

## Honours Supervisor Projects List

Project Title	Project Details
<b>AS</b>	<p><i>Advertising practices of naturopathic practitioners in an unregulated environment</i></p> <p>National registration regulations for Australian health professions in Australia provide advertising guidelines for practitioners. However, despite ongoing efforts from within the profession, naturopaths are not yet included in this national registration model and as such are not held to these guidelines. As the advertising guidelines are designed to support public safety and naturopaths have been identified by numerous reports as requiring statutory registration, the status of the advertising practices of the unregulated naturopathic profession needs to be assessed. This project will audit naturopathic websites for compliance with advertising guidelines provided by the Australian Health Practitioners Agency.</p>
<b>AS</b>	<p><i>Private health insurance coverage and rebates for complementary medicine</i></p> <p>Private health insurance (PHI) rebates for CM practitioners are a key feature of the CM landscape with implications for patients, practitioners, professional associations and policy makers. Recently the appropriateness of PHI rebates for CM consultations has come under question by the federal government. This project will audit the current coverage of CM by PHI providers.</p>
<b>AS</b>	<p><i>The characteristics of patrons of Australian naturopathic apothecaries</i></p> <p>The practice of naturopathy in Australia is commonly characterised by one-on-one interactions between practitioners and patients in a clinical environment. However, there are also a small number of naturopathic apothecaries in Australia which provide acute care prescription of individualized naturopathic treatments to patients in a retail environment. It has been argued that these services afford patrons from lower socioeconomic backgrounds and those without previous experience of naturopathic care to access and experience naturopathic treatments. This study aims to provide empirical data describing the characteristics of patrons of naturopathic apothecaries in Australia.</p>
<b>AS</b>	<p><i>The effectiveness of massage therapy for chronic non-specific low back pain in Australia</i></p> <p>Chronic low back pain is a national health priority in Australia due to the wide ranging health and economic effects of the conditions. This projects is a comparative-effectiveness study examining the treatment of chronic non-specific low back pain by a qualified massage therapist in Australia. This study is part of a project funded by the Australian Association of Massage Therapists.</p>
<b>AS</b>	<p><i>The cost effectiveness of massage therapy of chronic non-specific low back pain in Australia</i></p> <p>Chronic low back pain is a national health priority in Australia due to the wide ranging health and economic effects of the conditions. This projects is a cost-effectiveness study examining the treatment of chronic non-specific low back pain by a qualified massage therapist compared with standard care in Australia. This study is part of a project funded by the Australian Association of Massage Therapists.</p>
<b>AS</b>	<p><i>Practice characteristics of acupuncturists and Chinese herbalists in Australia</i></p> <p>Acupuncture and Chinese herbal medicine are registered professions in Australia. The practice characteristics of these professions have had limited examination in the past. This study will report on data collected as part of the Practitioner Research and Collaboration Initiative (PRACI) national survey of complementary medicine and describe the practice characteristics of practitioners who identify as having qualifications in acupuncture and/or Chinese herbal medicine.</p>
<b>AS</b>	<p><i>The use of complementary medicine by patients in palliative care in Lyon, France*</i></p> <p>Patients in palliative care may use complementary medicine to reduce the effects of medication, increase personal survival rate, and reduce symptoms during the end of life. There is a high rate of use of CM in many areas of Europe, with disciplines such as homeopathy and naturopathy being originally developed in this region. Despite this, there is little known about the use of CM amongst patients in palliative care in many areas of</p>

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		<p>Europe, included France. For this reason, this project examines the reported use of CM amongst patients attending palliative care centres in Lyon, France.</p> <p><i>*this project is currently under investigation, but may entail multiple Honours projects</i></p>
	<i>The effect of Ulmus Rubra on individuals with acute gastro-oesophageal reflux*</i>	<p>Ulmus Rubra, commonly known as Slippery Elm, is a herbal medicine traditionally used for a range of gastrointestinal complaints. However, despite wide use by naturopaths and Western herbalists, there is an absence of research evidence describing the effects of U.Rubra. This study will provide a preliminary examination of the effects of U.Rubra on patients with gastro-oesophageal reflux disease.</p> <p><i>*This project is most suitable for part-time enrolments and is currently under investigation, but may entail multiple Honours projects</i></p>
	<i>Effects of natural compound on pain (1) or PD (2) pathways*</i>	<p>Intracellular trafficking of receptors and channels has been implicated in molecular mechanisms of pain (or Parkinson's disease) manifestation. This project will investigate and evaluate an effect of a natural product on these molecular pathways using in vitro and in vivo research methodologies. The product(s) investigated will be student's choice with these provisions: 1. Product investigated has been previously used in clinic or investigated/identified in clinical research as important in prevention or treatment of these conditions and 2. Product is readily and abundantly available for research. If a specific product is identified, chemical separation of the product into its constituents can be performed and same and extended methods will be (1) used to confirm the effect and then (2) identify specific receptor/channel and molecular machinery involved in manifestation of this effect.</p> <p><i>*this project is currently under investigation, but may entail multiple Honours projects</i></p>
<b>AB</b>	<i>Use of marijuana in Parkinson's Disease patients</i>	<p>Parkinson's disease is a debilitating and progressive neurological disorder where patients lose motor functions and show decline in memory and cognitive abilities. The 2 types of PD, familial and sporadic, show the same end decline but at various starting life stages – for example, familial cases of PD have been seen as early as mid to late 20s. Anecdotal evidence suggests PD patients use marijuana to delay onset as well as management of symptoms (e.g. trembling). The current project will collate evidence of use of marijuana in PD patients and link the use to the outcomes suggested by the patients. This will be done by a survey of PD patients currently attending naturopathic clinics and recruitment will also be done through various PD societies. The project will serve as basis for further studies into molecular basis of the patient-reported outcomes as well as development of appropriate clinical trials and public policy work.</p>
	<i>Evidence-based practice in practice and education</i>	<p>Evidence based practice (EBP) is a paradigm adopted by the health and medical professions that encompasses the individual clinical experience, best external evidence and patient values and expectations. While the paradigm lends itself to the holistic practice framework of the natural health disciplines, anecdotal evidence suggests aspects of the EBP triad are not used in everyday practice. The current project proposes to investigate this by asking how the EBP is implemented in student clinics, newly established practitioner clinic and experienced practitioner clinic. This will be achieved by in situ analysis of consultations of students, novice practitioners and experienced practitioners and comparing the use and implementation of the EBP triad. The project will provide basis for expanding to various natural health disciplines and will guide development of clinical curriculum.</p>

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<b>DA</b>	<i>Does engagement affect the achievement of complementary medicine students in a fully online chemistry/biochemistry unit?</i>	The prevalence of e-learning has increased markedly over the last 5 to 10 years in higher education. It is now common place for units to be delivered completely online, with no need for an on-campus presence. Online learning has made higher education more accessible to those with family and work commitments, and people who live in rural areas. However, without the structure of on-campus course delivery, online students must draw on time management, self-motivation and computer literacy skills to be successful in the online learning environment. The demands of online learning means that student engagement is crucial to motivate students to work consistently throughout the semester. In the world of e-learning, there are many tools available for content delivery and to promote peer interaction within online cohorts, which can assist in increasing student engagement. In this study, the effect of student engagement on student achievement will be assessed in a fully online chemistry/biochemistry course delivered to natural medicine students. Academic results and skill development will be assessed as a means of determining the level of student achievement within the online cohort
	<i>Attitudes of complementary medicine students towards active learning in an on-campus chemistry/biochemistry unit</i>	Active learning approaches encourage students to become actively involved by engaging with specific activities where they talk about the content, solve problems and create links between different concepts. The use of active learning approaches in higher education has been shown to assist students' in attaining a deep understanding of course content and is associated with better learning outcomes. Teaching using active learning approaches is a large deviation from the traditional didactic teaching style, where teachers largely deliver content to students via transmission and the learner is passive. At Endeavour College, the on-campus first year complementary medicine students undertake a chemistry/biochemistry unit that utilises an active learning activity, Participation+. During Participation+ students engage in conversations with their peers, present their answers and attempt conceptual multiple choice questions. This study aims to investigate students' attitudes towards the active learning approaches used in the chemistry/biochemistry unit by conducting one-on-one interviews with students who have successfully completing the unit. The interviews will provide a means to assess whether the active learning approaches aided the students' knowledge and skill retention after completion of the unit
<b>DV</b>	<i>Exploring the extent of environmental health knowledge amongst practicing Complementary therapists</i>	The hazards present in human environments play a role in the pathogenesis of many chronic conditions. Complementary medicine is well placed to ameliorate some of the harmful effects of environmental hazards; however effective treatment is dependent on the knowledge of the practitioner. This project seeks to discover what knowledge complementary medicine practitioners have around environmental health, and their understanding of potential treatments.
	<i>What treatments are clinical naturopaths employing for intestinal pathologies: a focus on potential treatments for environmental enteropathy</i>	Environmental enteropathy is a sub-clinical intestinal condition caused by exposure to environmental hazards. Complementary medicine has long focused on the importance of gut health to the overall health of the individual. Treatments that reduce intestinal permeability and improve mucosal integrity could represent a potential treatment for environmental enteropathy. This study seeks to explore the current treatments being applied for intestinal permeability and intestinal inflammation, through the use of a practitioner survey. The relevance of these treatments to the pathology of environmental enteropathy will be explored.
<b>ES</b>	<i>Develop a personalized patient App that plots a patients intake of nutrients (dietary patterns, components and foods), level of</i>	The project will involve the development of an easy to use evidence based information dissemination index scale system that allows a patient and their GP/ Physician/ Practitioner plot a patients level intake of nutrients (dietary

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	<i>physical activity, body weight, before, during and after treatment as a normal part of patient</i>	<p>patterns, components and foods), level of physical activity, body weight, before, during and after treatment as a normal part of patient care. A plot of the patient's pre-treatment level to the encouraged optimal.</p> <ol style="list-style-type: none"> <li>1. GP/Physician / Practitioner Survey</li> <li>2. Patient Survey</li> <li>3. Literature Review</li> <li>4. Develop Nutritional Index from outcome of 1, 2 and 3</li> <li>5. Develop Physical Activity Index from outcome of 1, 2 and 3</li> <li>6. Develop an individualized health, nutrition and physical activity register/history/form/Record Card</li> <li>7. Develop an individualized health, nutrition and physical activity register/history/ record card and or phone Apps</li> </ol>
<b>JS</b>	<i>Medicinal Cannabis for Patients with Cancer*</i>	<p>Medicinal cannabis has been a main focus of late for different conditions such as epilepsy and cancer. To date, data is limited on clinical trials assessing the adjunctive use of ingested medicinal cannabis and cancer. Although utilized clinically in different countries such as the United States of America, understanding the literature is an important aspect for the legalization of medicinal cannabis in Australia. This study aims To conduct a study on medicinal cannabis and its therapeutic indications, dose and/or application for disease states such as cancer treatment.</p> <p><i>*this project is currently under investigation, but may entail multiple Honours projects</i></p>
	<i>Body measurements related to acupuncture point location</i>	<p>A study in China measured 100 Chinese adults along lines traditionally used for point location and compared these with finger cun measurements. A serious discrepancy was found between these two methods. As a result, the world health organisation western pacific regional office, when undertaking a project to standardise acupuncture point locations, decided to adopt proportional measurements instead of finger cun measurements. This project seeks to replicate the measurements of 100 Australian adults to explore the comparison finger cun and proportional cun methods.</p>
<b>JMc</b>	<i>Is acupuncture an effective treatment for reducing anxiety and improving quality of life amongst vulnerable populations?*</i>	<p>New research suggests that "acupuncture therapy offered in the group setting was effective in reducing pain severity, pain interference and depression in patients with chronic neck, back or shoulder pain or osteoarthritis." And that "this finding has potentially important implications for improving access to effective acupuncture treatment for patients with limited financial resources." This project hypothesizes that a community acupuncture service, working as an adjunct to primary healthcare provision incorporating medical, dental and allied health services, can be successfully integrated within the Inclusive Health Clinic model by delivering effective treatment for anxiety related symptoms while improving quality of life for recipients. This project aims to examine the effectiveness of acupuncture in treating anxiety and the potential for this treatment to improve quality of life, within vulnerable populations; frame a study within a community acupuncture setting as part of an existing health clinic; and to provide Australian first research into acupuncture on urban under-served patient populations.</p> <p><i>*this project is currently under investigation</i></p>

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	<i>A study of iridology in various health conditions</i>	Iris analysis (iridology) is a traditional naturopathic diagnostic technique that has attracted recent attention. Lauded by many practitioners, but derided by opponents as pseudoscientific, its use remains controversial. Despite such controversy, there has been little empirical examination of iridology and its usefulness in practice. This project will focus on a exploring the validity study of iridology through various methodologies such as retrospective observational analysis, prospective observational analysis and the intrarater and interrater variability of iris diagnosis in various health conditions.
	<i>A study of nail diagnosis in various health conditions</i>	Nail diagnosis is a traditional diagnostic technique that has attracted recent attention. Lauded by many practitioners, but derided by opponents as pseudoscientific, its use remains controversial. Despite such controversy, there has been little empirical examination of nail diagnosis and its usefulness in practice. This project will focus on a exploring the validity study of nail diagnosis through various methodologies such as retrospective observational analysis, prospective observational analysis and the intrarater and interrater variability of nail diagnosis in various health conditions.
	<i>A study of pulse diagnosis in various health conditions</i>	Pulse examination is a traditional diagnostic technique that has attracted recent attention. Lauded by many practitioners, but derided by opponents as pseudoscientific, its use remains controversial. Despite such controversy, there has been little empirical examination of pulse diagnosis and its usefulness in practice. This project will focus on a exploring the validity study of pulse diagnosis through various methodologies such as retrospective observational analysis, prospective observational analysis and the intrarater and interrater variability of pulse diagnosis in various health conditions.
<b>JW</b>	<i>A study of tongue diagnosis in various health conditions</i>	Tongue diagnosis is a traditional diagnostic technique that has attracted recent attention. Lauded by many practitioners, but derided by opponents as pseudoscientific, its use remains controversial. Despite such controversy, there has been little empirical examination of tongue diagnosis and its usefulness in practice. This project will focus on a exploring the validity study of tongue diagnosis through various methodologies such as retrospective observational analysis, prospective observational analysis and the intrarater and interrater variability of tongue diagnosis in various health conditions.
	<i>A study of Vega machine diagnosis in various health conditions</i>	Diagnosis using Vega machine is a traditional diagnostic technique that has attracted recent attention. Lauded by many practitioners, but derided by opponents as pseudoscientific, its use remains controversial. Despite such controversy, there has been little empirical examination of Vega diagnosis and its usefulness in practice. This project will focus on a exploring the validity study of Vega diagnosis through various methodologies such as retrospective observational analysis, prospective observational analysis and the interrater and interrater variability of Vega diagnosis in various health conditions.
	<i>An examination of public justification for and against naturopathic regulation</i>	Naturopaths have been formally assessed against government criteria as warranting statutory registration. However, despite fulfilling criteria for regulation in every government report since 2000, there has been little action in implementing registration of the naturopathic profession. Campaigns for and against registration of naturopaths have been conducted by government and stakeholder groups, however, there has been no formal examination of what themes are dominant in these arguments. To formally make a case for or against regulation, it is necessary to identify trends in the contemporary debate, and examine public justifications made for and against naturopathic registration. This project utilises a methodology previously developed to examine public

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	justification of scope expansion of complementary therapists in Canada to highlight public justifications for and against registration in government.
<i>Analysis of disciplinary cases in integrative medicine</i>	Integrative medicine is meant to combine the best of conventional and complementary approaches to healthcare. However, a major barrier to adoption is the orthodox hegemony of conventional medical practice, which can bring ideological opposition and conflict from the medical profession. One area where this conflict can materialise is in disciplinary hearings against medical doctors who use complementary medicines, often seen as being improper for medical practitioners by virtue of their unorthodox and non-evidence-based treatments that fall outside professional norms. This project will conduct a case analysis of disciplinary hearings related to integrative medical practice. This study will not only inform stakeholders on key developments in integrative medical practice, but will also provide valuable insights which will inform regulation of complementary medicine professions, to ensure that regulation meets its mutual aims of respecting autonomous practice whilst supporting public interests.
<i>'No Jab no Pay' considerations in relation to new vaccination legislation: An analysis of an online chat forum</i>	Complementary medicine use is surging in Australia, yet most of this growing use has been confined to private practice that is not subsidised by public health schemes. While there are pockets of integration in both Commonwealth and State-funded health systems, this inclusion is not done in a systematic manner.
<i>Barriers to integration of complementary medicine services in Australia</i>	Complementary medicine use is surging in Australia, yet most of this growing use has been confined to private practice that is not subsidised by public health schemes. While there are pockets of integration in both Commonwealth and State-funded health systems, this inclusion is not done in a systematic manner. There are numerous reasons for non-inclusion, however most of these are based on assumption and there is no research exploring the barriers and facilitators of complementary medicine services in public health care. This project utilises qualitative methodologies to examine the perceived barriers and facilitators of integration of complementary medicine services in Australia from the perspective of Australian health care decision makers.
<i>Market medicine: an analysis of the availability of traditional and folk medicines at public markets in Australia</i>	Complementary and traditional medicines have been described as "the people's medicine", nodding back to its folk medicine roots. In 'developed' nations the folk connection has been held to be largely lost, replaced with a largely commercialised and industrialised form of complementary medicine. As such, while studies have explored the availability of 'market medicines' in countries such as China, Brazil and Africa, developed nations such as Australia have largely escaped examination. This project will look at the availability and presence of folk medicines in different market settings in Australia (e.g. farmer's markets, wet markets, ethnic markets).
<i>The representation of naturopathy in the international lay media</i>	Complementary medicines are popular, yet controversial, and as such attract a diversity of strong views and opinions. Perceptions of issues both influence and are influenced by media representations. Whilst media representations of complementary therapies have been superficially explored, there is no examination of individual disciplines such as naturopathy (as has been done for conventional professions). Therefore, trends and themes in media representation of naturopathy remain unknown and only broad assumptions can currently be made. Using an existing data set of two years of all naturopathic news alerts from English speaking news outlets, this project will examine the way in which naturopathy is portrayed in international media.
<i>Are CAM practitioners included in high level research?</i>	As complementary medicine (CM) is becoming increasingly commonly adopted and utilised, government research agencies are increasing their own attention on CM therapies. Though still representing far less research

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	capacity than conventional fields, CM practitioners are becoming increasingly involved in CM research. However, the majority of CM research is still undertaken by non-CM practitioners or researchers with no clinical expertise at all. To properly reflect and represent CM practice, CM research requires both clinical and research expertise specific to CM. Building on research work done in Australia, this project will explore funding schemes in the US and Canada to determine whether CM practitioner expertise is sufficiently engaged in high level government funded CM research.
<i>Patient perceptions of complementary medicine regulation</i>	Complementary medicines are increasingly regulated and integrated into contemporary healthcare systems. However, regulation of complementary medicines remains controversial, with opponents suggesting that it legitimises therapies that do not warrant legitimisation, and gives official imprimatur to therapies without a sound evidence base. Others suggest that regulation will give a 'stamp of approval' that will encourage indiscriminate use of pseudoscientific therapies by the public. However, despite such assertions, and the predominance of this meme in arguments against regulation, there has been little formal examination of patient perceptions of regulation of complementary medicines or products, or how this influences their use of these therapies and products. This explorative qualitative project will examine patient perceptions, knowledge and attitudes towards regulation of complementary therapies, providing the first empirical data that can inform discussion around this topic.
<i>Health food store and pharmacy advice for complementary medicines</i>	Health food stores and pharmacies have been significant drivers of the explosion of complementary therapy use in Australia. The success of these channels has resulted in the development of assistant roles advising consumers on the choice of complementary medicines in health conditions. Whilst in some cases these roles are filled by qualified personnel such as naturopaths or pharmacists, in many cases this important health educator role is filled by unqualified staff, who may be falsely equated as being qualified by virtue of their role. This has led to concerns from within public health and complementary professions that consumers may be getting advice that could potentially compromise their care. However, despite such assumptions, we know little about the advice provided in these settings. This study examines the health advice provided by health food store and pharmacy staff, and compares it to best practice to determine whether patients are exposed to quality information in these settings.
<i>Cross-cultural study of medicinal plants in health conditions*</i>	Medicinal plants have been utilised for health benefits since prehistoric times, and long traditions of use have established an informal knowledge source of vital health information. However, traditional use is often discounted as not being evidence-based, even in instances where use has been documented over thousands of years. An emerging trend in respecting traditional evidence is that similar documented traditions of use among different cultures, particularly those with little contact, can be used to support medicinal use of plants in specific conditions. In addition to supporting known use, such examination can also identify which plants may have the most promise in specific conditions. This project examines cross-cultural use of medicinal plants, to help further the evidence base for herbal medicines and establish a greater role for traditional evidence. <i>*this project is currently under investigation, but may entail multiple Honours projects</i>
<b>ML</b> <i>Development of a critical appraisal tool for traditional evidence</i>	Most fields of complementary medicine (CM) are built on a long history of tradition, and much of what is practiced by CM practitioners today is still informed by traditional evidence. However, traditional evidence is not without limitations, with inherent biases and contextual effects likely to influence the validity and veracity

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		of traditional knowledge, and in turn, the usefulness and suitability of this evidence for contemporary CM practice. The critical appraisal of all forms of evidence is necessary to making informed clinical decisions. However, unlike scientific evidence, there are no known instruments that measure the quality of traditional evidence. The implication of this is that users of such evidence may find it difficult to discern high quality evidence from low quality evidence when formulating clinical decisions, which could potentially impact the quality of care. This ground breaking study aims to develop for the first time a critical appraisal tool for traditional evidence, the findings of which will have a profound impact on CM practice, research and education.
<b>RL</b>	<i>The effects of cupping on gluteal pain and function in male Australian semi-elite Australian Rules Footballers*</i>	In the mid to late 1800's cupping was harshly criticised by the medical world. Cupping was not based on lack of effectiveness, but its inability to fit within the growing health ideal. Many traditional medical treatment methods were used less and patient's attitudes were changed. This project seeks to answer the question; Is cupping beneficial for improving muscular pain and discomfort in the gluteus muscle as well as performance levels in male semi elite Australian Rules Footballers? Whether cupping decrease muscular pain and discomfort in the gluteus muscle of male semi elite Australian Rules Footballers or improves performance levels of male semi elite Australian Rules Footballers will be examined. <i>*this project is currently under investigation</i>
<b>YS</b>	<i>The significance and consistency of tongue inspection and pulse examination in Chinese Medicine practice</i>	Tongue inspection and pulse examination are two unique and important diagnostic methods in Chinese medicine; both of these examinations play a key role to get the pattern diagnosis in practice. However, there are some inconsistency observation between tongue inspection and pulse examination in the clinic; also has controversy about their different significance in the clinic diagnosis. Currently, not enough researchers focus on the significance on combination of these two examinations and their consistency in diagnosis. The study will explore the significance of both of tongue and pulse examinations; the consistency from case to case and how/why they could contribute the different information for practitioners in Chinese Medicine Diagnosis.
<b>SA</b>	<i>Complementary medicines in pregnancy</i>	MotherSafe is a free telephone service for the women of NSW, based at the Royal Hospital for Women, Randwick that provides a comprehensive counselling service for women and their healthcare providers concerned about exposures during pregnancy and breastfeeding. Such exposures may include complementary medicines. This research project will assess data collected from complementary medicine consumers and health and medical professionals relating to enquiries about complementary medicines (CM). Data will be described in terms of the most frequent CMs queried and the reason for use. Differences between enquiries from health professionals and consumers will be assessed in terms of types of CM's and reasons for use of CM. A systematic review of safety and efficacy for the most frequently sought CM's will inform the advice provided by Mothersafe hotline counsellors.
<b>MS</b>	<i>Comparison of nutritional and inflammatory biomarker status of vegan, vegetarian, fruitarian and non-vegetarian Australian women.</i>	There has been a steady increase in shift from eating meat to vegan and vegetarian diet in Australia, According Sydney Morning herald article in 2016, "Australia is the third-fastest growing vegan market in the world". Vegan and Vegetarian diets are reported to have cardio-protective and anti-inflammatory effects (Bazzano et al, 2002, Mellen, Walsh, & Herrington (2008). Various research based literature has reported lower prevalence of cardio-metabolic chronic conditions such as diabetes mellitus, hypertension, cancer, hypercholesterolemia

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		<p>among vegetarians when compared to non-vegetarian (Huang, Yang, Zheng, et al 2012, Dinu, Abbate, Gensini, Casini, et al 2017, Appleby, &amp; Key, 2016. However such diet are known to be low in iron, zinc and Vitamin B12. But there is paucity of data on micronutrient status (zinc, magnesium, folate etc) and inflammatory biomarkers' levels among young Australian women who are either on a dairy free vegan diet or fruitarian or vegetarian diet (Foster, Chu, Petocz, &amp; Samman, 2013). Hence it is proposed to conduct a case cohort study on young Australian women where their choice of dietary intake is correlated with their micronutrient status (plasma minerals and vitamins, iron and Vitamin B12) and inflammatory biomarkers (homocysteine, CRP, ESR etc). The data thus collected may assist in developing individualized dietary recommendations for women in accordance with their dietary choice and also contribute in assessing the need for dependence on supplements by this cohort.</p>
	<p><i>A survey and qualitative nutritional assessment of foods/snacks available for children during schools hours</i></p>	<p>The Australian Institute of health and Welfare (2012) reported that only 2.5% of children aged 5–14 and 3.3% of people aged 15–24 eat enough fruit and vegetables in Australia. Few studies have reported the prevalence of overweight and obesity among children to have increased slightly during 1998-2008 (Garnett, Baur and Cowell, 2011; Olds, Tomkinson, Ferrar and Maher, 2010) with an estimated prevalence of 21–25% for overweight and obesity together in Australia. This high incidence of obesity is a risk factor for chronic conditions such as Diabetes, asthma and cardiovascular diseases (Levy, 2013). Poor diet comprising of saturated and trans fatty acids and low fruit and vegetable intake is known to influence weight among school going children (Maffei et al 2012). The food habits are formed during early childhood years and is influenced by school environment (Wyse, Campbell, Nathan, &amp; Wolfenden, 2011). Evidence from studies conducted to evaluate food menus of school canteens in NSW through a telephonic interview of canteen managers reported variation in availability of healthy food options in schools in high or low socioeconomic areas (Wyse, 2011, Yoong et al; 2016). However comprehensive nutritional assessment of menu is required to critically analyse the nutritional benefits of any food available to the children in school environment. Hence it is proposed that 10 randomly selected canteens will be approached in either South Australia/Victoria/Western Australia to participate in the study. All the food items will be assessed using nutritional analysis software (Foodworks/Nutritics) for macro and micronutrient contents. The information will then be compared with recommended allowance for children in Australia (Food standards Australia and New Zealand). This data could assist in implementation of a nutrition policies for schools to ensure that healthy nutritious meals/snacks are available to children based on their growth requirements in every Australian school irrespective of socio-economic strata</p>
<b>BS</b>	<p><i>Centella asiatica for the treatment of tension type Headaches over 8 weeks</i></p>	<p>Men and women aged 18-65 will be recruited who present with regular tension type headaches based on a set definition and criteria. They will be asked to take an extract of Centella asiatica for eight weeks during which they will have cortisol, DHEA levels assessed and will complete a tension headache frequency and severity questionnaire. Visits are scheduled at baseline 4 and 8 weeks with follow up phone calls between visits. Patients will be recruited from either Gold Coast or Brisbane campus dependent on the students location</p>
	<p><i>Open label crossover study of Palmitoylethanolamide (PEA) for the treatment of anxiety and sleep</i></p>	<p>Palmitoylethanolamide (PEA) acts through the peroxisome proliferator-activated receptor alpha (PPAR-<math>\alpha</math>) and also has effects mediated through altered cannabinoid 1 (CB1) receptors. Students from Endeavour who have felt significant levels of stress from their previous semester will be recruited and asked to complete an anxiety</p>

**Key:** AS = Dr Amie Steel; AB = Dr Andrea Bugarcic; DA = Dr Daniel Andrews; DV = Dr Dwan Vilcins; ES = Dr Eric Owusu Sekyere; JS = Dr Janet Schloss; JMc = Dr John McDonald; JW = Dr Jon Wardle; ML = Dr Matthew Leech; PG = Dr Pankaj Gulati; RL = Dr Romy Lauche; VG = Dr Vandana Gulati; YS = Dr Yun Shen; SA = Dr Susan Arentz; MS = Dr Mansi Singh; BS = Beth Steels

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and sleep questionnaire at regular intervals together with data from an electronic sleep monitor to assess their stress and sleep during their semester. Levels of stress and anxiety will be determined prior to and after an 8 week course of PEA. Patients will be recruited from either Gold Coast or Brisbane campus dependent on the students location

*Randomised Controlled trial of two herbal medicines for the treatment of pre-diabetes*

The pre-diabetic condition and associated impaired glucose tolerance (IGT) is a risk factor for type- 2-diabetes. IGT is also associated with metabolic syndrome and is a strong predictor of atherosclerotic cardiovascular disease. It is thought that there are over 300 million people with pre-diabetic condition worldwide, and the number is predicted to rise up to 418 million by 2025. Without appropriate intervention, many of these pre-diabetic people will convert to type-2-diabetics. Men and women aged 18-65 will be recruited who exhibit high fasting blood sugar levels which fit into a defined pre-diabetic state. They will be asked to take a combination of herbal medicines for three months during which they will have BGL and related health parameters measured through blood tests, anthropomorphic measurements, a questionnaire on their daily activity's and a three day food diary. Visits are scheduled at baseline, 6 and 12 weeks with follow up phone calls between visits. Patients will be recruited from either Gold Coast or Brisbane campus dependent on the students location