Australian Lifestyle Psychiatry Symposium 2026 Program

Deakin Downtown | Thursday 19th - Friday 20th March 2026

Inaugural national symposium for researchers in lifestyle psychiatry

Objective: To foster collaboration among researchers and identify priorities for lifestyle psychiatry research in Australia, providing direction for future research investment and field development.

Day 1 - Thursday 19th March 2026

Pre-Symposium Event - No Mental Health Without Oral Health: A Research Priority-Setting Consensus Workshop

Thursday 19 March 2026 | 9:30-11:30am | Deakin Downtown

This 2026 workshop, supported by Deakin University, will build on the discussion at the inaugural Mental Health and Oral Health Symposium 2025, to clarify research priority areas and tools/interventions to improve the oral health of people with mental ill-health including a wide range of participants – mental health practitioners, policy makers, consumers, carers/family and dental practitioners. Researchers can opt-in to attend this while registering for ALPS.

Time	Day 1 Program: Mapping the Landscape and Engaging in Collaboration
12:30 – 12:40	**Welcome & Opening** - Associate Professor Wolfgang Marx Overview of symposium aims and structure.
12:40 – 1:20	**Keynote Plenary** - Professor Adrienne O'Neil (Deakin University): *Understanding the harms and benefits of lifestyle psychiatry: lessons from three clinical trials.* Chair: Associate Professor Wolfgang Marx
1:20 – 1:30	**Ice breaker: Getting to Know the Room** Facilitator: Rebecca Orr
1:30 – 2:30	**Abstract Presentations (Part 1)** • Eliza Draper & Law Edwards (Mindgardens): *Keeping the Body in Mind(gardens): improving access to physical health support for people living with severe mental illness* • Associate Professor Lisa Olive (Deakin Lifespan Institute, Deakin University): *Innovations in child mental health through lifestyle-based care* • Dr Meg Doohan (Griffith University): *From Inequity to Autonomy: Reimagining Sexual-Health Support for Women with Severe Mental Illnesses and Substance Use Disorders* • Belayneh Mengist Miteku & Dr Mojtaba Lotfaliany Abrand Abadi (IMPACT, Deakin University): *Target Trial Emulation in Nutritional Psychiatry: Evidence from Longitudinal Cohort Studies in Older Adults* Chairs: Dr Urska Arnautovska, Dr Ruben Fernandez-Rodriguez
2:30 - 3:00	Afternoon tea
3:00 - 3:45	**Abstract Presentations (Part 2)** • Associate Professor Alyssa Milton (University of Sydney): *Co-production in lifestyle interventions, a journey from mapping concepts to hybrid Implementation* • Associate Professor Megan Teychenne (IPAN. Deakin): *Physical activity and mental health: Moving beyond the status quo* • Afsana Anwar & Kidanemaryam Berhe Tekola (UNSW): *Considerations for lifestyle psychiatry in humanitarian settings* Chairs: Dr Mike Trott, Dr Samantha Dawson
3:45 – 3:55	**LifePsych Society** - Professor Philip Ward and Dr Scott Teasdale will provide an overview of the new LifePsych Society and invite delegates to the Welcome Reception.
3:55 – 4:00	**Closing Remarks & Directions for Day 2** - Associate Professor Wolfgang Marx
4:00 – 4:55	**Welcome Reception:** Networking reception supported by LifePsych Society.

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Day 2 - Friday 20th March 2026

Time	Day 2 Program: Consensus Building, Strategy Development, and Field Advancement
Helpful information: Day 2 is designed for active participation. Delegates will be asked to contribute via QR code, table discussion and voting.	
9:00 - 9:10	**Welcome Back and Introduction to the Research Priority Setting Workshop** - Associate Professor Wolfgang Marx
9:10 – 9:25	**Results from the Lived Experience Priority-Setting Research Project** - Dr Sarah Gauci Chair: Associate Professor Wolfgang Marx

9:25 – 10:35	**Workshop 1: Lifestyle Psychiatry Research Priorities in Australia: Researchers' Perspectives (Part 1)**
	• Demographics survey
	• Idea generation
	• Small group discussions
	• Thematic synthesis, panel discussion, and large group discussions
	• Panelists:
	  ○ Professor Simon Rosenbaum
	  ○ Professor Amanda Wheeler
	  ○ Professor Antonina Mikocka-Walus
	  ○ Dr Jessica Green
	  ○ Associate Professor Serene Yoong
	Chairs: Associate Professor Wolfgang Marx, Rebecca Orr, Professor Dan Siskind

10:35 - 11:05	Morning tea
11:05 – 12:30	**Workshop 1: Research Priority Setting (Part 2)** • Research priority question refinement • Consensus-building • Voting Facilitators: Associate Professor Wolfgang Marx, Rebecca Orr
12:30 - 1:30	Lunch
1:30 – 2:15	**Plenary** - Professor Alex Parker: *Integrating physical activity into psychological treatment: Learnings from clinical trials and studies with young clients and clinicians* Chair: Dr Justin Chapman
2:15 - 2:30	Coffee and tea break
2:30 – 3:30	**Workshop 2: Emerging Areas & Strategies** - Join an interactive workshop where we will turn the top 10 research priorities into concrete short- and long-term projects – from knowledge generation to translation. Facilitators: Associate Professor Wolfgang Marx, Rebecca Orr
3:30 – 3:45	**Closing Session** - Associate Professor Wolfgang Marx Next steps, including timeline and structure for drafting the consensus statement.