

Raquel Peel

PhD Researcher (Health), BPsych (Hons), BA (ArtHist)(Mus), AdvDipMus (Business)

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I am a Speaker, Researcher, and Lecturer. I am currently undertaking a PhD in Health and I also hold a Bachelor of Psychology with Honours from James Cook University and a Bachelor of Arts with a double major in Art History and Music from Sydney University. I have conducted research in suicide, bullying, stigma, religiosity, rural medicine, and romantic relationships. My honours research on suicide was awarded best student paper at an international conference in Singapore in 2017. Since then, my work on bullying in the workplace has been published by the Conversation.com and generated great interest. I enjoy promoting scientific research to engage both academics and member of the general public. My most recent research on romantic relationships has received a lot of media attention including TV and radio interviews, newspaper articles, and a publication on ABC News. On October 2018, I gave a TEDx Talk on self-sabotage in romantic relationships. As a current postgraduate student, I am also passionate about raising awareness of mental health in higher education and have developed the Mental Health Program for HDR Candidates for JCU. Further, my work as a lecturer and tutor has been recognised with a prestigious Inclusive Practice Teaching Award. Overall, I am passionate about people and the expression of life. I am originally from Brazil and have travelled and lived in many places around the world.

For a complete portfolio outlining all my current projects and qualifications, please go to: raquelpeel.com

Transferable Skills

Research Skills

- Extensive experience in reviewing literature for project proposals and grant applications;
- Proven and extensive practice with both quantitative and qualitative research methodologies;
- Proficiency with quantitative data analysis including t-test, ANOVAs, MANOVAs, ANCOVAs, Chi-squared, Multiple and Logistic Regressions, Factor Analysis, and Structural Equation Modeling;
- Proficiency with qualitative data analysis using Thematic Analysis;
- Proficiency with research and statistical softwares such as SPSS, AMOS, Nvivo, and Endnote;
- Ability to engage in successful research collaborations with diverse teams; and
- Ability to disseminate research outcomes for the purposes of publication in peer-reviewed journals and engagement with public and media forums, including The Conversation.com and ABC News.

Academic and Organizational Skills

- Experience developing and delivering lectures, tutorials, seminars, and workshops using both physical and online delivery modes;
- Ability to develop assessments based on learning materials provided, with a clear and structured rubric in line with subject outcomes;
- Experience in marking assessments, exams, and thesis within strict deadlines;
- Strong focus on managing research project budgets and ethical guidelines; and
- Ability to keep meticulous notes regarding all tasks performed.

Leadership Skills

- Demonstrated ability to lead, train, and mentor staff;
- Ability to evaluate staff performance and provide strategies to remedy staff shortfalls to ensure work standard and quality while keeping staff morale; and
- Advanced ability to apply effective problem solving-skills to manage complex research problems.

Professional and Personal Skills

- Proven ability to perform as part of a multidisciplinary team and collaborate with researchers, academics, clinicians, industry, government, and community stakeholders;
- Ability to communicate with people from different backgrounds;
- Willingness to undertake further training and personal development;
- High level of initiation and motivation to seek and undertake challenging roles and responsibilities; and
- Commitment to professionalism including organization, accountability, reliability, dependability and punctuality.



Qualifications

- Current** **Doctor of Philosophy (Health)**
James Cook University
- Thesis Topic: Relationship Sabotage: An Attachment and Goal Orientation Perspective on Seeking Love but Failing to Maintain Intimate Relationships.
- 2015** **Bachelor of Psychology (Honours)**
James Cook University
- Thesis Topic: Comparing Cultural Values and Attitudes to Ending Life between Australia and Brazil
- 2011** **Bachelor of Arts (Art History and Music)**
Sydney University
- 2008** **Advanced Diploma (Music Business)**
TAFE NSW

Employment History

Teaching Employment

- 2017 – Current** **Lecturer**
College of Healthcare Sciences, James Cook University
- Subjects: PY1102 Exploring Psychology: From Perception to Reality
PY2106 Through the Looking Glass: Development Across the Lifespan
PY3107 Psychological Assessment in Action
PY4114 Operationalising the Scientific Practitioner Model
- 2016 – Current** **Tutor**
College of Healthcare Sciences, James Cook University
- Subjects: PY1101 Exploring Psychology: From Brain to Practice
PY1102 Exploring Psychology: From Perception to Reality
PY2106 Through the Looking Glass: Development Across the Lifespan
PY3103 Mining the Mind: Psychopathology
PY3107 Psychological Assessment in Action
PY3104 Counselling Principles and Practice for Diverse Environments
HS2402 Health Professional Research 1
- 2016 – Current** **Marker**
College of Healthcare Sciences, James Cook University
- Subjects: PY1101 Exploring Psychology: From Brain to Practice
PY1102 Exploring Psychology: From Perception to Reality
PY2106 Through the Looking Glass: Development Across the Lifespan
PY3103 Mining the Mind: Psychopathology
PY3104 Counselling Principles and Practice for Diverse Environments
PY4107 Group Project Part 2 of 2
SS1111 Introduction to Counselling
SS1113 Introduction to Child and Adolescent Mental Health



2014 – 2017

Peer Advisor

Learning, Teaching & Student Engagement, James Cook University

Position Requirements: As a Peer Advisor, I worked in conjunction with faculty librarians to assist students with their scholastic skills such as academic writing, formatting, and referencing. Most importantly, my role was to encourage students to gather sufficient skills to become independent learners.

2015 - 2016

PASS Mentor

Learning, Teaching & Student Engagement, James Cook University

Position Requirements: As a PASS Leader for James Cook University, I conducted weekly study sessions for first year psychology students. In those sessions, students were given activities to aid in their understanding of the topic, in which they were encouraged to work as a part of a group and as individual learners. In my role, I facilitated a successful learning environment for students. After eight months working as a PASS Leader I was promoted to mentor and supervise other PASS leaders and interview future staff.

Research Employment

2017 – 2018

Research Officer

Generalist Medical Training, James Cook University

Position Requirements: As a research officer for the Generalist Medical Training, I conducted extensive reviews and critical analyses of relevant past research and literature, developed quantitative surveys and qualitative semi-structure interviews, developed grant proposals, ethics proposals, effectively communicate with potential participants, conducted interviews in rural/remote communities of North Queensland; and analysed and interpreted quantitative and qualitative data.

2017 – 2017

Project Officer

Mental Health Program, Graduate Research School, James Cook University

Position Requirements: Developing a Mental Health Program for Higher Degree by Research candidates at James Cook University (JCU). This role included planning the project, writing the program and compiling all the information to populate the JCU Graduate Research School website such as self-assessment tools, service providers, resources, and student's testimonials.

2015 – 2016

Research Assistant

Learn to be Safe with Emmy, Griffith University

Position Requirements: As a Research Assistant for Learn to be Safe with Emmy, my role included interviewing Grade 1 children at different schools. Learn to be Safe with Emmy is a protective behaviours program run by ACT for Kids, which aims to empower children with the right to feel safe and to take action to keep them safe across various settings and with different people.



Contributions

Refereed Contributions

Journal Articles

Peel, R., Caltabiano, N., Buckby, B., & McBain, K. A. (2018). Mental health diagnoses and relationship breakdown: Which is the chicken and which the egg? *International Journal of Innovation, Creativity and Change*, 4 (3), 98-116. Retrieved from http://www.ijicc.net/images/Vol4_iss3_spec_ed_nov_2018/Raquel_Peel_et_al.pdf

Peel, R., Buckby, B., & McBain, K. A. (2017). Comparing the effect of stigma on the recognition of suicide risk in others between Australia and Brazil. *GSTF Journal of Psychology (JPsych)*, 3 (2), 1-10. doi: 10.5176/2345-7872 3.2 43

Conference Papers

Peel, R., Buckby, B., & McBain, K. A. (2017). Is Awareness of Suicide Risk and Intent Culturally Informed? A Comparison between Australia and Brazil. In C. Speelman (Ed.). *6th Annual International Conference on Cognitive Behavioral Psychology* (101-110). Singapore: GSTF.

Conference Abstracts

Peel, R., McBain, K. A., Caltabiano, N., & Buckby, B. (2018). *What do psychologists have to say about self-sabotage in romantic relationships?* Presented at the 17th Australian Psychological Society Psychology of Relationships Interest Group (APS-PORIG) National Conference. Melbourne, Australia.

Peel, R., Reeve, C., & Young, L. (2018). *Community engaged GP training. Does it make a difference?* Presented at the Rural Medicine Australia Conference. Darwin, Australia.

Young, L., **Peel, R.,** Reeve, C., Malau-Aduli, B., O'Sullivan, B., & Hays, R. (2018). *Insight into Rural and Remote GP Training and Supervision in Queensland.* Presented at the Global Community Engaged Medical Education Muster Conference. Mount Gambier, Australia.

Peel, R., Buckby, B, McBain, K. A., & Caltabiano, N. (2018). *It is not what it seems. Heart break leads to mental health difficulties in higher education.* Presented at the Australasian Mental Health and Higher Education Conference (AMHHEC). Townsville, Australia.

Peel, R., McBain, K. A., Caltabiano, N., & Buckby, B. (2017). *How is Self-Sabotage presented in Romantic Relationships?* Presented at the 16th Australian Psychological Society Psychology of Relationships Interest Group (APS-PORIG) National Conference. Melbourne, Australia.

Conference Posters

Peel, R., Buckby, B., & McBain, K. A. (2017). *Who gets Bullied at Work? The role of Emotion Stability, Psychological Flexibility, and Coping in Workplace Bullying.* Poster presented at the Inaugural Australasian Mental Health and Higher Education Conference. Townsville, Australia.



Non-Refereed Contributions

Online Articles

- The Conversation

Peel, R., & Bucky, B. (2018, March 5th). What makes someone more likely to be bullied at work and how companies can help them. Retrieved from <http://theconversation.com/what-makes-someone-more-likely-to-be-bullied-at-work-and-how-companies-can-help-them-90305>

- PsychReg

Peel, R. (2017, May 4th). Reasons Why We Should Be Talking About Suicide. Retrieved from <http://www.psychreg.org/suicide-13-reasons-why/>

Consultancy Reports

Peel, R. (2017). *Mental Health Program for HDR Students*. Retrieved from https://www.jcu.edu.au/data/assets/pdf_file/0003/613326/JCU-Mental-Health-Program-for-HDR-Candidates.pdf

Invited Talks

TEDx

Why do we sabotage Love? (TEDxJCU Cairns, 2018)

Link: <https://youtu.be/kpIbl34SPNc>

Publicity and Media Engagements

Television

Win News, Townsville, Australia. (2018, June 23rd). *Interview with Raquel Peel. Love Survey: The JCU love doctor is back at it again, this time she wants to know how love, or rather lack thereof, can affect your mental health* [video file].

Win News, Townsville, Australia. (2018, March 8th). *Interview with Raquel Peel. Bully Billy: Workplace bullying is costing the Australian economy tens of billions of dollars every year* [video file].

Seven News, Townsville, Australia. (2018, February 14th). *Interview with Raquel Peel. Love was in the air across the region for Valentine's Day* [video file].

Win News, Townsville, Australia. (2018, January 10th). *Interview with Raquel Peel. Love lost. What happens when you self-sabotage love?* [video file].

Nine News, Townsville, Australia. (2018, January 10th). *Interview with Raquel Peel. The Townsville Love doctor* [video file].

Radio

Star FM, Cairns, Australia. (2018, October 20th). *Interview with Raquel Peel. TEDxJCU Cairns2018*. [audio file].

ABC Radio, Far North Queensland, Australia. (2018, October 16th). *Interview with Raquel Peel. TEDxJCU Cairns2018*. [audio file].



ABC Radio, North Queensland and Far North Queensland, Australia. (2018, September 7th and 13th). *Interview with Raquel Peel. Research into Bullying in the Workplace and Romantic Relationships*. [audio file].

ABC Radio, North Queensland, Australia. (2018, June 26st). *Interview with Raquel Peel. What's love got to do with it? Effect of Relationship Breakups on Mental Health*. [audio file].

New Zealand Radio, Auckland, New Zealand (2018, March 21st). *Interview with Raquel Peel. Why do people sabotage good relationships?* [audio file].

ABC Radio, Perth, Australia. (2018, February 21st). *Interview with Raquel Peel. Why some people cannot maintain relationships?* [audio file].

ABC Radio, Far North Queensland, Australia. (2018, February 14th). *Interview with Raquel Peel. Research into Romantic Relationships*. [audio file].

Online Articles

The House of Wellness. (2018, September 8th). *Are you sabotaging your relationships?* Retrieved from <https://www.houseofwellness.com.au/wellbeing/relationships/sabotaging-your-relationships>

ABC News. (2018, February 17th). *Relationship sabotage is a rarely studied phenomenon, but now researchers look for answers*. Retrieved from <http://www.abc.net.au/news/2018-02-17/why-do-we-sabotage-romantic-relationships/9425844?pfmredir=sm>

Print

Townsville Bulletin. (2018, June 23rd). *Love and mind focus in study*. p. 5.

Cairns Post. (2018, January 9th). *Sabotaged love studied*. p. 4.

Media Releases

James Cook University, Australia. (2018, June 22th). *Mental health: What's love got to do with it?* Retrieved from <https://www.jcu.edu.au/news/releases/2018/june/mental-health-whats-love-got-to-do-with-it>

James Cook University, Australia. (2018, January 9th). *Tainted Love: Why people sabotage their relationships?* Retrieved from <https://www.jcu.edu.au/news/releases/2018/january/tainted-love-why-people-sabotage-their-relationships>



Personal and Professional Development

Research Training

Coursework Training

PY2103 Describing and Analysing Behaviour (JCU, Semester 1, 2013)
PY2107 Experimental Investigation and Analysis of Behaviour (JCU, Semester 2, 2013)
PY3101 Psychological Research Methods and Interpretation (JCU, Semester 1, 2014)
PY4112 Ethics for Research and Professional and Evidence Based Practice (JCU, Semester 1, 2015)
RD7003 Using R for Data Analysis and Graphical Presentation (JCU, 19/11/2016)
RD7003 Advanced Statistics SPSS (JCU, 31/05/2017)
RD7003 Systematic Reviews Masterclass (JCU, 2/10/2017 and 2/11/2017)
ACSPRI Advanced Qualitative Data Analysis using Nvivo (8/6/2018)
ACSPRI Fundamentals of Structural Equation Modelling (25/06/18 – 29/06/18)
ACSPRI Applied Structural Equation Modelling using AMOS (25/06/18 – 29/06/18)

Professional Activities

2018 Invited Conference Panel Member

Panel Theme: Supporting staff in higher education to build resilience in students coping with life pressures and the expanded responsibilities that accompany transition to and studying at university.

2017 – Current Invited Peer-Reviewer *Psychreg Journal of Psychology*

Memberships

2013 – Current Australian Psychological Society - Student Membership

2018 College of Counselling Psychologists

2017 College of Educational and Developmental Psychologists

2016 – 2017 Psychology of Relationships Interest Group

Community Engagements

2015 – 2017 Telephone Crisis Support Counsellor *Lifeline*

Position Requirements: As a Telephone Crisis Support Counsellor for Lifeline, I provided emotional support to those in time of need. In preparation for this role, I undertook extensive training in mental illness and suicide prevention and intervention, as well as domestic violence training.



Awards

- 2018 **Inclusive Practice Award** (Excellence in Teaching and Learning)
- 2018 **Research Training Program Competitive Pool Funding**
- 2018 – 2020 **Research Training Program Stipend Scholarship**
- 2017 **Best Student Paper** (International Conference on Cognitive Behavioral Psychology)
- 2015 **Honorary Member** (Golden Key International Honour Society)

Referees

Dr. Kerry McBain

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Dr. Beryl Bucky

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Phone: +61 7 478 16959

Ass. Prof. Nerina Caltabiano

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Phone: + 61 7 423 21182

Dr. Sarah Lutkin

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