

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



WICKD Overview

The WICKD study is a RCT looking at the effectiveness of a culturally-adapted Digital Mental Health resource. The study is designed to demonstrate if the digital treatment will improve psychological distress, depressive symptoms and quality of life for Aboriginal and Torres Strait Islander people on haemodialysis. The outcome assessment tools have also been adapted into an Assessment App therefore, majority of research process is using smart devices. The Assessment App has been interpreted into 10 different NT languages to aid understanding and engagement.

Are we there yet? WICKD Study Update

The research team have almost reached the target of 156 participants. Work is still likely to continue in both Darwin and Alice Springs until the end of the year.

- Darwin Recruits: 70
- Alice Springs Recruits: 78

July 2018

**Total Number of
Recruits: 148**



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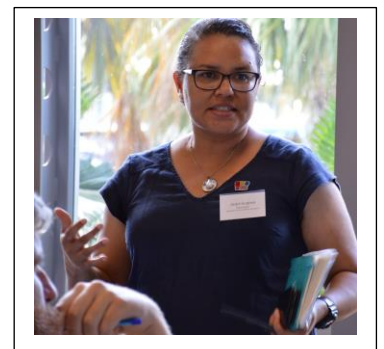
Catching Some Air in Darwin

Josie Povey, Anne-Marie Puruntatameri and Cathy Stassi had the opportunity to go to the Catching Some Air workshop in Darwin with other key stakeholders discussing the future of renal service provision and health outcomes for Aboriginal and Torres Strait Islander Health. The project, led by one of our very own Chief Investigators Jaquelyne Hughes, is working to develop an Aboriginal and Torres Strait Islander led culturally appropriate consultation process informing the development of national guidelines. It is great to see patient perspectives being central to the development of national guidelines. Great work!

<https://www.lowitja.org.au/catching-some-air>

Link to the C-AIR Darwin video <https://vimeo.com/267732848>

*It's you- you're the ones that are going
to change all of this – the patients"*



Jaquelyne Hughes presenting at the Catching Some Air

New WICKD Project Staff – Welcome Michelle and Alison!

Michelle Press

I'm a long time Territorian and love living in this amazing part of the world.

I'm a mental health nurse and have spent most of my nursing career working in the acute sector in the top end. I have also worked in the rural setting, forensic mental health and drug and alcohol services. I have a passion for health promotion, in particular mental health, and am excited to be working with the WICKD project. Contact: Michelle.Press@menzies.edu.au



Michelle Press



Alison Fitzgerald

Alison Fitzgerald

Alison has recently just joined the Stay Strong team at Menzies. She has previously worked as a registered nurse in Katherine, NT for 10 years. For the last 6 years she has worked in the Darwin community, within respiratory, palliative and primary health care roles. Through these roles, Alison has developed a strong interest in health promotion.

Contact: Alison.Fitzgerald@menzies.edu.au

WICKD team meeting in Alice Springs in July

The WICKD research team will come together in Alice Springs on 19 July for an inaugural catch-up to explore:

- RCT fidelity
- dissemination of researcher knowledge and
- clinical engagement opportunities.

A/Professor Tricia Nagel is back from extended leave. The face to face meeting was a great opportunity for new team members to leverage Tricia's support and expertise and further develop skills for providing treatment using the AIMhi Stay Strong App.



Thank you all for your ongoing support. Sending you all warm regards from the WICKD team.

- Kylie Dingwall, Principal Investigator, Alice Springs
- Tricia Nagel, Chief Investigator, Darwin
- Michelle Sweet, Senior Project Coordinator, Alice Springs
- Michelle McGuirk, Project Coordinator, Alice Springs
- Gloria Baliva, Indigenous Project Officer, Alice Springs
- Josie Povey, Project Coordinator, Darwin
- Christabel Lewis, Project Coordinator, Darwin
- Robert Mills, Indigenous Project Officer, Darwin
- Philadelphia Hughes, Indigenous Project Officer, Darwin
- Phillip McGuinness, Indigenous Project Officer, Darwin
- Cathy Stassi, Indigenous Project Officer, Darwin
- Michelle Press, Project Coordinator, Darwin
- Alison Fitzgerald, Research Officer, Darwin

