

UMSAEP Report
Submitted by Mansoo Yu
Associate Professor of Social Work and Public Health
University of Missouri-Columbia
Visit to Cape Town July 27 – August 6, 2017

UWC Host: Professor Maria Florence
Chair, Department of Psychology
University of Western Cape (UWC)

Background

My primary research interests include epidemiology and etiology of health risk behaviors, with an emphasis on substance use. In particular, I am interested in examining: a) prevalence and incidence rates of health risk behaviors; b) direct and indirect associations of risk and protective factors in relation to health risk behaviors; and c) similarities and differences in a) & b) across countries.

I was hosted by Professor Maria Florence, Head of the Department of Psychology at the University of the Western Cape (UWC). We have been working on a research project examining prenatal substance exposure and psychosocial wellbeing among pregnant women in the Western Cape, South Africa since Dr. Florence's visit to MU in 2016. Use of substances such as methamphetamine (MA), alcohol and tobacco is prevalent among pregnant women in the Western Cape. For instance, the use of MA in South African communities has increased dramatically since the early 2000s. Plüddemann and colleagues (2008) report that the prevalence of MA as a primary drug of abuse has increased from 1% in 2002 to 51% in 2006 in South African drug treatment centers.

Since last year, we have been meeting monthly through Skype to discuss possible ways to initiate the aforementioned research project. Recently, I received an internal fund from the MU College of Human Environmental Sciences for data collection expenses. This award will allow us to interview 200 pregnant women who are using services at primary care clinics in Cape Town.

I have another research project with Professor Julian May, Director of Institute for Social Development & Director of Centre of Excellence in Food Security at UWC. Since 2016, we have been communicating by email to discuss possible research collaboration in areas of childhood stunting and health risk behaviors such as substance use and obesity. This trip also enabled me to discuss specific areas of possible collaborations with Dr. May and his research team.

Objectives

- Objective 1: To continue to work on the ongoing research project with Dr. Florence.
- Objective 2: To learn about mental health and substance use problems among women in South Africa.
- Objective 3: To discuss possible collaborations with Dr. Julian May and his research team.
- Objective 4: To meet with UWC colleagues and graduate students.

Activities:

Objective 1:

During my time at UWC, I had a plenty of time to spend with Professor Florence. We mainly discussed data collection plan of our current project. It is required to get approved for our data collection by the UWC Research Ethics Committee. Dr. Florence submitted the ethics clearance application to the Committee in June. At the time of my visit, the application was in review. Dr. Florence received a note from the Committee on August 2, 2017 indicating that a few minor comments needed to be addressed for approval. We discussed how to address the comments and two phases of the project, sampling frame (e.g., a list of primary care clinics in the Western Cape), fieldworker recruitment, etc. Additionally, Dr. Florence gave me a ride to locate several primary care clinics nearby UWC.

After I returned to the U.S., Dr. Florence notified me that the Research Ethics Committee approved the scientific methodology and ethics of the project. Thus, we expect to start data collection soon.

Professor Florence and I made a plan to submit a proposal to the South African Medical Research Council by August 25 (<http://www.mrc.ac.za/funding/university.htm>) so that we can expand our data collection to areas that we couldn't cover from the current project. We have successfully submitted the proposal to SAMRC and look forward to hear from the notice in March 2018.

Objective 2:

Thanks to Dr. Florence's support, I was able to attend a workshop regarding women's health hosted by Department of Psychiatry at the University of Cape Town on August 2, 2017. At the workshop, I was able to learn about prevalence/incidence and correlates of women's psychiatric illnesses including bipolar disorder, psychosis, perinatal depression and anxiety, intimate partner violence, and community empowerment among women in South Africa. All information was very useful in conducting our project and plans for future research in South Africa. While I was attending, I was able to meet with the following researchers and discuss women's mental health issues in South Africa.

- Professor Michelle Andipatin, former chair, Department of Psychology, UWC.
- Professor Rizwana Roomaney, Department of Psychology, Stellenbosch University.
- Dr. Lisa Dannatt, Psychiatrist, a hospital in City of Cape Town Metropolitan Municipality.

Objective 3:

Another primary purpose of my visit was to meet with Professor Julian May and Colleagues in the Institute for Social Development (ISD) at UWC. Upon my arrival at UWC on July 27, 2017, Dr. Julian May, welcomed me and introduced their current research projects. ISD is an exemplary research institute in Cape Town, and has a number of national and international partners for research, hosts international conferences, builds relationships with other countries in Africa, and educates postgraduate students. Along with Dr. May, I met with the following faculty.

- Professor Abdulrazak Karriem—qualitative research at ISD
- Professor Mulugeta Dinbabo—quantitative research at ISD
- A post-doctoral research scholar—quantitative research at ISD

Through the meeting, I was able to learn about ongoing projects by Professor May and the research team in the areas of food security, childhood stunting, and obesity. The research team has been analyzing a number of local, national and international data to test theoretical models predicting food security and obesity. As a follow-up of the initial meeting, I was able to meet with Dr. Dinbabo on August 4, 2017 to discuss details of my collaborations with ISD. We are both interested in

developing research grant proposals and cross-cultural classes relevant to our common areas of interests.

Objective 4:

Meetings with UWC faculty and students.

- Professor Nicky Roman, Director of Child and Family Studies: Our discussion included parenting, family resilience, adolescent substance use, cultural influences on behaviors. It was interesting and useful to learn about how parents view adolescent tobacco use.
- Professor Marcel Londt, Chair of the Department of Social Work: It was interesting to learn from Dr. Londt about issue among refugees, sexual offenders, and domestic violence victims and perpetrators.
- Professor Mario Smith, Deputy Dean of Research and Post Graduate Studies in Faculty of Community and Health. Dr. Smith shared with me regarding his interests in research capacity development, development of academics, and statistics.
- Professor Elize Koch, Department of Psychology. As Dr. Koch is a co-Investigator of our project, I enjoyed meeting with her. She is an expert in the area of measurement development. We discussed possible outcomes from our project such as measurement testing using a sample of pregnant women living in the Western Cape as part of research objectives in our current project. In the past, I, along with MU Colleagues, was able to test the Prenatal Psychosocial Profile (PPP) in Missouri.
- Professor Rashid Ahmed, Department of Psychology. Prof. Rashid areas include health disparities, economic inequality, and health promotion. We discussed health disparities in South Africa and the United States.
- Meeting with graduate students: Along with Prof. Florence and Prof. Ahmed, I enjoyed meeting with master's and doctoral students at the Department of Psychology. I shared my current research projects including the one with Dr. Florence. Students were also shared their areas of research interest. I was impressed that some students received a national fellowship for their dissertation. Additionally, as some students were interested in studying in the U.S., I shared information such as preparation for a graduate school application to the US schools, introduction of graduate programs, and student life in the U.S.

Summary:

Overall, the four objectives of my visit supported by the UMSAEP were achieved with tangible outcomes. As mentioned above, the SAMRC grant was submitted with Professor Maria Florence. We will keep working on the project and grant opportunities. In addition, we plan to write papers together for publication upon completion of our first data collection. I will keep working with Professor May and his team, and will be happy to keep communicating with UWC faculty and students. Finally, I would like to thank the UMSAEP for making this visit possible and productive and enjoyable.

Attachments:

UWC visit schedule, a copy of scientific program of women's mental health workshop, and a photograph with UWC professors and graduate students

Itinerary: Prof. Mansoo Yu
July 27 - August 4, 2017 MU to UWC
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DATE	TIME	HOST	DESIGNATION	VENUE
Thurs 27 July	10h00 – 11h00	Prof Nicky Roman and Dr Marcel Londt	Director: Child and Family Studies HOD: Department of Social Work	Department of Psychology
	11h00 – 12h00	Prof Julian May	Director: Centre of Excellence in Food Security	School of Government
Fri 28 July	12h30 – 14h00	Prof Mario Smith	Deputy Dean: Research and Post Graduate Studies	Val's
Mon 31 July	10h00 – 11h00	Skype with Prof Elize Koch	Collaborator	Department of Psychology
Tues 1 Aug	09h30 – 11h30	Clinic visits		
	12h00 – 14h00	Mr Kamal Kamaloodien	Collaborator	Valkenberg Psychiatric Hospital
Wed 2 Aug	07h30 – 17h00	UCT workshop Lunch with Prof Michelle Andipatin and Dr Rizwana Roomaney, US		River Club
Thurs 3 Aug	11h00 - 12h00	Presentation to Masters students		Post-graduate Lab
	12h30 – 14h00	Prof S Savahl and Dr Rashid Ahmed	Deputy HODs: Department of Psychology	Val's
Fri 4 Aug	10h00- 12h00	Dr. Mulugeta Dinbabo	Institute for Social Development	

UCT Department of Psychiatry and Mental Health

Wednesday 02 August 2017
The River Club, Liesbeek Parkway, Observatory, Cape Town



“Women's Mental Health”

For Psychologists, Psychiatrists, General Practitioners and other Mental Health Professionals
CPD Accredited: Clinical and Ethical Points

Scientific Programme

07:30 - 08:00	Registration	
08:00 - 08:05	Welcome	Dr Fiona Schulte
08:05 – 10:15	Session 1	<i>Chair: Dr Lihle Mgweba</i>
08:05 – 08:35	Contraception and misconceptions - contraception in women with psychiatric illness	Dr Bavi Vythilingum
08:35 – 09:05	Bipolar Disorder & Psychosis in Pregnancy	Dr Candice Jacobson
09:05 - 09:45	Perinatal Depression & Anxiety	Dr Simone Honikman
09:45 – 10:15	Opioid Use in Pregnancy	Dr Lisa Dannatt
10:15 – 10:45	Tea	
10:45 – 13:00	Session 2	<i>Chair: Dr Lihle Mgweba</i>
10:45 – 11:15	Community Empowerment & Women's Mental Health	Dr Despina Learmonth
11:15 – 11:45	Intimate Partner Violence	Dr Adele Marais
11:45 – 12:15	Post Stroke Depression	Dr Carla Freeman
12:15 - 12:45	Psychopharmacology - treating the female patient	Dr Eric Decloedt
12:45 – 13:30	Lunch	
13:30 – 17:00	Session 3	<i>Chair: Dr Lihle Mgweba</i>
13:30 – 14:00	A Story of Love and Madness	Rahla Xenopoulos
14:00 – 14:30	Adolescent girls and Menstruation.	Sherine van Wyk
14:30 - 15:00	tba	Dr Aneshree Moodley
15:00 - 15:30	Chronic Pain Conditions in Women	Dr Kerry Ann Louw
15:30 - 16:10	Ethical Session: Historical Trauma and the impact on the Individual	Lunga Shabalala
16.10 - 16.50	Ethical session: Sexuality, contraception and sterilisation in vulnerable populations	Prof Collen Adnams
16:50 - 17:00	Closure	Dr Fiona Schulte

PROGRAMME MAY BE CHANGE FOR BETTER INTERACTION WITH THE PARTICIPANTS

