

4TH HELMUT REMSCHMIDT RESEARCH SEMINAR

Building Sustainable Research in Child & Adolescent Mental Health in Africa



8 – 13 December 2013
Mont Fleur, Stellenbosch, South Africa



SAVE THE DATE!



International Association for Child and
Adolescent Psychiatry and Allied Professions

IACAPAP CONGRESS 2014

11 - 15 August 2014

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Phone: +27 41 374 5654

Fax: +27 41 373 2042

Email: iacapap@easternsun.co.za



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4th Helmut Remschmidt Research Seminar

Building Sustainable Research in Child & Adolescent Mental Health in Africa

8-13 December 2013 • Mont Fleur, Stellenbosch, South Africa



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Welcome from the University of Cape Town

It is a considerable pleasure to welcome all the participants in this, the fourth Helmut Remschmidt Research Seminar, organized under the auspices of IACAPAP. It is an honour to be selected to participate in the Remschmidt Seminar Series and I hope that you will come away from these five days in Stellenbosch with new knowledge, fresh insights and many potential future collaborators. The Research Office at the University of Cape Town is very pleased to play a role in this research seminar, since the development of young researchers is one of its most important tasks. Africa needs to grow the next generation of scholars: you are that generation; Africa needs to develop its capacity in respect of mental health, including child and adolescent mental health: your research will help build that capacity.



Professor Danie Visser
Deputy Vice-Chancellor, University of Cape Town



Welcome from the President of IACAPAP

Engendering an Atmosphere for Research in Africa

I am extremely delighted to be writing a welcome message to the sixteen outstanding Child and Adolescent Mental Health (CAMH) professionals attending the 4th Helmut Remschmidt Research Seminar (HRRS) of the International Association for Child & Adolescent Psychiatry and Allied Professions (IACAPAP) taking place from December 8 to 13, 2013 in Stellenbosch, South Africa.



Each of you is special for several reasons. Out of nearly 60 outstanding applications from all over Africa you were found to have unique qualities that convinced the selection panel you have vital roles to play in 'Building Sustainable Research in Child and Adolescent Mental Health (CAMH)' on the continent. For much too long CAMH research had been neglected on the continent but with child mortality rates dropping and awareness of CAMH issues increasing, this training in research is coming at the right time. In the recent past, there have been a couple of CAMH programmes on the continent including two study groups supported by IACAPAP in 2007 and 2009. I suspect that this is the first programme in which professionals would gather from different countries of Africa to be trained specifically for research in CAMH. Each of you will receive training in key aspects of research design; skills to review research carried out by others and to foster a culture of investigation and problem solving.

I am grateful to the Scientific Association for Child and Adolescent Psychiatry (Wissenschaftlicher Verein für Kinder- und Jugendpsychiatrie, Berlin, Germany), which has provided funds to support this Seminar. I offer special thanks to all mentors on this program and especially Professor Per-Anders Rydelius, the Past-President of IACAPAP and Professor Petrus de Vries, University of Cape Town for coordinating all the arrangements. I am also very grateful to the University of Cape Town for hosting and co-funding this Seminar.

On behalf of the all members of the Executive Committee of IACAPAP, I welcome you to the HRRS. I wish you a very productive time and trust that you will find time to enjoy what many describe as the most beautiful city in the world, Cape Town!

Olayinka Omigbodun
*President, International Association for Child & Adolescent
Psychiatry & Allied Professions (IACAPAP)*



Welcome from Prof Petrus de Vries, HRRS Local Organiser 2013

It is a pleasure to welcome you all to South Africa and to Mont Fleur, our conference centre, for the Helmut Remschmidt Research Seminar. It is particularly exciting for us to host a research development event focusing on emerging child and adolescent mental health specialists from African countries. You will all know how significant the needs are, yet how limited our resources are. Fortunately, we are also a continent of great creativity and innovation – and I sincerely hope that this Seminar will stimulate all of you to think how we can build high quality research and research capacity in Africa.



We have a wonderful team of mentors, a beautiful setting and a conference team that will spoil us all terribly!

I hope you all enjoy the experience and that you will have an inspiring time filled with knowledge, information, discussion, and fun!

Prof Petrus de Vries

Sue Struengmann Professor of Child & Adolescent Psychiatry, University of Cape Town

About the Helmut Remschmidt Research Seminar

At the 17th IACAPAP Congress in Melbourne 2006, the IACAPAP executive committee agreed to arrange research seminars, named the IACAPAP *Helmut Remschmidt Research Seminars (HRRS)*, in the geographical area where the next IACAPAP Congress will take place. The purpose of the seminars and according to the IACAPAP Constitution – “to promote the study, treatment, care and prevention of mental and emotional disorders and disabilities of children, adolescents and their families” – is to inspire young colleagues from child & adolescent mental health disciplines to engage in research. The aims are to provide basic knowledge in key aspects of research design in child and adolescent mental health, skills in presenting research to colleagues, skills in commenting on the research of others, and to enable participants to carry out their own research projects under the specific circumstances of their departments.

The seminars take place approximately 6 months before the Congress. Given that the next IACAPAP meeting will be in South Africa in August 2014, a decision was made to have the HRRS in Stellenbosch, South Africa. The seminar was open to applicants and nominees from any African country.

The specific theme of the 4th HRRS was ‘Building Sustainable Research in Child & Adolescent Mental Health in Africa’.

Each seminar participant is asked to bring a research plan or an ongoing project to present and work on in small groups supervised by 1 or 2 mentors.

Mentors are experienced Child & Adolescent mental health clinicians and scientists, supported by research colleagues from local organizing institutions. Mentors would typically present papers in the morning and lead small group work in the afternoons. The outcome of the HRRS is for participants to have developed and shaped research projects that can be performed in the environment where the participant is based. In addition, participants will be encouraged to prepare abstracts for submission to the IACAPAP congress in 2014. Given the overall theme of the seminar, we are particularly keen to support emerging African researchers to develop research programmes that will be high-quality, meaningful and sustainable over the years to come.

About the mentors

(in alphabetical order)

Dr Mignonne Breier, BJourn, MPhil, PhD (Educ)

Research Development Manager, University of Cape Town

Dr Mignonne Breier has been Research Development Manager, based in the Research Office at the University of Cape Town since August 2009. She is responsible for a number of initiatives designed to develop research capacity at UCT, including the Emerging Researcher Programme. This programme has provided generic support – in the form of mentoring, seminars, workshops and funding – to nearly 600 early career academics since its inception in 2003.



Dr Breier has a B Journalism from Rhodes University and an MPhil and PhD from UCT. Prior to joining UCT, she worked in senior research positions for about 15 years – at the Centre for the Study of Higher Education (formerly the Education Policy Unit) at the University of the Western Cape, and in the Education, Science and Skills Development Programme of the Human Sciences Research Council.

Her research is largely on higher education, and includes mixed method studies of student retention and graduate throughput, higher education funding, recognition of prior learning, professions and professional education. Her publications include books, monographs, local and international journal articles, a biography and a memoir. Her most notable early research was an ethnographic study of the uses of the written word among unschooled adults in a number of workplaces, including the minibus taxi industry. This work was published in a highly cited book, entitled *The Social Uses of Literacy*, which she co-edited. More recent publications include the monographs *The RPL Conundrum*, *Doctors in a Divided Society* and *Nursing in a New Era*. She also co-edited and wrote chapters in the book *Skills Shortages in South Africa: case studies of key professions*.

Prof Petrus J de Vries, MBChB, MRCPsych, PhD

Prof de Vries is the Sue Struengmann Professor of Child & Adolescent Psychiatry at the University of Cape Town, a post he took up in 2012. He trained in Medicine at Stellenbosch University in South Africa before moving to the UK where he completed his clinical training in Psychiatry and Child & Adolescent Psychiatry, and a PhD in Developmental Neuropsychiatry at the University of Cambridge.



Until 2011, Prof de Vries was the clinical lead for a multi-agency, multi-disciplinary service for school-aged children with neurodevelopmental disorders in the Cambridgeshire & Peterborough NHS Foundation Trust, UK. He has a clinical interest in assessment and intervention for young people with very complex neurodevelopmental and mental health needs.

His research interests include autism spectrum disorders, tuberous sclerosis complex and the application of neuropsychological assessments in the clinical and educational setting. Prof de Vries has a particular interest in the molecular mechanisms underlying neurocognitive and neurodevelopmental deficits associated with the TSC1/2-mTOR signalling pathway.

Prof de Vries is a Medical Advisor to the Tuberous Sclerosis Association (UK), a member of the Professional Advisory Board and International Scientific Advisory Panel of the Tuberous Sclerosis Alliance (USA), and a Specialist Advisor to TSDeutschland. He is also chairman of the Society for the Study of Behavioural Phenotypes (SSBP), an international, interdisciplinary research organization, is a member of the National Executive Committee of Autism South Africa (ASA) and scientific advisor to MONAA (MONaco Against Autism).

Prof Bruno Falissard, MD, PhD

Bruno Falissard is Professor in Public Health/Biostatistics at South Paris University. He was certified in Child and Adolescent Psychiatry in 1996, he received his PhD in Biostatistics in 1990 and his degree from the “Ecole Polytechnique” in Paris in 1985.



Since 2005, Prof Falissard is also Head of INSERM U669 (“Public Health in Mental Health), a lab comprising of 140 members.

He is co-author of more than 200 papers indexed in Pubmed. His research activity is centred on innovative methods and subjective measurement. His clinical practice is a general one in Child & Adolescent Psychiatry.

Prof Robert Morrell, BJourn, BA Hons, MA, PhD

Coordinator: Programme for the Enhancement of Research Capacity (PERC), Research Office, University of Cape Town

Prof Robert Morrell coordinates PERC, a mid-career support programme based in the Research Office at the University of Cape Town. He joined UCT in 2010. He obtained his degrees from Rhodes University, the University of the Witwatersrand and the University of Natal. He began his academic career in 1982, occupying lecturing positions at the Universities of Transkei, Durban-Westville and finally at the University of KwaZulu-Natal in the departments of History and Education before coming to UCT.



Trained as an historian, Prof Morrell conducted research on the agrarian history of South Africa before developing an interest in gender research in the early 1990s. He is best known for his research on gender in Africa with a focus on men and masculinities and on gender and schooling. He is editor of *Changing Men in Southern Africa* (2001) and co-editor of *African Masculinities* (with Lahoucine Ouzgane) (2005) and *Baba: Men and Fatherhood in South Africa* (with Linda Richter) (2006) and co-author (with Debbie Epstein, Elaine Unterhalter, Deevia Bhana and Relebohile Moletsane) of *Towards Gender Equality. South African schools during the HIV and AIDS pandemic* (2009). In 2012 he co-edited *Books and Babies: Pregnancy and Parenthood in South African Schools*. His most recent research is in collaboration with Rachel Jewkes of the Medical Research Council and focuses on masculinity, sexuality, violence and HIV.

Prof Morrell is an editorial board member of a number of journals including *Gender and Education*, *Men and Masculinities*, *Journal of Gender Studies* and the *Journal of Education*. He is also a member of the National Research Foundation's Rating Appeals Committee.

Prof Helmut E Remschmidt, MD, PhD, FRCPsych

Prof Remschmidt was born in Czernowitz, Romania. He studied Medicine, Psychology and Philosophy at the Universities of Erlangen (Germany), Vienna (Austria) and Tübingen (Germany). He completed a habilitation in medical psychology (*venia legendi*) in 1971.



He was head of the Department of Child & Adolescent Psychiatry and Neurology at the Freie Universität Berlin from 1975-1980. He then became head of department at the Philipps-University, Marburg (Germany) in 1980 from where he retired as Emeritus Professor in 2006.

He received numerous awards including the Hermann-Simon-Award for outstanding research in social psychiatry (1990), the Christina-Barz-Award for scientific research in the field of eating disorders (1994), the Ernst-von-Bergmann-Medal of the German General Medical Council (1996), the Niilo-Hallman-Medal of the Finnish Foundation for Pediatric Research (1998), the Max-Planck-Award for International Cooperation (1999), received the Federal Cross of Merit (2004), the Lilly Quality of Life Award (2006), the Euricius-Cordus-Medal of the Philipps University Marburg (2012) and the Beccaria-Medal of the Criminological Association (United Criminologists of Austria, Germany and Switzerland) in 2013.

He is a member of numerous learned societies including the German Academy of Nature Research (Deutsche Akademie der Naturforscher) "Leopoldina" (since 1991), International Scholar of the American Psychiatric Association (since 1992) and Fellow of the Royal College of Psychiatrists (since 2000). He was Special Professor of Psychiatry at the University of Birmingham (UK) from 1993-1996 and was Dean of the Medical Faculty of the Philipps-University, Marburg from 1995-1997. Prof Remschmidt was President of the European Society for Child and Adolescent Psychiatry (ESCAP) (1995-1999), Honorary President of the Spanish Society for Child and Adolescent Psychiatry (since June 1998), and President of the International Society for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) from 1998 to 2004. He is Honorary President of the German Society for Child and Adolescent Psychiatry and Psychotherapy (since 2000), Honorary Member of the Romanian Association for Child Neurology and Child Psychiatry (since 2003) and was a member of the Steering Committee and Scientific Director of the WPA Global Presidential Program on Child and Adolescent Mental Health, carried out in co-operation with IACAPAP and WHO between 2003 and 2005.

Prof Remschmidt's main research interests are forensic child and adolescent psychiatry, developmental psychopathology, eating disorders, schizophrenia research, psychiatric genetics, and therapy and evaluation research.

He has published more than 600 articles in scientific journals and book chapters in several languages. He is author, co-author and editor of more than 50 books in the field of child and adolescent psychiatry and mental health and has been Editor and co-editor of several scientific journals including *European Child and Adolescent Psychiatry*, *Zeitschrift für Kinder- und Jugendpsychiatrie und Psychotherapie*, *Nervenarzt*, *Monatsschrift für Kriminologie und Strafrechtsreform* und *Deutsches Ärzteblatt*, *Journal of Child and Adolescent Psychopharmacology*, *Current Opinion in Psychiatry*, *Cambridge Monographs in Child and Adolescent Psychiatry*. In addition he is Editor of the German series "Clinical Psychology and Psychiatry" (currently 70 volumes)

Prof Remschmidt has continued to share his expertise since retirement as Guest Researcher and Invited Lecturer at many universities in Europe, Israel, Africa, USA, China, Brazil, Thailand, Korea, and Australia.

Professor Brian Robertson, MBChB, Dip (Psych), MD, FCPsych (SA)

Prof Robertson qualified as a medical doctor at the University of Cape Town in 1961, and as a psychiatrist and child psychiatrist at McGill University, Canada, in 1972. From 1973 to 2004 he was on the staff of the Department of Psychiatry and Mental Health at the University of Cape Town, firstly at the Red Cross War Memorial Children's Hospital, and from 1989 as Head of Department at Groote Schuur Hospital. Since retiring as Emeritus Professor in 2004, Prof Robertson has continued working as a child and adolescent psychiatrist in South Africa and Ireland, lectures in the MSc course in Child and Adolescent Mental Health at the University of Ibadan, Nigeria, and was a founder member of the African Association for Child and Adolescent Mental Health (AACAMH). He has been actively involved in the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) and is the convenor for the 21st World Congress to be held in Durban, South Africa, in August 2014. Brian has also been actively involved with the World Federation for Mental Health and with several local Non-Governmental Organisations, as well as being visiting psychiatrist to the remote islands of St Helena and Tristan da Cunha.



Prof Per-Anders Rydelius, MD, PhD

Education:

- 1971, Leg läk "M.D." Swedish Authorization as a physician
- 1978 Specialist diploma, license in child and adolescent psychiatry
- 1981. Ph.D. at the Karolinska Institutet, Stockholm. - Thesis: "Children of alcoholic fathers - Their social adjustment and their health status over 20 years". Acta Paed Scandinavica Suppl 286, 1981.



Executive Education:

- 1991 MPAB IV, Management Program for leading doctors in the Stockholm County Council
- 1999/2000 CUPS Executive Education /Health Care, Stockholm School of Economics

Academic positions:

- 1989 - 2012 By the Swedish Government appointed Professor, Chairman, Child and Adolescent Psychiatry Karolinska Institutet, Stockholm
- 2013- Senior Professor, Child and Adolescent Psychiatry Karolinska Institutet, Stockholm
- 2000 – Feb 2006 Prefekt (Chairman/Director for research and education), Department of Woman and Child Health at the Karolinska Institutet, Stockholm. Including the divisions for Pediatrics, Neonatology, Neuropediatrics, Pediatric Endocrinology, Pediatric Oncology, Child Surgery, Child and Adolescent Psychiatry, Obstetrics and gynecology, Reproductive Endocrinology and Midwife-education
- Summer 1994: Invited visiting professor at the research program on juvenile delinquency, the Chicago South Neighborhoods, Director: Professor Felton Earls, Harvard School of Public health, Boston, Ma. USA
- Sept 2003 – Jan 2004: Invited guest professor at the Nagoya University Center for Developmental Clinical Psychology and Psychiatry, Director: Professor Shuji Honjo, Nagoya, Japan
- 2007-2012, Guest professor, Child and Adolescent Psychiatry Central South University, Changsha, Hunan, China

Swedish Commissions:

- 1982-1990, Vice president and President of the Swedish Association for child and Adolescent Psychiatry
- 1989 – By the Swedish Government appointed as member of the board of the Solstickan
- Foundation for research
- 1983-1996, Secretary, the Swedish Medical Research Council's Planning Group for Child

and Adolescent and Social Pediatric Research.

- 1997-2002, Chairman, the Swedish Medical Research Council's Planning Group for Child and Adolescent and Social Pediatric Research.
- 2005 – Scientific Reviewer – The Swedish Council of Sciences

International Commissions:

- 2006 – 2010 President of IACAPAP, the International Association of Child and Adolescent Psychiatry and Allied Professions.
- 1998-2004 Vice President of IACAPAP.
- 2004- 2006 Secretary General of IACAPAP.
- 2003 Member of the task force committee on prevention in the WPA (World Psychiatric Association) Presidential Program on Child Mental Health in collaboration with the WHO (World Health organization) & the IACAPAP (International Association of Child and Adolescent Psychiatry and Allied Professions).
- 2009- WHO:s International _Advisory Group for revision of ICD-10 to ICD-11.

Editorial Boards:

- Editorial Board, International Journal of Adolescent Medicine and Health, Child and Adolescent Psychiatry and Mental Health

Supervision:

- Supervised 21 Ph.D.- exams and 5 lic.med.sci-exams 1991-2012

Publications:

- More than 170 articles and chapters in peer reviewed scientific journals, other journals and textbooks

Prof Andreas Warnke, MD

Former Head of the Department of Child and Adolescent Psychiatry. Psychosomatics and Psychotherapy, University of Würzburg, Germany.

Related society activities:

- Former and first President of the “World Federation of ADHD”,
- Vice President of the International Society for Child and Adolescent Psychiatry and Allied Professions (IACAPAP),
- German Society for Child and Adolescent Psychiatry,
- Former member of the board of: European Society for Child and Adolescent Psychiatry (ESCAP),
- Advisory Board Psychotherapy of the German General Medical Council,
- “German Association Promotion of Early Development”,
- “German Association of Mental Deficiency”.



Academic interests:

- Developmental experimental psychopathology; genetics; psychotherapy, psychopharmacology; dyslexia, anorexia nervosa, obsessive-compulsive disorder, attention deficit-hyperactivity disorder.

Publications:

- More than 300 articles in scientific journals and book chapters. Author, co-author or editor of more than 20 books in the field of child and adolescent psychiatry. Former Co-Editor of the Scientific Journal of the German Association of Child and Adolescent Psychiatry, former Editor of the section Biological Child and Adolescent Psychiatry of the Journal Neural Transmission.
- Co-Author of “The Declaration of Ethics” of “The International Society of Child and Adolescent Psychiatry and Allied Professions”

About the HRRS participants

(in alphabetical order by first name)

Aishatu Abubakar-Abdullateef: *Aisha*

1	Your first name	Aishatu
2	Your surname	Abubakar-Abdullateef
3	What would you like us to call you?	Aisha
4	Your qualifications	MBBS, however I am currently in a Masters programme (MSc CAMH in view)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Senior Registrar in Psychiatry
6	At what institute/ clinic/hospital/ university are you currently working?	Ahmadu Bello University Teaching Hospital, Zaria
7	In which country are you currently working?	Nigeria
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> • I would like to carry out a review of the pattern of Child and Adolescent Mental Health related publications in Nigerian Journals. • I intend to review 2 journals • The African journal of Medicine • The Nigerian Journal of Clinical Practice which is available freely online • The justification for this is that the field of psychiatry in Nigeria is only recently gaining prominence, and even more the sub specialty of Child and Adolescent Mental Health. • Research facilities dedicated to the sub specialty are lacking, only this year did a specialized centre for CAMH study come into existence in the whole country and perhaps on the West African Sub- continent. • It is usual practice for CAMH specialists and allied professionals to combine usual clinical practice with research work.

8	continued	<ul style="list-style-type: none"> • Reviewing the trends in CAMH research in Nigeria will be a useful starting point to identify any deficits (based on cadre of professionals or by geographical location), results should help bridge the gap in current knowledge and should help in better allocation of resources to under explored areas (e. g. Autism, ADHD) • The study topic is closely related to the theme of the HRRS • Aim- To review the pattern of CAMH related publications in Nigerian journals over a 10 year period • Objectives-To determine topical areas of CAMH related publications in Nigeria • To determine the pattern of CAMH related publications by geographical region in Nigeria • To identify the cadre of professionals involved in CAMH research in Nigeria
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • Basic research skills Vis a Vis, methodology, study design, use of appropriate statistical tools for data analysis and interpretation of results. • I would also like to know how to critically filter from the large cache of research material on the web vis a vis credibility of journals, researchers, and accuracy of results presented • Skills of writing in the medical sciences vis-à-vis clarity, brevity. • Writing an abstract
10	Do you have any requests for the mentors?	No

Omba Ndjukendi: *Ally*

1	Your first name	Omba
2	Your surname	Ndjukendi
3	What would you like us to call you?	Ally
4	Your qualifications	M.D., Dip (Neuropsychiatry)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	Centre Neuro Psycho Pathology / Faculty of Medicine / University of Kinshasa
7	In which country are you currently working?	Democratic Republic of Congo
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> • I posted earlier this year an article on the mental health of adolescents experiencing difficulties in Kinshasa (DRC) in a Malian review. I just submitted another article on the coping strategies of adolescents in difficult situation in Kinshasa in the Canadian Journal adolescence in difficulty, where I look after. Currently there is a third that I will finalize Psychological distress and psychopathological dimensions of adolescents experiencing difficulties in Kinshasa (DRC). • How to write a scientific dissertation from articles published and submitted on the issue of children and adolescents difficult
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • How to develop a research project on children and adolescents. • How to get funding for research on children and adolescents in school. • How to organize a service of child psychiatry in our context.

10	Do you have any requests for the mentors?	<ul style="list-style-type: none">• Increased knowledge on psychopathology in children and adolescents in difficult circumstances in order to adapt a substantial load taken• help me finalize my article and submit it for publication in a journal• Support for writing my final dissertation from articles published and submitted for publication• A partnership to organize a research and intervention in the area of children with autism spectrum disorders and difficult adolescents
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Augustus Garlet Quiah: *Augustus*

1	Your first name	Augustus Garlet
2	Your surname	Quiah
3	What would you like us to call you?	Augustus
4	Your qualifications	Bachelor of Arts; Bachelor of Medicine, Bachelor of Surgery; Masters of Science CAMH (in view).
5	Your professional group (e.g. psychiatrist, psychologist etc)	Member, Liberia Medical and Dental Association; Associate Member, African Society of Forensic Medicine.
6	At what institute/ clinic/hospital/ university are you currently working?	Ministry of Health & Social Welfare, John F. Kennedy Medical Center, Monrovia. Department of Pediatrics, Liberia's College of Physicians and Surgeons, Monrovia, Liberia.
7	In which country are you currently working?	LIBERIA
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> • Health Care Providers' Knowledge, Attitude And Practice In Relation To CAMH In Government Hospitals In Monrovia, Liberia. The Research Will Provide General Information On CAMH Services In Hospital In Monrovia – current research for M.Sc CAMH (current study). • Psychological Experiences of adolescent mothers with under-five children in relation to malaria prevention using Treated Bed Nets and Children Cognitive Development – A qualitative study (Future Study).
9	What particular things are you hoping to come and learn at the HRRS?	How To conduct Evidence Based Research In CAMH in Order to Advocate For Policy Formulation And CAMH Services In Liberia.
10	Do you have any requests for the mentors?	How to link CAMH Services with other Agencies in Developing Countries?

Berhanu Nigussie Worku: *Berhanu*

1	Your first name	Berhanu
2	Your surname	Nigussie Worku
3	What would you like us to call you?	Berhanu
4	Your qualifications	Master of Arts Degree (MA) in Psychology, Post -Graduate Diploma in Child and Adolescent Play Therapy and Clinical Supervision; and Positive Psychotherapist
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychologist or Psychotherapist
6	At what institute/ clinic/hospital/ university are you currently working?	Jimma University
7	In which country are you currently working?	Ethiopia
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<p>Project I: "Effects of developmental stimulation on the development and growth of children (6-60 months) living in extreme poverty, in Jimma Town, Ethiopia." This is a real research problem for which tools have already been adapted and baseline study conducted.</p> <p>Project II: "Impacts of 'Khat' chewing and other substance use on Adolescents mental health: Young Jimma Adolescents in Focus"</p> <p>Use of psychoactive drugs such as khat leaves (<i>Catha edulis</i>) alter moods and emotional state and lead to adverse effects on the mental health and social lives of adolescent users. The use of alcohol, khat and tobacco by adolescents could lead to mental distress, decreased academic performance, increased risk of contracting HIV/AIDS and other sexually transmitted diseases, among others. Ethiopia is a major producer and exporter of khat in east Africa.</p> <p>However, there are few or no scientific evidences on the issue. It is begging for in-depth research and immediate intervention.</p>

About the HRRS participants (in alphabetical order by first name)

9	What particular things are you hoping to come and learn at the HRRS?	Research skills concerning child and adolescent mental health (e.g. Research designs, reviews of researches so far done on the area, presentation skills, etc). I hope I will also learn from experience sharing, discussions and experienced mentors.
10	Do you have any requests for the mentors?	

Catherine Abbo: *Cathy*

1	Your first name	Catherine
2	Your surname	Abbo
3	What would you like us to call you?	Cathy
4	Your qualifications	MBCChB, MMed (Psychiatry), PhD
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	Current: Senior Registrar Red Cross Children's Hospital University of Cape Town Home: Department of Psychiatry, College of Health Sciences, Makerere University, Uganda
7	In which country are you currently working?	South Africa
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> Assessing research tools for measuring Intellectual Disability in Children and Adolescents Review of research literature in Intellectual Disability in Children and Adolescents in Africa
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> Become aware of mental health research and clinical services available for children and adolescents in the African countries that will be presented Balancing research, clinical work and teaching in a resource poor country Aspects of research that is unique to children and adolescents compared to carrying out research in adults.
10	Do you have any requests for the mentors?	Maintain research and clinical relationship between the mentees and mentors beyond the workshop

Nuwimana Estella: *Estella*

1	Your first name	Nuwimana
2	Your surname	Estella
3	What would you like us to call you?	Estella
4	Your qualifications	Master's degree
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychologist
6	At what institute/ clinic/hospital/ university are you currently working?	Partners In Health
7	In which country are you currently working?	Rwanda
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	At the HRRS I would like to work on the Psychological factors of avoidance or delay regarding disclosure among HIV positive children in Rwanda. According to its general hypothesis this study aims to identify the factors influencing mothers to avoid or to delay the HIV disclosure to their HIV positive children.
9	What particular things are you hoping to come and learn at the HRRS?	How to develop measures and how to manage data in quantitative and qualitative research.
10	Do you have any requests for the mentors?	I would like to have personal discussion with mentors

Fiona Schulte: *Fiona*

1	Your first name	Fiona
2	Your surname	Schulte
3	What would you like us to call you?	Fiona
4	Your qualifications	MD (Germany), Dr med, FC Psych (SA), Child & Adolescent Psychiatrist, Psychotherapist (Germany)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Child & Adolescent Psychiatrist Senior Registrar
6	At what institute/ clinic/hospital/ university are you currently working?	Child & Adolescent Psychiatry Unit, Tygerberg Hospital, University of Stellenbosch
7	In which country are you currently working?	South Africa
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> • Abnormal metabolic markers in Adolescents treated with atypical antipsychotics • Parental Helplessness and non – compliance in children with juvenile diabetes
9	What particular things are you hoping to come and learn at the HRRS?	Study Design, Networking, Presentation, Collaboration
10	Do you have any requests for the mentors?	Practical advice: time management (clinical work – research), study design, methodology, presentation skills, how to get going in a resource limited setting

Inge Wessels: *Inge*

1	Your first name	Inge
2	Your surname	Wessels
3	What would you like us to call you?	Inge
4	Your qualifications	MA in Psychological Research (UCT); BSocSci (Hons) in Psychology (UCT); BA (Humanities) (SU)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Research Psychologist
6	At what institute/ clinic/hospital/ university are you currently working?	Department of Psychology, University of Cape Town
7	In which country are you currently working?	South Africa
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<p>I am currently conceptualizing my PhD work. Broadly, my project will be exploring what it takes to train and supervise paraprofessionals (e.g., community-based workers) to deliver group-based parenting programmes as effectively as professionals. Currently, all evidence-based programmes (which are all based in high-income countries) make use of professionals for programme delivery, but this is clearly not feasible within most low- and middle-income countries.</p> <p>Currently, my supervisor (Prof Cathy Ward) and I are thinking that the study will involve conducting a systematic review of programmes that make use of paraprofessionals. Also, it will involve developing a leader observational tool that can be used to assess how leaders are using skills (e.g., collaborative approach) necessary for effective programme delivery. I will video leaders (both paraprofessional and professional OR paraprofessionals that receive only training but little supervision and paraprofessionals that receive intensive training and supervision) and code them using the tool. This will enable assessment of which skills need boosting. Ultimately, the study will contribute to a training and supervision guide for a parenting programme (currently being trialled in South Africa) that uses paraprofessionals for programme delivery.</p>

		During the HRRS, I would like to focus on my research proposal for my PhD. It will be a great opportunity to bounce ideas around and think through the methodology, ethical considerations etc.
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • I would like to learn more about research design – especially how to apply the designs one learns about in lectures to “real-world” situations. • I would like to learn more about the publication process. • I am looking forward to hearing about the projects that the other participants and mentors are involved in.
10	Do you have any requests for the mentors?	No

Jacqueline Jere-Folotiya: *Jackie*

1	Your first name	Jacqueline
2	Your surname	Jere-Folotiya
3	What would you like us to call you?	Jackie
4	Your qualifications	B.A Education MA. Educational Psychology
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychologist
6	At what institute/ clinic/hospital/ university are you currently working?	University of Zambia
7	In which country are you currently working?	Zambia
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	I wish to conduct a survey of the problems being encountered by adolescents. Target sample will include adolescents (both male and female) with different SES, organizations that deal with adolescents, teachers and parents.
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • How best to conduct research with adolescents. • Issues to consider when conducting research with adolescents • Possible sources of funding for adolescent research • Intervention programs for adolescents
10	Do you have any requests for the mentors?	Would they be interested in forming mentorship relationship with the participants that can continue even after the conference?

Jibril Abdulmalik: *Jibril*

1	Your first name	Jibril
2	Your surname	Abdulmalik
3	What would you like us to call you?	Jibril
4	Your qualifications	MBBS; MSc in Health Management and Planning; MSc in Child and Adolescent Mental Health (In View); Msc in International Mental Health Policy and Services (In View); Fellowship in Psychiatry
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	University of Ibadan, Department of Psychiatry
7	In which country are you currently working?	Nigeria
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	Effectiveness of problem solving interventions for aggressive behaviors in primary school children in Ibadan, Nigeria.
9	What particular things are you hoping to come and learn at the HRRS?	The effective design and implementation of both observational and intervention programs in low resource settings for Child and Adolescent Mental Health
10	Do you have any requests for the mentors?	Practical guidance for developing and translating research ideas into actionable projects that can improve of CAMH services.

Judy Kamau: *Judy*

1	Your first name	Judy
2	Your surname	Kamau
3	What would you like us to call you?	Judy
4	Your qualifications	MBChB (Bachelor of Medicine and Surgery) MMed (Psych) -Master of Medicine in Psychiatry
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	I am working at a Government hospital called Kitale District Hospital as a Psychiatrist
7	In which country are you currently working?	Kenya
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	<ul style="list-style-type: none"> • I have an interest in intellectual disability, school underachievement and HIV • Knowledge and attitudes of teachers in the Kenyan Primary School system on the recognition of intellectual disability, learning disorders • Main underlying causes of school underachievement in Kenya • I am contemplating one of the two. I should have picked one and come up with a concept by seminar time
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> • How to move away from Prevalence studies, which is what we tend to do a lot of in psychiatry research Kenya • What is old and what is new? • How to make research ideas sound appealing to sponsors (i.e. how to apply for grants) • Learn more about the practices and challenges in psychiatry experienced by my fellow participants
10	Do you have any requests for the mentors?	Challenge me as much as you can.

Mashudat Bello-Mojeed: *Mashudat*

1	Your first name	Mashudat
2	Your surname	Bello-Mojeed
3	What would you like us to call you?	Mashudat
4	Your qualifications	MBBS, FMCPsych, FWACP
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	Child and Adolescent Centre, Federal Neuro-Psychiatric Hospital, Yaba, Lagos Nigeria
7	In which country are you currently working?	Nigeria
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	Title: a. identification and treatment for adolescent depression I Primary Health care (PHC) teen clinic in Lagos Nigeria. Thi project aim at incorporating screening for adolescent depression into the routine wellness teen clinic at PHC and put in place a referral and follow-up system between the PHC and the Child and Adolescent Centre of Federal Neuro-Psychiatric Hospital, Yaba, Lagos, Nigeria. b. Randomized controlled trial of antipsychotic effectiveness in childhood onset psychosis c. Outcome of psycho-education in medication adherence in children and adolescents with psychotic disorders.
9	What particular things are you hoping to come and learn at the HRRS?	Up to date research skill development, mentorship program, especially in community based and sustainable intervention studies
10	Do you have any requests for the mentors?	The increased exposure through mentorship should be followed up beyond the HRRS seminar

Mmatlala Mabeba: *Mmatlala*

1	Your first name	Mmatlala
2	Your surname	Mabeba
3	What would you like us to call you	Mmatlala
4	Your qualifications	MBCHB, M.Med (Psych) Medunsa
5	Your profession group (e.g. psychiatrist ,psychologist	Psychiatrist
6	At what institute/ hospital/university are you currently working ?	Wits CMAJH
7	In which country are you currently working ?	South Africa
8	Briefly describe the project /academic piece/	Violent behaviour in adolescents,Is it due to adolescents,its relationship
	scholarship you will want to work on at the HRRS?	with attachment.Is attachment one of the casual factors, and the connection.
9	What particular things are you hoping to come and learn at the HRRS?	Approach to research and insights into starting or preparing on record proposal
10	Do you have any request for the mentors?	I need a mentor for my proposal

Adeniran Okewole: *Niran*

1	Your first name	Adeniran
2	Your surname	Okewole
3	What would you like us to call you?	Niran
4	Your qualifications	MBBS, FWACP
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	Neuropsychiatric Hospital, Aro, Abeokuta, Nigeria
7	In which country are you currently working?	Nigeria
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	Clinical overlap in selected child and adolescent disorders: autism spectrum disorder, epilepsy and early onset psychosis. In view of recent findings of a genetic overlap among these conditions.
9	What particular things are you hoping to come and learn at the HRRS?	Research methodology, grant application and grant management.
10	Do you have any requests for the mentors?	None for now.

Nkokone Tema: *Nkokone*

1	Your first name	Nkokone
2	Your surname	Tema
3	What would you like us to call you?	Nkokone
4	Your qualifications	MBBCh (Wits), FC Psych (SA), Cert Child Psych (SA), MMED Psych (Wits)
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	University Witwatersrand, Rahima Moosa Mother & Child Hospital
7	In which country are you currently working?	South Africa
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	Youth mental health in an HIV outpatient clinic
9	What particular things are you hoping to come and learn at the HRRS?	Ideas on expanding the current observational study I am working on.
10	Do you have any requests for the mentors?	No one in particular

Tolulope Bella-Awusah: *Tolu*

1	Your first name	Tolulope
2	Your surname	Bella-Awusah
3	What would you like us to call you?	Tolu
4	Your qualifications	MBBS (IB) FWACP
5	Your professional group (e.g. psychiatrist, psychologist etc)	Psychiatrist
6	At what institute/ clinic/hospital/ university are you currently working?	University of Ibadan and University College Hospital Ibadan
7	In which country are you currently working?	Nigeria
8	Briefly describe the project/academic piece/scholarship you will want to work on at the HRRS	This project aims to determine the effectiveness of a school- based behavioural activation programme for adolescents with depressive symptoms in Ibadan, south west Nigeria. An intervention group will be compared with a waiting list group pre and post intervention on depression using the BDI and Psychosocial functioning (SDQ). Client satisfaction will also be assessed.
9	What particular things are you hoping to come and learn at the HRRS?	Research methodology, designs, epidemiology, Manuscript writing, reviewing a paper, applying for research funding, building an academic career in child and adolescent mental Health
10	Do you have any requests for the mentors?	As stated above

Programme

Sunday, 8 December 2013

Afternoon	Arrive at Mont Fleur
15:30 – 16:00	Afternoon Tea
17:00 – 18:00	Welcome Session
19:00	Traditional South African Barbeque

Monday, 9 December 2013

7:30 – 8:30	Breakfast
8:30 – 10:30	Introductory Session Welcome and setting the scene – Prof Brian Robertson and Prof Petrus de Vries Where I come from and where I work (5 minute introductory presentation by all participants)
10:30 – 11:00	Morning Coffee
11:00 – 12:30	Where I come from and where I work (continued)
12:30 – 12:45	Introduction to Writing Workshop (Dr Mignonne Breier)
12:45 – 13:45	Lunch
14:00 – 15:30	Small group work (discussion groups of participants' research plans with mentors)
15:30 – 16:00	Afternoon Tea
16:00 – 17:00	Feedback to other groups
17:30 – 18:30	Walk
19:00	Dinner

Tuesday, 10 December 2013

7:30 – 8:30	Breakfast
8:30 – 10:30	Treatment evaluation under naturalistic clinical conditions (Prof Remschmidt) Intellectual Disability and Learning Disorders (Prof Falissard)
10:30 – 11:00	Morning Coffee
11:00 – 12:45	Principles of Ethics in Child & Adolescent Psychiatry (Prof Warnke)
12:45 – 13:45	Lunch
14:00 – 15:30	Small group work
15:30 – 16:00	Afternoon Tea
16:00 – 17:00	Feedback to other groups
17:30 – 18:30	Wine Tasting
18:30	Picnic

Wednesday, 11 December 2013

7:30 – 8:30	Breakfast
8:30 – 10:30	Writing Workshop (Dr Mignonne Breier, Prof Robert Morrell)
10:30 – 11:00	Morning Coffee
11:00 – 12:45	Writing workshop (continued)
12:45 – 13:45	Lunch
14:00 – 15:30	Writing workshop (continued)
15:30 – 16:00	Afternoon tea
16:00 – 17:00	Writing workshop (continued)
17:30 – 19:00	Walk
19:30	Dinner

Thursday, 12 December 2013

7:30 – 8:30	Breakfast
8:30 – 10:30	Research Methodology (statistics) – How to do a meta-analysis (Prof Falissard)
10:30 – 11:00	Morning Coffee
11:00 – 12:45	Trauma, PTSD and Children at War (Prof Rydelius)
12:45 – 13:45	Lunch
14:00	Travel to Cape Town
15:00 – 16:00	Afternoon tea and informal meeting with Vice-Chancellor of UCT and colleagues
16:00 – 17:00	Public Lecture, Prof Helmut Remschmidt Asperger Syndrome and High Functioning Autism – from clinical observation to neurobiology and genetics
17:00	Travel to Waterfront for participants Travel to Speakers' dinner for mentors
22:00	Return to Mont Fleur

Friday, 13 December 2013

7:30 – 8:30	Breakfast
8:30 – 10:30	ICD-10 to ICD-11; DSM-IV to DSM-5. Implications for research (Prof Remschmidt, Rydelius, Warnke, de Vries)
10:30 – 11:00	Morning Coffee
11:00 – 12:45	Final small group discussions
12:45 – 13:45	Lunch
14:00 – 15:30	General discussion, evaluation and conclusion
15:30	Afternoon Tea and Depart

