

**Satrio Nindyo Istiko**  
Empire House Flat 112  
1 Balme Street, Bradford  
BD1 4AL, United Kingdom

+44 777 802 2393

Tiko.Istiko@bthft.nhs.uk  
tiko@writtenbytiko.com

@writtenbytiko on X & IG

**Profile:** I am a social scientist with 8 years' experience of tackling health inequalities linked to race, gender & sexuality, particularly among migrant & ethnic minoritised communities. I conduct socio-cultural analysis using *qualitative methodologies*, especially participatory & creative research methods, & draw interdisciplinary knowledge from sociology, public health & migration studies.

My portfolio includes sexual & reproductive health, mental health, genomics & physical activity across the UK, Australia & Indonesia. I also have track records in managing lived experience/community health worker program, evaluation, grant writing & storytelling-based health promotion.

### Work experience:

- Senior Research Fellow, Bradford Institute for Health Research, Bradford Teaching Hospitals NHS Foundation, & Honorary Senior Research Fellow, Bristol Medical School, Bristol University, UK – 2024 to present
  - o Qualitative research lead for community-based children and adolescent physical activity research
  - o Supervise an intern
  - o Stakeholder coordination (community organisations, charity, community development workers)
- Research assistant, Melbourne Sexual Health Clinic, Faculty of Medical and Health Sciences, Monash University – 2022 to 2023
  - o Co-develop an online audio drama (podcast – 6 episodes with approx. 5 mins duration each) as a sexual health and HIV promotion tool for Asian-born gay men
- Research assistant, School of Public Health and Social Work, Queensland University of Technology – 2022 – 2023
  - o Lead a team of 4 peer researchers from diverse ethnicities
  - o Lead the participatory development of 5 animated videos (max. 5 mins duration each) as a sexual health and HIV promotion tool for women, men, and gay migrants
- Team leader and project officer, HIV education program, Queensland Positive People, 2016 – 2020
  - o Lead a geographically disperse team of 15 Peer Navigators (community health workers)
  - o Monitoring and evaluation (mixed method)
  - o Lead development of 12 educational modules
  - o Develop & deliver trainings on HIV-related topics for health and social care workforce
  - o Organisational policy development
  - o Stakeholder relationships (clinicians, state government, & community organisations)

### Education:

- PhD (Public Health), University of Queensland, Australia, 2024
- Master of Health Management (with Distinction), Queensland University of Technology, Australia, 2017
- Doctor of Medicine, Universitas Pembangunan Nasional Veteran Jakarta, Indonesia, 2016

**Publication highlights:** Istiko, S.N., et al. (2024). Understanding key priority areas of mental health among queer asylum seekers and refugees in Australia through the lens of structural violence: a modified Delphi method study. *Journal of Refugee Studies*, 37(3): 750-767.  
<https://doi.org/10.1093/jrs/feae067>

Istiko, S.N., et al. (2023). Developing critical HIV health literacy: insights from interviews with priority migrant communities in Queensland, Australia. *Cultural, Health, & Sexuality*, 10:1-16.  
<https://doi.org/10.1080/13691058.2023.2265960>

Istiko, S. N., et al. (2022). (Not that) essential: a scoping review of migrant workers' access to health services and social protection during the COVID-19 pandemic in Australia, Canada, and New Zealand. *International Journal of Environmental Research and Public Health*, 19(5), 2981.  
<http://dx.doi.org/10.3390/ijerph19052981>

**Project highlights:** I currently lead a Bristol Biomedical Research Centre-funded qualitative project titled [A community-led exploration to improve access to green spaces for adolescents girls in Bradford](#), United Kingdom. The project involved local community organisations, interdisciplinary research team, and a lived experience advisory group.

Out of my Queensland Health-funded Australian PhD project on sexual health literacy among Asian-born gay men, I developed a new interview method called **race-conscious conversation**. A book chapter/paper will be published in 2025.

I led the development of audiovisual animated videos to promote sexual health and HIV literacy among diverse migrant communities in Queensland called [Have Fun Butt Play Safe](#). The project used peer research methodology.

I have developed a teaching and training podcast about mental health among refugees called [Health Without Borders](#). This podcast has 3 episodes with a duration of 30 mins each.

**Grant capture:** Since the beginning of my PhD in 2020, I have generated a total of **139,070 euro (150,395 USD)** in research and community development funding from agencies in Australia (e.g., Queensland Health), Asia Pacific (e.g., Asia Pacific Network of Refugees) & the UK (e.g., Bristol Biomedical Research Centre).

**Strategic and leadership roles:**

Trustee, Race Equality Network, United Kingdom – 2024 to present

Board member, Australian GLBTIQ Multicultural Council – 2023 to present

**Speaker/trainer highlights:** Seminar - What are the key priority areas for refugee services to improve the mental health of queer asylum seekers and refugees in Australia? Displaced Scholars Research Forum, Refugee-led Research Hub, University of Oxford, 2024.

**Training** - Sexual health literacy in HIV, migration and public health. HIV Education Queensland, 2023

**Achievements:** 2023 - Refugee Studies Centre' Pathways course (with Excellence in Community Engagement), University of Oxford

2023 - First Prize, Let's Get PrEPared Designathon! Interventions to increase awareness and uptake of PrEP among Asian-born MSM in Australia, Melbourne Sexual Health Centre

2021 - Best Rapid Fire Presentation, University of Queensland School of Public Health Higher Degree Research Conference

2021 - Best Presentation Prize, Monash Migration and Inclusion Centre Next Generation Network Symposium

**Language:** Indonesian and English (native)