

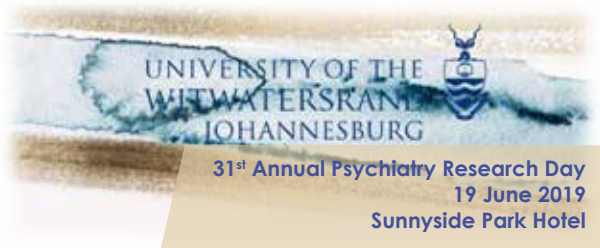
# DEPARTMENTS OF PSYCHIATRY

## UNIVERSITY OF THE WITWATERSRAND



### 31<sup>ST</sup> ANNUAL PSYCHIATRY RESEARCH DAY

By Dr Tejil Morar



**"Somewhere, something incredible is waiting to be known."**

- Carl Sagan.

On the 19<sup>th</sup> of June 2019 The Department of Psychiatry at the University of the Witwatersrand held its 31st Annual Research Day, allowing registrars, consultants, psychologists and allied health workers to share the knowledge they've gained through their research. It's certainly true that hard work pays off and the gratifying passion expressed by each presenter was inspiring.

This year's keynote speaker was the highly qualified Emeritus Professor Pravin Manga who shared pearls of wisdom on *"How to write great articles for publication."* His experience as the Deputy Editor of the Journal of the American College of Cardiology as well as his experience as the founder and Editor of the WITS Journal of Clinical Medicine meant we were treated to a motivating and informative talk. Mention must be made of every presenter who shared the findings of their research (please see right).



Professor Pravin Manga

Amongst the amazing presentations mentioned, Dr S Mondlana stole the show presenting on "The Perspectives of Traditional Healers in the Sedibeng District of Gauteng On Mental Illness and collaborative work with Western Mental Health Care". She was awarded with a generous prize sponsored by the SASOP Southern Gauteng Subgroup.

Two PhD presenters stirred interest in all: Dr Madigoe with his findings as to the development of a "Culturally Appropriate Trauma Assessment Tool" and Dr Farber with "Integrity Versus Despair: The Experience of Traumatized Child Holocaust Survivors".

Presenter	Title	Supervisor
Mokwatsi M	Substance use prevalence and outcomes in a psychiatric outpatient population in Southern Gauteng	Robertson
Mondlana S	Perspectives of Traditional Healers in the Sedibeng District of Gauteng on mental illness and collaborative work with western mental health care	Robertson, Mall
Nkhahle S	Comorbidities of children and adolescent with specific learning disorders or intellectual disability attending a specialised psychiatric clinic	Albertyn, Alison
Jayrajh P	A study of torture victims at the Centre for the Study of Violence and Reconciliation (CSVR), using the Harvard Trauma Questionnaire as an assessment tool	Pillay, Subramaney
Miseer P	Childhood trauma, exposure and adherence to antiretroviral therapy (ART) among patients attending a public neuropsychiatric health facility	Subramaney, Jonsson
Nxumalo V	Factors associated with substance use in adolescents admitted to Tara Hospital	Nel
Pitjeng M	The prevalence of autistic spectrum disorder at Tara Child and Adolescent Clinic	Hoffman, Madigoe
Farber T	Integrity Versus Despair: The Experience Of Traumatized Child Holocaust Survivors	Smith, Eagle

Minty Y	Attitudes and knowledge of private and state-employed non-specialist medical doctors towards mental illness	Moosa
Mngomezulu P	The profile of neurocognitive disorders in patients attending psychiatric outpatient services at a tertiary level academic hospital in Johannesburg	Pillay
Letseli K	Descriptive analysis of the impact of early childhood trauma in a group of people undergoing rehabilitation for substance abuse	Schutte, Subramaney
Madigoe T	The Development of a Culturally Appropriate Trauma Assessment tool in a South African Zulu Community	Subramaney, Eagle

We were fortunate enough to have the guidance of Professor Bernard Janse van Rensburg and Professor Ugasvaree Subramaney (Head of Department of Psychiatry) whose hard work was a big part of the day's success.

Psychiatry lies on the verge of ground-breaking discoveries and there is possibly no better way to push psychiatry and humanity forward if not through research. It underscores our past victories in

mental health and lays the foundation for coming achievements; not only for ourselves – but most importantly, for our patients.

Thank you to the 2019 Research Day Committee Members and Sponsors:



Chair – T Morar, N Nhiwatiwa, N Veyej, J Subrayadoo, N Zikalala, P Botho, E Goolam-Amod, J Mwenda, JC de Jager, A Prior, R Devraj, M Tau

Advisor: Professor Bernard Janse van Rensburg  
Photographer: Nonjabulo Matsila

**Dr. Tejil Morar** is currently a 2<sup>nd</sup> year registrar in the Department of Psychiatry, University of Witwatersrand. She is the registrar representative for the Department of Psychiatry's Executive and Postgraduate Committees and chaired the Research Day Committee for 2019. She is also the registrar representative of the SASOP Southern Gauteng Subgroup. **Correspondence: tejilmorar@yahoo.co.uk**



Dr P Miseer



Dr T Morar (left) & Prof U Subramaney (right)



Dr P Mngomezulu



Prof U Subramaney



Dr T Madigoe



Prof B Janse van Rensburg (left), Prof U Subramaney (middle) & Mrs J Kooverjee (right)



Dr S Mondlana (left) receiving her award from Dr P Naicker (right)



Dr A Ajith



Venue

## 19<sup>TH</sup> WPA WORLD CONGRESS OF PSYCHIATRY LISBON, 21-24 AUGUST, 2019

Prof. Christopher Paul Szabo was an invited panellist for a session entitled "The future of publications in psychiatry". The session was chaired by Michel Botbol (France) with fellow panellists including Jair Mari (Brazil), Joan Marsh (United Kingdom), Lynn DeLisi (USA) and Florence Thibault (France). Photos courtesy of Prof. Solomon Rataemane



From L-R: Jair Mari, Christopher Paul Szabo, Michel Botbol, Lynn DeLisi, Joan Marsh



Christopher Paul Szabo

## MMED GRADUATIONS – JULY 2019

**GALVIN, Lisa Jane** Psychiatry

**RESEARCH REPORT:** Contraceptive use among female mental health care users of childbearing age attending Chris Hani Baragwanath Academic Hospital in Soweto

**GOVENDER, Mallorie** Psychiatry

**RESEARCH REPORT:** A review of individuals charged with common assault and assault with intent to do grievous bodily harm, referred for forensic psychiatric observation

**HEYDENRYCH, Xandri** Psychiatry

**RESEARCH REPORT:** Current practice of anticholinergic use in conjunction with antipsychotic agents at Helen Joseph Hospital Psychiatric Outpatients

**LETLOTLO, Bokang Lipuo** Psychiatry

**RESEARCH REPORT:** Clinical use of Neuro-Imaging in psychiatric patients at the Charlotte Maxeke Johannesburg Academic Hospital

**MDAKA, Nokuthula Audrey**

**RESEARCH REPORT:** Long-term outcomes of psychiatric patients initiated on anti-retroviral therapy (ART) at Luthando Clinic in 2008-2010

**MOHAMED, Faeza** Psychiatry

**RESEARCH REPORT:** The lunar cycle and inpatient sedation usage in a psychiatric setting

**MOODLEY, Sanushka** Psychiatry

**RESEARCH REPORT:** The lived experience: A qualitative study of mentally ill women who commit filicide, exploring their perceptions of the offence and their experience of the rehabilitation process as a State patient

**RAMIAH, Carmel** Psychiatry

**RESEARCH REPORT:** A retrospective record review of Electroconvulsive Therapy (ECT) at a specialist psychiatric hospital in Johannesburg

**SAPINOSO, Rudhie** Psychiatry

**RESEARCH REPORT:** Internalised stigma among psychiatric outpatients



Left to right: Dr Thuli Mdaka and Prof. Subramaney



Left to right: Drs Bokang Letlotlo, Prof. Subramaney and Dr Lisa Galvin



Left to right: Drs Faeza Mahomed, Mallorie Govender, Sanushka Moodley, Prof. Subramaney and Rodhie Sapinoso

# UNIVERSITY OF CAPE TOWN



Compiled by Delcia Liedeman-Prosch - Senior Clinical Psychologist

## GOODBYE TO STAFF

The division of Intellectual Disability and Lentegeur Psychiatric Hospital's Intellectual Disability Services (IDS) sadly had to say farewell to consultant psychiatrist **Andrew Hooper**.

The thoughtful and personal speeches at his small but intimate farewell were testament to the great impact Andrew has made on the service, the staff and many patients over his nearly a decade long leadership at IDS. He will be missed by colleagues, patients and caregivers alike.

The division of General Hospital Psychiatry bade farewell to psychiatrist **Linessa Moodley** who was based at Lentegeur Psychiatric Hospital Female admissions as a consultant. Wishing her well on the next steps ■



## WELCOME TO STAFF

**Fergus Ashburner** has been appointed as a Lecturer in the Division of Addictions; he will convene the PGDip in Addictions, and he will also teach in the SA HIV Addictions Technology Transfer Centre (ATTC).



Welcome back to **Dr Faadiel Williams** who returned to Lentegour Psychiatric Hospital's Female Admissions unit and the Department.

**Waseem Hawa**, Clinical Psychologist, joined Valkenberg Psychiatric Hospital in January 2019 as Principal Psychologist in the Department. He is also Deputy Chair for the Division of Psychotherapy, a member of the Division of General Adult Psychiatry, and convenor of the Child Criminal Capacity Assessment Service.



He was previously based at Lentegour Psychiatric Hospital's Male Admissions and prior to this, correctional services in the Breede River Management Area.

**Dr Zuma Zuma** has also joined the Department and Female Acute Admissions team at Valkenberg Hospital.

A number of new registrars were welcomed in February this year. They are **Dr James Burger, Dr Richard Goncalves, Dr Dipika Haripersad, Dr Jeanri Combrinck, Dr Mzamo Jakavula, Dr Keagan Clay** and **Dr Kadenge** (International Registrar) ■

## "RESEARCH STORIES" DAY

Adele Marais (Chair: Departmental Research Committee), the Research Committee, and all speakers/presenters at this year's Research Day are congratulated.

Laila Asmal, Goodman Sibeko, Tania Swart, Sam Nightingale and Elona Toska gave very moving and inspiring presentations about the way in which their lives and their work intersected.

Particular congratulations to Stefan van der Walt and Wakithi Mabaso, in MB ChB VI, on an excellent presentation! ■

## FLEUR HOWELLS RANKS 4<sup>TH</sup> IN SOUTH AFRICA

Associate Professor Fleur M Howells, Head of Division of Psychopharmacology and Biological Psychiatry, ranked 4<sup>th</sup> in Women's Recurve Archery at the SA National Championship in April 2019, Marks Park Johannesburg, a World Archery event. Fleur is pictured below in the elimination Olympic round, standing at 70m from target ■



# CONGRATULATIONS

## DISTINCTION

Honorary Professor Mary Robertson graduated with a **Master's degree in Music** with Distinction. Her dissertation focuses on opera & perfume. A fine complement to her earlier DSc focused on Tourette's.

## DOCTORATES

The following 4 doctoral students will be graduating at the next graduation:

Sheri Koopowitz - PhD in the area of **brain imaging**

Nicole Phillips - PhD in the key clinical area of **adolescence HIV/AIDS**

Henk Temmingh - PhD in the key clinical area of **comorbid schizophrenia and substance abuse**, with a particular focus on evidence-based reviews and psychometrics

Taryn Williams - PhD on the **evidence-based pharmacotherapy of PTSD and social anxiety disorder**

## DIVISION PUBLIC MENTAL HEALTH

The following graduates are congratulated on their respective achievements:

Dr Emily Garman (**PhD in Psychiatry and Mental Health**)

Rhulani Beji-Chauke; Richard Banda; Leandri Hattingh; Joyce Chikwinde Nambindo; Manson Mwachande Msiska (**Mphil in Public Mental Health**)

## FCPSYCH (SA) PART 2

The following most recent **Part 2** graduates are congratulated, while all supervisors and mentors are thanked:

Avani Maharaj, Shazia Mungly, and Talia Planting ■

## PASS STAFF NEWS

**Kareema Poggenpoel** celebrated her **Business Administration Bachelor's Degree** graduation in April.



She has been enrolled as a part-time student at UWC for the past four years while being full-time employed as an Administrative Assistant in the Unit.

Kareema is the first PASS staff member to complete an undergraduate degree while being employed in the Department. She is currently registered for her Honours in Industrial Psychology.

**Kim Hendricks** will be taking up a position in the HR department. This is a career move for Kim and we wish her well in the next part of her journey ■

## CHILD AND ADOLESCENT PSYCHIATRY AND MENTAL HEALTH - SUSTAINING DEVELOPMENT AT THE SA-ACAPAP CONFERENCE IN JOBURG

John-Joe Dawson Squibb

The South African Association for Child and Adolescent Psychiatry and Allied Professions (SAACAPAP) held its biennial conference in Johannesburg, themed 'Sustaining Development', from 23-25th May 2019.

At the conference AGM Prof Petrus de Vries of UCT was elected as Chairperson of SA-ACAPAP for the next two years and will no doubt take the association from strength to strength!

In total, UCT was represented in 15 different oral presentations over the two-day conference while UCT students were awarded the Nursing Award in Research and Best Publication in the student category.



Delegates from the conference

Many also had the opportunity to share their research, including UCT 6th year medical students, Stefan van Der Walt and Wakithi Mabaso (on the burden of depression and anxiety among medical students at UCT); Willem de Jager, Principal Psychologist at DCAP (presentation on Parent Child Interaction Therapy); and Sr Stella Mokitimi, Psychiatric nurse specialist at DCAP (on exploring child and adolescent mental health services in the Western Cape, from her current PhD) ■

## INTELLECTUAL DISABILITY - CARING FOR CARERS OF PERSONS WITH INTELLECTUAL DISABILITY EVENT

Toni Abrahams

The Social Responsiveness Committee and the Division for Intellectual Disability Mental Health co-hosted an event themed "Caring for Carers of Persons with Intellectual Disability (ID)," on 19 March 2019, to celebrate Intellectual Disability Awareness Month.



Speakers

A number of speakers from various organisations shared information relevant to the theme of the day, representing "The Western Cape Forum for ID" (provides a carer training course); "Iris House" (provides an array of creative projects on offer to both persons with ID and their respective carers); "Sibongile Day and Night Care Centre"; and Cape Mental Health (provided an informative talk on self-care for carers). Siyabulela Mkabile, a clinical psychologist and member of the Division, shared insights obtained from his PhD research which focuses on caregivers of persons with ID.

He shared thought provoking findings on the practical challenges faced by caregivers as well as the use of traditional and modern medicine in meaning making and treatment of persons with ID. Research agendas like this, serve to bolster our collective quest for meaningful social inclusion for PWID and those who care for them ■

## PSYCHOPHARMACOLOGY AND BIOLOGICAL PSYCHIATRY

Fleur Howells and Nastassja Koen

Dr Jonathan Ipser is **congratulated** on an incredible accomplishment, regarding the submission of 2 doctoral theses (Taryn Williams and Sheri Koopowitz); and 3 masters theses, (Angelo Dias, Candice Morris, and Marilyn Lake).

The following new members are **welcomed**: Dr Simo Zulu (postdoctoral fellow); Kimberley Williams and Mary Mufford (doctoral candidates); Lauren Blake and Ruth Levin-Vorster (second year of doctoral study); Kimberley Blake (master's student); Tatum Sevenoaks (second year master's student); and Hanne van der Huijden and Carey Pike (interns).

Prof Fleur Howells, as Chair of the Southern African Neuroscience Society, submitted a bid to host the 2023 International Brain Research Organisation's (IBRO) World Congress. She will present the bid with her team at the 2019 IBRO World Congress in Daegu, South Korea in the latter half of 2019.

Dr Nastassja Koen (a Senior Lecturer in the Department and deputy head of the Division of Psychopharmacology and Biological Psychiatry, who also co-heads the Psychiatric Neurogenetics Group of the Brain-Behaviour Unit) attended the Thirteenth H3Africa Consortium Meeting in Tunis, Tunisia from 12-18 April 2019 as representative for the ongoing H3Africa/NIMH-funded project, "Transgenerational Effects of Maternal Stressors: Investigating the Role of Infant Gene Expression".

This five-year project – led by Dr Koen, Prof Dan Stein and collaborators at Emory University in the USA, and drawing on maternal-child data from the Drakenstein Child Health Study birth cohort (<http://www.paediatrics.uct.ac.za/scah/dclhs>) – will investigate genes and pathways underlying the transgenerational effects of exposure to prenatal maternal psychological stress, anxiety, or depression; and will aim to build South African capacity in genomic and gene expression research ■

## PUBLIC AND COMMUNITY MENTAL HEALTH - THE PERINATAL MENTAL HEALTH PROJECTS -PMHP- UPDATE

Simone Honikman

As part of its Training and Capacity Building programme, three new open access resources were produced (Empathic Engagement Skills video and an animated video about a mothers struggle to bond with her child, as well as the second edition of its Maternal Mental Health book, published by Bettercare).

The eight peer-reviewed publications included a book chapter and spanned topics such as screening, domestic violence, food insecurity and training for maternal mental health ■

## THE ANNUAL DEPARTMENTAL RESEARCH DAY

Adele Marais - Chair: Departmental Research Committee - DRC

The DRC hosted its annual Departmental Research Day on the 11<sup>th</sup> of June 2019, with the theme 'Research Stories'. Speakers were asked to share when and how their research stories developed; how they built a research path as part of their academic identity; what were challenges and barriers; and what were tips and advice they would offer others.

Several distinguished guest speakers shared their stories. Associate Prof Laila Asmal from Stellenbosch University gave a very inspiring and self-reflective talk entitled 'The Clinician-Researcher and the pursuit of reward and unhappiness'.

Three colleagues from the Department (Sam Nightingale, Tania Swart and Goodman Sibeko) shared their interesting research work, PhD journeys, and personal stories.

Dr Elona Tosca ended the day with an excellent talk on 'Researching Resourcefulness, Resilience and Risk: personal and professional trajectories in adolescent health research', and shared her 10 lessons learned with the audience.

Many guest speakers shared moving stories that foregrounded their personal journeys whilst doing their research work. This resonated with – and inspired – many audience members who have expressed their appreciation, and has made many reflect on their own intertwined personal and professional narratives.

There was also an 'Oral Presentations' session where speakers showcased their research in the Department, two of whom, Stefan van der Walt and Wakithi Mabaso - both undergraduate 6<sup>th</sup> year medical students - won the award for best oral presentation for their study on 'The Burden of Depression and Anxiety among Medical Students in South Africa: A Cross-Sectional Survey at the University of Cape Town'. ■



Left to Right: Prof de Vries, Wakithi Mabaso and Stefan van der Walt

## MOTIVATION IN ACTION - DR MEMORY MUNODAWAFA'S PHD JOURNEY

Memory Munodawafa

Dr Memory Munodawafa is a clinical social worker, working full-time as a trainer and supervisor of community health workers for the "Africa Focus on Intervention Research in Mental Health" (AFFIRM) project led from the Alan J. Fisher Centre for Public Mental Health.



Dr Memory Munodawafa

Her PhD formed part of a larger study within the AFFIRM project (she graduated in December 2018). The birth of her twin girls strengthened her resolve to finish, while friends, family, UCT resources and an informal support group of other female students assisted greatly in keeping going.

Memory encourages others to keep working on their theses, and not to put it on the back burner, in spite of getting inundated with work and life at times! "The PhD journey is very humbling but also very fulfilling." ■

## POSTGRADUATE ORIENTATION WORKSHOP

In line with the aim of ensuring that postgraduate students are supported in their research endeavours in the Department, the Postgraduate Committee ran a Postgraduate Orientation Workshop on 27 March 2019.

Below is Dr Alistair Hunter (Deputy Chair, Faculty of Health Sciences Human Research Ethics Committee) as he prepares to present on HREC aspects to postgraduate students ■



## ON MY MIND - A NEW DEPARTMENTAL DISCUSSION FORUM

John Parker

A new departmental discussion forum, called "On My Mind", aimed at developing collective discussion and critical thinking about our future, as an academic Department in the field of mental health care, in South Africa at this time, will enable the participation of every member of the Department.

The first session was presented by John Parker, who spent some time reflecting on the theme of "the way we speak" and on ways of thinking about what stifles discussion; and then went on to raise some challenging questions about the appropriateness of the dominance of a medical model in mental health care ■

## ADDICTION PSYCHIATRY - ATTC HOSTS PROF STEVE ROLLNICK/ANNUAL NATIONAL ADVISORY BOARD MEETING

Goodman Sibeko

The South Africa HIV Addiction Technology Transfer Centre (**ATTC** - Department of Psychiatry and Mental Health) hosted Prof Steve Rollnick of Cardiff University for a lecture on 12 March 2019. The said lecture explored the clinical applicability of Motivational Interviewing (MI) in various contexts ranging from harmful substance use, ARV adherence and mental health. Earlier in the day, Prof Rollnick had provided Master Training to the ATTC team in a growing collaborative partnership aimed at maintaining a high standard of training delivery.

The South Africa HIV ATTC in addition hosted its second Annual National Advisory Board Meeting in Durban, in March 2019. The Advisory Board consists of several key members of the mental health, substance abuse and HIV fields in South Africa ■

## SOCIAL RESPONSIVENESS - THE 2<sup>ND</sup> ANNUAL LOREN LECLEZIO MEMORIAL LECTURE

Toni Abrahams



Loren Leclezio

The 2<sup>nd</sup> annual memorial lecture in honour of Loren Leclezio was hosted at Valkenberg Hospital on 28 May 2019 by the Social Responsiveness committee.

Prof Maretha De Jongh, an orthopedagogue based at Leiden University (orthopedagogy centres on the education of children with a focus on context, relationships and making connections between the child's home, school and society to give the child the skills he or she requires to use in society), shared her experience of socially responsive research and care from the perspective of the orthopedagogue.

She also works at the Psychiatry Department of the University Medical Centre Utrecht as a child and educational psychologist and cognitive behavioural therapist, while she specialised in assessment and treatment of children with developmental disorders, specifically Autism Spectrum Disorders. Prof De Jongh shared some of her work with parents of children with disabilities in Morocco, to open a school as well as the creation of an online treatment for Selective Mutism. She reminded attendees that socially responsive research and care requires researchers to follow the lead of caregivers and mental health care users, to see how they can assist to meet those needs and develop equal partnerships where they can and should be open to learn from each other ■

## STUDENT PSYCHIATRY SOCIETY Georgia Lilford - Chair

The UCT Psychiatry Society hosted their first movie night in order to spark interest in psychiatry and related topics. After the movie, Prof Dan Stein led a discussion about OCD.

A few weeks later the Society also hosted a talk by Dr John Parker, entitled "Voting Rights for People with Psychosocial and Intellectual Disability: Why Universal Franchise in South Africa Remains a Myth?" ■



From left to right, Michelle Anderson, Kristien van der Walt, Georgia Lilford, Prof Dan Stein, Sylvia van Belle and Jessica Andras

# SEFAKO MAKGATHO HEALTH SCIENCES UNIVERSITY



## WPA CONGRESS LISBON 21-24 AUGUST 2019

Dr Sibongile Mashaphu discussed intimate partner violence among HIV sero-discordant couples. Of interest is that substance abuse was not a contributory factor. There were more women with a positive HIV status. The anger about this led to violence unleashed by men who most probably were overwhelmed by this uncomfortable finding. The e-poster session was co-chaired by Prof S Rataemane.

