



Centre for Social Science Research *e-news*

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Welcome to the CSSR e-news

Professor WK Mummery (Director)

Welcome to the inaugural quarterly CSSR e-news. The CSSR e-news is produced with the intention of offering regular updates and news on activities associated with the CSSR. One of the inherent strengths of the Centre is its diversity, a strength that produces its own challenges in terms of keeping members and stakeholders up to date on the wide array of activities being undertaken. This e-news publication is designed to assist in that process by allowing an exchange of news between the various entities and between centre members who may be unaware of the variety of projects, teaching and research that occurs under the auspices of the centre.

New addition to CSSR team

CSSR welcomes Mr. Mitchell Duncan to his new position as Career Development Fellow for a three-year appointment beginning August 7th, 2006. 'Mitch' is currently completing his PhD in Human Movement Science at CQU. His thesis is entitled "Children's Active Transportation: Environmental Influences and New Methods of Measurement". The Career Development Fellowship is funded by the Research Advancement Awards Scheme (RAAS) from CQU. Mitch will take up residence in the newly refurbished research room opposite the CSSR office in Building 18. Please drop in and welcome him once he comes onboard.

Welcome back

CSSR welcomes back Yvonne Holbeck from her overseas extravaganza. Photos are available. Please see Yvonne.

CSSR Website gets a make over

In response to the Faculty restructure at CQU the CSSR website has been updated to better reflect the current make up of the CSSR. The website has a new URL (<http://cssr.cqu.edu.au>) and is modelled on the Faculty of Health, Sciences and Engineering website template. Please contact the centre (l.greer@cqu.edu.au) if you have any suggestions or additional material for improving the website.

10,000 Steps Program

Funding has been secured to support the dissemination of the 10,000 Steps program throughout Queensland and Interstate. Currently the 10,000 Steps website (www.10000steps.org.au) has over 20,000 regular users who have logged more than 11 BILLION steps in the electronic step log. Rockhampton is no longer alone as a 10,000 Step community as 13 other Queensland centers are now 10,000 Step communities. Congratulations to Anetta Hinchliffe, Kelly Joyner and Pauline Arnold for their ongoing efforts in the promotion of 10,000 Steps.

CSSR involvement in CQU Healthy Communities Research Flagship

CQU is in the process of charting its research future with the establishment of two Research Flagships and the promise of major financial investment into these identified areas of research. CSSR has been heavily involved in the development of proposals relating to the Healthy Communities Flagship in an effort to make community health and well-being an area of research strength at Central Queensland University. These are exciting times for research at CQU. All fingers are crossed that the CSSR will be a major contributor to the new Healthy Communities Flagship.

Stewart Lockie secures ARC Grant

Associate Professor Stewart Lockie has recently secured a substantial grant from the ARC which will be used to examine how values related to biodiversity are transferred through food chains and the full range of strategies that are used to mobilize people around the concept of biodiversity.

A comparative case study approach will be used drawing on study sites in Queensland, Australia and the Philippines.

By evaluating strategies to promote biodiversity values throughout the entire food chain, this research will make a significant contribution to policy and other strategies oriented towards enhancing the social and economic welfare of rural people.

We will hear more about the progress of the ARC grant in future CSSR e-news editions.

Queensland Social Survey 2006

The 2006 Queensland Social Survey (QSS-2006) is the second in a series of annual cost-shared, omnibus surveys aimed at obtaining public opinion on a range of topics held by a representative sample of Queensland residents using the Computer-Assisted-Telephone-Interview (CATI) technology housed within the Population Research Laboratory (PRL).

The cost-sharing participation feature of the survey allows individuals and agencies the opportunity to collect high quality data from a sizable state sample at a far lower cost than an independent survey. The cost for a submission to participate on the Queensland Social Survey is determined by evaluating the submitted questions in terms of standardized question units.

PRL staff provide assistance to clients in question design and advise them on appropriate methods of analysis and presentation of the data. The client data set consists of the sponsored questions and a range of socio-demographic variables. In addition to the data set, the PRL provides frequency distributions, selected cross-tabulations, and a technical sampling report.

The 2006 QSS will focus on personal and community wellbeing. QUT School of Humanities and Human Services has confirmed participation in this year's survey with their Public Space Research Project. This year we also plan on introducing a new core question to the QSS & CQSS which is aimed at collecting estimates of alcohol use in Queensland. We also plan to include several topical questions, including questions on the new anti-smoking legislation and fluoridation.

For more information: Email: prl@cqu.edu.au

CSSR examines mining impacts in CQ

By Galina Ivanova

"The broad aim of this project was to assist coal mining companies develop effective processes for engaging with their communities and developing impact assessment and planning processes that can be agreed by their stakeholders."

The Centre for Social Science Research at Central Queensland University (Associate Professor John Rolfe, Associate Professor Stewart Lockie, Galina Ivanova, Vanessa Timmer and Grant O'Dea) has conducted a research project named "Socio-economic Impact Assessment and Community Engagement to Reduce Conflict over Mine Operations" and funded by the Australian Coal Association Research Program (ACARP) from March 2004 to March 2006. The broad aim of this project undertaken by CSSR was to assist coal mining companies develop effective processes for engaging with their communities and developing impact assessment and planning processes that can be agreed by their stakeholders. This will be achieved through the development and demonstration of a toolkit or processes for mining companies and their stakeholders to:

- More effectively assess the social and economic impacts that occur during the various phases of a coal mining operation at a variety of scales including the local and regional.
- Engage with stakeholders in such a way as to identify and address issues arising out of current impacts.
- Assist with planning for future change arising out of events such as mine closures.

Traditional social and economic impact assessment techniques such as stakeholder analysis and input output modeling were complemented by alternative methods such as a choice modelling survey and an experimental workshop. The use of these four different impact assessment tools has been demonstrated in two case study applications in this project. One case study has focused on assessing the impacts of mining on Blackwater, a predominantly mining service town. The other case study has focused on assessing the impacts of mining on the Bauhinia Shire, a predominantly agricultural shire where mining activities are just starting up. Phone and mail surveys have been completed using CSSR CATI lab.

The final results were presented to the mining industry and local government representatives at the "Social and Economic Impacts of Mining Forum" in Emerald 17th of May 2006.

[Bowen Basin Mining Forum](#)

The full profile of eleven reports developed during the project is expected to be released by ACARP later in 2006.



10,000 Steps examines its efficiency

By Kelly Joyner

As you are most likely aware, 10,000 Steps is Australia's first 'whole of community' health promotion physical activity project funded by Queensland Health. Currently 10,000 Steps is committed to ongoing research, development, distribution and support of new and existing 10,000 Steps support materials at the local, state and national level, all with web-based support. 10,000 Steps disseminates all of its physical activity materials and resources through the website - www.10000steps.org.au. Individuals can register with the online Step Log to record and monitor their daily physical activity levels, while organisations can register as 10,000 Steps Providers to access and utilise all of the physical activity resources and programs. Since 2003, we have had over 20,000 members register with the online Step Log and more than 11 billion steps have been logged.

Recently, 10,000 Steps has been conducting research to determine the efficiency and effectiveness of the 10,000 Steps resources provided on the [10,000 Steps website](http://www.10000steps.org.au). Two separate online surveys have been undertaken to determine the views of both the 10,000 Steps Providers and the online Step Log members. The online surveys were developed using SSiWeb Software housed within the Population Research Laboratory at Central Queensland University, Rockhampton.

An audit of the registered Providers was conducted between February and March 2006 and was used to identify those Providers who have implemented the 10,000 Steps programs, the location of this activity and their views on the various resources. The survey was emailed out to the 401 Providers who had registered with 10,000 Steps as of February 1, 2006. A response rate of 52.13% was achieved. The online survey was very successful in determining which 10,000 Steps programs and resources have been used and also, how and when they were implemented. Providers also recommended other resources that may be valuable on the 10,000 Steps website. A final report on the audit of registered Providers will be available soon.

In June 2006, an online survey of the Step Log Users was emailed out to a random sample of 663 current Step Log users. This survey will be used to determine efficiency and availability of the resources on the 10,000 Steps website and Step Log for individuals. The results of this survey will be used to aid further development of the 10,000 Steps website. The survey will conclude in July and a final report should be available by October 2006.

For more information on 10,000 Steps, please visit our website - www.10000steps.org.au or contact us on email - 10000steps@cqu.edu.au.



"Since 2003, we have had over 20,000 members register with the online Step Log and more than 11 billion steps have been logged."





News from CSSR, Bundaberg

Gambling research forges ahead

Dr Matthew Rockloff currently oversees \$479,000 in grant funded research for problem gambling disorders. His work focuses on psychological factors that predispose persons to risk for developing disordered gambling.

His major contributions to the literature include: 1) an analysis of barriers to treatment for problem gambling, 2) development of the Four Es instrument of problem gambling risk, and 3) an investigation into the social facilitation effect in poker-machine play. In the area of barriers to treatment, Dr Rockloff has discovered five main barriers to seeking treatment, including: treatment-availability, stigma, cost, uncertainty, and avoidance. Other research has focused on developing the Four Es instrument.

The Four Es are an indicator of risk for developing gambling problems. The components of the Four Es however, also reflect theoretical constructs outlining the motivations behind problem gambling behaviour. In short, these motivating factors include: Escape (use of gambling to escape social-adjustment difficulties), Esteem (use of gambling to bolster fragile self-esteem), Excitement (use of gambling to avoid boredom), and Excess (inability or unwillingness to resist behaviours that cause harm). Lastly, Dr Rockloff has also shown that social forces are an important consideration in poker-machine behaviour, despite the fact that most interaction during play is exclusively focused on the machine. Experimental evidence suggests that the presence of other players in a gambling venue is likely to lead gamblers to play longer and lose more money than they might when gambling alone.

Future funded research includes a clinical trial of problem gambling treatment now underway with research-partners in Sydney. This project compares cognitive behavioural therapy, Naltrexone drug therapy and a combination treatment to help investigate best-practice approaches. Other experimental work currently underway investigates the role of arousal and self-esteem in generating and maintaining problematic gambling behaviour. A new grant proposal has been submitted to Queensland Treasury to fund an investigation of the Four Es model in both treatment and prevention efforts.

The Four Es of problem gambling:

Escape (use of gambling to escape social-adjustment difficulties),

Esteem (use of gambling to bolster fragile self-esteem),

Excitement (use of gambling to avoid boredom), and

Excess (inability or unwillingness to resist behaviours that cause harm).



The Social and Environmental impacts of food standards

By Rebecka Freckleton

The production of food is increasingly governed by safety and quality standards that are developed by the private sector. For example, fruit and vegetables for the Australian market are produced in accordance with the quality standards developed by Woolworths, Coles or other retailers. These standards have evolved in response to regulatory requirements, consumer concern, and the need for retailers to maintain competitive marketplace positioning. Increasingly, private standards encompass a broad range of production parameters beyond food safety and quality, such as worker health and safety, animal welfare and environmental management.

As a relatively new trend in food production, the impacts of private standards are yet to be fully understood. Consequently, my research is geared at understanding the social and environmental implications of these standards, and adding empirical depth to the theoretical debates taking place in agri-food research. I have been working with a horticulture cooperative in Southern Queensland to assess the contribution of private food standards to the promotion of environmentally and socially responsible food production.

I have completed the data collection phase and I am currently in the process of writing a first draft, under the supervision of Associate Professor Stewart Lockie. If you have an interest in the project, or any queries, please contact me (r.freckleton@cqu.edu.au).

"I have been working with a horticulture cooperative in Southern Queensland to assess the contribution of private food standards to the promotion of environmentally and socially responsible food production."



Coastal CRC project draws to a close

By Dr. Danielle Helbers

The Coastal CRC project (research by the Cooperative Research Centre for Coastal Zone, Estuary and Waterway Management) is winding up now, with myself and Assoc Professor Stewart Lockie doing the finishing touches with input from Dr. Susan Rockloff who is now based at CQU Bundaberg.

Using indicators to monitor the effects of resource use activities on health is critical to effective, adaptive and sustainable natural resource management. However, largely absent from monitoring and reporting frameworks for NRM is consideration of the social, cultural and economic aspects that either influence, or are influenced by, changes in the management or condition of a resource asset. The lack of an integrated approach to monitoring and reporting on the health of ecosystems has been consistently identified as a limitation on the effectiveness of monitoring programs which are geared toward measuring environmental or biophysical aspects. Our work is geared toward overcoming the current limitations of reporting frameworks by addressing and integrating the social and cultural aspects.

We have been working on selecting and measuring social impacts to communities and stakeholders in two case study areas (1) social impacts associated with environmental flows in the Fitzroy, and (2) social impacts associated with water quality at Port Curtis estuary and harbour. The indicators that were devised are ready for testing and use so that further refinement and validation is possible. It was apparent that valid measures of social impacts can be difficult to ascertain, especially when considering impacts to our Indigenous and Torres Strait Islander communities. In this and other such instances, process indicators can be particularly useful in the interim until our knowledge expands and valid measures have been devised and validated for use and further testing.

If you have any questions about the project, or an interest in reading reports and publications, please direct your enquiries to Associate Professor Stewart Lockie (s.lockie@cqu.edu.au) or log on to the [CRC website](#)

“Our work is geared toward overcoming the current limitations of reporting frameworks by addressing and integrating the social and cultural aspects.”





News from CSSR, Mackay

CDFVR explores research directions

The purpose of the Queensland Centre for Domestic and Family Violence Research (CDFVR) is to contribute to the prevention of domestic and family violence by informing, promoting and supporting the actions of individuals, communities, services and governments through state-wide leadership in research, education and evaluation.

Current areas of research interest include:

- The Wellbeing of Women in Rural and Regional Queensland
- Domestic Violence in Mining Communities
- Indigenous Empowerment, Family Violence and Human Rights
- Promoting Non-Violence in Indigenous Communities
- Domestic Violence, Child Abuse and Harm to Companion Animals
- Indigenous Men's Groups in Queensland
- Mandatory Arrest and No Drop Policies
- Women's Experiences of Protection Orders
- Dating violence
- Adolescent violence against mothers

CDFVR is also committed to undertaking applied research that supports the development of policy and practice in the field of domestic and family violence prevention. In accordance with this approach, CDFVR has developed an advisory mechanism, the Research and Education Advisory Domain (READ) to enable efficient communication and consultation with government, non-government and community stakeholders. A key role of the READ is to inform priority areas for research and education projects.

In May of this year, CDFVR distributed its first READ e-bulletin. The READ e-bulletin asked key stakeholders to rate possible project areas from 1 (most important) to 5 (least important). Results were then calculated, and to date the following priorities have resulted from this consultation with READ:

1. Domestic homicide
2. Children and domestic violence
3. Domestic and family violence - health impacts
4. Elder abuse
5. Domestic violence provisions in the Migration Regulations

To learn more about the READ outcomes and other CDFVR news please go to the online [CDFVR newsletter](#). This quarter's edition contains a range of interesting articles covering such topics as the 2006 Indigenous Family Violence Prevention Forum, Educating for Positive Gender Relationships and Creativity in Empowerment and Prevention.

Issues associated with retention of Aboriginal and Torres Strait Islander Students in Secondary Schools in the Capricornia District.

By Dr. Danielle Helbers

Darumbal Community Youth Services initiated a Longitudinal Study with young Aboriginal and Torres Strait Islander students who were completing year 7 in 2004 and moving into secondary school in 2005. Darumbal sought the University's involvement, and I became involved. The outcome of this study will be to address the following question: What happens over a period of 3 years within the Queensland secondary school system that influences the level of achievement of Indigenous students?

We want to know what works and what doesn't work for indigenous young people in the secondary school system. Where are the barriers or road-blocks? Alternatively, where are the good things and who are the teachers that work and support our young people to their fullest potential?

The study follows 50 young Aboriginal and Torres Strait Islander people over a 3 year period until they complete year 10. The teachers, principals and families of participating students are also involved in the project, being interviewed at various stages in order to understand issues of retention.

Data from schools has been collected since September last year, though more funding is needed to enable the research to continue for the time frame specified in the original project plan. More data analyses are required, though initial data suggests some schools are approaching Indigenous and Torres Strait Islander student issues very seriously, embracing professional development opportunities, and accessing the knowledge of specially trained staff including teacher aides, and liaison and police officers. Students have highlighted a range of positive and negative issues associated with their schooling, family life and personal matters which have impacted upon school performance and experience, and some themes seem to be apparent in the data.

I can be contacted via email on d.helbers@cqu.edu.au for further information or via phone on (07) 4930 9272. Margaret Hornagold of Darumbal Community Youth Services can be contacted on (07) 4922 6180.

Population Research Lab news

The Population Research Laboratory has enjoyed a busy year to date. Along with assisting the 10,000 Steps in their Resource Provider audit and user survey (see article page 3) we have recently completed work on the \$55,000 EPA Water Recycling survey. This project proved to be quite an undertaking which involved collecting data from each Local Government Authority and Wastewater Treatment Plant in Queensland using a multiple data collection methods including the use of online survey technology.

This year we have also worked closely with both Associate Professor John Rolfe from the Faculty of Business and Infomatics and Dr Jill Windle from Centre for Environmental Management on projects such as The Queensland Broadband Study, which targeted businesses in rural Queensland with the aim of learning more about their use of

internet technology at work, the review of FBA devolved grants and the review of the Mackay/Whitsunday NRM Group's Sustainable Landscape Program.

We have continued to support CQU's postgraduate students by undertaking a number of online surveys, which have been extremely successful.

We look forward to the year ahead, which brings the Queensland Social Survey this month which will be sponsored in part by QUT, the Queensland Heart Foundation and 10,000 Steps. This will be followed by the Central Queensland Social Survey in October for which grants and sponsorship will become available soon.

CSSR Working Paper Series

The CSSR has initiated a Working Paper series to highlight some of the findings from the Population Research Laboratory's Queensland and Central Queensland Social Surveys. Working papers currently available on the CSSR website include:

[Lauder, W., Mummery, W.K., & Jones, M. \(2005\). Social Capital: Perceptions of Neighborhood & Community in Central Queensland. Working Paper No 1/05.](#)

[Mummery, W.K. & Joyner, K \(2006\). The Prevalence of Overweight and Obesity in Queensland. Working Paper No 1/06.](#)

[Mummery, W.K. & Joyner, K \(2006\). The Prevalence of Sufficient Physical Activity in Queensland. Working Paper No 2/06.](#)

The Centre encourages members to view the papers and consider submission of suitable works for inclusion in the ongoing series.

Recent Research Articles

Centre for Social Science Research Working Paper Series
Paper 2006_1: The Prevalence of Overweight and Obesity in Queensland
Professor W. Kerry Mummery & Ms. Kelly Joyner

Executive Summary

The current working paper from the Centre for Social Science Research at Central Queensland University, presents data from the 2005 Queensland Social Survey relating to the prevalence estimates of overweight and obesity in the Queensland population.

Prevalence of Overweight and Obesity

- An estimated 53% of the adult Queensland population (age 18 years and older) is considered overweight or obese (BMI \geq 25)
- Men are considered 44% more likely to be overweight or obese than women
 - 61.3% of Queensland men are overweight or obese
 - 45.0% of Queensland women are overweight or obese
- Queenslanders over 34 years of age are more likely to be overweight or obese than those aged 18-34 years
 - 35-44 year old Queenslanders are 2.85 times more likely to be overweight or obese than those who are aged 18-34 years
 - 45-54 year old Queenslanders are 2.62 times more likely to be overweight or obese than those who are aged 18-34 years
 - Queenslanders who are 55 years or age or older are 2.66 times more likely to be overweight or obese than those who are aged 18-34 years
- An estimated 36.5% of Queenslanders aged 18-34 years are considered overweight or obese
- An estimated 56.9% of Queenslanders aged 35-44 years are considered overweight or obese
- An estimated 58.3% of Queenslanders aged 45-54 years are considered overweight or obese
- An estimated 58.3% of Queenslanders aged 55 years and older are considered overweight or obese

Recent Research Articles

Centre for Social Science Research Working Paper Series
Paper 2006_2: The Prevalence of Sufficient Physical Activity in Queensland
Ms. Kelly Joyner & Professor W. Kerry Mummery

Executive Summary

The current working paper from the Centre for Social Science Research at Central Queensland University, presents data from the 2005 Queensland Social Survey relating to the prevalence estimates of sufficient physical activity in the Queensland population.

Prevalence of Sufficient Physical Activity

- An estimated 46% of the adult Queensland population (age 18 years and older) is considered to participate in sufficient physical activity (a minimum of 150 minutes of activity conducted in five or more sessions a week)
- Men are considered 36% more likely to be sufficiently active than women
 - 50.2% of Queensland men participate in sufficient physical activity
 - 42.2% of Queensland women participate in sufficient physical activity
- The odds of being sufficiently active increase with years of education
 - Queenslanders with 11-12 years of education are 1.52 times more likely to participate in sufficient physical activity than those with 0-10 years of education
 - Queenslanders with more than 15 years of education are 1.78 times more likely to participate in sufficient physical activity than those with 0-10 years of education
- Queenslanders earning more than \$26 000 per annum are more likely to be sufficiently active than those earning \$26 000 or less
 - Queenslanders earning \$26 000 to \$52 000 are 1.81 times more likely to participate in sufficient physical activity than those earning \$26 000 or less
 - Queenslanders earning \$52 001 to \$100 000 are 1.72 times more likely to participate in sufficient physical activity than those earning \$26 000 or less
 - Queenslanders earning more than \$100 000 are 1.70 times more likely to participate in sufficient physical activity than those earning \$26 000 or less

Research Grants

2006-2008: Mummery, K., Dwyer, T. & Steele, R. *Development and Phase II Trial of an Internet-Based (electronic) Outpatient Cardiac Rehabilitation Program: eOCR.*

MBF Foundation. \$340,000:

The project is aimed at developing and completing a phase II randomised control trial of the efficacy of an internet-based outpatient cardiac rehabilitation program (eOCR). Cardiovascular heart disease remains a major cause of death and disability in Australia, and a particular concern in Queensland. The state recorded the second highest age-standardised death rate attributed to cardiovascular disease of all state and territories in 2001. Although substantial evidence supports the benefits of outpatient cardiac rehabilitation (OCR), attendance and utilisation of existing programs is alarmingly low in the state. One method of overcoming the traditional barriers of distance and time in terms of providing outpatient education and counselling is the use of the internet. Interactive Health Communication (IHC) is becoming a viable and effective method of reaching a wide range of individuals, who can access the information in a timely and convenient manner. This project will pioneer the use of the internet in the development and testing of an internet-based outpatient cardiac rehabilitation program (eOCR) in Queensland. With current and future government commitments to the supply of higher bandwidth internet services in regional, rural and remote areas (HiBIS), it is timely to develop the technology to support the health of Queenslanders.

2006-2007: Mummery, K., & Caperchione, C. *Design, development, implementation and evaluation of a women's group-based physical activity program: The Women's Active Living Kit (WALK) Program.*

Commonwealth Department of Family and Community Services. \$253,000:

The main purpose of the project is to study elements relating to dissemination, uptake and adoption of an evidence-based physical activity program in a multi-site community-based trial in 40 sites across Australia. The project will target young and older women, mid-age women, women from culturally and linguistically diverse communities (CALD) and Indigenous women. Emphasis will also be given to distributing information about the program to a wider audience including marginalized groups, through traditional and non-traditional service providers. The study will be implemented in rural, metropolitan, remote and large regional centers. Of primary interest is the differential effects that identified dissemination approaches have on the reach of the program through the sites and populations under study. Given the large amount of intervention research being conducted, it is timely to systematically study the efficacy of program dissemination methods to gain a better understanding of how to integrate research into practice.

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That's all folks!

We hope you enjoyed the first edition of the CSSR e-letter.

If you have any suggestions for future editions please feel free to contact

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c.hanley@cqu.edu.au

Thank you