

Australian Mental Wellbeing Index



Checking in on the everyday
mental wellbeing of Australians

SECOND ANNUAL RELEASE | 2022 - 2023

2023



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Smiling Mind and KPMG present the second annual release of the Australian Mental Wellbeing Index—offering insights on both national and state trends, as well as across different age groups.

WHO WE ARE

Smiling Mind

Smiling Mind is a prevention focused mental health not-for-profit with a vision to help every mind thrive. Our organisation's mission is to create generational change in the mental wellbeing of Australians by providing accessible life-long tools to support healthy minds.

Smiling Mind provides Australians with the opportunity to learn skills to not only survive but thrive—and aims to improve mental wellbeing through preventative action. Through an evidence-informed approach to building and practising mental fitness,

our programs support the development of skills such as such as emotional awareness and self-regulation, critical thinking, empathy, resilience, and compassion, which support life-long mental wellbeing.

In the 10 years since the launch of our free app, Smiling Mind has significantly grown its program offering and today, millions of people use Smiling Mind programs in their homes, schools, and workplaces.

KPMG

KPMG Australia is a leading professional services firm providing services to organisations across a wide range of industry, government and civil society sectors. We are led by our Purpose—to inspire confidence and empower change.

KPMG is a workplace with wellbeing at its core where everyone can thrive. Our holistic wellbeing approach provides the programs, resources and tools for each person to achieve optimal health and sustainable performance.

Our focus on wellbeing as an employer translates into the community, where we seek to help achieve better outcomes for the wellbeing of all Australians. We are passionate about working with mental health and wellbeing providers and other stakeholders to

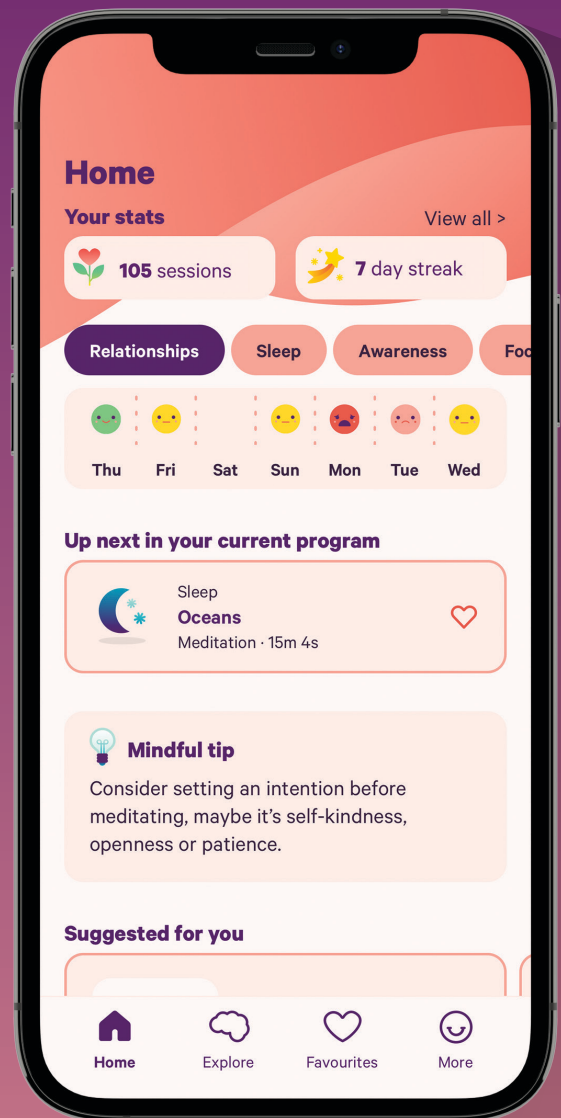
raise awareness of, better understand and practically improve the mental health and wellbeing of all Australians.

KPMG strongly believes that Australia should be at the forefront of providing innovative, high quality, world leading mental health and wellbeing services and we are dedicated to realising this ambition.

Through our Corporate Citizenship strategy, we have made community mental wellbeing a priority and aim to play a role, alongside community partners, in changing the narrative around mental health and suicide across Australia and to help create meaningful and lasting change to support life-long wellbeing.

Smiling Mind app

The Smiling Mind app is a free evidence-based preventative mental wellbeing tool developed by psychologists and educators. Once downloaded, people are able to use the app anytime, anywhere with programs and courses tailored for people based on their age, areas of interest and needs. Programs are underpinned by mindfulness and positive psychology strategies and designed to build mental fitness and resilience; support good sleep, study and sports training; reduce stress and improve relationships; and promote the development of new social and emotional skills. The app has been downloaded by 8.3 million people to date. The data for the Australian Mental Wellbeing Index is collected via the Smiling Mind app.







For more information, visit:
smilingmind.com.au/smiling-mind-app



What is the Australian Mental Wellbeing Index?

The Australian Mental Wellbeing Index is made up of six everyday mental wellbeing domains: emotional awareness, focus and concentration, emotional regulation, relationships and social connections, sleep, and stress. The Australian Mental Wellbeing Index aims to provide a consistent and reliable dataset to inform mental wellbeing policy and decision making; draw attention to changes in national trends in Australia’s mental wellbeing; and reframe how Australians consider mental wellbeing. The domains represent the following:

- 
Emotional awareness
 The ability to notice emotions as they are experienced and to identify and differentiate between emotions.
- 
Focus and concentration
 The ability to attend to a task with minimal distraction and for an extended period of time.
- 
Emotional regulation
 The ability to manage emotions without reacting to them.
- 
Relationships & social connections
 The experience of rewarding relationships, feeling connected and close with others.
- 
Sleep
 The level of satisfaction with the quality of sleep.
- 
Stress
 The experience of agitation, nervousness or stress.



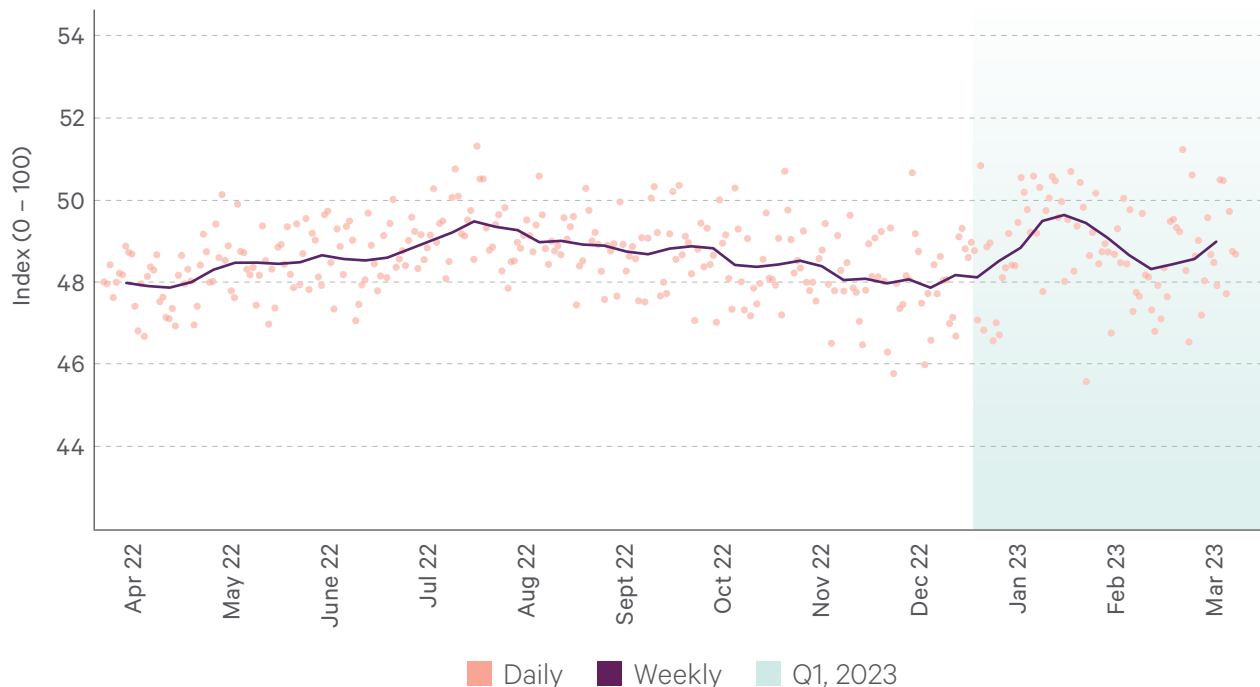
Over the past 12 months, 782,253 surveys were submitted by 192,337 users. On average, 15,000 survey responses were completed by 6,840 users each week.

For further information on the Australian Mental Wellbeing Index, refer to Supplementary Information: Data and Methods.

Australian Mental Wellbeing Index

Annual Insights 2022-2023

Australian Mental Wellbeing Index 2022-2023



Over the Past Year

The mental wellbeing of Australians peaked in February 2023, which is slightly higher than the previous peak in August 2022.

A noticeable seasonal trend emerged during the summertime, from December to February—a pattern also observed in last year's release. There is a consistent rise in mental wellbeing at the start of the holiday season, followed by a subsequent decline following the conclusion of the holiday season.

The mental wellbeing of Australians has remained relatively low throughout the year.

The mental wellbeing index has remained below 50, even as Australia continues to move forward from the events of the pandemic.

Following a decline post holiday season, the mental wellbeing of Australians displays an encouraging upwards shift in March 2023.

The index remained relatively stable throughout 2022, compared to previous years. Despite greater fluctuation, the 2023 new year saw a generally positive trend in mental wellbeing.

Australian Mental Wellbeing Index

Insights Q1, 2023
(January–March 2023)

Australian Mental Wellbeing Index Score

(Q1, 2023)

48.9

Out of a total max score of 100

↑ 0.56%

Compared to Q1, 2022

27% of Australians report good wellbeing

29% of Australians report poor wellbeing

Summary of Insights

Overall

The Australian Mental Wellbeing Index was 48.9 in Q1 2023 (January 2023–March 2023) quarter which is higher than the index for the same quarter in the previous year (0.56%).

Just over one in four (27%) Australians report overall good levels of mental wellbeing. Yet, the number of people reporting poor mental wellbeing is slightly higher at 29%.

Domains

When compared to 2022, Australians show improved emotional awareness (+2%) and better social connections (+3%), reflected in a greater number positive responses. Yet, sleep quality remains challenging, with a 1% rise in negative responses from last year.

By location across Australia

Mental wellbeing has been consistently higher across all States except for Queensland, which saw a slight decrease of 0.2% compared to the same period in the previous year.

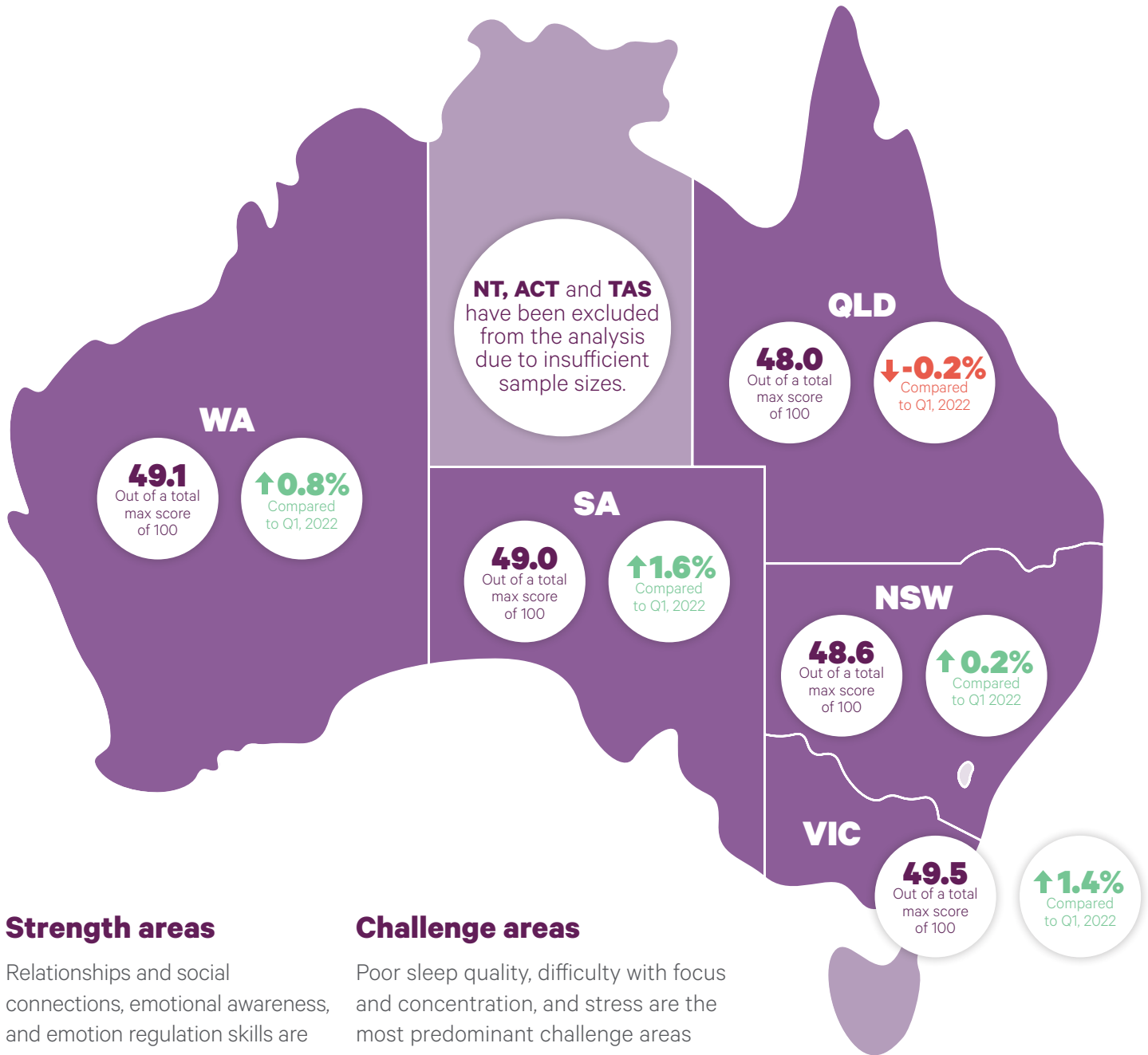
The mental wellbeing of Victorians was highest when compared to all other states, and was approaching positive mental wellbeing (49.5%).

When compared to other states, South Australia experienced the greatest increase in their mental wellbeing compared to the same period in 2022 (+1.6%).

Age

Young people aged 18-24 display notably lower levels of mental wellbeing compared to other adults in age ranges 25 and above, reflective of year-on-year trends.

Australian Mental Wellbeing Index Scores by region across Australia, Q1, 2023 (January–March 2023)



Strength areas

Relationships and social connections, emotional awareness, and emotion regulation skills are the most predominant strength areas across all states.

Challenge areas

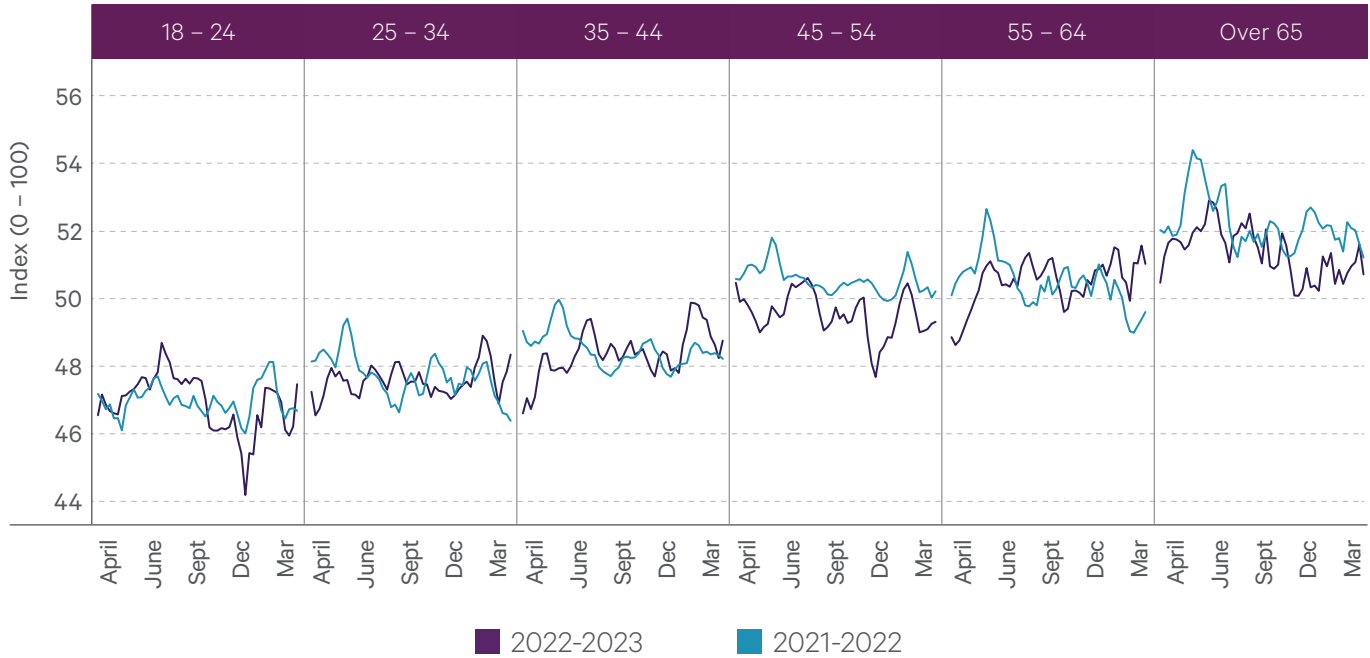
Poor sleep quality, difficulty with focus and concentration, and stress are the most predominant challenge areas across all states.

*Only states with a large enough sample size have been included.

Australian Mental Wellbeing Index

Age Group Insights

Australian Mental Wellbeing Insights by Age Group (2022-2023)



Over the Past Year

Young people aged 18 to 24-year-olds consistently have lower levels of mental wellbeing (averaging 46.6) compared to adults over 65 (averaging 52.3) across all 12 months.

Notably, in December 2023, there is a decline in mental wellbeing among the 18 to 24-year-olds and 45 to 54-year age groups, unlike other age groups.

Interestingly, Yu, Tou and Low (2022) found that older adults reported significantly lower levels of depression, anxiety and stress compared to their younger counterparts¹.

“Understanding that the seasonal effects on mental wellbeing impacts age groups differently, at different times of the year, provides an opportunity for employers, universities and other organisations to proactively put in supports for people during times when mental wellbeing consistently dips.

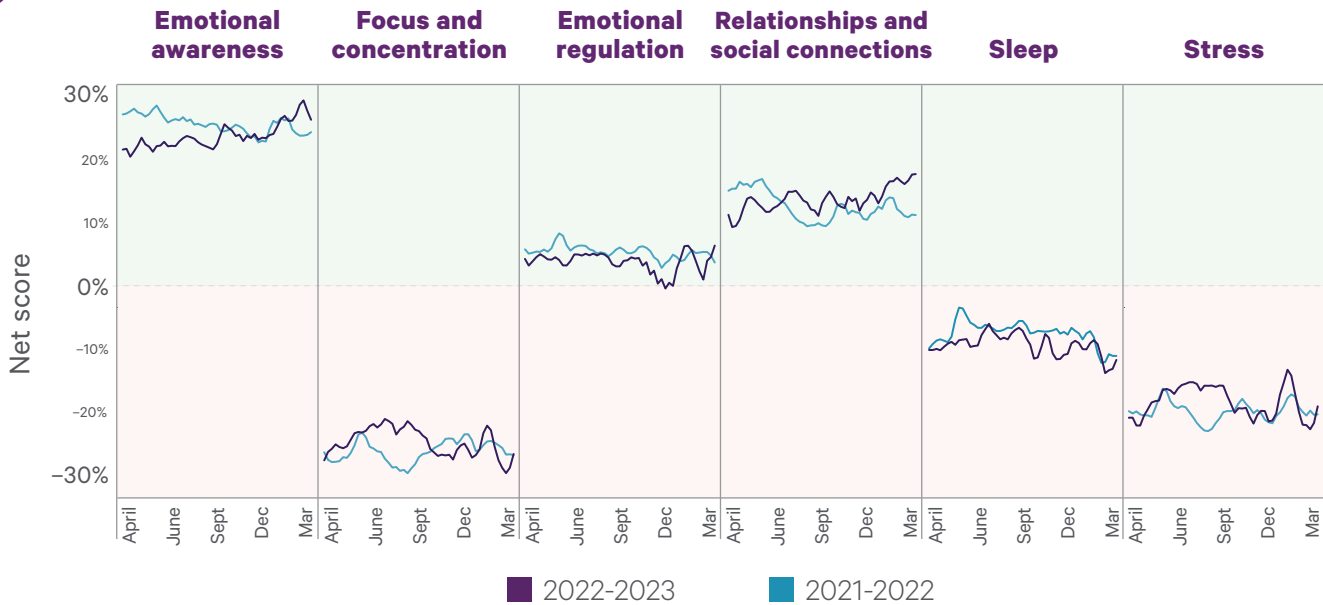
– Dr Addie Wootten, CEO of Smiling Mind

¹ Yu, C. C., Tou, N. X., & Low, J. A. (2022). A comparative study on mental health and adaptability between older and younger adults during the COVID-19 circuit breaker in Singapore. *BMC Public Health*, 22(1). <https://doi.org/10.1186/s12889-022-12857-y>

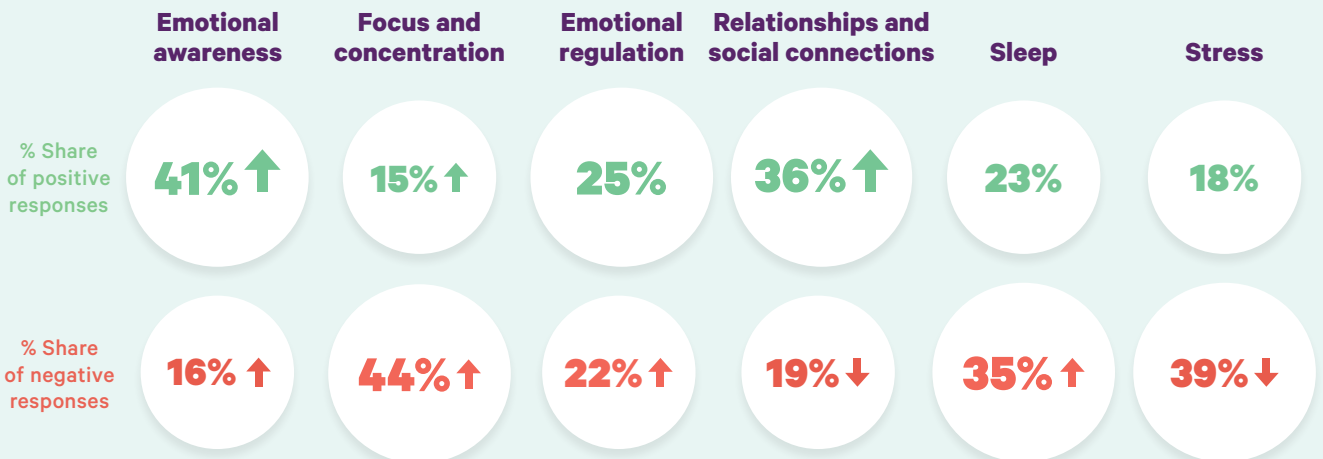
Australian Mental Wellbeing Index

Insights by Mental Wellbeing Domain

The Six Life Domains Contributing to Mental Wellbeing (2022-2023)



Net score is defined as the difference between the proportion of positive and negative responses



The arrows indicate the direction of change for Q1 2023 when compared to Q1 2022. No arrow is indicative of no change in % share of responses.

In the Past Year

Australians exhibit their highest scores in emotional awareness, emotional regulation, and relationships and social connections. It is imperative for individuals to continue nurturing these domains to further enhance their mental wellbeing.

There was a resurgence in both the emotional awareness and relationships and social connections domains. Australians' downward trajectory in these areas is observed during 2022, followed by a positive upward trend in 2023.

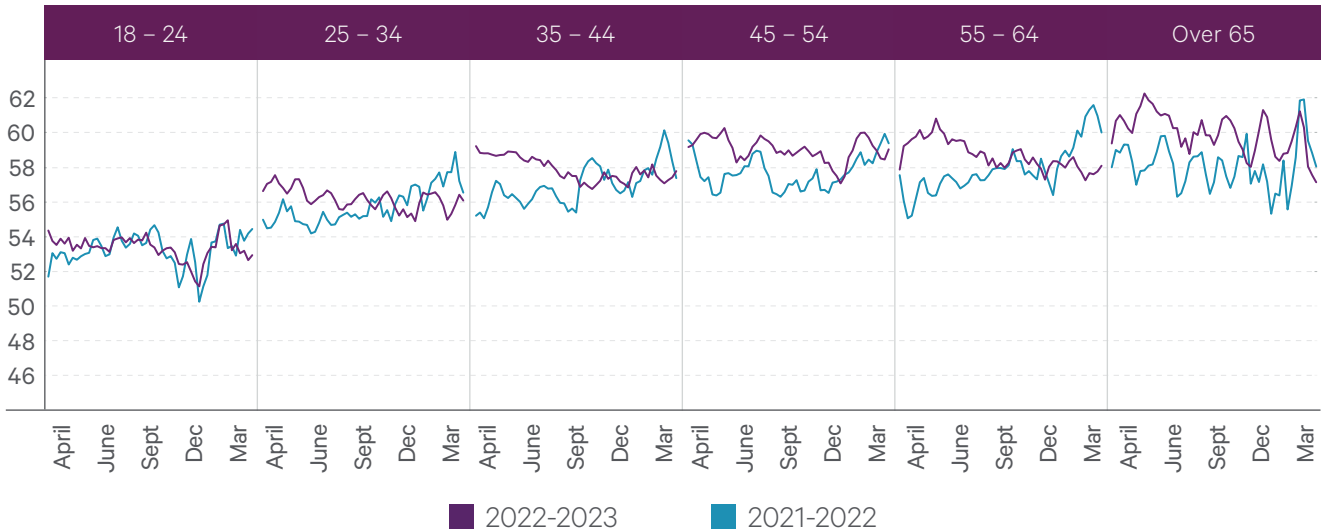
Australians continue to grapple with challenges in stress management, sleep quality, and focus and concentration. This mirrors the trends observed in the fourth quarter of 2022.

Australian Mental Wellbeing Index

Mental Wellbeing Domains Across Age Groups

Domain 1: Emotional Awareness

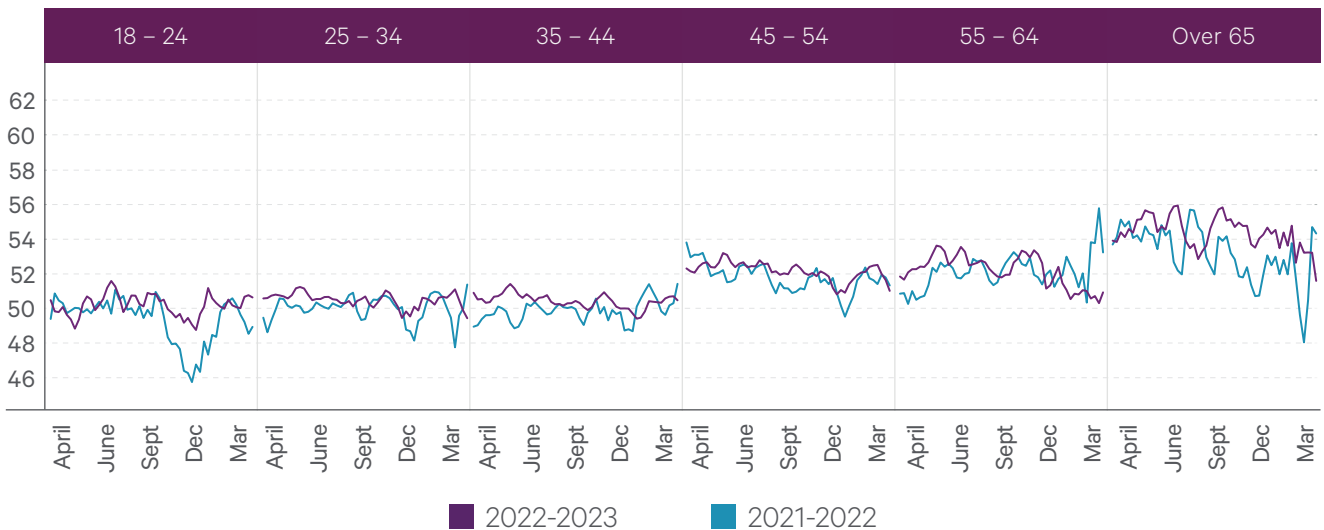
Emotional awareness trends upwards as age increases.



- While 18 to 24-year-olds display a promising uptick in their emotional awareness over the last quarter, they still exhibit consistently lower scores than other age groups.
- Overall, the ability of Australians to recognise and notice their emotions is stronger than most of the other domains.

Domain 2: Emotional Regulation

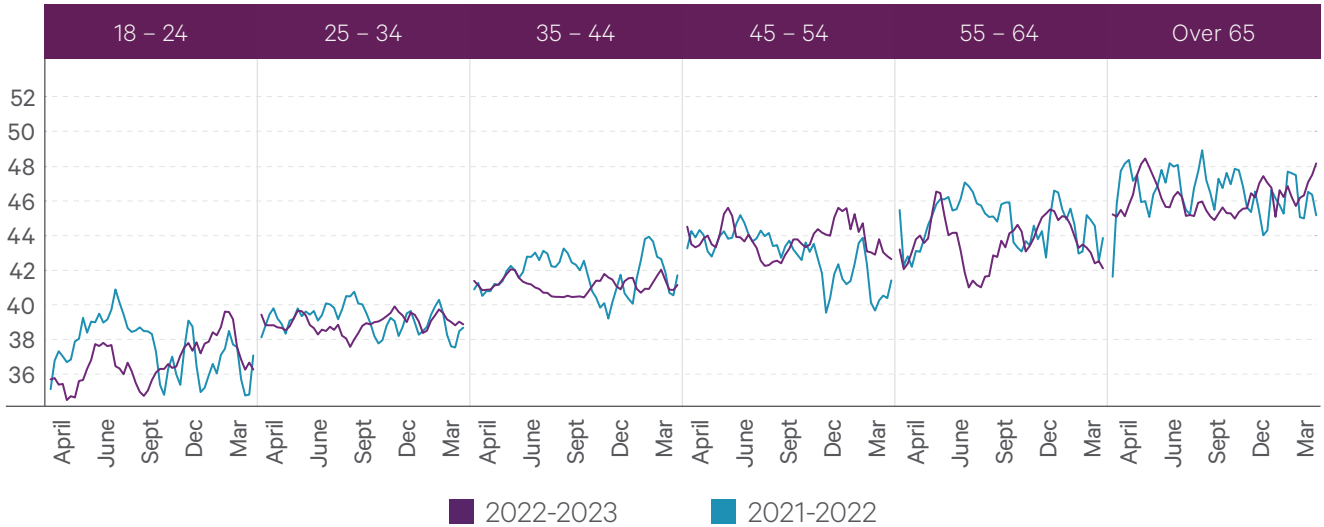
Emotional regulation is consistently low—though fluctuates—for those under 44 years of age.



- While all age groups experience a dip in the later months of the year, 18 to 24-year-olds, 25 to 34-year-olds and 35 to 44-year-olds exhibit consistently lower scores compared to older age groups.
- The most fluctuation is observed in over 65-year-olds. Particularly noteworthy is a steep drop observed during the last quarter, which is then followed by a notable spike.

Domain 3: Focus and Concentration

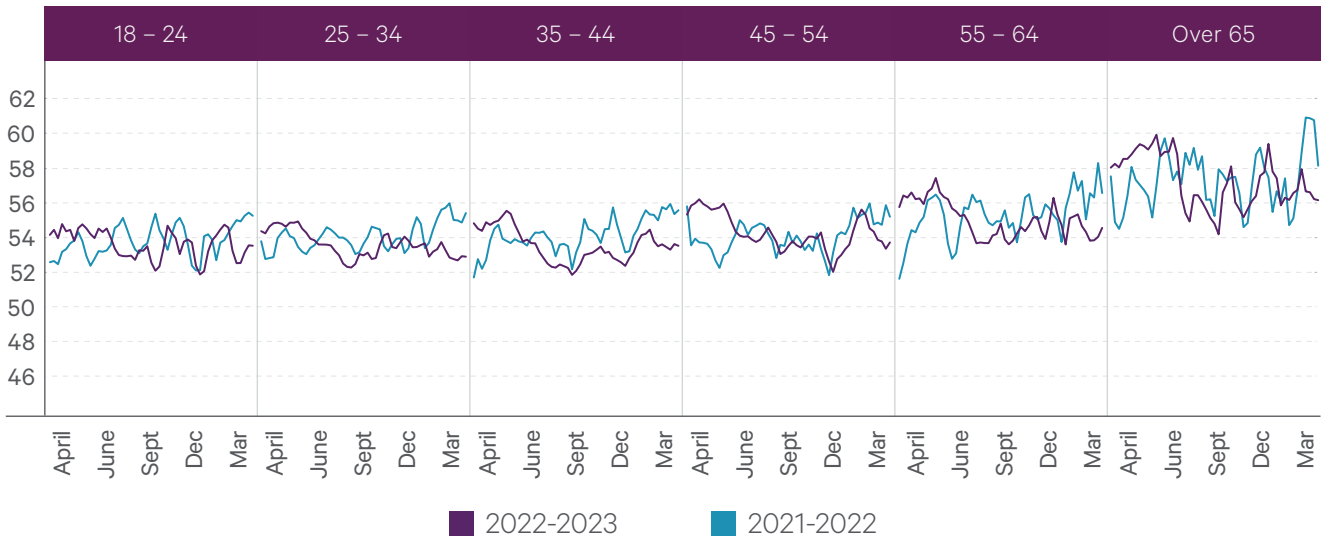
Focus and concentration is particularly challenging for young Australians.



- Focus and concentration continues to be amongst the lowest scoring domains, with all age groups trending below the 50th percentile.
- While all ages struggle in this domain, 18 to 24-year-olds and 25 to 34-year-olds score consistently lower than older age groups.

Domain 4: Relationships and Social Connections

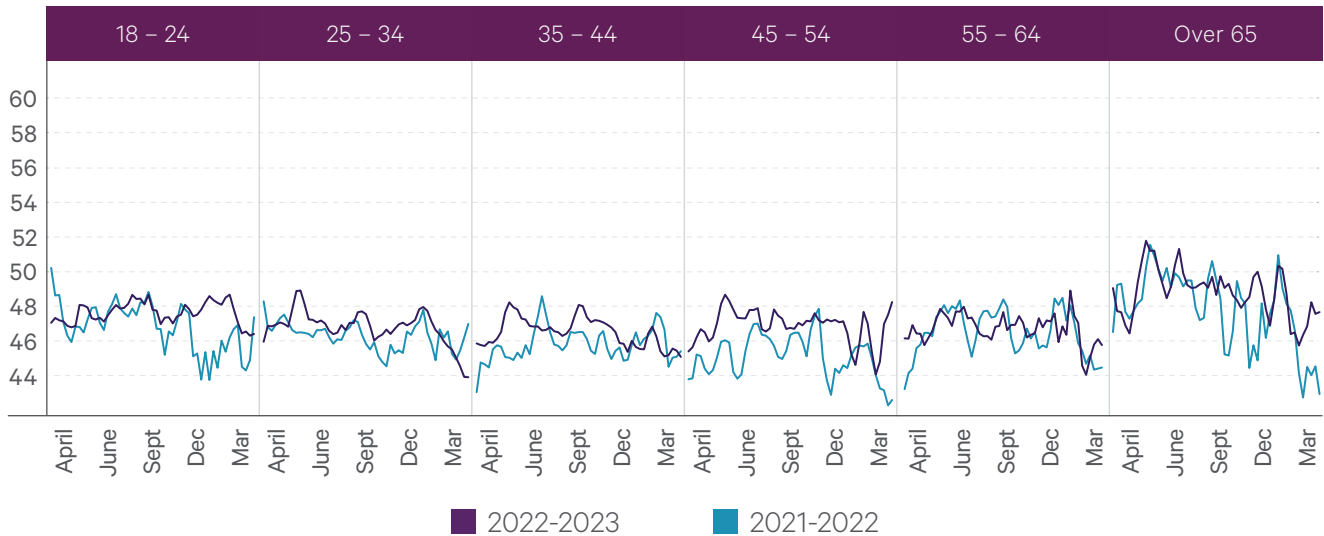
An ongoing strength area, relationships and social connections remain high.



- The relationships and social connections domain is relatively stable across age groups, and is consistently higher than other domains.
- In Q1 2023, the relationships and social connections domain trended higher across all age groups compared to Q1 2022.
- Adults over 55-year-old experience greater variation in this area, with consistent peaks in December year-on-year.

Domain 5: Sleep

Among the lower-scoring domains, sleep quality continues to be a recurring issue for all Australians.

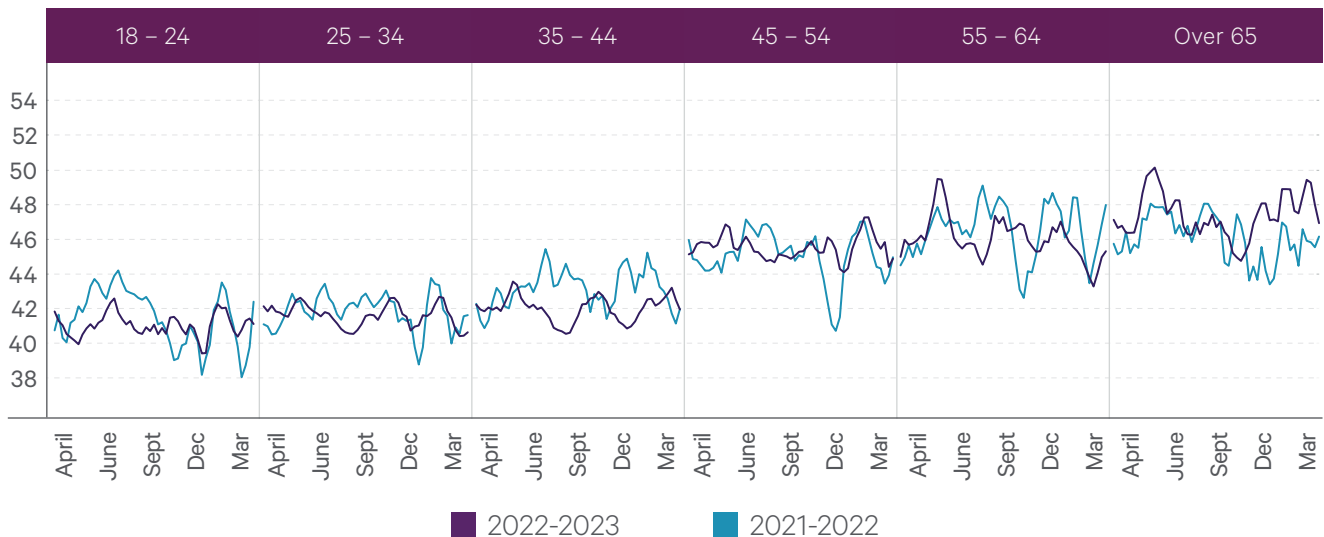


- Sleep displays minimal variation in score between age groups when compared to other domains.
- The most dramatic fluctuations are observed in older Australians, as sharp peaks and declines are seen throughout 2022.
- In the most recent quarter, there has been an increase in sleep quality for Australians under the age of 45. However, individuals above this age group are experiencing a downward trend in their sleep patterns.

Domain 6: Stress*

**Stress scores have been reversed to allow for more consistent comparison between domains. Lower scores indicate higher reported stress.*

Older Australians consistently display a greater ability to manage their stress than younger Australians.



- Self-reported agitation across age groups has fluctuated more dramatically over the last year when compared to the 2021-2022 period.
- All age groups except 55 to 64-year-olds experience a dip in December, potentially due to the end-of-year bustle.

Key Insights

Older Australians tend to have higher rates of mental wellbeing than younger Australians in all six domains.

Focus and concentration was the strongest driver of differences in overall mental wellbeing among age groups, with particular difficulties experienced by young Australians.

Notably, there is a distinct difference among age groups when it comes to focus and concentration—which stands out more prominently compared to other domains. Younger Australians display distinctly lower scores in focus and concentration in comparison to older Australians. This suggests that greater differences in focus and concentration across age groups may have a broader influence on differences seen in overall mental wellbeing.

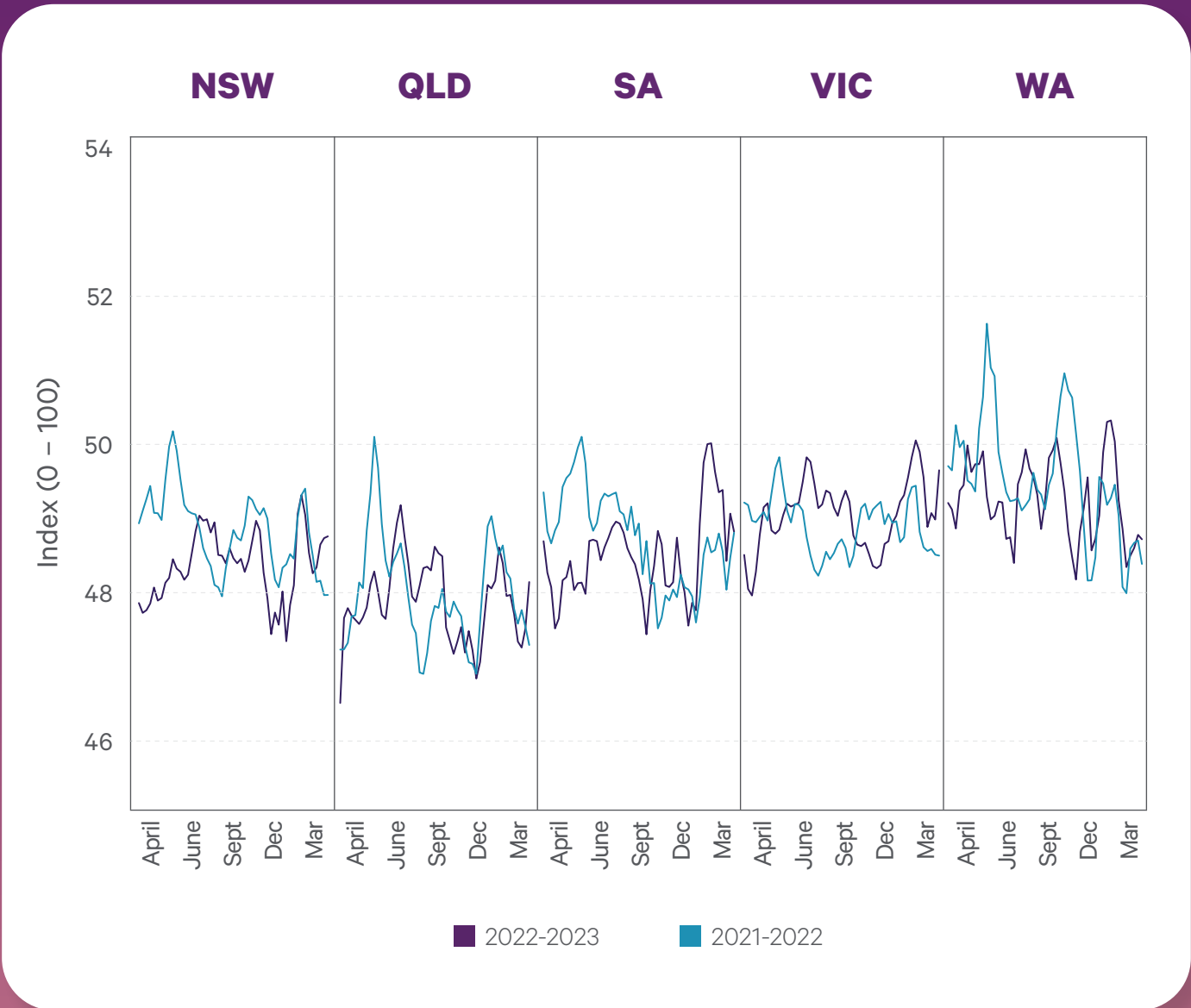
Difficulties in sleep was common across all age groups.

It is apparent that sleep difficulties affect individuals of all ages, exhibiting the least variation among different age groups. This universality highlights the pervasive challenge of achieving satisfactory sleep quality—emphasising the need for effective strategies and interventions that can benefit people across all age ranges.

Australian Mental Wellbeing Index

State-by-State Insights

Australian Mental Wellbeing Insights by State (2022-2023)



Tasmania, Northern Territory, and the Australian Capital Territory have not been included in this report due to low sample sizes.

A clear pattern of seasonal variation in mental wellbeing across states is consistently observed year after year.

Mental wellbeing across states reaches its highest levels during two distinct periods—July and the early months of the new year.

From June to September, there is a notable decrease in mental wellbeing across most of the larger states in Australia, coinciding with the winter season and the start of spring.

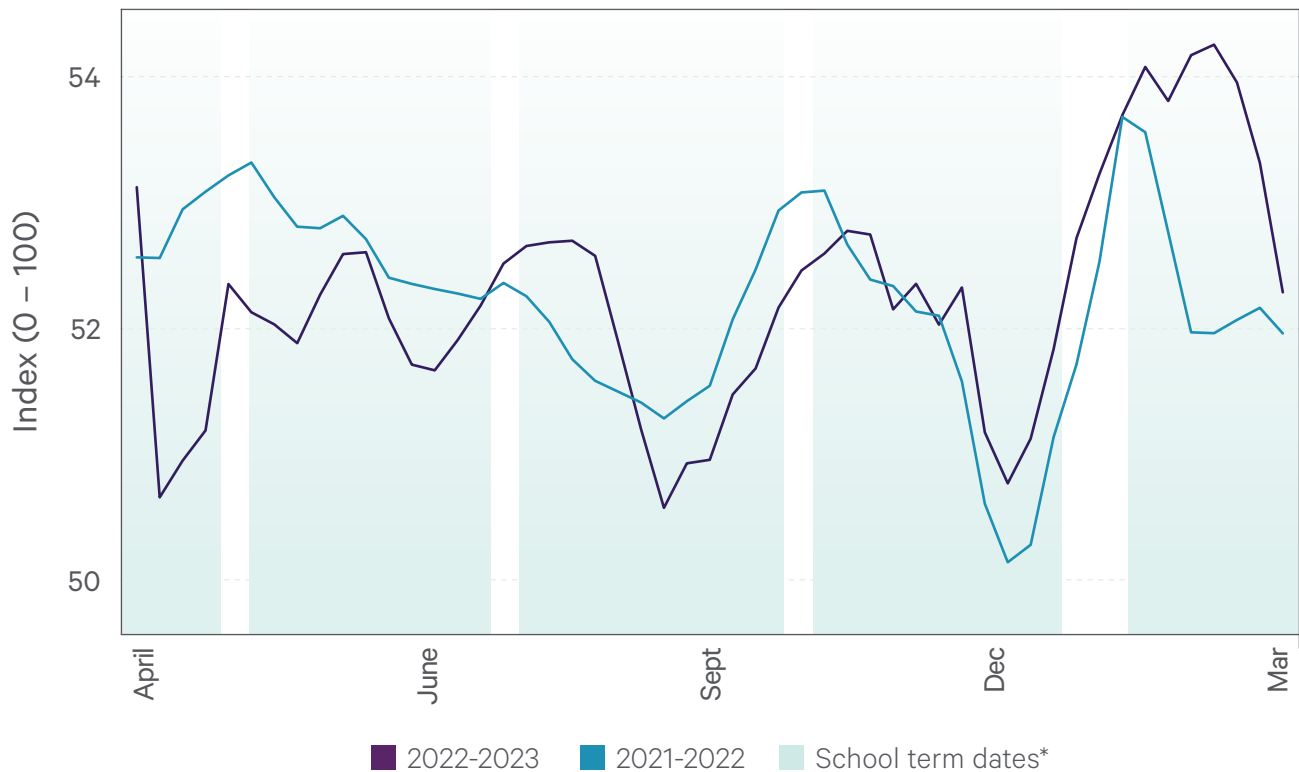
A state-by-state breakdown can be found in the Supplementary Information section of this report.

Australian Mental Wellbeing Index

Educator Mental Wellbeing Insights

The Mental Wellbeing of Educators

Educator Mental Wellbeing



*Victorian school term dates used for reference

The mental wellbeing of educators saw a consistent rise and fall during school holiday periods.

When looking at the mental wellbeing of educators, a unique pattern is clear. The rise and fall of educators' mental wellbeing consistently aligns with school holiday periods—as mental wellbeing dips upon returning to school. For the 2022-23 year, educator wellbeing sees its lowest dip in term three.

Educators experience high degrees of volatility in their mental wellbeing.

The volatility in the mental wellbeing of educators may have implications for the prevention and management of work-related stress.

“While challenging, what is exciting about the data is the opportunity to use it to help school leaders reduce educators’ work-related stress at key times throughout the year. Particularly given the consistency of these trends in educator mental wellbeing year on year.

– Andrew Dempster, KPMG Mental Health Advisory Lead

What's Next?

The second annual report of the Australian Mental Wellbeing Index has provided an ongoing view of changes in the overall mental wellbeing of Australians over time.

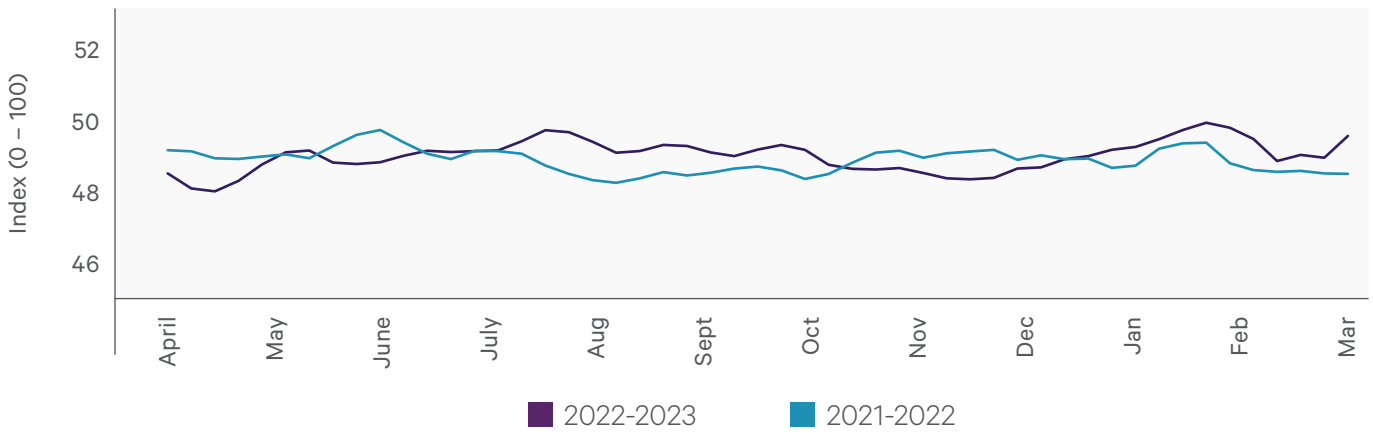
Future reports of the Australian Mental Wellbeing Index will focus on other population variables of interest, such as gender and locality. This will allow a better understanding of mental wellbeing across the diverse communities that make up Australia.

Australian Mental Wellbeing Index

Supplementary Information

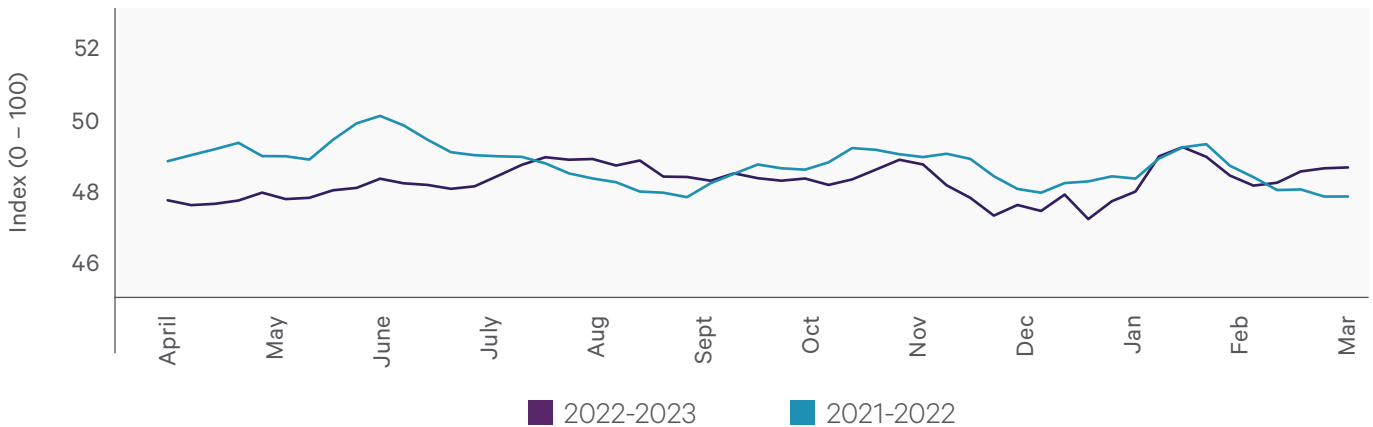
Australian States in Focus

Victoria



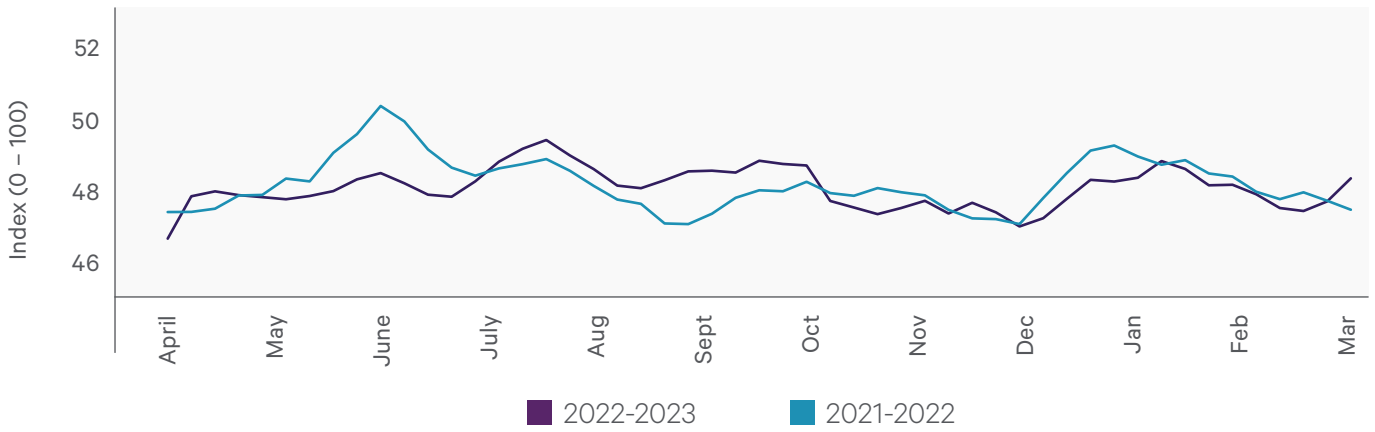
- The index for Victoria has been relatively consistent over the past few years. After observing a dip in February, mental wellbeing has started to see an increase over the past quarter.

New South Wales



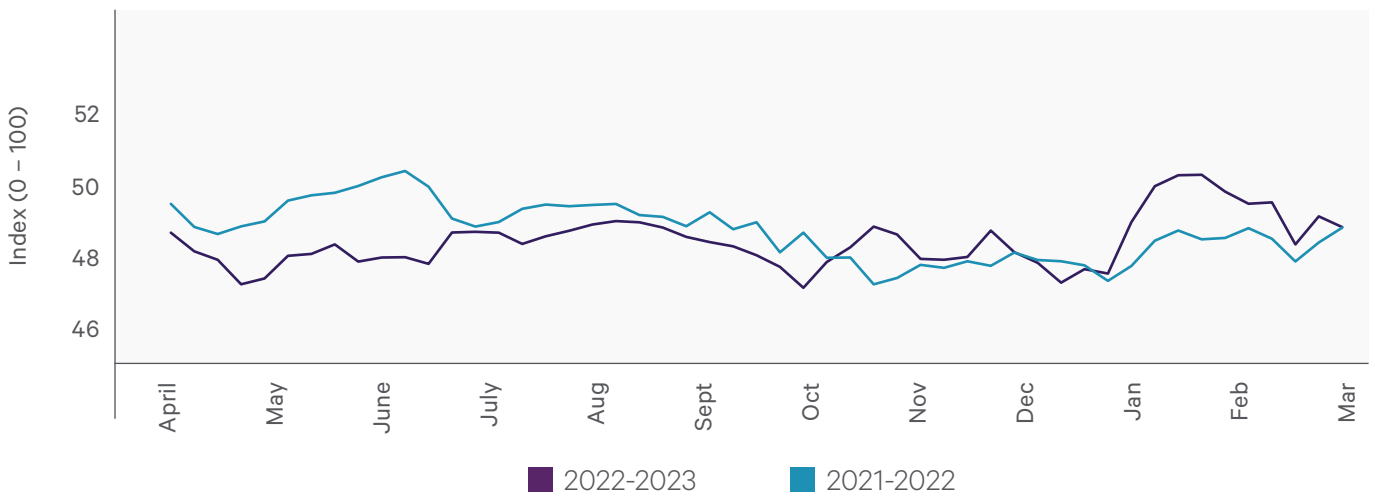
- The index for New South Wales has generally been lower in the last 12 months when compared to the prior year. However, there was an encouraging increase in March 2023—diverging from 2022's downward trend.

Queensland



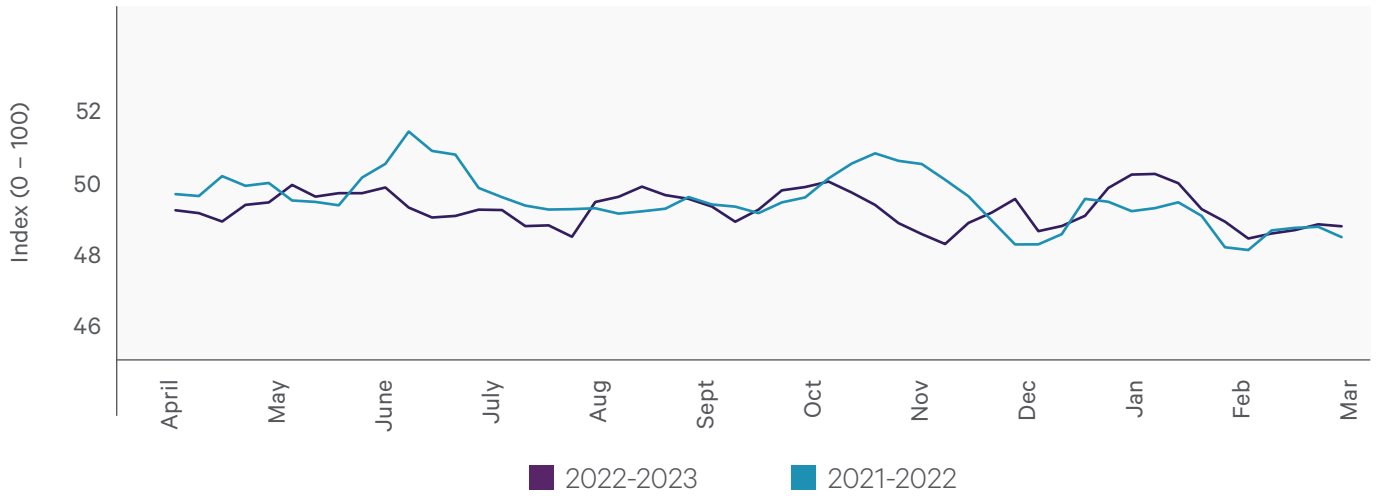
- The index for Queensland has fluctuated over time, appearing to increase in July and January. This is in contrast to the earlier peak in May observed the year prior.

South Australia



- The index for South Australia saw a sharp increase in the summer months, with a mental wellbeing score of over 50 in January.

Western Australia



- The mental wellbeing of Western Australians saw a slight decrease in comparison to previous years.
- Unlike previous years in which the index peaked mid-year, the index peaked in January this year.
- While the previous release saw distinct peaks that reached higher than any other state, the same trend did not occur in the present year.

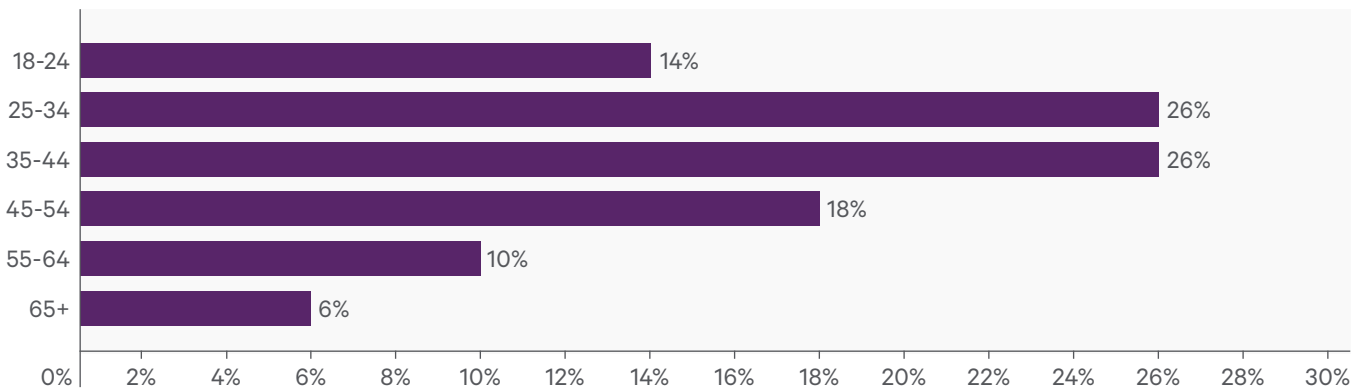
Data and Methods

Survey data

The data underpinning the report is based on Smiling Mind app users who respond to the mental wellbeing check-in survey posed at the point of onboarding and prior to any meditation or mindfulness program. Data is fully de-identified prior to any analysis and responding to the survey is voluntary.

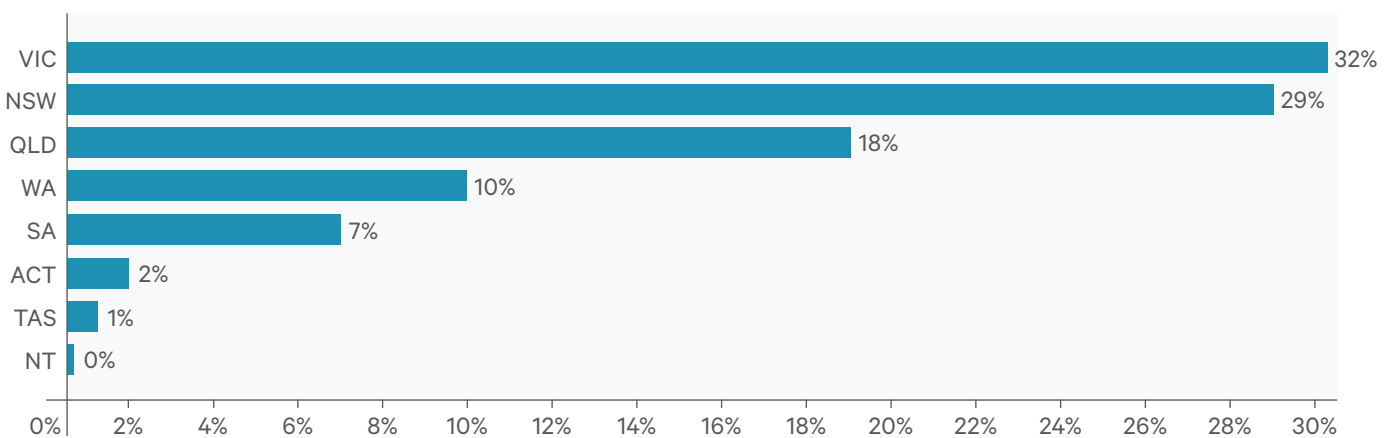
The share of users who have completed a survey in the past 12 months by age and location are summarised below:

Age group



Most survey responses were collected from 25 to 34-year-olds, followed by 35 to 44-year-olds—with 55 to 64-year-olds and over 65s contributing the least amount of data.

State/territory



The majority of respondents resided in Victoria, with New South Wales following closely behind. On the other hand, the Northern Territory, Tasmania, and the Australian Capital Territory had the lowest representation among the surveyed sample. For this reason, these states were not included in overall results.

There are six domains of interest in the survey. The following questions were used to capture responses in each of these domains:



Emotional awareness:

When someone asked how I was feeling, I could identify my emotions easily



Focus & concentration:

I've been easily distracted



Emotional regulation:

I've noticed my emotions without having to react to them



Relationships & social connections:

I've been feeling close to other people



Sleep:

I've been satisfied with my sleep



Stress:

I've been feeling agitated

Survey respondents are asked to rate themselves on a scale of 1 to 5. Responses are standardised such that 1 refers to the most negative response and 5 refers to the most positive response.

How are the Australian Mental Wellbeing Index results measured?

The index involved transforming individual survey responses into point values, with a higher point value associated with good mental health. All scores were added and divided by the total number of possible points to obtain a score out of 100.

The net score used for the domains is defined as the difference between the proportion of users who report a positive response and the proportion of users to report a negative response. On a scale of 1 to 5, a response of 4 or 5 is defined as a positive response while a response of 1 or 2 is defined as a negative response. The net score metric is similar to a net promoter score and is meant to capture the sentiment of users for a given domain.

Two domains in the index, stress and focus and concentration, are reverse scored to align with the positive scale of other domains. Therefore higher scores in these domains denote greater positivity for each trait.

How is the overall index constructed?

The overall index is a simple average (equal weights) of the individual index across the six domains. In other words, each of the six domains equally contributes to the overall index.

What frequency are the results being reported on?

Results are reported on a weekly basis. There was minimal variation when aggregated on a monthly basis, however, there was too much noise when reported on a daily basis. Daily results are still included in the overall index to provide an indication of the daily variation underpinning the weekly results.

Are the results reported on by survey or by user? Can users have multiple survey responses? How do you handle this?

The results are reported per user in a given period. Reporting on a per-user basis provides a more intuitive way of understanding the results. As each user is able to complete multiple surveys in a week or day, only the first survey completed per user in a given period is used. This helps to avoid any treatment effects of going through a meditation or mindfulness program.

Why do the domains appear to have a different baseline?

Differences may be accounted for by a mix of positively and negatively worded items. Domains which were negatively worded were more likely to return a higher proportion of negative responses. It is also worth noting that the negatively worded items, on average, returned more 'extreme' responses than the positively worded items, which may be due to a greater influence of negativity bias among the population.

Have you done any analysis to assess how well the questions reflect each of the domains?

The individual scores for each domain were tested against the total scores of relevant validated scales. Each item demonstrated between medium to high correlations with the total score of their respective validated scale. The following table describes the correlation between each item and the total score of a concurrent scale.

How many unique users does the data include?

The data underpinning the report is sourced from Smiling Mind app users who responded to the well-being check-in survey posed at the point of onboarding and prior to any meditation or mindfulness program.

Age and location data was relatively complete. Less than 1% was unknown or missing.

Unique user numbers have been updated by Smiling Mind systems for the past 12 months to avoid duplication due to possible returning users.

Data is fully de-identified prior to any analysis.

What time period is it over?

Data has been included from the period between April 2022 to March 2023.

How is the index calculated?

The index is calculated by transforming individual survey responses into Point values with a higher Point associated with good mental health. All scores are then added and divided by the total number of possible points to obtain a score out of 100.

The overall index is a simple average (equal weights) of the individual index across the six domains in other words each of the six domains equally contributes to the overall mental well-being the six domains are relationships and social connection sleep emotional awareness focus and concentration mindful and emotional regulation and stress

What makes the Mental Wellbeing Index different to other reports or indexes? What does it add to our understanding?







Similar to the measure of GDP that aims to quantify changes in living standards the index provides an alternative perspective on living standards by capturing changes in the mental well-being of everyday Australians.

The index is based on real-time data and so is able to provide a very timely snapshot of mental well-being from the sample of smiling mind users in Australia.

Note: the index captures mental well-being rather than mental health conditions.

How many educators completed the survey?

22,990 educators completed 85,131 surveys. Overall, educators were 12% of all surveyed users, and 11% of all surveys received.

Domain	Index Item	Validated Scale	Correlation (Pearson's R)
 Emotional awareness	When someone asked how I was feeling, I could identify my emotions easily	FFMQ (Awareness)	0.68
 Focus & concentration	I've been easily distracted	Philadelphia Mindfulness Scale	0.32*
 Emotional regulation	I've noticed my emotions without having to react to them	Philadelphia Mindfulness Scale	0.51*
 Relationships & social connections	I've been feeling close to other people	Perceived Community Scale	0.47
 Sleep	I've been satisfied with my sleep	Sleep Disturbance Scale	-0.74
 Stress	I've been feeling agitated	Perceived Stress Scale (PSS)	0.67

*Due to insufficient scales seeking to measure focus and concentration, and emotional regulation, these items were tested against total mindfulness.

How valid is the index as a measure of wellbeing?

Bivariate correlations with existing scales showed support for the validity of the Australian Mental Wellbeing Index.

The Australian Mental Wellbeing Index was tested for concurrent validity against two validated scales, the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) and the WHO-5. The analysis showed high positive correlations with both the WEMWBS (r=0.74) and the WHO-5 (r=0.68). Similarly, the Australian Mental Wellbeing Index showed adequate convergent validity with the K-10 measure for psychological distress (r=-0.59).

Have the results been adjusted in any way?

The results are based on raw data that have not been adjusted or re-weighted. We will continue to monitor and assess the need for adjustments or weights, noting that without the right variables, any additional manipulation or re-weighting may induce further bias in the results.

References:

WEMWBS: Tennant, R., Hiller, L., Fishwick, R., Platt, S., Joseph, S., Weich, S., Parkinson, J., Secker, J., & Stewart-Brown, S. (2007). The Warwick-Edinburgh Mental Well-being Scale (WEMWBS): Development and UK validation. *Health and Quality of Life Outcomes*, 5, Article 63. <https://doi.org/10.1186/1477-7525-5-63>

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K-10: Kessler RC, Barker PR, Colpe LJ, Epstein JF, Gfroerer JC, Hiripi E, et al. Screening for serious mental illness in the general population. *Arch Gen Psychiatry*. 2003 Feb;60(2):184-9.

Expert Advisory Group

We would like to acknowledge the input and guidance of our expert advisory group in the development of the Australian Mental Wellbeing Index.



Professor Nicola Reavley

Principal Research Fellow, Mental Health Literacy Program; Melbourne School of Population and Global Health at the University of Melbourne

Prof Reavley is Deputy Director of the Centre for Mental Health, Melbourne School of Population and Global Health at the University of Melbourne. Her research focuses on the population monitoring and interventions to improve population mental health and mental health literacy and reduce stigma and discrimination.



Professor Lindsay Oades

Deputy Dean and Associate Dean International at the University of Melbourne Graduate School of Education (MGSE)

Dr Lindsay G. Oades PhD is an internationally acclaimed wellbeing scientist, researcher, educator and author. He is Deputy Dean of the Melbourne Graduate School of Education and Professor of Wellbeing Science. He has recently worked with UNESCO on the International Science and Evidence Based Education Assessment. In 2013 he was awarded an Australian Government citation for outstanding contribution to student learning.

In 2020 he was appointed as Associate Dean International, MGSE. As a sought after speaker, known to provoke thought, he has given keynote or invited presentations in 13 nations. With over 150 refereed journal articles and book chapters related to wellbeing, recovery and coaching and four books with esteemed publishers including Cambridge University Press, Wiley-Blackwell and SAGE, he is a scientific reviewer for the Australian Research Council. Lindsay has consulted to multiple organisations including the NSW Department of Education, NSW Mental Health Commission, Beyond Blue and the Australian Mental Health Commission. He is currently a non-executive Director of the Positive Education Schools Association and a former Director of Action of Happiness Australia, Reach Foundation and NEAMI National. Lindsay's multidisciplinary background spanning philosophy of science and ethics, clinical, coaching and positive psychology, business and public policy provide insights into the multidisciplinary area of wellbeing. He was previously a co-editor for the International Journal of Wellbeing, a scientific panel member at the Institute of Coaching (Harvard University) and a visiting researcher at Kings College London. Lindsay's current work involves understanding, measuring and improving wellbeing literacy- (how we communicate about and for wellbeing) part of his new theory Thriveability Theory



Professor Peter Butterworth

Professor at the Deakin University School of Psychology

Peter Butterworth is a Professor at the Deakin University School of Psychology. Previously, he worked as a Professor at the National Centre for Epidemiology and Population Health (NCEPH) at the Australian National University. He also holds an honorary Professorial appointment in the Melbourne Institute: Applied Economic and Social Research at the University of Melbourne. His background and training is in the areas of psychology, biostatistics and psychiatric epidemiology. Peter's broad research interests are in the social causes and social consequences of common mental disorders such as anxiety and depression, and his research focuses on how economic and social policy can improve population mental health.



Dr Chris Schilling

Senior Research Fellow in Health Economics at the University of Melbourne Department of Surgery

Dr Chris Schilling is an accomplished health economist with more than 15 years of experience in economic modelling and research across academia, government and consultancy. Chris previously held the position of Research Director, Demographics and Data at the Australian Institute of Family Studies (AIFS), where he led AIFS longitudinal studies, including the Longitudinal Study of Australian Children (LSAC) and the Longitudinal Study of Male Health (Ten to Men). Chris has also worked as a Director at KPMG where he led the Health Economics practice responsible for a range of large-scale economic evaluation and modelling engagements using linked and longitudinal data. His work has influenced key policy debates around palliative care, mental health and wellbeing, productivity and low-value care. Chris has a double degree in Engineering (Hons)/Commerce (Hons) from the University of Melbourne and an MSc in Agricultural Economics from the University of Hohenheim, Germany. He completed his PhD in Health Economics at the University of Melbourne where his thesis included a range of publications using individual-level observational data. Chris currently works as a Senior Research Fellow in Health Economics at the University of Melbourne's Department of Surgery—performing research, supervising students and teaching across a range of programs as part of the NHMRC and MRFF funded research programs.

More information can be found on the Smiling Mind website smilingmind.com.au.



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