

Professor Helen Herrman

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Other Appointments

- Honorary Consultant Psychiatrist, St Vincent's Health Melbourne
- Honorary Associate, Department of Psychological Medicine, Monash University
- Vice-President, International Federation of Psychiatric Epidemiology – IFPE
- Member of the Board of Directors and Regional Vice-President Oceania, World Federation for Mental Health
- Associate Editor, World Psychiatry
- Associate Editor, Early Intervention in Psychiatry
- International Advisory Board, Indian Journal of Psychiatry

Research Areas

- Depression in primary health care
- Assessing outcomes and quality of life in mental health care in the community
- Promoting mental health in young people and vulnerable populations

Current Research Projects

- Longitudinal study of depression in primary health care (Diagnosis, Management and Outcomes of Depression in Primary Care - DIAMOND – Study; Re-organising care for depression and related disorders in the Australian primary health care setting –REORDER Study)
- Assessing quality of life for economic evaluation in mental health care (Construction and validation of the assessment of mental health related quality of life – PsyQoL - instrument; Benefit measurement for health economic evaluation and its application to mental health programs)
- Population and primary care interventions to promote mental health (Participatory interventions to improve mental health as a strategy for HIV prevention among vulnerable women in India; Impact of a primary health care project on the mental health and well-being of women in rural India; Strategies to promote mental health in childcare settings; Youth participation, across settings, and young people's mental health; Using information communication technology to improve the mental health of young people)

Teaching Areas

- Public health psychiatry
- Mental health promotion
- Community care in psychiatry

Brief Profile

Helen Herrman is a psychiatrist and public health physician. From 1992 to 2005, she was Professor and Director of Psychiatry in St. Vincent's Mental Health Service Melbourne. In 2001-2002 she was acting regional adviser in mental health for the WHO's Western Pacific Region.

For eight years to 2003 she served as a member of the Board of Trustees for the Victorian Health Promotion Foundation (VicHealth). She leads a global project for WHO in collaboration with VicHealth and the University of Melbourne on the evidence for mental health promotion, and is WHO's designated focal point for mental health promotion. Her other interests in international and public health include the assessment of outcomes and quality of life for people with disabilities.

Publications

Recent and forthcoming books

- 1 Herrman H, Saxena S, Moodie R (editors). Summary Report – Promoting Mental Health: Concepts, Emerging Evidence and Practice, *WHO Geneva* 2004
- 2 Herrman H, Saxena S, Moodie R (editors). Promoting Mental Health: Concepts, Emerging Evidence and Practice. *WHO Geneva* 2005
- 3 De Leo D, Herrman H, Ueda S, Takeshima T (editors). An Australian-Japanese Perspective on Suicide prevention: Culture, Community and Care (ISBN 0 642 82817 2). *Australian Department of Health and Ageing and Japanese Ministry of Health, Labour and Welfare. Commonwealth of Australia, Canberra* 2006
- 4 Herrman H, Maj M, Sartorius N (editors). Depressive Disorders, Third Edition: *WPA Series Evidence and Experience in Psychiatry*. Contracted May 2007. *Wiley-Blackwell, Chichester*.
- 5 Chandra P, Herrman H, Fisher J, Kastrup M, Niaz U, Rondon M, Okasha A (editors). Contemporary Topics in Women's Mental Health. *WPA Series*. Contracted March 2007. *Wiley-Blackwell, Chichester*

Recent book chapters

1. Walker L, Moodie R, Herrman HE. Promoting mental health. In Moodie R, Hulme A (eds.) *Hands-on Health Promotion*, pp 238-248. IP Communications Melbourne. 2004
2. Herrman H, Saxena S, Moodie R, Walker L. Introduction: Promoting Mental Health as a Public Health Priority. In Herrman H, Saxena S, Moodie R (editors). *Promoting Mental Health: Concepts, Emerging Evidence and Practice*. WHO Geneva. 2005
3. Saxena S, Herrman H, Moodie R, Saraceno B. Conclusions: the way forward. In Herrman H, Saxena S, Moodie R (editors). *Promoting Mental Health: Concepts, Emerging Evidence and Practice*. WHO Geneva. 2005
4. Herrman H. Public policy and psychiatry. In *Advances in Psychiatry*, pp 215-222. World Psychiatric Association. 2005
5. Herrman H, Whiteford H. Specialist mental health care, pp_In Bloch S, Singh B (editors) Third Edition. *Foundations of Clinical Psychiatry*. Melbourne University Press. 2007

Recent publications in peer reviewed journals

1. Bech P. Lucas R. Amir M. Bushnell D. Martin M. Buesching D. Patrick D. Buesching D. Andrejasich C. Treglia M. Jones-Palm D. McKenna S. Orley J. Billington R. Simon G. Chisholm D. Knapp M. Whalley D. Diehr P. Herrman H. Fleck M. Lomachenkov A. Bekhterev VM. Association between clinically

- depressed subgroups, type of treatment and patient retention in the LIDO study. *Psychological Medicine*. 33:1051, 2003
2. Chisholm D. Diehr P. Knapp M. Patrick D. Treglia M. Simon G. LIDO group. Depression status, medical comorbidity and resource costs: Evidence from an international study of major depression in primary care (LIDO). *Br J Psychiatry*. 183:121, 2003
 3. Evert H. Harvey C. Trauer T. Herrman H. The relationship between social networks and occupational and self-care functioning in people with psychosis. *Social Psychiatry and Psychiatric Epidemiology*. 38:180, 2003
 4. Herrman H. Developing a national strategy for mental health. *Seishin Shinkeigaku Zasshi*. 105:899, 2003
 5. Herrman H. Improvement involves educators, among others. *UN Chronicle*. XL:38, 2003
 6. Herrman H. Poverty among people living with a mental illness. *Impact*. 8, 2003
 7. Herrman H. Moodie R. Walker L. Verins I. International collaborations on mental health promotion: A Western Pacific initiative. *Dynamische Psychiatrie*. 36:272, 2003
 8. Lecic-Tosevski D. Christodoulou GN. Herrman H. Hosman C. Jenkins R. Newton J. Rajkumar S. Saxena S. Schmolke M. WPA Consensus Statement on Psychiatric Prevention. *Dynamische Psychiatrie*. 36:307, 2003
 9. Chopra PK. Couper JW. Herrman H. The assessment of patients with long-term psychotic disorders: Application of the WHO Disability Assessment Schedule II. *Australian and New Zealand Journal of Psychiatry*. 38:753, 2004
 10. Grigg M. Endacott R. Herrman H. Harvey C. An ethnographic study of three mental health triage programs. *International Journal of Mental Health Nursing*. 13:146, 2004
 11. Gureje O. Harvey C. Herrman H. Self-esteem in patients who have recovered from psychosis: Profile and relationship to quality of life. *Australian and New Zealand Journal of Psychiatry*. 38:334, 2004
 12. Herrman H. Evert H. Harvey C. Gureje O. Pinzone T. Gordon I. Disability and service use among homeless people living with psychotic disorders. *Australian and New Zealand Journal of Psychiatry*. 38:965, 2004
 13. Herrman HE. Review: targeted, multicomponent programmes, delivered by health care professionals most effective at reducing risk factors for depression. *Evid Based Ment Health*. 7:44, 2004
 14. Kavanagh DJ. Waghorn G. Jenner L. Chant DC. Carr V. Evans M. Herrman H. Jablensky A. McGrath JJ. Demographic and clinical correlates of comorbid substance use disorders in psychosis: Multivariate analyses from an epidemiological sample. *Schizophrenia Research*. 66:115, 2004

15. Pirkis J. Livingston J. Herrman H. Schweitzer I. Gill L. Morley B. Grigg M. Tanaghow A. Yung A. Trauer T. Burgess P. Improving collaboration between private psychiatrists, the public mental health sector and general practitioners: Evaluation of the Partnership Project. *Australian and New Zealand Journal of Psychiatry*. 38:125, 2004
16. Skevington SM. Sartorius N. Amir M. Sartorius N. Orley J. Kuyken W. Power M. Herrman H. Schofield H. Murphy B. Metelko Z. Szabo S. Pibernik-Okanovic M. Quemada N. Caria A. Rajkumar S. Kumar S. Saxena S. Baron D. Amir M. Tazaki M. Noji A. van Heck G. de Vries J. Arroyo-Sucre J. Pichard-Ami A. Kabanov M. Lomachenkov A. Burkovsky G. Carrasco RL. Bodharamik Y. Meesapya K. Patrick D. Martin M. Wild D. Acuda W. Mutambirwa J. Aaronson NK. Bech P. Bullinger M. Chen HN. Fox-Rushby J. Moinpur C. Rosser R. Buesching D. Bucquet D. Chambers LW. Jambon B. Jenkinson CD. De Leo D. Fallowfield L. Gerin P. Graham P. Gureje O. Kalumba K. Kerr-Corea A. Mercier C. Oliver J. Poortinga YH. Trotter R. van Dam F. Developing methods for assessing quality of life in different cultural settings - The history of the WHOQOL instruments. *Social Psychiatry and Psychiatric Epidemiology*. 39:1, 2004
17. De Almeida Fleck MP. Simon G. Herrman H. Bushnell D. Martin M. Patrick D. Major depression and its correlates in primary care settings in six countries: 9-Month follow-up study. *British Journal of Psychiatry*. 186:41, 2005
18. Herrman H. Prevention in Psychiatry *Die Psychiatrie*. 2:39, 2005
19. Herrman H. Harvey C. Community care for people with psychosis: Outcomes and needs for care. *International Review of Psychiatry*. 17:89, 2005
20. Herrman H. Jane-Llopis E. Mental health promotion in public health. *Promotion & education*. Suppl 2:2005
21. White J. Patel V. Herrman H. Mental health research in low and middle-income countries: Role of research institutions. *Australian and New Zealand Journal of Psychiatry*. 39:202, 2005
22. Yung A. Gill L. Sommerville E. Dowling B. Simon K. Pirkis J. Livingston J. Schweitzer I. Tanaghow A. Herrman H. Trauer T. Grigg M. Burgess P. Public and private psychiatry: Can they work together and is it worth the effort? *Australian and New Zealand Journal of Psychiatry*. 39:67, 2005
23. Hawthorne G. Herrman H. Murphy B. Interpreting the WHOQOL-Bref: Preliminary population norms and effect sizes. *Social Indicators Research*. 77:37, 2006
24. Secull A. Richmond J. Thomas B. Herrman H. Hepatitis C in people with mental illness: How big is the problem and how do we respond? *Australasian Psychiatry*. 14:374, 2006
25. Devine A. Kermod M. Chandra P. Herrman H. A participatory intervention to improve the mental health of widows of injecting drug users in north-east India as a strategy for HIV prevention. *BMC International Health and Human Rights*. 7:2007

26. Grigg M. Herrman H. Harvey C. Endacott R. Factors influencing triage decisions in mental health services. *Australian health review : a publication of the Australian Hospital Association.* 31:239, 2007
27. Group LGMH. Scale up services for mental disorders: a call for action. *Lancet.* 370:1241, 2007
28. Henry LP. Harris MG. Amminger GP. Yuen HP. Harrigan SM. Purcell R. Herrman H. Jackson HJ. McGorry PD. The EPPIC Long Term Follow-up Study of First Episode Psychosis: Methodology and Baseline Characteristics. *Early Intervention in Psychiatry.* 1:49, 2007
29. Herrman H. What psychiatry means to me. *Mens Sana Monographs.* 5:179, 2007
30. Herrman H. Free and low-cost access to online WPA publications. *World Psychiatry.* 6:191, 2007
31. Herrman H. Early intervention in psychiatry for poorly resourced countries. *Early Intervention in Psychiatry.* 1:222, 2007
32. Herrman H. Swartz L. Promotion of mental health in poorly resourced countries. *Lancet.* 370:1195, 2007
33. Kermode M. Herrman H. Arole R. White J. Premkumar R. Patel V. Empowerment of women and mental health promotion: a qualitative study in rural Maharashtra, India. *BMC Public Health.* 7:225, 2007
34. Saxena P. Bertolote JM. Herrman H. World Health Organization's activities in the field of prevention of mental disorders *Die Psychiatrie.* 4:166, 2007
35. White J. Patel V. Herrman H. Australian and New Zealand contribution to international mental health research publications: A survey of high-impact journals. *World Psychiatry.* 6:49, 2007
36. Kokanovic R. Dowrick C. Butler E. Herrman H. Gunn J. Lay accounts of depression amongst Anglo-Australian residents and East African refugees. *Social Science and Medicine.* In Press. Accepted 23 August 2007
37. Callaly T. Herrman H. Trauer T. Attitudes of mental health staff to routine outcome measurement: The importance of feedback. *Journal of Mental Health.* In Press. Accepted 15 November 2007
38. Kieling C. Herrman H. Patel V. Mari J. Indexation of psychiatric journals from low- and middle-income countries: a survey and a case study. *World Psychiatry.* In Press. Accepted 12 December 2007

Selected earlier publications

1. Herrman HE, Baldwin, JA, Christie D: A record - linkage study of mortality and general hospital discharge in patients diagnosed as schizophrenic. *Psychological Medicine* 1983;13; 581-593.
2. Herrman HE, McGorry P, Bennett P, van Riel R, McKenzie D, Singh B: Prevalence of severe mental disorders in homeless and disaffiliated people in inner Melbourne. *American Journal of Psychiatry* 1989;146; 1179-1184.
3. Herrman HE, McGorry P, Mills J, Singh B: Hidden severe psychiatric morbidity in sentenced prisoners in Melbourne. *American Journal of Psychiatry* 1991;148; 236-239.
4. The WHOQOL Group. The World Health Organisation Quality of Life Assessment Instrument (WHOQOL): Position Paper from the World Health Organization. *Social Science and Medicine* 1995;41(10); 1403-1409.
5. Howe A, Schofield H, Herrman HE. Caregiving: A common or uncommon experience. *Social Science and Medicine* 1997: 45; 1017-1029.
6. Jablensky A, McGrath J, Herrman HE, Castle D, Gureje O, Evans M, Carr V, Morgan V, Korten A, and Harvey C. Psychotic disorders in urban areas: an overview of the Study on Low Prevalence Disorders. *Australian and New Zealand Journal of Psychiatry* 2000;34; 221-236.
7. Herrman HE. From evidence to practice: mental health in Australia. *Bulletin of the World Health Organization* 2000;78; 510-511.
8. Pirkis J, Herrman HE, Schweitzer I, Yung A, Grigg M, Burgess P. Evaluating complex, collaborative programs. The *Partnership Project* as a case study. *Australian and New Zealand Journal of Psychiatry* 2001: 35; 639-646
9. Herrman HE, Patrick DL, Diehr P, Martin ML, Fleck M Simon GE, Buesching DP and the LIDO Group. Longitudinal investigation of depression outcomes in primary care in six countries: The LIDO Study - Functional status, health service use and treatment of people with depressive symptoms. *Psychological Medicine* 2002; 32:889-902.
10. Herrman HE, Hawthorne G, Thomas R. Quality of life assessment in people living with psychosis. *Social Psychiatry and Psychiatric Epidemiology* 2002; 37:510-518.