleep intervention on child overweight/obesity at school entry: randomised trial.**
Foundation for Children Grant (Eol 2009-180).
Cls: **Harriet Hiscock**, Anna Price, Melissa Wake.
Amount: \$86,600 (2009 \$70,100, 2010 \$16,500)
- 2009 The Australian Paediatric Research Network.**
Melbourne Markets Lions Club
Cl: **Harriet Hiscock**.
Amount: \$15,000
- 2008-2009 Sleep intervention to improve sleep, behaviour, quality of life, and school attendance in children with Attention Deficit Hyperactivity Disorder: Pilot study.**
Foundations for Children
Cls: **Harriet Hiscock**, Daryl Efron and Frank Oberklaid.
Amount: \$45,500
- 2008-2009 For training 800 Victorian MCH nurses in the management of infant sleep problems and to deliver early infant sleep and crying prevention program to 200 Victorian families.**
The Scobie and Claire Mackinnon Trust

- Cl: **Harriet Hiscock**.
Amount: \$80,000
- 2007-2008 Preventing Early Infant Sleep and Crying Problems and Their Impact on Parents: A Community-Based Parenting Program.**
William Buckland Foundation
Cl: **Harriet Hiscock**.
Amount: \$64,754
- 2006 Preventing mental health problems from early childhood: An innovative community parenting program.**
Telstra Community Development Fund Grant
Cl: **Harriet Hiscock**.
Amount: \$46,500
- 2006-2007 Extending Toddlers Without Tears program to three years of age and a trial booster session to prevent anxiety/depression in young children. "Toddlers Without Tears Follow-up"**
Telstra Foundation
Cls: Jordana Bayer, **Harriet Hiscock**, Melissa Wake, Obioha Ukoumunne.
Amount: \$46,500 (2006 \$30,000; 2007 \$16,500)
- 2004-2006 Preventing preschool behavior problems: A community based, cluster-controlled trial. "Toddlers Without Tears"**
Preventing children's externalising behaviour problems: cluster-controlled trial. (ISRCTN77531789)
Telstra Community Development Fund
Cls: **Harriet Hiscock**, Melissa Wake, Jordana Bayer.
Amount: \$150,000 (\$50,000 p.a.)
- 2004-2006 Impact of infant distress on parental wellbeing.**
Anna Jane Trust
Cl: **Harriet Hiscock**.
Amount: \$19,000
- 2004-2006 Impact of an infant sleep intervention delivered by Maternal and Child Health Nurses on infant sleep and maternal wellbeing: a cluster controlled trial.**
Pratt Foundation
Cl: **Harriet Hiscock**.
Amount: \$100,000
- 2003-2005 Impact of an Infant Sleep Intervention on Infant Sleep and Maternal Wellbeing. (ISRCTN48752250) "Infant Sleep Study"**
NHMRC Project Grant (237120)
Cls: **Harriet Hiscock**, Melissa Wake.
Amount: \$205,500 (2002 \$75,500; 2003 \$70,000; 2004 \$57,000)
- 2001-2002 Preventing Preschool Behaviour Problems: A Community Based Pilot Program.**
William Buckland Foundation
Cls: **Harriet Hiscock**, Melissa Wake, Frank Oberklaid.
Amount: \$55,764 (2001 \$39,388; 2002 \$16,376)
- 1999-2000 The impact of infant sleep interventions on postnatal depression - A randomised controlled trial in the community Scholarship**
NHMRC Public Health Scholarship (997510)
Cl: **Harriet Hiscock**.
Amount: \$38,347 (1999 \$25,497, 2000 \$12,850, 6 months)

INTERNAL GRANTS

- 2019-2020 Understanding family preferences for accessing mental healthcare for children with chronic physical health problems**
Murdoch Children's Research Institute Population Health 2019 Theme Funding
Cls: Jemimah Ride, Harriet Hiscock, Kim Dalziel
Amount: \$29,659
- 2019-2021 Towards equitable access for child mental healthcare: a co-designed digital health intervention**
Murdoch Children's Research Institute Population Health 2019 Theme Funding
Cls: Daniel Peyton, Harriet Hiscock, Emma Sciberras
Amount: \$30,000
- 2018 Uncontrolled Asthma in Australian Children: understanding the burden and associated health system risk factors.**
MCRI Population Health Theme Funding
Cls: Katherine Chen, Anneke Grobler, Susan Clifford, **Harriet Hiscock**
Amount: \$25,000
- 2018 Improving school outcomes for youth with ADHD: developing the evidence base for targeted interventions.**
MCRI Population Health Theme Funding
Cls: Nardia Zendarski, Emma Sciberras, **Harriet Hiscock**, Melissa Mulraney
Amount: \$10,000
- 2017 A double blind, placebo-controlled, sequential multiple assignment randomised trial (SMART) to assess the efficacy of medical therapy for Sleep Disordered Breathing (SDB) in children. The MIST SMART**
MCRI Infection and Immunity Theme
Cls: Kirsten Perrett, Gillian Nixon, Haytham Kubba, Anneke Grobler, Bibhas Chakraborty, **Harriet Hiscock**, Kathy Rowe, Mandie Griffiths, Elizabeth Rose, Kate Simpson, Jo Rimmer.
Amount: \$40,000
- 2017 Can a psychosocial intervention improve mood regulation and reduce irritability in children? Pilot for a large-scale RCT.**
MCRI Population Health Theme
Cls: Melissa Mulraney, David Coghill, Emma Sciberras.
AI: **Harriet Hiscock**
Amount: \$20,000
- 2017 Nudging Towards Healthier BMI: A Pilot Novel Obesity Intervention in Children.**
The Royal Children's Hospital Research Foundation
Cls: Melissa Wake, **Harriet Hiscock**, Jessica Kerr, Kate Lycett, Jon Quach, Matthew Sabin, Valerie Sung.
Amount: \$75,081
- 2016 Behavioural interventions to improve sleep problems in children and reduce tertiary paediatric outpatient waitlists: a pilot study for a planned RCT.**
MCRI Population Health Theme Funding
Cls: Katrina Hannan, **Harriet Hiscock**, Gehan Roberts, Emma Sciberras.
Als: Karen McLean, Jon Quach, Mandie Griffiths, Kate Simpson.
Amount: \$15,000
- 2016 Utilisation of paediatric health services by children and adolescents in Australia.**
MCRI Population Health Theme Funding
Cls: **Harriet Hiscock**, Sharon Goldfeld.
Amount: \$15,000
- 2016 Visiting Fellow**
MCRI Population Health Theme Funding
Cl: **Harriet Hiscock**.
Amount: \$5,000
- 2015-2018 Allergy in the Community Trial.**

Royal Children's Hospital Foundation.
 Cls: **Harriet Hiscock**, Margie Danchin, Mimi Tang, Katie Allen.
 Amount: \$454,732

- 2014 Accelerating progress toward a CRE in ADHD.**
 MCRI Population Health Theme Funding
 Cls: Daryl Efron, Emma Sciberras, **Harriet Hiscock**, Vicki Anderson.
 Amount: \$30,000
- 2013-2014 Visiting fellowship for A/Professor Carolina de Weerth July/August 2013**
 MCRI Population Health, Genes and Environment Theme Funding
 Cls: **Harriet Hiscock**, Brigid Jordan.
 Amount: \$4,000
- 2013-2014 Does the identification & treatment of comorbid anxiety disorders in children with ADHD improve outcomes? Pilot for a large-scale RCT. (Calm Kids Pilot)**
 MCRI Population Health, Genes and Environment Theme Funding
 Cls: Emma Sciberras, **Harriet Hiscock**, Daryl Efron, Vicki Anderson, Jan Nicholson, Ronald Rapee.
 Amount: \$50,000
- 2012-2013 Improved management of paediatric food allergy: a pilot study.**
 MCRI Population Health Genes and Environment Theme Funding
 Cls: **Harriet Hiscock**, Katie Allen, Margie Danchin, Mimi Tang.
 Amount: \$19,350
- 2012-2013 Australian Paediatric ADHD Study (APAS): Pilot Study**
 MCRI Population Health, Genes and Environment Theme grant
 Cls: Daryl Efron, Emma Sciberras, **Harriet Hiscock**, Angela Luangrath, Sarah Davies, Brad Jongeling, G Smith.
 Amount: \$15,000
- 2009-2010 The Child Health Omnibus Survey: An APRN project.**
 Murdoch Children's Research Institute (MCRI)
 Cls: **Harriet Hiscock**, Daryl Efron, Melissa Wake.
 Amount: \$30,000
- 2008-2009 Mental Health: Early Childhood Prevalence, Aetiology, and Health Service Needs.**
 MCRI Healthy Development Theme Grant
 Cls: Jordana Bayer, **Harriet Hiscock**, Melissa Wake, Sharon Goldfeld, Jemma Skeat, Frank Oberklaid.
 Amount: \$43,940 - HD Theme (\$21,970) Director funds (\$21,970)
- 2008-2009 The Children and Paediatricians Study (CaPS): An APRN Practice Snapshot.**
 MCRI Healthy Development Theme Grant
 Cls: **Harriet Hiscock**, Daryl Efron, Melissa Wake, Jill Sewell, Frank Oberklaid, Mike South.
 Amount: \$38,628 - HD Theme (\$19,314) Director funds (\$19,314)
- 2007 Preventing Early Infant Sleep and Crying Problems and Their Impact on Parents: A Community-Based Parenting Program.**
 Murdoch Children's Research Institute (MCRI)
 Cl: **Harriet Hiscock**.
 Amount: \$40,000
- 2007 Development of a Paediatric Research Network.**
 Murdoch Children's Research Institute (MCRI)
 Cl: **Harriet Hiscock**.
 Amount: \$40,000
- 2006 Preventing Preschool Behaviour Problems: A Community Based Cluster Controlled Trial.**
 Cl: **Harriet Hiscock**.
 Murdoch Children's Research Institute (MCRI)
 Amount: \$40,000

- 2000 Australian survey of psychotropic medication prescribing patterns by paediatricians and child psychiatrists.**
Murdoch Children's Research Institute (MCRI)
CIs: Daryl Efron, **Harriet Hiscock**.

SUCCESSFUL TENDERS

- 2015 Clinical review of the School Entrant Health Questionnaire**
CCCH - Frank Oberklaid, Sharon Goldfeld, **Harriet Hiscock**, Melissa Wake, Gehan Roberts, Jon Quach, Sheena Reilly, Karen McClean.
Victorian government Depart of Education and Training
Amount: \$99,000
- 2012 Identifying Family Factors that Impact on Child Health and Well-being: A National Study of the Parent Engagement Resource**
Timothy Moore, Sue West, Leonie Symes, Claire Jennings, Sarah Kearney, Di Halloran, Sharon Goldfeld, **Harriet Hiscock**.
Australian Government Department of Education
Amount: \$561,000
- 2010 Department of Education, Employment and Workplace Relations (DEEWR), DEEWR Research, Evaluation and Analysis Panels.**
CCCH - Frank Oberklaid, Jill Sewell, Melissa Wake, Mary Sayers, Sharon Goldfeld, **Harriet Hiscock**, Tim Moore, Zeffie Poulakis, Rachel Robinson, Leonie Symes; CAH - Susan Sawyer, George Patton, Rob Roseby, John Toumbourou, Sheryl Hemphill, Louisa Degenhardt, Joanne Williams, Nola Firth, Rony Duncan, Christina O'Loughlin, Libby Hughes, Craig Olsson, Sophie Reid, Kristina Bennett, Sarah Drew, Andrea Krelle; RCH - Glenda Strong, Julie Green, Amy Nisselle; MCRI - Sheena Reilly, John Carlin, Jan Nicholson.
- 2009 NHMRC Tender. NHMRC provider panel with expertise relevant to the development and presentation of evidence based health advice.**
Melissa Wake, Frank Oberklaid, Jill Sewell, **Harriet Hiscock**, Tim Moore, Zeffie Poulakis, Sharon Goldfeld, Mary Sayers, Rachel Robinson, Jordana Bayer, Michelle Mollard.
- 2007 Growing the evidence base for early intervention for young children with social, emotional and/or behavioural problems.**
Melissa Wake, **Harriet Hiscock**, Jordana Bayer, Estelle Irving, Tim Moore, Frank Oberklaid.
Victorian Department of Human Services
Amount: \$53,500

GRANTS AND TENDERS CURRENTLY UNDER REVIEW

SUPERVISION

| Summary | Current Primary | Current Other | Past Primary | Past Other |
|--|---|----------------|--|---|
| Degree | | | Shi (2018) | Butler (2014) La (2014) Palmieri (2011) |
| Honours | | | | |
| Medical Student year-long undergrad research projects | | | Cindy Lee (2019) Kobras (2017-2018) Taylor (2017) (H1 87%) Lucas (2016) McGann (2015) Song (2015) Marinkovic (2014) | Liu (2016) |
| Research Placements | | | Christie-Johnson (2017-2018) Weisz (2017- 2018) James (2017) Riess (2016- 2017) Hannan (2015-16) Hughes (2015) Manohar (2014-15) Bell (2014-15) Morawitz (2012-13) Reimer (2012) Symeonides (2010-11) Sung (2009) Bolton (2008-09) | Maayan (2009) Fulton (2008) Ward (2007) Rudolph (2007) Sung (2006) Smart (2005) Martin (2005) |
| Masters | | | Summers (2019) Carolan (2017) (H1 85%) Warner (2017) Armstrong (2013) Uebergang (2013) | Chay (2015-16) Pich (2015-16) |
| PhD/MD | Peyton (2019-) Loveday (2020-) Garvey (2020-) | McLean (2017-) | Zendarski (2013-17) Tobin (2011-15) Lycett (2011-14) | Price (2008-11) Quach (2007-10) |

| | |
|---|--|
| Postdoc | Sung (2010-15) Sheehan (2008-12) |
| Engleman (2018-) Danchin (2017-) Bryant (2016-) Efron (2011-) Sciberras (2011-) | Quach (2011-14) Knight (2014-15) Inclendon (2014-16) Ogeil (2014-2018) Devries (2016-2019) |

POSTDOCTORAL SUPERVISION

- 2016-2018** **Tessa Devries** (Postdoctoral Research Fellow)
Centre for Research Excellence in Cerebral Palsy (CRE-CP)
- 2016-ongoing** **Penelope Bryant** (Postdoctoral Research Fellow)
MCRI Clinician Scientist
- 2014-2017** **Rowan Ogeil** (NHMRC Early Career Fellow)
Turning Point Alcohol and Drug Centre & Eastern Health Clinical School
- 2014-2015** **Sarah Knight** (Postdoctoral Research Fellow)
- 2014-2016** **Emily Incledon** (Postdoctoral Research Fellow)
- 2011-ongoing** **Daryl Efron** (MCRI Career Development Award)
MCRI Clinician Scientist
- 2011-ongoing** **Emma Sciberras** (awarded NHMRC Public Health Early Career Fellowship)
Thesis awarded, University of Melbourne, 2010: *Bullying and peer victimisation in adolescent girls with ADHD.*

Awards 2009-2016

- Winner, 2016 Veski Inspiring Women Fellowship, \$150,000
- Winner, 2016 Young Tall Poppy Award, Australian Institute of Policy and Science
- 5th World Congress on ADHD - From Child to Adult Disorder. 28 - 31 May 2015 - Glasgow, Scotland. Travel and accommodation award.
- International Society for the Study of Behavioral Development (ISSBD) travel award. 23rd Biennial ISSBD Meeting, Shanghai, China. 2014
- J-Eunethydis (European Network for Hyperkinetic Disorders) Prize. 3rd Eunethydis Conference on ADHD, Istanbul, Turkey. Award covers conference registration, accommodation and travel costs to Istanbul, mentorship. One of 15 awarded worldwide
- Paediatric Research Society of Australia and New Zealand Research Prize Royal Australasian College of Physicians Conference 2010.
- Donald J. Cohen Fellowship 53rd International Association for Child and Adolescent Psychiatry and Allied Professions conference, Beijing, June 2010
- Conference Travel Award, School of Psychological Sciences, The University of Melbourne, \$1875.
- Poster Symposium Prize, Early Mid Career Research Association, MCRI \$750.
- Mental Health Research Fellowship, Department of Human Services Victoria. One of only 4 awarded in the state. \$50,000

- 2011-2014** **Jon Quach** (awarded NHMRC Public Health Postgraduate Scholarship and Hugh Rogers PhD Scholarship for child health research)
Thesis: *A randomised controlled trial of a brief, behavioural sleep intervention for children starting school.*

Passed Jan 28 2011

ARC Early Career Researcher Award 2014-2016.

Winner, Murdoch Children's Research Institute \$100 Postgraduate Students Association Travel Award 2010

Winner, University of Melbourne \$1500 Melbourne Abroad Travelling Scholarship 2010

Winner, University of Melbourne Department of Paediatrics \$500 Travel Funding 2010

Winner, Australasian Sleep Association and Australian Sleep Technologists Association \$500 Conference Travel Award 2008 & 2009

PhD / MD RESEARCH STUDENTS

- 2020-2023 Alice Baker**
PhD
Thesis:
- 2020-2023 Sarah Loveday (awarded GRP scholarship)**
PhD
Thesis: *Resilience in childhood adversity, a mixed method assessment of system barriers*
- 2020-2023 William Garvey**
PhD
Thesis: *Improving outcomes for children with emotional and behavioural difficulties through a school-based intervention: a pilot randomised controlled trial.*
- 2019-2022 Daniel Peyton (awarded NHMRC scholarship)**
PhD
Thesis: *ePIC Behaviour (eHealth Parenting Intervention for Challenging Behaviour)*
- 2013-2017 Nardia Zendarski (awarded APA Scholarship)**
PhD, University of Melbourne
Thesis: *Risk and Protective Factors Across the High School Transition Period: A Longitudinal Study of Children with ADHD*
- 2013 Daniel Armstrong**
Masters Educational Psychology, University of Melbourne
Thesis: *Comorbidities in ADHD: A Longitudinal Study*
Awarded 1st Class Honours
- 2011-2015 Sherryn Tobin**
D Psych student, Swinburne University
Thesis: *Documenting the natural history, and child and family outcomes, of infant regulatory problems at child age two years*

Swinburne University student award for best thesis and clinical doctorate. 2015.

Winner, Centre for Community Child Health, Jeffrey Mahemoff \$3,500 Travel Scholarship 2013
- 2011-2014 Kate Lycett (awarded Hugh Rogers PhD Scholarship for child health research)**
PhD, University of Melbourne
Thesis: *Co-morbidities: Attention Deficit/hyperactivity disorder and behavioural sleep disorders.*
19 peer reviewed publications since completion.
2017-2010 NHMRC Early Career Fellowship
2015 Nomination for Chancellor's Prize for Excellence for PhD thesis
2013 Melbourne Abroad Travel Scholarship (\$1,500)
2014 Winner, Centre for Community Child Health, Jeffrey Mahemoff \$3,500 Travel Scholarship.
- 2010-2015 Dr Valerie Sung (awarded NHMRC Scholarship)**
PhD, University of Melbourne
Co-supervisor with Prof Melissa Wake
Thesis: *Impact of Lactobacillus reuteri DSM 17938 on infant colic and parent mental health: a randomised double-blinded, placebo-controlled trial in breast and formula fed infants less than 3 months old*
Winner, Dean's Award for Excellence in the PhD Thesis 2016
Winner, World Congress of Internal Medicine in conjunction with RACP Physicians Week 2010, Paediatrics and Child Health Division "Best Poster Prize" for "Does sleep duration predict metabolic risk in obese adolescents?" Melbourne, March 2010. Prize: \$1500.
Winner, 2013 Society for Pediatric Research (SPR) Student Research Award (MD/PhD Student category) for abstract "Treating Infant Colic with the Probiotic

Lactobacillus Reuteri: A Randomised Double-Blind Placebo Controlled Trial”, presented Pediatric Academic Societies (PAS) meeting, Washington DC, May 2013.

- 2008-2011 Anna Price** (awarded University of Melbourne Research Scholarship)
 PhD, University of Melbourne
 Primary supervisor Melissa Wake;
 Thesis: *Outcomes and impacts of a behavioural sleep interventions, delivered at 8 months, on child emotional wellbeing and behavior, health-related quality of life, stress, sleep, mother-child relationship, parenting and maternal mental health, at child age 6 years, : follow-up of a cluster controlled trial.*
- Supervisor, RACP research project for paediatric trainee on Kids Sleep Study 2009; Research Intern and Research Assistant working on Kids Sleep Study
- Foundation for Children Project Grant 2009-2010, #2009-180 for “Long-term outcomes of an infant sleep intervention on child overweight/obesity at school entry: randomised controlled trial”
- Winner, 3 Minute Thesis Competition, Department of Paediatrics, University of Melbourne- Judges and People’s Choice award 2010
- Winner, University of Melbourne Department of Paediatrics \$500 Student Travel Scholarship 2010
- Winner, Public Health Association of Australia \$750 Student Travel Scholarship for annual conference 2010
- Winner, University of Melbourne \$1100 Melbourne Travel Abroad Scholarship 2010
- Winner, Murdoch Children’s Research Institute \$3000 Travel Scholarship 2010

- 2008-2012 Jane Sheehan**
 D Psych, Monash University
 Thesis: *Risk and protective factors for child behaviour, sleep and compliance problems in cystic fibrosis*

OTHER RESEARCH STUDENTS

- 2019 Peter Summers**
 Masters Student, University of Melbourne
 Thesis: *Re-admissions to the emergency department for self-harm – rates and associated factors.*
 Awarded 1st class honours.
- 2019 Cindy Lee**
 Honours student, University of Melbourne
 Winner: 3MT, Faculty of Medicine, Dentistry and Health Sciences
 Thesis: *How long and how much? Wait times and costs to private child mental health specialists.*
 Awarded 1st class honours.
- 2018 Cherry Shi**
 Honours student, University of Melbourne
 Thesis: *Overuse of computed tomography brain scans for the evaluation of children with atraumatic headache and first generalized afebrile, atraumatic seizure: current practice and associated factors.*
 Awarded 1st class honours.
- 2017-2018 Tori Warner**
 Master of Public Health, University of Melbourne
 Thesis: *Analysis of policies and procedures at the interface of primary and secondary care for complex mental health conditions.*
- 2017-2018 Jane Carolan**
 Master of Public Health, University of Melbourne (H1)

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- 2017 Rachel Taylor**
Scholarly selective student, University of Melbourne
Thesis: Health service use in children with ADHD and sleep problems: does socioeconomic and rural status matter?
- 2016-2018 Jana Kobras**
MD Research Project, University of Notre Dame
Thesis: A systematic review of predictors of paediatric mental health service use.
- 2016 Isabelle Lucas**
Scholarly selective student, University of Melbourne
Thesis: Relationship between parent-reported sleep problems and daytime sleepiness in children with ADHD - A cross-sectional study.
- 2015-2016 Chantha Pich**
Masters in Health Economics, University of Melbourne
Non-hospitals based healthcare cost for Australian children aged 0 to 13 years born preterm and small for gestational age
- 2015-2016 Vanny Chay**
Masters in Health Economics, University of Melbourne
General Practice Health Care Utilization and Expenditure Among Australian Children: Data from Longitudinal Study of Australian Children
- 2015 Jenny Song**
Scholarly selective student, University of Melbourne
Thesis: Behavioral sleep problems in children with ADHD: association with parenting style and sleep hygiene.
- 2014 Martina Marinkovic**
Scholarly selective student, University of Melbourne
Thesis: The role of breastfeeding duration and infant regulatory problems in child behaviour: a prospective cohort study to age two years. Awarded 1st class honours.
- 2014 Emma Butler**
Honours student, University of Melbourne
Co-supervisor: Alisha Gulenc
Thesis: The relationship between paternal psychological distress, parenting practices and child behavior. Awarded 1st class honours.
- 2014 Jennifer La**
Honours student, University of Melbourne
Co-supervisor: Jon Quach
Thesis: Are persistent sleep problems associated with lower working memory scores in Grade Prep children? Awarded 1st class honours.
- 2013 Laura Uebergang**
Masters Educational Psychology, University of Melbourne
Thesis: Sleep hygiene in Prep children
Awarded 1st class honours
- 2011 Rebecca Palmieri**
Honours student, University of Melbourne
Co-supervisors: Emma Sciberras, Vicki Anderson
Thesis: Validity of parent report of child sleep versus actigraphy in children with ADHD

SUPERVISION OF PAEDIATRIC ADVANCED TRAINING RESEARCH PROJECTS

- 2018-2019 Matt How**
Advanced Trainee Program. *What additional supports do parents of children with mental health disorders desire for themselves and their family members? A qualitative study*

- 2017** **Dr Carey-Ann Christie-Johnson**
Advanced Trainee Program. *Identifying modifiable factors for failure to attend outpatient clinic appointments.*
- 2017** **Dr Emma Weisz**
Advanced Trainee Program. *Use of abdominal x-rays in a tertiary hospital: patterns of use and factors associated with unnecessary use.*
- 2015-2016** **Dr Suzi Riess**
Advanced Trainee Program. *Use of anti-reflux medications in a tertiary hospital: patterns of prescribing and factors associated with unnecessary prescribing.*
Winner: 2017 Royal Children's Hospital advanced trainee research symposium
- 2015-2016** **Dr Katrina Hannan**
RACP research project for trainee: *A new model of care to reduce the outpatient Sleep Clinic Burden: pilot RCT.*
Winner: 2017 Victorian RACP Trainee Research Awards for Excellence - Paediatric Medicine
- 2015** **Dr Kate Hughes**
RACP research project for trainee: *What research matters to Australian paediatricians? An APRN Delphi survey.*
- 2014-2015** **Dr Jacqueline Manohar**
RACP research project for trainee: *Caring for Crying Babies: Enablers and Barriers of best practice by Maternal and Child Health nurses*
- 2014-2015** **Dr Georgie Bell**
RACP research project for trainee: *Long term outcomes of infant colic: a follow up of the Baby Biotics RCT.*
- 2012-2013** **Dr Deb Morawitz**
RACP research project for trainee: *Paediatrician management of IgE mediated food allergy: an APRN multi-topic survey*
- 2012** **Dr Romi Reimer**
RACP research project for trainee: *Paediatrician management of unsettled babies: an APRN multi-topic survey.*
Winner, Royal Children's Hospital Trainee Research Award 2012
- 2010-2011** **Dr Christos Symeonides**
RACP research project for trainee: *Parent needs after the diagnosis of Autism: an APRN study*
- 2009** **Dr Valerie Sung**
Cincinnati's Children's Hospital, USA on *Sleep problems, cognitive functioning and metabolic syndrome in children attending a Weight Management Clinic.*
- 2008-2009** **Dr Pip Bolton**
RACP research project for trainee: *Does short sleep duration increase the risk of metabolic syndrome in overweight/obese children?*
- 2009** **Dr Talia Maayan**
RACP research project for trainee: *Kid's Sleep Study: Is HbA1c a marker of stress in non-diabetic children?*
- 2008** **Dr Margie Fulton**
RACP research project for trainee: *Pilot randomised controlled trial comparing two models of sleep intervention in children with ADHD.*
- 2007** **Dr Chris Ward**
RACP research project for trainee; *Sleep and behaviour problems in children with cystic fibrosis.*
- 2007** **Dr Suba Rudolph**
RACP research project for trainee: *What are practicing paediatricians research priorities? A Delphi survey by Australian paediatricians.*

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- 2006** **Dr Valerie Sung**
RACP research project for trainee: *Impact of sleep problems in children with ADHD on child behaviour, quality of life, and maternal mental health.*
- 2005** **Dr Jayne Smart**
RACP research project for trainee: *Infant sleep and crying problems: impact on parental wellbeing and parent-identified strategies for management.*
- 2005** **Dr Jo Martin**
RACP research project for trainee: *Impact of infant and child sleep problems on parent mental and physical health; results from the Longitudinal Study of Australian Children.*

PEER REVIEWED PUBLISHED ABSTRACTS (presented by author underlined)

1. Hiscock H, Sciberras E, Rinehart N, Heussler H, Mensah F, Gold L, Efron D, Oberklaid F. From efficacy to effectiveness: Embedding a sleep intervention into practice. *5th Annual NHMRC Symposium on Research Translation, Melbourne, Australia 23 November 2016*
2. Huang L, Hiscock H, Chay V, Clarke P, Dalziel K. The distribution of Medicare benefits for Australian children: income does matter. *Longitudinal Data Conference, Canberra, Australia 25 - 27 Oct 2016* (HSRU)
3. Wake M, Siero, W, Hiscock H, Goldfeld S, West S, Allen K. Using data for impact: A population health showcase. *Longitudinal Data Conference, Canberra, Australia 25 - 27 Oct 2016*
4. Hiscock H, Danchin M, Efron D, Gulenc A, Hearps S, Freed G, Perera P, Wake M. Trends in Paediatric Practice in Australia: 2008 and 2013 National Audits from the Australian Paediatric Research Network. *RACP Congress Adelaide, Australia, 16-18 May 2016*. (APRN) Citations:2
5. Hiscock H, Quach L, Gold L, Arnup S, Wake M. Brief School-Entry Sleep Intervention Improves Child Outcomes: Randomised Controlled Trial. *RACP Congress Adelaide, Australia, 16-18 May 2016*. (SWBW)
6. Hiscock H, Cook F, Bayer J, Coe A, Bucalo Z, Kearins T, Cann W. Prevalence and correlates of early sleep, cry and feeding problems: A community survey of Australian infants. *Annual Meeting of the Associated Professional Sleep Societies (APSS) Boston, MA. June 2012*
7. Fulton M, Sciberras E, Efron D, Hiscock H. Treating Sleep Problems in School Aged Children With ADHD: Evaluation of a Behavioural Sleep Intervention. New Investigator prize session. *World Congress of Internal Medicine, Melbourne March 2010*
8. Quach J, Hiscock H, Ukoumunne OC, Wake M. Impact of a sleep intervention on child behaviour, quality of life, learning and parent mental health: a randomised controlled trial. PRSANZ prize session. *World Congress of Internal Medicine, Melbourne March 2010*
9. Price A, Hiscock H, Ukoumunne OC Wake M. Impact Of "Controlled-Crying" On Child And Parent Mental Health To 6 Years: Randomised Controlled Trial. PRSANZ prize session. *World Congress of Internal Medicine, Melbourne March 2010*
10. Hiscock H, Efron D, Roberts G, Sewell J, Price A, Bryson H, South M, Wake M. Children Attending Paediatricians Study: An Australian Paediatric Research Network Project. Rue Wright prize session. *RACP Congress Sydney May 2009*.
11. Rudolph S, Hiscock H, Efron D, Price A, Wake M, Green J, South M, Sewell J. What do Australian Paediatricians Think are Important Research Questions? A Perspective from APRN. *ANZPRS Prize session, RACP Congress Adelaide May 2008*.
12. Ward C, Massie J, Sheehan J, Glazner J, Armstrong D, Jaffe A, Canterford L, Hiscock H. Behavioural Problems in Preschool Children with Cystic Fibrosis. *New Investigator Prize session, RACP Congress Adelaide May 2008*.
13. Sung V, Hiscock H, Sciberras E, Efron D. Sleep problems in children with ADHD: prevalence and comorbidities. *RACP Congress Melbourne May 2007*.

14. **Hiscock H**, Bayer J, Wake M. Toddlers without tears: A Community Pilot to Prevent Externalizing Behaviour Problems. In Abstracts of the Paediatrics and Child Health Division, *RACP Annual Scientific Meeting*, May 2004. *J Paediatrics and Child Health* 40 (9-10), A1-A14
15. **Efron D**, **Hiscock H**, Sewell J, Cranswick N, Vance A, Luk E. Which Psychotropic Medications are being Prescribed for Australian Children?: A Survey of Practice in an Evidence Vacuum, *RACP Annual Scientific Meeting*, May 2002.
16. **Hiscock H**, Wake M - The Impact of an Infant Sleep Intervention on Postnatal Depression: A Randomised Controlled Trial, *RACP Annual Scientific Meeting*, May 2001.
17. **Hiscock H**, Wake M – Infant Sleep Problems and Postnatal Depression: A Community Based Study. *RACP Annual Scientific Meeting*, May 2000.

PAPERS PRESENTED AT SCIENTIFIC MEETINGS (presented by underlined author)

1. **McLean K**, **Hiscock H**, and Goldfeld S. Children in out-of-home care: are we meeting their health needs? 8th Family Law & Children's Rights Conference 2020. Singapore 19-22 July 2020 (Abstract Accepted).
2. **Mulroney M**, **Hiscock H**, Ride J, Lee C, Paton K. Towards an equitable, evidence-based mental healthcare system for Australian children. *41st Annual Society for Mental Health Research 2019 Conference*. Melbourne, Australia 27-29 November 2019.
3. **Lee C**, Mulroney M, **Hiscock H**. How long and how much? Wait times and costs to private child mental health specialists. *11th Health Services and Policy Research Conference*. Auckland, New Zealand 3-6 December 2019.
4. **Ride J**, Huang L, **Hiscock H**, Mulroney M, Sciberras E, Sawyer M, Coghill D, Dalziel K. Is 'minimally adequate treatment' really adequate? Investigating the effect of mental health treatment on quality of life for children with mental health problems. *11th Health Services and Policy Research Conference*. Auckland, New Zealand 4-6 December, 2019.
5. **Ride J**, Huang L, **Hiscock H**, Mulroney M, Sciberras E, Sawyer M, Coghill D, Dalziel K. Is 'minimally adequate treatment' really adequate? Investigating the effect of mental health treatment on quality of life for Australian children with mental health symptoms. *Faculty of Child and Adolescent Psychiatry Conference 2019 Equity and Access to Care: Pathways and Partnerships*. Newcastle, New South Wales, 23-26 October 2019.
6. **Ride J**, Huang L, **Hiscock H**, Mulroney M, Sciberras E, Sawyer M, Coghill D, Dalziel K. Is 'minimally adequate treatment' really adequate? Investigating the effect of mental health treatment on quality of life for Australian children with mental health symptoms. *41st Annual Australian Health Economics Society Conference*. Melbourne, Australia 24-25 September 2019.
7. **Hiscock H**, Paton K, Mulroney M, Gillam L. The kids are not ok: what do Australian clinicians see as solutions for accessible and effective mental healthcare? *Faculty of Child and Adolescent Psychiatry Conference 2019 Equity and Access to Care: Pathways and Partnerships*. Newcastle, New South Wales, 23-26 October 2019.
8. **Hiscock H**, Holman J, O'Loughlin R, Dalziel K, Freed G. Strengthening Care for Children through an integrated paediatrician-GP care model. Submitted *2nd Asia Pacific Conference on Integrated Care*. Melbourne, Australia 11-13 November 2019 (Oral Paper)
9. **Summers P**, **Hiscock H**, O'Loughlin R, Carlin J. Which children and adolescents re-present to The Royal Children's Hospital Emergency Department with self-harm: understanding the prevalence, risk and protective factors using electronic administrative data. Abstract Accepted Health Data Analytics 2019. Sydney, New South Wales. 16-17 October 2019. (Oral Presentation)
10. **O'Loughlin R**, Pelly R, Laird C, Holman J, Dalziel K, Greed F, **Hiscock H**. *Strengthening primary care for children: Cost analysis of a new pilot model to integrate paediatricians within general practice*. 11th Health Services and Policy Research Conference. Auckland, New Zealand 3-6 December 2019 (Oral Presentation).
11. **Hiscock H**, O'Loughlin R, Pelly R, Laird C, Holman J, Dalziel K, Greed F. *Strengthening Care for Children: Pilot of a Novel, Integrated General Practitioner-Paediatrician Model*. 11th

- Health Services and Policy Research Conference. Auckland, New Zealand 3-6 December 2019 (Oral Presentation).
12. A Williamson, J Mindell, **H Hiscock**, J Quach. *Lifetime sleep trajectories predict variations in children's outcomes at 10-11 years: Australian longitudinal study*. Abstract Accepted Sleep DownUnder 2019. 16-19 October 2019 (Oral Presentation).
 13. **Hiscock H**. *The kids are not ok: what do Australian clinicians see as solutions for accessible and effective mental healthcare?* Abstract Accepted RANZCP Faculty of Child and Adolescent Psychiatry (FCAP) 2019 Conference. 23-26 October 2019 Newcastle, New South Wales (Oral presentation).
 14. **Hiscock H**, Holman J, O'Loughlin R, Dalziel K, Freed G. Strengthening Care for Children through an integrated paediatrician-GP care model. Submitted 2nd Asia Pacific Conference on Integrated Care. 11-13 November 2019. Melbourne, Australia (Oral presentation).
 15. **Hiscock, H**. *Understanding parent-reported factors that influence children's anxiety and depression presentations to Emergency Departments: A multi-site mixed-methods study*. Pediatric Academic Societies (PAS) Meeting 2019. Apr 24 - May 01, 2019. Baltimore, Maryland. (Poster Session Presentation).
 16. **Hiscock, H**. *Improving timely access to food allergy care: a before-and-after controlled trial of a community-based model of care compared with standard allergist care*. Pediatric Academic Societies (PAS) Meeting 2019. Apr 24 - May 01, 2019. Baltimore, Maryland. (Platform Presentation).
 17. **Hiscock, H**. *Strengthening Care for Children: Pilot of a Novel, Integrated General Practitioner-Paediatrician Model*. 19th International Conference on Integrated Care (ICIC19). San Sebastian, Spain 1st April 2019 (Oral presentation).
 18. Sciberras E, Efron D, Patel P, Mulraney M, Lee K, Mihalopoulos C, Rapee R, Anderson V, **Hiscock H**. Does the treatment of anxiety using cognitive behavioural therapy in children with Attention-Deficit/Hyperactivity Disorder improve outcomes? Nineteenth Biennial International Society for Research in Child and Adolescent Psychopathology (ISRCAP) Scientific Meeting. Los Angeles, California 26 - 29 June 2019 (Oral Presentation).
 19. *10th Health Services and Policy Research Conference, Gold Coast, Australia, 1-3 November 2017*.
What's happening in mental health care for Australian children? Primary, specialist, and emergency department care, and transition to adult services. (Symposium)
Hiscock H. Trends in use of Medicare Benefits Schedule (MBS) services for Australian children with mental health difficulties: who is missing out?
Lei S. Attention-Deficit/Hyperactivity Disorder (ADHD) medications for children and adolescents: a utilization and cost comparison.
Paton K. Clinician perspectives on the interface between primary and specialist care for children with complex mental health conditions; a national, qualitative study.
Neely R. Trends in in paediatric mental and physical health presentations to Victorian Emergency Departments (EDs).
Efron D. Transition to adult services for young people with dual diagnoses; clinician voices across care sectors. (HSR)
 20. *13th International Infant Cry Workshop, Castel Noarna, Trento, Italy, 6-8 July 2017*.
McGann J, Manohar J, **Hiscock H**, O'Connor D, Hodgson J, Babl F, Sung V. Caring for Crying Babies: understanding clinician management of crying babies. (Baby Biotics)
Bell G, **Hiscock H**, Tobin S, Sung V. Behavioural outcomes of infant colic in toddlerhood: a longitudinal study.
 21. *2017 Annual Meeting, Society for Prevention Research, 25th Annual Meeting, Prevention and Public Systems of Care: Research, Policy and Practice Washington DC, USA, 30 May - 2 June 2017*.
Bayer JK, Rapee RM, Beatson R, Bretherton L, **Hiscock H**, Prendergast L, Gilbertson T, Mihalopoulos C, Wake M. Translational delivery of Cool Little Kids to prevent child internalizing problems: Randomised controlled trial. (Cool Little Kids)
 22. *Pediatric Academic Societies Meeting 2017, San Francisco, USA, 3-7 May 2017*.

- Bell G, **Hiscock H**, Tobin S, Sung V. Behavioural outcomes of infant colic in toddlerhood: a longitudinal study.
- Goldfeld S, Price A, Smith C, Bruce T, Bryson H, Mensah F, Orsini F, Gold L, **Hiscock H**, Bishop L, Smith A, Perlen S, Kemp L. right@home: Findings from an Australian randomized controlled trial of sustained nurse home visiting to improve parenting and the home learning environment at age 2 years
23. *17th World Congress of on Public Health, Melbourne, Australia, 3-7 April 2017.*
Price A, Bryson H, Mensah F, Kemp L, Smith C, Orsini F, **Hiscock H**, Gold L, Smith A, Bishop L, Beard R, Goldfeld S. The Role Of Social Determinants As Antenatal Risk Factors. (Oral Presentation) (right@Home)
 24. *8th World Congress of Behavioural and Cognitive Therapies, Melbourne, Australia, 22-25 June 2016.*
Bayer JK, Beatson R, Bretherton L, **Hiscock H**, Wake M, Gilbertson T, Mihalopoulos C, Prendergast L, Rapee RM. Population implementation of Cool Little Kids to prevent internalising problems: a randomised controlled trial (symposium paper), Innovative Translational CBT Approaches to Child Anxiety and Internalising Problems. (Cool Little Kids)
 25. *2016 International Marcé Society Biennial Scientific Conference, Melbourne, Australia. (26-28 September 2016).*
Cook F, Bayer J, Le HND, Mensah F, Cann W, Symon B, St James-Roberts I, **Hiscock H**. Sleep, crying and feeding problems at 1 month of age: prevalence and comorbidity in Australian infants. (Baby Business and Cry Baby Online)
Cook F, Giallo R, Petrovic Z, Coe A, Seymour M, Cann W, **Hiscock H**. Associations between unsettled infant behaviour, paternal depressive symptoms and anger: a community cohort study. (Baby Business and Cry Baby Online)
 26. *Pediatric Academic Societies (PAS) Annual Meeting, Baltimore, USA. 30 April - 3 May 2016*
Hiscock H, Quach J, Gold L, Arnup S, Wake M. A Brief School-Entry Sleep Intervention Improves Child and Parent Outcomes: A Randomized Controlled Trial. (Platform Presentation)
 27. *Health Services Research Association of Australia and New Zealand biennial Health Services and Policy Research Conference, Melbourne, Australia. 7-9 December 2015.*
Hiscock H, Danchin M, Gulenc A, Hears S, Efron D, Freed G, Perera P, Wake M. Trends in paediatric practice in Australia 2008-2013: a national audit from the Australian Paediatric Research Network.
Hughes K, Gulenc A, Danchin M, Freed G, Efron D, Wake M, **Hiscock H**. What research questions matter to Australian paediatricians? National Delphi Study.
McGann J, Sung V, O'Connor D, Manohar J, Babl F, **Hiscock H**. Infant colic in the emergency department; a mixed methods study to understand factors influencing clinician's practice. (Caring for Crying Babies)
 28. *Brown Alpert Medical School 2015 Pediatric Sleep Medicine Meeting, Brown University, Rhode Island, USA, 13-15 Nov 2015*
Quach J, Mensah F, **Hiscock H**. Sleep problems in children with special health care needs: Australian longitudinal study. (Poster Presentation) (LSAC)
 29. *Australasian Sleep Association Annual Meeting, Melbourne, Australia, 22-24 October 2015*
Price AMH, Quach J, Wake M, Bittman M, **Hiscock H**. Cross-sectional sleep thresholds for optimal health and wellbeing in Australian 4-9-year-olds.
Quach J, Price AM, Wake M, Bittman M, **Hiscock H**. Is child sleep timing associated with child and parent outcomes? Australian population-based study.
Song J, Sciberras, **Hiscock H**, Schuster T. Behavioral sleep problems in children with ADHD: cross-sectional associations with parenting and sleep hygiene. (Oral Presentation) (Sleeping Sound with ADHD Translational Trial)
 30. Sciberras E, Efron D, Mulraney M, Mensah F, **Hiscock H**. Identifying predictors of outcomes for children with ADHD & testing targeted interventions. Invited presentation as part of symposium: "Translational research in children and adolescents with externalising behavioural problems: Aspects of treatment, neurobiology and predicting outcomes". *RANZP Faculty of Child & Adolescent Psychiatry 2015 Conference*. Erakor Lagoon, Vanuatu. 29 September - 2 October 2015. (Calm Kids Pilot, Sleeping Sound with ADHD & CAP)

31. Tobin S, **Hiscock H**, Mensah F, Cook R. Outcomes of infant regulatory problems at child age 24 months: follow-up of the Baby Business randomised controlled trial. Accepted *Improving Children's Lives: Translating Research for Practice, Policy and Community. Inaugural Early Start Conference*. Oral presentation. Wollongong, Australia. 28-30 September, 2015.
32. Papadopoulos N, Sciberras E, Mulraney M, **Hiscock H**, McGillivray J, Rinehart N. The effectiveness of a brief behavioural sleep intervention in school aged children with ADHD and comorbid autism spectrum disorder. *16th International ESCAP (European Society for Child and Adolescent Psychiatry) Congress*, Madrid, Spain, 20-24 June 2015. (Poster) (Sleeping Sound with ADHD 1)
33. **Hiscock H**, Sciberras E, Efron D, Mensah F, Oberklaid F. Can a Behavioral Sleep Intervention Improve 12 Month Outcomes for Children with ADHD? A Randomized Controlled Trial? Platform Presentation. *Pediatric Academic Society (PAS) 2015 Annual Meeting*, San Diego, USA. 25-28 April 2015. (Platform Presentation) (ADHD)
34. Lycett K, Sciberras E, **Hiscock H**, Mensah FK. Sleep problem trajectories and wellbeing in children with ADHD: the first prospective cohort study. *Pediatric Academic Societies (PAS) Annual Meeting*. San Diego. May 2015. (Oral presentation) (Sleeping Sound with ADHD 1)
35. Efron D, Sciberras E, Jongeling B, Lycett K, Bisset M, **Hiscock H**, Smith G. The diagnosis of ADHD in Australian children: pediatric practice and parental agreement. *Pediatric Academic Societies (PAS) Annual Meeting*. San Diego, May 2015. (Oral presentation) (ADHD)
36. **Hiscock H**. Safe Strategies For Settling Infants, In Symposium: "Paediatric sleep: how important are sleep disorders?" *6th World Congress on Sleep Medicine*, Seoul, Korea. 21-25 March 2015. (Accepted 01 Oct 2014)
37. Papadopoulos N, Sciberras E, **Hiscock H**, Mulraney M, McGillivray J, Rinehart N. The effectiveness of a brief behavioural sleep intervention in school aged children with autism: A pilot randomized control trial. *Australasian Society for Autism Research (ASfAR) Conference*, La Trobe University, Melbourne, 4-5 December 2014. (Oral presentation) (Sleeping Sound with ADHD 1)
38. Green J, Cook F, Cann W, **Hiscock H**, Giallo R, Green R. Implementing A Multichannel Platform And Responsive Design to Disseminate Evidence-based Resources That Support Everyday Parenting And Child Development. *International Society for Research on Internet Interventions (ISRII) Scientific Meeting*, Valencia, Spain, 23-25 October 2014.
39. Sciberras E, Oberklaid F, Mensah F, Efron D, Gerner B, **Hiscock H**. Sleeping Sound with ADHD: Can a brief behavioural intervention improve child wellbeing? *49th Australian Psychological Society (APS) Annual Conference*, Hobart, Australia. 30 September – 3 October 2014.
40. Hennel S, Symeonides C, Coates C, **Hiscock H**, Price A and Gulenc A. Information needs of families after a diagnosis of an Autism Spectrum Disorder and Paediatricians approaches to diagnosis and disclosure: a cross – sectional survey of parents and their paediatricians by the Australian Paediatric Research Network. *Victorian Autism Conference*, Melbourne, Australia, 6-8 August 2014.
41. Rinehart NJ, Sciberras E, Papadopoulos N, Hiscock H, Mulraney M, Williams K, Busija L, McGillivray J. Sleeping Sound: Practical strategies and information on managing sleep problems in children who have an autism spectrum disorder. *Victorian Autism Conference (AMAZE)*, Melbourne, Australia, 6-8 August 2014.
42. Tobin S, **Hiscock H** & Mensah F. Outcomes of infant regulatory problems at child age 24 months: follow-up of the *Baby Business* randomised controlled trial. *The 12th International Infant Cry Research Workshop*, The University of Warwick, United Kingdom, 7-9 July 2014.
43. Sung V, **Hiscock H**, Tang MLK, Mensah FK, Heine RG, Stock A, Barr RG, Wake M. Treating Infant Colic with the Probiotic Lactobacillus Reuteri: A Randomised Double-Blind Placebo Controlled Trial. *The 12th International Infant Cry Research Workshop*, The University of Warwick, United Kingdom, 7-9 July 2014.

44. Lycett K, Sciberras E, Mensah F, **Hiscock H**. Risk factors for persistent behavioural sleep problems in children with attention-deficit hyperactivity disorder. *Pediatric Academic Societies (PAS) Annual Meeting*. Vancouver, Canada. May 2014
45. Heussler H, **Hiscock H**, Bruck D. The 3As - Sleep problems in ADHD, Autism and Adolescents. *Australasian Sleep Association Annual Scientific Meeting*. Brisbane, Australia 18 October 2013.
46. **Hiscock H**. Early Childhood Development: Research into Practice - Reducing infant sleep problems and maternal depression. *International Congress of Pediatrics 2013*, Melbourne, Australia, 24-29 August 2013.
47. **Hiscock H**, Cook F, Bayer J, Le HND, Mensah F, Cann W, Symon B, St James Roberts I. Can early infant sleep and crying problems and associated postnatal depression be prevented? A randomized controlled trial. *International Congress of Pediatrics 2013*, Melbourne, Australia, 24-29 August 2013.
48. Sciberras E, Oberklaid F, Mensah F, Efron D, **Hiscock H**. Efficacy of a behavioural sleep intervention in children with ADHD: A randomised controlled trial. *4th World Congress on ADHD*. Milan, June 2013.
49. **Hiscock H**. Impact of a Behavioral Sleep Intervention on ADHD Symptoms, Child Sleep and Maternal Mental Health: A Randomized Controlled Trial. *Pediatric Academic Societies (PAS) Annual Meeting*, Washington, May 2013.
50. **Hiscock H**. Can Early Infant Sleep and Crying Problems and Associated Postnatal Depression Be Prevented? A Randomized Controlled Trial. *Pediatric Academic Societies Annual Meeting (PAS)*, Washington, May 2013.
51. Sung V, **Hiscock H**, Mensah FK, Tang M, Heine R, Stock A, Barr RG, Wake M. Treating infant colic with the probiotic *Lactobacillus reuteri*: a randomised double-blind placebo controlled trial. *Pediatric Academic Societies Annual Meeting (PAS)*, Washington, May 2013. (Oral presentation)
Winner 2013 Society for Pediatric Research (SPR) Student Research Award (MD/PhD Student category)
52. Sung V, Collet S, de Gooyer T, Tang M, **Hiscock H**, Wake M. Probiotics and infant colic: meta-analysis. *Pediatric Academic Societies Annual Meeting (PAS)*, Washington, May 2013. (Oral presentation)
53. Quach J, **Hiscock H**. The Impact of Sleep Problems in Children with Special Health Care Needs: Australian Population Study. *Pediatric Academic Societies (PAS) Annual Meeting*, Washington, May 2013.
54. Le HND, Gold L, Cook F, Bayer J, **Hiscock H**. Economic evaluation of a universal parenting program to prevent early infant sleep and cry problems. *Australian Conference of Health Economics*, Darwin, Australia, September 2012.
55. Bayer JK, Beatson R, Gilbertson T, Bretherton L, **Hiscock H**, Mihalopoulos C, Ukoumunne OU, Wake M, Rapee RM. Cool Little Kids randomised controlled trial: Population level early prevention for internalising disorders. *7th World Congress of Behavioural and Cognitive Therapies*, Lima, Peru, 22-25 July 2012.
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