## Project Title:
The relationship between SMS mood monitoring and serial measures of depression in a rural cohort of young people aged 10-13 years

| Code: CHW19 |

## Host School/Institute:
The Children's Hospital at Westmead Clinical School

| Address: The Children's Hospital at Westmead, Cnr Hawkesbury Rd & Hainsworth St, Westmead, 2145 |

## URL:
http://www.kidsresearch.org.au/

## Personal Supervisor:
Professor Kate Steinbeck

| Phone: 02 9845 2507 | Email: kate.steinbeck@health.nsw.gov.au |

## Co-Supervisors:
Professor Philip Hazel, Dr Helen Cheng

## Project Type:
Data Analysis

## Project Category:
Adolescent medicine, Mental Health

## Project Keywords:
1. adolescence  
2. mental health  
3. longitudinal study  
4. short message service  
5. affective disorders

## Project Description:

### Background:
The ARCHER (Adolescent Rural Cohort, Hormone, Health, Environment, Education and Relationships) longitudinal study aims to determine the true biological effects of puberty hormones on health, wellbeing and behaviour. Every time a participant provides a three monthly urine sample for hormone measures they also submit an SMS mood score (0-9 using mobile phone keypad).

### Study aims:
1. Map the stability of self reported mood in young adolescents collected by SMS three monthly over three years.
2. Investigate the relationship of the SMS mood data to other validated self-report measures of depression obtained at baseline and yearly for three years in this established adolescent cohort which is nearing completion.

### Project skills:
Required are data entry and data management, sound statistical expertise in SPSS and some experience in report/paper writing. The student will be based with experienced researchers in the Academic Department of Adolescent Medicine at Children’s Hospital Westmead, with some time at Rivendell Adolescent Mental Health Unit. This is a novel area of investigation, which may change the manner in which youth mental health can be assessed.

### Scholarship Outcome:
The summer scholar will develop their experience in data analysis and interpretation, and in manuscript writing. They will have their name on a peer reviewed manuscript for publication. This is also an excellent opportunity for a student who is considering an MPhil or PhD in aspects of adolescent health.

### Timing:
There is flexibility around weeks and hours worked. The 8 weeks can include time in November/December before university closure and as negotiated with supervisors in 2016.