

DCP HDR WELLBEING SUB-WORKING GROUP



This sub-working group was established in response to the **School of Graduate Research HDR wellbeing working group**.

Over the past few years studies internationally have identified the power of the arts to improve wellbeing and health.¹ At RMIT, we specialise at arts-based, codesign and ethnographic approaches to address social, ecological and health challenges. We will be developing short term and long term projects around understanding HDR wellbeing and developed human-centred approaches to digital innovation. We will also seek to address issues around the 2020 crisis (bushfires, climate change and COVID-19) and how we can empower HDRs for sustaining futures.

The subgroup consists of **Dr Ruth De Souza** (nursing, mental health, digital health, CALD and cultural safety), **Dr Natalie Hendry** (education, young people, social media and mental health), **Associate Prof Anne Harris** (arts-based methods, young people, education and wellbeing), **Prof Larissa Hjorth** (grief and digital media, intergenerational wellbeing, digital ethnography), **Prof Ingrid Richardson** (young people, digital media and wellbeing) and **Prof Renata Kokanović** (lived experiences of trauma/emotional distress/mental health and illness; ethnocultural diversity & mental health; narrative methods). There is expertise there in terms of ethnographic, user-experience methods, co-design frameworks, digital media curriculum and evaluation. **Dr Hendry is a RMIT HDR alumni.**

This working group is researching the role of **social and digital innovation** for addressing **impact of social isolation and associated emotional distress on wellbeing of HDR students** during the COVID-19 crisis.² The findings of this study will be deployed for future strategies for HDR students wellbeing. The working group will also explore the role of arts-based, ethnographic and narrative methods to address current critical challenges for wellbeing in future planning and curriculum for HDRs.

We will develop online and offline resources from the learnings.

¹ Fancourt, D. & Finn S. (2019) *What is the evidence on the role of the arts in improving health and well-being? A scoping review*. Copenhagen: WHO Regional Office for Europe; 2019 (Health Evidence Network (HEN) synthesis report 67).

² Kariotis, T (2020) *COVID19 Impact on Graduate Students Report*. Melbourne Uni. <https://timothy-kariotis.gitbook.io/covid19-impacts-on-gr-students/>