

Larisa A. J. Barnes | Curriculum Vitae

Daffodil Centre and University Centre for Rural Health, Faculty of Medicine and Health,
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Career Statement

My career aim is to establish myself as a prominent researcher in tobacco research, focusing on cancer prevention by preventing relapse to tobacco products. I aim to conduct person-centred and collaborative research, delivering sustainable and scalable outcomes for consumers and healthcare systems. Leveraging my research, leadership, and project management skills, I will advance research excellence and foster future collaborations.

Career Statistics Snapshot

Publications	Citations	Funding	Inter/national conference presentations (as presenter)	Invited talks	Awards	Supervision
23	353	\$98,796	18	4	5	5

Qualifications

Doctor of Philosophy , The Sydney University School of Pharmacy.	2020
Bachelor of Naturopathy (Honours) , Southern Cross University, Honours by research.	2004
Bachelor of Naturopathy , Southern Cross University.	2001
Bachelor of Arts , The Flinders University of South Australia	1997
Certificate IV in Breastfeeding Education (Community) , Australian Breastfeeding Association.	2013

Work experience – academic and healthcare related appointments

11/2021-present	Research Fellow and Project Manager - MOHMQuit trial, <i>The Daffodil Centre (Tobacco, behaviour change and implementation stream)</i>
3/2024 – present	Clinical Trial Coordinator - <i>Nutritional and botanical support for fatigue in burnout: A randomised controlled pilot and feasibility study, Southern Cross University Faculty of Health, Lismore NSW.</i>
2/2021-12/2022	Researcher and Clinical Trial Coordinator, <i>A Step in Time feasibility Trial, Southern Cross University Faculty of Health, Lismore NSW</i>
7/2022	Tutor – qualitative research methods, <i>Southern Cross University Faculty of Health, Lismore NSW</i>
10/2021	Guest Lecturer – Master of Osteopathy <i>Southern Cross University Faculty of Health, Lismore NSW</i>
8/2020-2/2021	Unit Writer: Integrative Women's Health (Master of Naturopathic Medicine), <i>Southern Cross University</i>
7/2013-10/2020	Research Assistant, Project officer, and Education Support Officer, <i>The University of Sydney, University Centre for Rural Health, Lismore NSW.</i>
2011-2015	Clinical Supervisor [Educator], Tutor and Research Assistant, <i>School of Health and Human Sciences, Southern Cross University.</i>
2010	Research Assistant, <i>joint project between the Lismore and District Women's Health Centre Inc., and Southern Cross University.</i>
2008-2009	Research Clinician, PHCRED [Primary Health Care Research Evaluation & Development] program, <i>The University of Sydney, University Centre for Rural Health, Lismore NSW.</i>
2001-2016	Practicing naturopath, <i>private practice and local herbal dispensary.</i>

Selected continuing education and training	
2024 <i>Tobacco specific training</i>	<ul style="list-style-type: none"> • Cancer Council NSW - Tackling Tobacco Training • The Institute for Global Tobacco Control Global Tobacco Control: Learning from the Experts
2023 <i>Inclusion and Diversity</i>	<ul style="list-style-type: none"> • LGBTI Inclusion: Walking in rainbow shoes – The University of Sydney • Hidden Disability Sunflower Training – The University of Sydney

Publications
<ul style="list-style-type: none"> • Barnes LAJ, Muscat DM, Barclay LM, Aslani P. (2025) "Chapter 13. Health and medication literacy during pregnancy and breastfeeding" In <i>Health Literacy in Medicines Use and Pharmacy</i> Edited by: Awaisu A, Munsour EE, Aslani P, Hussain R, Babar ZUD, pp 205-223, London, Academic Press. https://doi.org/10.1016/B978-0-12-824407-4.00007-6 • Barnes LAJ, Rolfe MI, Barclay L, McCaffery K, Aslani P (2025). Maternal health literacy and complementary medicine products: information and recommendation sources used by pregnant and breastfeeding Australian women-results from a national online survey. <i>Midwifery</i> Mar, 104373, https://doi.org/10.1016/j.midw.2025.104373 • Longman J, ... Barnes LAJ, ... Passey ME (2024). Protocol for the process evaluation of an intervention to improve antenatal smoking cessation support (MOHMQuit) in maternity services in New South Wales, Australia. <i>BMJ Open</i>, 14(3), e081208. https://doi.org/10.1136/bmjopen-2023-081208 • Pearce A, ... Barnes L, Passey ME (2023) Study protocol of an economic evaluation embedded in the Midwives and Obstetricians Helping Mothers to Quit Smoking (MOHMQuit) trial. <i>BMC Health Serv Res</i> 23, 939. https://doi.org/10.1186/s12913-023-09898-3 • Grace S, Engel R, Barnes LAJ, Bradbury J (2023) The step in time study: A feasibility study of a mobile app for measuring walking ability after massage treatment in patients with osteoarthritis. <i>BMC Complementary Medicine and Therapies</i> 23 (1), 95, https://doi.org/10.1186/s12906-023-03898-w • Barnes L et al. (2023) The Step-in-Time feasibility study: reflections on a practice-based massage therapy trial of a smartphone app. <i>Journal of the Australian Traditional Medicine Society</i> Vol 29(2), 68-75. • Barnes LAJ, ... Passey M (2022) The MOHMQuit (Midwives and Obstetricians Helping Mothers to Quit Smoking) Trial: protocol for a stepped-wedge implementation trial to improve best practice smoking cessation support in public antenatal care services. <i>Implementation Science</i>, 17(1), 1-18. https://doi.org/10.1186/s13012-022-01250-3 • Barnes LAJ et al. (2022). Demographics, health literacy and health locus of control beliefs of Australian women who take complementary medicine products during pregnancy and breastfeeding: A cross-sectional, online, national survey. <i>Health Expectations</i>, 25(2), 667-683 https://doi.org/10.1111/hex.13414 • Barnes L et al. (2022) Women's reasons for taking complementary medicine products in pregnancy and lactation: Results from a national Australian survey. <i>Complementary Therapies in Clinical Practice</i>, 49, 101673. • Leach MJ, Barnes L et al. (2021) Transitioning to practice: a qualitative investigation of Australian graduate naturopath's experiences of being in practice. <i>BMC Complementary Medicine and Therapies</i>, 21(1), 1-10 https://doi.org/10.1186/s12906-021-03475-z • Provino R, Barnes LAJ (2021) Safety and efficacy of Withania compared with St John's wort for the treatment of stress and anxiety: an integrative review of the literature. <i>Australian Journal of Herbal & Naturopathic Medicine</i>, 33(4), 168-176. • Barnes L, Grace S (2021) ATMS Members' Survey 2021: Informing the next Strategic Plan. <i>Journal of the Australian Traditional-Medicines Society</i> 27(2): 68-76. • Barnes LAJ et al. (2020) The effects of <i>Hedera helix</i> on viral respiratory infections in humans: A rapid review. <i>Advances in Integrative Medicine</i>, doi: 10.1016/j.aimed.2020.07.012

- **Barnes LAJ.** *Complementary medicine product use in pregnancy and lactation* [PhD dissertation]: School of Pharmacy, Faculty of Medicine and Health, The University of Sydney; 2020.
<https://hdl.handle.net/2123/23246>
- **Barnes LAJ et al.** (2020) Using Facebook to recruit to a national online survey investigating complementary medicine product use in pregnancy and lactation: a case study of method. *Research in Social and Administrative Pharmacy*, doi: 10.1016/j.sapharm.2020.07.01
- **Barnes, L** (2020) Pregnant and breastfeeding women's health literacy and decision-making concerning the use of complementary medicine products. Info-Link Issue 93 (August), International Pharmaceutical Federation (FIP) Health and Medicines Information Section. Retrieved from
https://mcusercontent.com/a6bc44c643480f96b17dc2a1a/files/6c051283-910e-4ea0-9928-92207b006595/CMPs_in_pregnancy_and_lactation_180820.pdf
- **Barnes LAJ et al.** (2019) Women's health literacy and the complex decision-making process to use complementary medicine products in pregnancy and lactation. *Health Expectations*. 2019: 1-15
<https://doi.org/10.1111/hex.12910>
- **Barnes L et al.** (2019) Approaches to Functional Bowel Disorders: Key messages for practitioners. *Journal of the Australian Traditional-Medicine Society*. 2019;25(1): 13-17.
- **Barnes LAJ et al** (2019) Complementary medicine products information-seeking by pregnant and breastfeeding women in Australia. *Midwifery* 77: 60-70 <https://doi.org/10.1016/j.midw.2019.06.011>
- **Barnes LAJ et al** (2019) Factors influencing women's decision-making regarding complementary medicine product use in pregnancy and lactation. *BMC Pregnancy & Childbirth* 19: 280
<https://doi.org/10.1186/s12884-019-2396-2>
- **Barnes LAJ et al** (2018) Complementary medicine products used in pregnancy and lactation and an examination of the information sources accessed pertaining to maternal health literacy: a systematic review of qualitative studies. *BMC Complementary and Alternative Medicine*. 818: 229.4
<https://doi.org/10.1186/s12906-018-2283-9>
- **Barnes LAJ et al** (2018) Complementary medicine products: information sources, perceived benefits and maternal health literacy. *Women & Birth*. 2018, doi: 10.1016/j.wombi.2018.11.015.
- **Barnes L, Grace S.** (2018) The dietetics and naturopathy professions: perceptions of role boundaries. *Health Sociology Review* 1-18, doi: 10.1080/14461242.2018.1539916.
- **Grace S, Barnes L et al.** (2018) An integrative review of dietetic and naturopathic approaches to functional bowel disorders. *Complementary Therapies in Medicine*. 2018;41: 67-80
<https://doi.org/10.1016/j.ctim.2018.09.004>

Selected presentations

- **Barnes L, ...Passey M.** Postpartum smoking and vaping: what Australian women say will help them quit or stay quit. *SRNT Annual Meeting, New Orleans 2025 (oral presentation, Smoking in Pregnancy and the Postpartum Symposium, international conference)*
- **Barnes L, ...Passey M.** Are women vaping in pregnancy and the early postpartum? Current data from New South Wales, Australia. *SRNT-Oceania Conference, Brisbane, 2024 (oral presentation, international conference).*
- **Barnes L.** Reaching a priority population: pregnant women who smoke. Ethical, instrument design, and recruitment considerations. Daffodil Centre HUB 2 (improving outcomes for people at higher risk of cancer) bimonthly online meeting 2024 (*invited oral presentation*).
- **Barnes L, ...Passey M.** MOHMQuit (Midwives and Obstetricians Helping Mothers to Quit Smoking) – Implementation and sustainment. *University of Sydney, Faculty of Medicine and Health Early and Mid-Career Researcher Showcase, Sydney 2022 (oral presentation)*

- **Barnes L** et al. *ICCMR 2019 [International Congress of Complementary Medicine Research]*, Brisbane May, 2019:
 - Australian women's health literacy and complex decision-making to use complementary medicines in pregnancy and lactation – a qualitative investigation (*oral presentation & poster presentation, international conference*).
 - Factors that influence women's decision-making to use complementary medicine products in pregnancy and lactation (*oral presentation & poster presentation, international conference*). **Winner** – George Lewith *Poster Prize*
- **Barnes L** et al. Health literacy needs of women who choose to use complementary medicine products in pregnancy or breastfeeding. *New Frontiers in Health Literacy Research Symposium 2018*, Sydney Health Literacy Lab, Sydney, 2018 (*invited oral presentation*).

Reports

- **Barnes L**, Grace S, Baltrotsky K (2021) *ATMS Member Survey 2021 – Report of Findings V1.0 April 5th 2021*. Australian Traditional Medicines Society.

Grants and Funding				
Year/s	Source	Title	Role/s	Amount
2025	Daffodil Centre, University of Sydney	<i>Travel & Expense Funding</i> : aid with travel costs associated with presenting research at an international conference.	Lead author and presenter, SRNT Annual Meeting, as part of a Symposium with international colleagues.	\$5950
2022	Australian Traditional Medicines Society (ATMS)	ATMS PhD Scholarship Application Assessments	Research consultancy (assessing PhD Scholarship applications against guidelines and eligibility)	\$374
2021-2023	ATMS	ATMS Research Grants	Research consultancy (assessing grant applications against ATMS guidelines, eligibility and goals of the grant program)	\$1,122
2021	Bayer	<i>Bayer Elevit Drivetime Podcast</i>	Podcast research, recording and interview	\$300
2021	ATMS	<i>ATMS Member Survey 2021 – Report of Findings V1.0 April 5th 2021</i>	Research consultancy (survey design, recruitment, survey analysis; professional report to inform the review of the Association's strategic plan).	\$3,000
2018-2023	University Centre for Rural Health	<i>Research and Development Awards</i> , aid with publication costs for open-access peer-reviewed journals.	Lead author and researcher	\$5,575
2016-2019	University Centre for Rural Health	<i>Research and Development Awards</i> , aid with travel costs associated with presenting research at international and national conferences.	Researcher and presenter	\$2,475

2017-2018	ATMS	<i>ATMS Research Committee</i>	Research consultancy (planning projects, peer training on review research methods, research assistance)	\$5,000
2014-2017	Blackmores Ltd.	<i>Postgraduate Scholarship in Health Literacy and its Influence on Complementary Medicine Use by Australians</i>	PhD Student (The University of Sydney School of Pharmacy)	\$79,500

Selected Awards	
2022	Best Abstract and Best Presentation Academic Implementation Science Network stream - University of Sydney, Faculty of Medicine and Health Early and Mid-Career Researcher Showcase, Sydney.
2022	Staff excellence award – Service, Inspiration, Leadership and Engagement, <i>University Centre for Rural Health, The University of Sydney.</i>
2020	Highly Commended, Higher Degree Research Student Paper of the Year 2020 , Pharmacy Practice, <i>The University of Sydney School of Pharmacy.</i>
2019	Dr George Lewith Poster Prize, ICCMR 2019 [International Congress of Complementary Medicine research].
2001	Warren Brauer Memorial Prize, Southern Cross University graduation prize for academic excellence.

Supervision post-PhD
<ul style="list-style-type: none"> 2024 Yicheng Cao and Jingyi Wan, Master of Public Health Capstone students (The University of Sydney): Women's and Stakeholder's perceptions of postpartum smoking and vaping relapse prevention. 2023-2024 Caroline Tan, Master of Public Health Dissertation student (The University of Sydney): <i>"What about vaping?": exploring the facilitators and barriers experienced by health professionals in offering vaping cessation support, a scoping review</i> (in press, <i>Public Health Research & Practice</i>). 2023-2024 Harriet Sandison, Academic GP Registrar (The University Centre for Rural Health): <i>Assessing the contraceptive choice and decision-making processes of adolescent and young women in rural and remote New South Wales</i> (under review). 2021 Meridith Bibbing, medical student research elective (The University of Sydney): Biochemical verification of smoking status in pregnancy and postpartum.

Leadership and Service

Memberships

- 2024 SRNT (Society for Research in Nicotine and Tobacco) and SRNT-O (Oceania Chapter of SRNT).
- 2024-present: Sydney Cancer Partners.
- 2020-present: Sydney Health Partners Implementation Science Community of Practice.
- 2019-2023: International Society for Complementary Medicine Research [ISCMR].
- 2016: Australasian Pharmaceutical Science Association.
- 2006-2015: Australian Breastfeeding Association.
- 2004-2024: Australian Traditional Medicines Society.

Voluntary academic work

- 2025: University of Canberra: PhD Thesis examination
- 2024: SAVIES (Smoking and Vaping Intensive Education and Support Initiative) Community of Practice member, with Northern NSW Local Health District Health Promotion (Tobacco Control Program).

- 2023-present: Daffodil Centre Researchers at Early and Mid-Career (DREAM) Network Committee.
- 2023-present Co-chair from May 2024: Daffodil Centre Hub 2 Improving outcomes for people at higher risk of cancer
- 2016-2023: University Centre for Rural Health Research and Development Award Committee, Chair (2019-2022).
- 2020-2021: Australian Journal of Herbal and Naturopathic Medicine - Author Mentorship program; mentored a Master of Health Science student from University of New England to get his integrative review to completion and publication.
- 2020: Faculty of Medicine and Health - The University of Sydney: HDR peer-mentorship program.
- 2020: World Naturopathic Foundation - led an international team of nine researchers in a one of 14 rapid reviews.

Peer review (post-PhD): Regular peer-review for Q1/Q2 journals including *Health expectations*, *Patient Education and Counseling*, *BMC Systematic Reviews*, *BMJ Open*, *International Breastfeeding Journal*, *Health Services Insights*, *Advances in Integrative Medicine*, and *Tobacco Induced Diseases*.