

Professor Mark Creamer

BA(Hons), MA(Clin), PhD, FAPS

Director, Australian Centre for Posttraumatic Mental Health

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Other Appointments

- Professor of Psychology, Department of Psychiatry, University of Melbourne

Research Areas

- Nature, prevalence and course of posttraumatic stress
- Prevention and treatment models for posttraumatic mental health

Teaching Areas

- Posttraumatic mental health

Brief Profile

Prof Mark Creamer is a clinical psychologist with many years of experience in the area of recovery from trauma. His academic qualifications include a BA (Hons) from Portsmouth in the UK (1976) as well as an MA in Clinical Psychology (1984) and PhD (1991) from the University of Melbourne.

Since the early 1980's, Mark has worked with individuals, groups, and communities following a large range of traumatic incidents of both natural and human origin. For many years he was a key advisor to the Mental Health component of the State Disaster Recovery Plan in Victoria.

Mark also has a strong track record in research, with extensive work in epidemiological, theoretical, and clinical aspects of posttraumatic stress. He has published widely in the area, with over 50 articles in scientific journals and books, and he is on the Editorial Board of the Journal of Traumatic Stress. He is a Fellow of the Australian Psychological Society.

As Director of the Australian Centre for Posttraumatic Mental Health, Mark is responsible for all areas of the Centre's operation. This includes the provision of advice on clinical policy and service development to organisations concerned with the mental health effects of trauma. It also includes education, awareness and training in aspects of posttraumatic mental health, as well as the conduct and dissemination of applied and theoretical research. The Centre has a particular interest in veteran and military mental health, with strong links to the Australian Government Departments of Veterans' Affairs and Defence. The Centre also works closely with several other organisations around various aspects of posttraumatic mental health.

Recent Publications

Books

- 1 Andrews, G., Creamer, M., Crino, R., Hunt, C., Lampe, L., & Page, A. (2003). *The Treatment of Anxiety Disorders: Clinician's Guide and Patient Manuals, 2nd Ed.* Cambridge University Press (ISBN 0 521 788773; 610 pgs).
- 2 Kearney, G., Creamer, M., & Marshall, R., & Goyne, A. (Eds) (2003). *Military Stress And Performance - The Australian Defence Force Experience.* Melbourne University Press. (ISBN: 0 522 85054 5; 278 pgs).
- 3 Kearney, G., Creamer, M., Marshall, R., & Goyne, A. (Eds) (2001). *Managing Stress in the Australian Defence Force.* Canberra: Defence Publishing Service (ISBN: 0 642 295565; 229 pgs).

Papers

1. Cooper, J., Carty, J., & Creamer, M. (2005). Pharmacotherapy for PTSD: Empirical review and clinical recommendations. *Australian & New Zealand Journal of Psychiatry, 39*, 674-682.
2. Creamer, M., O'Donnell, M., & Pattison, P. (2005). Amnesia, traumatic brain injury, and posttraumatic stress disorder: A methodological inquiry. *Behaviour Research and Therapy, 43*, 1383-1389.
3. Creamer, M., McFarlane, A.C., & Burgess, P.M. (2005). Psychopathology following trauma: The role of subjective experience. *Journal of Affective Disorders, 86*, 175-182.
4. Ikin, JF., McKenzie, DP., Creamer, MC., McFarlane, AC., Kelsall, HL., Glass, DC., Forbes, AB., Horsley, KWA., Harrex, WK., Sim, MR. (2005). War zone stress without direct combat: The Australian Naval experience of the Gulf War. *Journal of Traumatic Stress, 18*, 193-204.

5. Creamer, M. & Forbes, D. (2004). Treatment of posttraumatic stress disorder in military and veteran populations. *Psychotherapy, 41*, 388-398.
 6. Creamer, M., O'Donnell, M., & Pattison, P. (2004). The relationship between acute stress disorder and posttraumatic stress disorder in severely injured trauma survivors. *Behaviour Research and Therapy, 42*, 315-328.
 7. Forbes, D., Hawthorne, G., Elliott, P., McHugh, T., Biddle, D., Creamer, M., & Novaco, R.W. (2004) A concise measure of anger in combat-related posttraumatic stress disorder. *Journal of Traumatic Stress, 17*, 249-256.
 8. Ikin, J., Sim, M., Creamer, M., Forbes, A., McKenzie, D., Kelsall, H., Glass, D., Abramson, M., Ittak, P., McFarlane, A., Horsley, K., Harrex, W., Dwyer, T., Blizzard, L., Delaney, K., & Schwarz, H. (2004). War-related psychological stressors and risk of psychological disorders in Australian veterans of the 1991 Gulf War. *British Journal of Psychiatry, 185*, 116-126.
 9. McKenzie, D.P., Ikin, J.F., McFarlane, A.C., Creamer, M., Forbes, A.B., Kelsall, H.L., Glass, D.C., Ittak, P., & Sim, M.R. (2004). Psychological health of Australian veterans of the 1991 Gulf War: An assessment using the SF-12, GHQ-12 and PCL-S. *Psychological Medicine, 34*, 1419-1430.
 10. O'Donnell, M., Creamer, M., Pattison, P., & Atkin, C. (2004). Psychiatric morbidity following injury. *American Journal of Psychiatry, 161*, 507-514.
- O'Donnell ML., & Creamer M. (2005) Letter to the Editor - Drs. O'Donnell and Creamer Reply. *162*: 630 - 631
11. O'Donnell, M., Creamer, M., & Pattison, P. (2004). Posttraumatic stress disorder and depression following trauma: Understanding comorbidity. *American Journal of Psychiatry, 161*, 1390-1396.
 12. Creamer, M., Bell, R., & Failla, S. (2003) Psychometric properties of the Impact of Event Scale – Revised. *Behaviour Research and Therapy, 41* (12), 1489-1496.
 13. Creamer, M., & Singh, B. (2003) An integrated approach to veteran and military mental health: An overview of the ACPMH. *Australasian Psychiatry, 11* (2): 225-227.
 14. Elhai, J. D., Forbes, D., Creamer, M., McHugh, T. F., & Frueh, B. C. (2003). Clinical symptomatology of PTSD-diagnosed Australian and United States Vietnam combat veterans: An MMPI-2 comparison. *Journal of Nervous and Mental Disease, 191*, 458-464.
 15. Forbes, D., Creamer, M., Allen, N., McHugh, A., Debenham, P., & Hopwood, M. (2003). MMPI-2 as a predictor of change in PTSD

symptom clusters following treatment: A re-analysis of the Forbes et al., 2002 data. *Journal of Personality Assessment*, 81, 183-186.

16. Forbes, D., Creamer, M., Hawthorne, G., Allen, N., & McHugh, T. (2003) Comorbidity as a predictor of symptom change following treatment in combat-related posttraumatic stress disorder. *Journal of Nervous and Mental Disease*. 191, 93-99.
17. Forbes, D., Creamer, M., Allen, N., Elliott, P., McHugh, T., Debenham, P., & Hopwood, M. (2003). MMPI-2 based subgroups of veterans with combat-related PTSD: Differential patterns of symptom change following treatment. *Journal of Nervous and Mental Disease*. 191, 531-537.
18. Forbes, D., Phelps, A., McHugh, A., Debenham, P., Hopwood, M., & Creamer, M., (2003). Imagery rehearsal in the treatment of posttraumatic nightmares in Australian veterans with chronic combat-related PTSD: Twelve month follow up data. *Journal of Traumatic Stress*, 16, 509-513.
19. O'Donnell, M., Creamer, M., Bryant, R.A., Schnyder, U., & Shalev, A. (2003). Posttraumatic stress disorder following injury: an empirical and methodological review. *Clinical Psychology Review*, 23, 587-603.
20. Steindl, S.R., Young, R.M., Creamer, M. & Crompton, D. (2003) Hazardous alcohol use and treatment outcome in male combat veterans with posttraumatic stress disorder. *Journal of Traumatic Stress*, 16, 27-34.
21. Biddle, D., Creamer, M., Forbes, D., Elliott, P., & Devilly, G.J. (2002) Self-Reported Problems: A Comparison Between PTSD-Diagnosed Veterans, Their Spouses, and Clinicians. *Behaviour Research and Therapy*, 40, 853-865.
22. Creamer, M., Forbes, D., Biddle, D., & Elliott, P. (2002). Inpatient versus day hospital treatment for chronic, combat-related posttraumatic stress disorder: A naturalistic comparison. *Journal of Nervous and Mental Disease*, 190(3),183-189.
23. Creamer, M. & O'Donnell, M. (2002). Post-traumatic stress disorder. *Current Opinion in Psychiatry*. 15(2),163-168.
24. Forbes, D., Creamer, M., Allen, N., Elliott, P., McHugh, A., Debenham, P., & Hopwood, M. (2002). The MMPI-2 as a predictor of symptom change following treatment for posttraumatic stress disorder. *Journal of Personality Assessment*, 79, 321-336.
25. Creamer, M., Burgess, P., & McFarlane, A. (2001) Posttraumatic stress disorder: Findings from the Australian National Survey of Mental Health and Well-Being. *Psychological Medicine*, 31(7), 1237-1247.
26. Forbes, D., Creamer, M., & Biddle, D. (2001) The validity of the PTSD Checklist as a measure of symptomatic change in combat-related

PTSD. *Behaviour Research and Therapy*, 39, 977-986.

27. Hodgins, G., Creamer, M., & Bell, R. (2001) Risk factors for posttrauma reactions in police officers: a longitudinal study. *Journal of Nervous and Mental Disease*, 189(8), 541-547.

Chapters and Mongraphs

- 1 Creamer, M. & Forbes, D. (2004). Military Populations. In Taylor, S. (Ed). *Advances in the Treatment of Posttraumatic Stress Disorder: Cognitive-Behavioral Perspectives*. NY: Springer, pp. 153-174.
- 2 O'Donnell, M.L., Creamer, M.C., Bryant, R.A., Schnyder, U., and Shalev, A. (in press). Posttraumatic stress disorders following injury: Assessment and other methodological considerations. In G. Young, A. Kane, & K. Nicholson (Eds), *Causality: Psychological Knowledge and Evidence in Court*. Kluwer Academic Plenum Press: NY.
- 3 Creamer, M., & Forbes, D. (2003). The long term effects of traumatic stress. In G. Kearney, M. Creamer, & R. Marshall (Eds) *Military Stress And Performance - The Australian Defence Force Experience*. Melbourne University Press, pp. 175-186.
- 4 Forbes, D., & Creamer, M. (2003). The treatment of chronic posttraumatic stress disorder. In G. Kearney, M. Creamer, & R. Marshall (Eds) *Military Stress And Performance - The Australian Defence Force Experience*. Melbourne University Press, pp. 206-220.