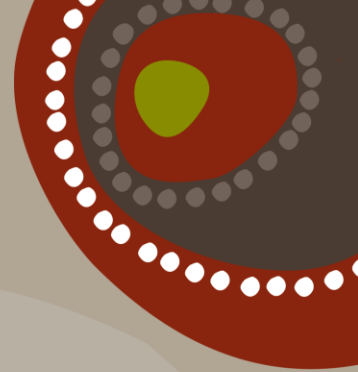


# Stay Strong News



December 2015

*Seasons greetings and best wishes for 2016  
from the Stay Strong team*



## ***This edition***

<b><i>Seasons greetings.....</i></b>	<b><i>1</i></b>
<b><i>Android version testers wanted .....</i></b>	<b><i>1</i></b>
<b><i>WICKD: A trial of the stay strong app.....</i></b>	<b><i>2</i></b>
<b><i>Training workshops ....</i></b>	<b><i>2</i></b>

## **Android Version Testers Wanted!**

The Android version of the Stay Strong App is here! We are looking for people with Android-based tablets (eg: Samsung Galaxy, Lenovo Yoga, LG GPad etc) who are interested in testing it out and providing feedback over the next few months. If you are interested, please contact Stef Puszka at [Stefanie.Puszka@menzies.edu.au](mailto:Stefanie.Puszka@menzies.edu.au) or ph. 08 8946 8422.

# Wellbeing Intervention for Chronic Kidney Disease (WICKD): A Trial of the Stay Strong App

The stay strong team recently received news that our NHMRC project grant application was successful!

The new study aims to improve the social and emotional wellbeing of Indigenous People with chronic kidney disease and build the evidence base for e-mental health therapies for Indigenous clients.

A randomized controlled trial will test the performance of the Stay Strong App in reducing psychological distress amongst Indigenous People with chronic kidney disease on renal dialysis,

in comparison to usual care for mental health and wellbeing concerns.

We will also be testing the cost effectiveness of the stay strong approach in the context of renal dialysis.

Our study addresses key issues in access to mental health care for people with chronic kidney disease, many of whom travel long distances away from their country, communities, families and support structures to receive treatment. Distress is likely to be unacceptably high amongst this group, yet relatively untreated. It

will be the first study to examine this issue in the Indigenous population.

The study brings together a range of expertise in Indigenous mental health and wellbeing, chronic kidney disease, health economics and health service delivery including researchers, service providers and consumers.

The study will take place in Darwin and Alice Springs, commencing in 2016.

*Thanks to all of our collaborators, expert advisors and trainees. We look forward to continuing to work with you in 2016!*



## Training Workshops in 2016

### Stay Strong training course

Katherine  
5 February 2016  
9:00am – 3:00pm

### e-Mental Health awareness & skills course

Available on request

To register contact Stef Puszka:  
[Stefanie.Puszka@menzies.edu.au](mailto:Stefanie.Puszka@menzies.edu.au)  
Ph. 08 8946 8422

Menzies School of Health Research  
[www.menzies.edu.au](http://www.menzies.edu.au)  
Phone: 08 8946 8422 (Darwin)  
Phone: 08 8951 4745 (Alice Springs)

**eMHPrac**  
E-MENTAL HEALTH IN PRACTICE

