

DR. HELEN R. WINEFIELD

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Qualifications

B.A. Hons., Ph.D.

Registered Psychologist (South Australian Psychological Board)

Fellow of the Australian Psychological Society, Member of the APS Colleges of Clinical, Health,
and Organisational Psychologists

Current service:

Chair of the SA Branch of the Australian Psychological Society 2003-06
Member of APS Program Development and Accreditation Advisory Group 2001-06
Australian Research Alliance for Children & Youth
Cancer Research Advisory Committee, Cancer Council South Australia

Current teaching:

School of Psychology Clinical Program (Master of Psychology (Clinical) and Combined Masters
in Clinical Psychology/PhD): course co-ordinator for Adult Clinical Psychology and Health
Psychology, Research Projects Co-ordinator.

Postgraduate Coordinator, Discipline of Psychiatry

Supervision of research theses in Honours Psychology and postgraduate (Masters and Doctoral)
levels: mainly topics in clinical and health psychology (see below)

Professional Development for Psychologists and General Practitioners

Current research projects and interests:

- psychosocial support for cancer patients including via the internet and through support groups

- family care-giving in chronic illness & disability (pain, schizophrenia, cystic fibrosis, ageing)
- work stress in human service professionals and its management and prevention, emotional work, measurement of quality of work performance, multi-disciplinary collaboration in health care
- psychological development in youth and adulthood, including unemployment, parenting skills, work-home balance
- psychological treatments for high prevalence disorders such as anxiety & depression in general practice settings; delivery and evaluation of integrated primary mental health care services

Recent research grants:

1996: Australian Research Council: "Evaluation of a stress management program for high-risk General Practitioners".

1998: Australian Research Council: "Effects of work stress on quality of work performance, in General Practitioners."

1999-2001: National Breast Cancer Foundation and Australia Post "Online peer psychological support for rural women with breast cancer, using the Internet".

1999: Australian Research Council: "Psychosocial characteristics of women with breast cancer who choose or decline to join a support group"

2001: Faculty of Health Sciences "New Research Directions" to H. Winefield, D. Turnbull, J. Marley & J. Taplin for "Integrated primary mental health care: Development and evaluation of a new service delivery model"

2001: Royal Adelaide Hospital Allied Health Project Grants, to L. Denson and H. Winefield, for "Hospital patients', their relatives' and staff attitudes to the residential placement of the elderly in hostels and nursing homes."

2002-4: Department of Health and Ageing to the Adelaide Northern Division of General Practice (Manager C. Seiboth), in partnership with H. Winefield, D. Turnbull and J. Taplin for "Northern Well-Being, an Allied Health Access pilot project under the Better Outcomes in Mental Health Care initiative."

Selected recent publications:

Winefield, H.R. (1996) Counselling work in normal general practice: An analysis of Australian consultations. Journal of Health Psychology, 1, 223-234.

Winefield, H.R. & Burnett, P.L. (1996). Barriers to an alliance between family and professional caregivers in chronic schizophrenia. Journal of Mental Health, 5, 223-232.

Winefield, H.R., Murrell, T.G.C., Clifford, J. V. & Farmer, E. (1996) The search for reliable and valid measures of patient-centredness. Psychology and Health, 11, 811-824.

Winefield, H.R. (1997) Sources and prevention of occupational stress in medical professionals. Australian Journal of Social Research, 3, 95-108.

Winefield, H., Farmer, E. & Denson, L. (1998). Work stress management for women general practitioners: An evaluation. Psychology, Health and Medicine, 3, 163-170.

Winefield, H.R. (1998). Teaching and training other health disciplines. Chapter 8.07 in D.W. Johnston and M. Johnston (Eds) Comprehensive Clinical Psychology, vol. 8: Health Psychology (Editors-in-Chief A. S. Bellack & M. Hersen), Pergamon, Oxford. Pp. 171-187.

Winefield, H.R., Barlow, J.A. & Harvey, E.J. (1998). Responses to discussion groups for family caregivers in schizophrenia: Who benefits from what? Australian and New Zealand Journal of Mental Health Nursing, 7, 103-110.

- Winefield, H.R. Dollard, M.F. & Winefield A.H. The role of supervisors in managing occupational stress for service professionals. Journal of Occupational Health & Safety ANZ, **16**, 343-349.
- Dollard, M.F., Winefield, H.R. and Winefield, A.H. (1999). Predicting work stress compensation claims and return to work in welfare workers. Journal of Occupational Health Psychology, **4**, 279-287.
- Sarris, A., Winefield, H.R. & Cooper, C. (2000). Behaviour problems in adolescence: A comparison of juvenile offenders and adolescents referred to a mental health service. Australian Journal of Psychology, **52**, 17-22.
- Winefield, H.R. & Chur-Hansen, A. (2000). Evaluating the outcome of communication skill teaching for entry-level medical students: Does knowledge of empathy increase? Medical Education, **34**, 90-94.
- Winefield, H. R. (2000). Stress reduction for family caregivers in chronic mental illness: Implications of a work stress management perspective. International Journal of Stress Management, **7**, 193-207.
- Dollard, M., Winefield, H. R., Winefield, A.H. & De Yonge, J. (2000). Psychosocial job strain and productivity in human service workers: A test of the demand control support model. Journal of Occupational and Organizational Psychology, **73**, 501-510.
- Dollard, M., Winefield, H.R. & Winefield, A.H. (2001). Occupational strain and efficacy in human service workers: When the rescuer becomes the victim. Dordrecht, Kluwer Academic.
- Winefield HR & Veale BW (2002). Work stress and quality of work performance in Australian General Practitioners. Australian Journal of Primary Health, **8**, 59-65.
- Kettler, L.J., Sawyer, S.M., Winefield, H.R. and Greville, H.W. (2002). Determinants of adult adherence to treatment in cystic fibrosis. Thorax, **57**, 459-464.
- Simmons, T.A. and Winefield, H.R. (2002) Predictors of patient enablement: the role of doctors' helpgiving style, patient and visit characteristics. Australian Journal of Primary Health, **8**, 39-46.
- Winefield, H.R. and Chur-Hansen, A. (2003) Working with a Multidisciplinary Staff. In L. M. Cohen, D. McChargue, & F. Collins (Eds) The Health Psychology Handbook: Practical Issues for the Behavioral Medicine Specialist. Thousand Oaks, Sage. Pp. 28-41.
- Winefield, H. (2003) Work stress and its effects in general practitioners. In Dollard, M., Winefield, A.H. and Winefield, H.R. (Eds) Occupational stress in the service professions. London: Taylor & Francis (pp. 187-207)
- Dollard, M. F., Dormann, C., Boyd, C., Winefield, H.R., & Winefield, A.H. (2003). Unique aspects of stress in human service work. Australian Psychologist, **38**, 84-91.
- Winefield, H., Marley, J., Taplin, J., Beilby, J., Turnbull, D., Wilson, I. & Williams, B. (2003). Primary Health Care Responses To Onsite Psychologist Support Australian eJournal for the Advancement of Mental Health, vol2iss1
- Winefield, H.R., Coventry, B.J., Lewis, M.A. & Harvey, E.J. (2003) Attitudes of breast cancer patients to support groups. Journal of Psychosocial Oncology, **21**, 39-54.
- Winefield H.R., Coventry B.J., Pradhan M., Harvey, E. and Lambert, V. (2003). A Comparison of Women with Breast Cancer who do and do not Seek Support from the Internet. Australian Journal of Psychology, **55**, 30-34.
- Winefield, H.R., Coventry, B.J. and Lambert, V. (2004). Setting up a health education website: Practical advice for health professionals. Patient Education and Counseling, **53**, 175-182.
- Winefield, H.R. & Chur-Hansen, A. (2004). Integrating psychologists into primary mental health care in Australia. Families, Systems and Health, **22**, 294-305.
- Winefield, H.R., Turnbull, D.A. & Taplin, J.T. (2005) Frequency and course of psychological distress in patients attending an integrated primary care service. Clinical Psychologist, **9**, 2-9.
- Winefield, H.R. (In press) Support provision and emotional work in an internet support group for cancer patients. Patient Education and Counseling (e-publication 30th August 2005).