



UNIVERSITY OF
CALGARY

MONDAY MEMO

OCTOBER 19, 2020

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



Drogos L, **Toivonen K**, Labelle L, **Campbell T**, **Carlson LE**. (2020) No Effect of Mindfulness-Based Cancer Recovery on Cardiovascular or Cortisol Reactivity in Female Cancer Survivors. *Journal of Behavioural Medicine*. 2020 Aug;08 Doi: [10.1007/s10865-020-00167-w](https://doi.org/10.1007/s10865-020-00167-w)



Psychosocial stress in cancer survivors may contribute to compromised quality of life and negative cancer outcomes, which can be exacerbated by poor coping skills and emotional reactivity. Mindfulness based interventions (MBIs) have shown effectiveness in reducing stress, improving quality of life and coping skills in cancer survivors. We tested whether an MBI would also improve reactivity to an acute laboratory stress task. A total of 77 women with a cancer diagnosis were recruited for a waitlist-controlled trial of Mindfulness-Based Cancer Recovery (MBCR). Participants completed a laboratory-based psychosocial stress paradigm (the Trier Social Stress Test—TSST) pre- and post-intervention, throughout which cortisol and cardiovascular profiles were measured. Neither cortisol nor cardiovascular reactivity to the TSST was changed pre-to post intervention, either between or within groups. Blunted cortisol, but not cardiovascular, reactivity was observed across both groups, which may have contributed to the lack of intervention effect. Previous research suggests that diurnal cortisol is blunted following cancer treatment; the current findings suggest this blunting may also occur during exposure to acute stress.

RESEARCH NOTES AND ACTIVITIES

- Garland S N, Johnson J A, **Carlson LE**, Rash, J A, Savard J, **Campbell T S**. (2020) Light therapy for insomnia symptoms in fatigued cancer survivors: a secondary analysis of a randomized controlled trial. *Journal of Psychosocial Oncology Research and Practice*. e (2020) 2:3(e27) 18 September 2020. doi.org/10.1097/OR9.0000000000000027
- Toivonen, K.**, Hermann, M., White, J., Specia, M., **Carlson L.E.** (2020) A Mixed-Method, Multi-Perspective Investigation to Barriers to Participation in Mindfulness-Based Cancer Recovery. *Mindfulness*. <https://doi.org/10.1007/s12671-020-01461-z>
- Witt CM, Balneaves LG, **Carlson LE**, ..., Helmer SM. (2020) Education Competencies for Integrative Oncology-Results of a Systematic Review and an International and Interprofessional Consensus Procedure. *Journal of Cancer Education*. 2020 Aug;11. DOI: <https://doi.org/10.1007/s13187-020-01829-8>
- Drogos L, **Toivonen K**, Labelle L, **Campbell T**, **Carlson LE**. (2020) No Effect of Mindfulness-Based Cancer Recovery on Cardiovascular or Cortisol Reactivity in Female Cancer Survivors. *Journal of Behavioural Medicine*. 2020 Aug;08 Doi: 10.1007/s10865-020-00167-w
- Baydoun M.*, Oberoi D*, Flynn M.*, **Moran C***, McLennan A*, Piedalue K.L.*, & **Carlson L.E.** (2020). Effects of Yoga-based Interventions on Cancer-Associated Cognitive Decline: A Systematic Review. *Current Oncology Reports*. 2020 Jul 28;22(10):100. doi: 10.1007/s11912-020-00960-5.
- Oberoi D*, Piedalue KL*, Pirbhai H*, Guirguis S, Santa Mina D, **Carlson LE**. (2020). Factors related to dropout in integrative oncology clinical trials: Interim analysis of an ongoing comparative effectiveness trial of mindfulness-based cancer recovery and Taichi/Qigong for cancer health (The MATCH study). *BMC Research Notes* (2020) 13:342 <https://doi.org/10.1186/s13104-020-05172-5>
- Baker, E., & Exner-Cortens, D.** (2020). Adolescents' interpersonal negotiation strategies: Does competence vary by context? *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12578>
- Powell, D. M., **Bourdage, J. S.**, & Bonaccio, S. (2020). Shake and Fake: the Role of Interview Anxiety in Deceptive Impression Management. *Journal of Business and Psychology*, 1-12. <https://link.springer.com/article/10.1007/s10869-020-09708-1>.
- Robie, C., Christiansen, N. D., **Bourdage, J. S.**, Powell, D. M., & Roulin, N. (2020). Nonlinearity in the relationship between impression management tactics and interview performance. *International Journal of Selection and Assessment*. <https://onlinelibrary.wiley.com/doi/abs/10.1111/ijsa.12307>.

EVENTS



UFlourish is happening! Oct 13 – Nov 13, 2020

Build positive mental health, resiliency and community connection at UCalgary through a month of online and in-person workshops, seminars, and events.

For more information and event registration visit <https://www.ucalgary.ca/mentalhealth/ufourish>

2020 Owerko Family Distinguished Lecture

Canada is failing when it comes to the mental well-being of children.

Join us online on Thursday, Oct. 22 from 2:00-3:00pm for a discussion about the current state of knowledge regarding children's mental health, along with the link between mental health outcomes and bullying.

Register here:

<https://research4kids.ucalgary.ca/Owerko-Family-Distinguished-Lecture>

Keynote Speaker

Dr. Tracy Vaillancourt, PhD

Professor of Psychology,
University of Ottawa
Canada Research Chair in
School-Based Mental Health
and Violence Prevention



EVENTS Continued...




Childhood Adversity Study (Online Study)

Are you interested in participating in an online study? The Resilience, Adversity, and Childhood Trauma Research Lab (ReACT) from McGill University is conducting a study to examine the associations among childhood adversity, emotional and psychological well-being, and relationship quality between mothers and young adults aged 18-25. The results of the study will provide a better understanding of the experiences of individuals exposed to adverse life events and will be used to develop and bonify interventions offered. Please note that young adult participants and their mothers should both be Canadian residents who are currently living in Canada.

The study will require you to answer a few online questionnaires and should take approximately 45 minutes. Participation is voluntary and all responses will be kept confidential. For example, the contact information that you provide for yourself, and for the second respondent (your mother) will be kept confidential and will be stored separately from your survey responses to ensure your anonymity. Remember, you should always ask your mother's permission first before sharing her contact information.

If you would like to participate, please head to the following link: https://crpcas.qualtrics.com/jfe/form/SV_38eyq5jitoNRpu5. For more information, please contact us at mcgillreactlab@gmail.com. Thank you for your interest in this important project!



(This project has received REB approval #278-1118 and was also approved by the CFREB at the University of Calgary. Students please note participating in this study will **not** count towards your research participation credits)

McGill ReACT Lab

The Childhood Adversity Study

Calling participants **18-25 years old** and **mothers of 18-25 year olds** to complete an **online survey** on childhood adversity, relationships and emotions

All participants will be entered into a draw for the chance to win **1 of 2 iPads!**



This fall, the **Social, Personality, and Social Development (SPSD) Psychology Research Group** gathers via Zoom every two weeks on **Mondays** from **3:00 pm – 4:30 pm**. We discuss and learn about research being conducted by faculty, students, and affiliates of the University of Calgary.

The next meeting will be held on October 19, 2020, and Dr. Cara MacInnis' honours student, **Olivia Gunther**, will present her research titled "**Much meat, much malady: Examining whether associating factory farming with zoonotic disease influences meat consumption intentions**". Also, **Morgan Davis**, Dr. Kathleen Hughes' honours student, will present her research titled "**Parental Emotional Resilience During COVID-19**."

As always, everyone is welcome to attend! You can use the following Zoom link to join the meeting during the fall semester. <https://ucalgary.zoom.us/j/98917604481> (Meeting ID: 989 1760 4481), Password: SPSSD

Open Science Student Support Group (OSSSG)

Topic: Project Workflow **When:** October 23, 4-6pm

What is project workflow and how can it support open science? Project workflow refers to how your research project is organized. This encompasses everything from your file management system, naming conventions for your project documents, version control to ensure you can always find the most current (and previous) versions of a document, and how you organize access to and sharing of project documents. In our second session we'll be joined by Dr. Elizabeth Morin-Lessard who will share her experiences using project workflow to support open sharing of her research. We'll discuss how you might implement different aspects of project workflow into your own research and share resources to help you learn more about project workflow. Join us to discuss how you can adopt project workflow practices in your own research!

Register to attend at:

<https://ucalgary.zoom.us/meeting/register/tJUlDuquqTwoGtaKlZIDVsgYk7mLgBQEMWEQ>

After registering, you will receive a confirmation email containing information about joining the meeting. For more information on the sessions and our group, please join our [Slack](#) workspace. For questions, contact Gwen van der Wijk @ gwen.vanderwijk@ucalgary.ca



PSYCHOLOGY IN THE NEWS

Dr. Nicole Racine in Victoria News "[Trick or Treat? Experts divided on letting kids go out on Halloween due to COVID risk](#)"

Dr. Mike Boyes in CBC Radio Morning Program "[Orchids and Dandelions: Child Development During the Pandemic](#)"



VOLUNTEER AND JOB POSTINGS

For Undergraduate Students

Volunteer for Chart Review

The ENHANCE Lab is looking for two senior psychology students to participate in a chart review. The volunteers will review charts and provide a detailed summary of the information. Time commitment to be determined, but hours are flexible. Please provide a resume via email to Hangsel Sanguino hangsel.sanguino@ucalgary.ca

Volunteer Research Assistant

The Addictive Behaviours Lab at the University of Calgary is looking for a psychology student with an interest in addictions and clinical psychology. The student would become involved in an ongoing research study regarding cannabis use. The time commitment is approximately 5 hours/week. The student would have the opportunity to gain experience recruiting and running participants, conducting interviews regarding patterns of cannabis use, and data entry.

Interested students are encouraged to reach out to Magdalen Schluter, the primary graduate student involved in the project magdalen.schluter@ucalgary.ca ; <https://ucalgary.ca/labs/addictive-behaviours>

For Graduate Students, Faculty, & Staff

Masters in Experimental Psychology with Specialization in Wearable Technology

The Healthy Families Lab at the University of Calgary is advertising for a **MSc or PhD student** in an experimental psychology with an interest in exercise and sleep during the transition to parenthood. The student would become part of an innovative line of research investigating interventions to improve and preserve health behaviours (e.g., sleep and exercise) during the transition to parenthood and the role of digital and wearable technology in both assessment and health promotion. Primarily supervised at the University of Calgary, the student would have the opportunity to be a part of the wearable technology program and to collaborate with the Behavioural Medicine Lab at the University of Victoria.

Interested students are encouraged to reach out to Dr. Tomfohr-Madsen for more details. <https://www.healthyfamilieslab.com/>

Seeking Interviewer for Study on Medical Trauma

The study Medical Trauma in Parents of Children with Medical Complexity is seeking a part-time research assistant with experience in qualitative interviewing. This position would include conducting telephone/Zoom interviews with 25-30 parents who have experienced personal trauma in the course of their child's chronic illness and need for medical care. The timeline for the study is Oct. 2020 to June 2021, with variability depending on recruitment. There is also an opportunity to be involved in the analysis, depending on candidate availability and interest. This study is led by Dr. Tammie Dewan, Clinician Investigator in the Department of Pediatrics, and supported by Dr. Melanie Noel and Dr. Katie Birnie in the Department of Psychology. Compensation is negotiable and will be commensurate with experience.

Interested candidates are encouraged to reach out to Dr. Tammie Dewan (tammie.dewan@albertahealthservices.ca) for more details.

VOLUNTEER AND JOB POSTINGS Continued...

Permanent Clinical Psychologist Position in the Max Rady College of Medicine, University of Manitoba

Please see the [attached notice](#) regarding a permanent clinical psychologist position in the adult depression services with the regional psychology program in Winnipeg. Job details and application instructions are [attached](#), and can be found on the CPA website <https://cpa.ca/careers/> and the University of Manitoba Department of Clinical Health Psychology's website http://umanitoba.ca/faculties/health_sciences/medicine/units/clinical_health_psych

Deadline for initial review of applications is October 23, 2020; applications will continue to be accepted until the positions are filled. Beginning career to senior career colleagues are welcome to apply.

Tenure track job in Personality at Carleton University

The Department of Psychology at Carleton University invites applications from qualified candidates for a preliminary (tenure-track) appointment in Personality Psychology at the rank of Assistant Professor beginning July 1, 2021.

The successful candidate will be expected to conduct research on issues related to Personality Psychology, teach both at the undergraduate and graduate level in Personality, and have effective leadership and collaborative skills. Although we are open to all specializations in Personality, expertise in measurement or qualitative methods would help fill other gaps in our department. The successful candidate is expected to show evidence of being able to maintain a successful program of research that is eligible for Tri-Council funding.

To see the full posting for this position, please visit <https://carleton.ca/provost/2020/assistant-professor-psychology-personality/>

Assistant Professor Position at the University of Louisville

The Department of Psychological and Brain Sciences at the University of Louisville invites applications for a full-time, tenure track position in Clinical Psychology at the Assistant Professor level beginning August 1, 2021.

The University of Louisville celebrates diversity of thought, perspectives, and life experience. To meet the needs of our multicultural student body and expand our connections to the vibrant community in which we work, our department seeks a colleague who is committed to mentoring students from diverse backgrounds and is prepared to train Ph.D. students in clinical skills broadly, and especially with respect to cultural competence.

To find out more about this position and how to apply, please visit: <http://louisville.edu/psychology/files/2020-Clinical-Faculty-Position-Ad.pdf>

SCHOLARSHIPS

Winter 2020 funding: Laura Bassi Scholarship

The Laura Bassi Scholarship, which awards a total of \$8,000 thrice per annum, was established by Editing Press in 2018 with the aim of providing editorial assistance to postgraduates and junior academics whose research focuses on neglected topics of study, broadly construed. The scholarships are open to every discipline and the next round of funding will be awarded in December 2020:

Winter 2020

Application deadline: 25 November 2020

Results: 20 December 2020

All currently enrolled master's and doctoral candidates are eligible to apply, as are academics in the first five years of their employment. Applicants are required to submit a completed application form along with their CV through the application portal by the relevant deadline. Further details, previous winners, and the application portal can be found at: <https://editing.press/bassi>

RESOURCES

Counseling Psychology at USM Virtual Info Session

The University of Southern Mississippi's Counseling Psychology Doctoral program is hosting an informational session about their program and application process on October 22, 2020. Of note, their APA-accredited Counseling Psychology Doctoral program is grounded in the scientist-practitioner model and trains students for careers in practice and research. They offer training in evidence-based interventions, with attention to diversity and social justice in their work. Their program provides financial support for all students and clinical training in our in-house training clinic and several community agencies.



**COUNSELING PSYCHOLOGY
DOCTORAL PROGRAM**

Those interested in learning more can register for this free virtual event at:

<https://usm-edu.zoom.us/meeting/register/t.Jwvce6gqjkpGtwoKl5oUhUi73Y9eVVYscNR>

U of T's Graduate Program Virtual Open House

We would like to invite you to join us at a University of Toronto Psychology Graduate Program virtual open house!

The goal of this open house is to describe our new direct-entry PhD program. Before opening up for Q&A with the program administration, current students, and representatives from the Department's Equity, Diversity, and Inclusivity Committee, we will also discuss FAQs including the construction of a successful application, the availability of funding and award opportunities, and how a day in the life of a graduate student in our program looks.

We hope you will join us on Friday, October 30 at 1pm EST! To register and receive the Zoom link, please use the QR code in the brochure, or visit <https://tinyurl.com/yy89ehup>.

Happy Monday!

Congratulations to everyone included in the Monday Memo! The department recognizes your hard work and dedication. Keep it up!

this is the cutest "nope" i have ever seen.



Do you have something you would like to include in the Monday Memo newsletter? Please send it to pnguy@ucalgary.ca before Thursday at noon.

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<https://arts.ucalgary.ca/psychology/news/monday-memo>

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