

## Wellbeing Intervention for Chronic Kidney Disease: A randomised controlled trial of the Stay Strong App

### What is the WICKD Study?

We know that living with Chronic Kidney Disease (CKD) can put stress on people not only because of the illness itself, but living away from home for treatment can often make people feel stressed or sad.

The WICKD study is a randomised controlled trial that address the mental health and wellbeing of Aboriginal and Torres Strait Islander people with CKD-stage 5. It brings together service providers from the Department of Health and Purple House and a team of wellbeing researchers.

WICKD will test the effectiveness of a culturally developed e-mental health intervention in improving mental health and wellbeing, quality of life and attendance to treatment for people with CKD. The study will also measure the cost effectiveness of considering/focusing on a wellbeing approach alongside medical treatment in CKD services.

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**STUDY  
LAUNCHED**



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### What will participants be asked to do?

People 18 years old or older and on haemodialysis for at least 6 months in Darwin or Alice Springs can take part in this study. Participants will be asked to:

- Complete 3 questionnaires about their life and how they feel 3 times.
- Talk with a researcher using a health app on a tablet device.
- Give permission for the researchers to review their medical files to obtain their medical history.

Participants will see researchers 4 – 6 times over 6 months.

# Meet the WICKD Team

## Chief Investigators



*Kylie Dingwall*



*Tricia Nagel*



*Jaqui Hughes*



*David  
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*Alan Cass*



*Kirsten  
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*Michelle  
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Dr Kylie Dingwall – Mental Health Researcher

Associate Professor Tricia Nagel - Researcher & Psychiatrist

Dr Jaqui Hughes - Researcher & Nephrologist

Professor David Kavanagh - Researcher & Psychologist

Professor Alan Cass - Researcher & Nephrologist

Professor Kirsten Howard - Researcher/health economist

Dr Michelle Sweet - Researcher & previous Purple House Wellbeing Coordinator

## Associate Investigators



*Sarah Brown*



*Sajiv Cherian*



*William Majoni*



*Christine Connors*

Ms Sarah Brown - CEO, Western Desert Nganampa Walytja Palyantjaku Tjutaku (Purple House)

Dr Sajiv Cherian – Nephrologist and Director Renal Services, NT

Dr William Majoni – Nephrologist (Top End)

Dr Christine Connors – General Manager Primary Health Care Top End Health Services

Ms Cilla Preece – Researcher and renal consumer

## Project Staff



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