



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

OCTOBER 5, 2020

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## DEPARTMENT NEWS

### HIGHLIGHTED PUBLICATION



**Gorenko, J. A., Moran, C., Flynn, M., Dobson, K., Konnert, C.** (2020). Social Isolation and Psychological Distress Among Older Adults Related to COVID-19: A Narrative Review of Remotely-Delivered Interventions and Recommendations. *Journal of Applied Gerontology*.  
<https://doi.org/10.1177%2F0733464820958550>



The COVID-19 pandemic is associated with several short- and long-term negative impacts on the well-being of older adults. Physical distancing recommendations to reduce transmission of the SARS-CoV2-19 virus increase the risk of social isolation and loneliness, which are associated with negative outcomes including anxiety, depression, cognitive decline, and mortality. Taken together, social isolation and additional psychological impacts of the pandemic (e.g., worry, grief) underscore the importance of intervention efforts to older adults. This narrative review draws upon a wide range of evidence to provide a comprehensive overview of appropriate remotely-delivered interventions for older adults that target loneliness and psychological symptoms. These include interventions delivered by a range of individuals (i.e., community members to mental health professionals), and interventions that vary by implementation (e.g., self-guided therapy, remotely-delivered interventions via telephone or video call). Recommendations to overcome barriers to implementation and delivery are provided, with consideration given to the different living situations.

## RESEARCH NOTES AND ACTIVITIES

- Magel, C.,** Hewitt, K., Dimitropoulos, G., **von Ranson, K. M.,** & McMorris, C.A. (2020). Who is treating ARFID, and how? The need for training for community clinicians. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. <http://dx.doi.org/10.1007/s40519-020-01007-1>
- Lacroix, E., & von Ranson, K. M.** (2020). Prevalence of social, cognitive, and emotional impairment among individuals with food addiction. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*. <https://dx.doi.org/10.1007/s40519-020-01014-2>
- 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/OR9.000000000000027](https://doi.org/10.1097/OR9.000000000000027)
- 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.I.\*, & **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 K.I\*, 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>

## 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/uflourish>

### Save the Date: 2020 Owerko Family Distinguished Lecture

Thursday Oct. 22, 2020 / 2:00 - 3:30 pm

Online via ZOOM / Registration details to follow

Keynote Speaker:

**Dr. Tracy Vaillancourt, PhD**

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

Professor of Psychology, University of Ottawa

Canada Research Chair in School-Based Mental Health



## EVENTS Continued...

### CCHSP Session – Burnout: The Outcome of Professional Contagions

Tuesday, October 13, 2020 / 12:00 – 1:30 PM on Zoom  
Speaker: April Elliot



Partnered with ACHRI and WCHRI, CCHCSP is excited to offer fall CCHCSP Certificate eligible sessions virtually. All are welcome, trainees of any level or discipline and faculty.

#### 3 Objectives:

1. To expand awareness of the cultural influences of healthcare and academia on an individual's management of emotional distress
2. To explore the multifaceted concept of burnout and its impact on being present and engaged
3. To develop skills designed to enlighten, empower, and to enhance wellness

To register, please contact Ruth Fermin ([ruth.fermin@ahs.ca](mailto:ruth.fermin@ahs.ca))



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 5, 2020**, and Dr. Andrew Szeto's student, **Gemma Reynolds**, will present her research titled "**Opioid Use Stigma: An Examination of Gender and Harm Reduction Strategies**."

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: SPSPD

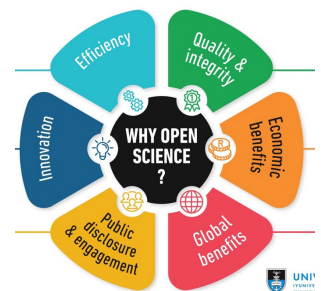
Interested in Open Science? Join the **Open Science Student Support Group's** first session on Friday to learn more!

Topic: **Introduction to Open Science**

When: **October 9, 4-6 PM**

[Click here](#) to register!

Not sure what Open Science is about? Or maybe you do, but don't know where to get started with making your own research more 'open'? Join our first session to get an overview of different open science practices, why such practices are crucial for advancing psychological science, what the benefits and risks of these practices are and how you can start implementing such practices into your research! With lots of discussion and challenges of different difficulty levels, there will be something to gain for everyone!



Students in the Open Science Student Support Group will meet biweekly on Fridays to discuss and learn about different open science practices and support each other in implementing these practices in our own research. All students are welcome to join all sessions or drop in whenever you have time!

For more information on the sessions, please join our [Slack](#) workspace. For questions, contact Gwen van der Wijk @ [gwen.vanderwijk@ucalgary.ca](mailto:gwen.vanderwijk@ucalgary.ca)

## PSYCHOLOGY IN THE NEWS

**Dr. David Hodgins in Arts Engage** "[Eight University of Calgary researchers inducted into prestigious Canadian Academy of Health Sciences](#)"

**Dr. Deiner Exner in the Broadview** "[Can Early Intervention Help Raise Better Boys](#)"



# VOLUNTEER AND JOB POSTINGS

## For Undergraduate Students

### **Project Support Position**

The Project Support role with Work EvOHlution and Leadership Success Group is a part-time, contractor position which could vary from 10-20 hours per week. We are looking for someone who is excited to work in an established and growing entrepreneurial psychology practice, and would be confident and flexible in a busy, self-directed environment.

Characteristics we are seeking include the following:

- Customer focused (excellent with clients whether in-person, over phone or via email).
- Strong attention to detail (careful to double check work; very accurate).
- Efficient (able to work quickly and to tight timelines; calm when under pressure).
- Adaptable (able to multitask and change direction as needed; a quick learner).
- Strong editing skills (e.g., catching grammatical errors in reports; formatting documents).

Roles and responsibilities in this position:

- Data entry and analysis.
- Assessment administration.
- Use of programs like Microsoft Excel and SPSS for above tasks.
- Report and proposal editing.
- Professional correspondence with clients.

What we could offer you:

- Remote and flexible hours.
- Experience with corporate clients both locally and internationally.
- A fun and exciting opportunity to be part of a small, growing business.

To apply for this position, please send your **resume** and **cover letter** in an email with subject "Project Support Application" to Madyson Huck at [info@workevolution.com](mailto:info@workevolution.com)

## 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/>

### **Tenure-track appointment in child/adolescent clinical psychology at Queen's University**

The Department of Psychology at Queen's University invites applications for a tenure-track position at the rank of Assistant Professor, in the field of Child and/or Adolescent Clinical Psychology. Candidates will have proven expertise in etiology, treatment, and/or prevention, in addition to teaching, research, and clinical interests related to child and/or adolescent clinical psychology. A research program that focuses on racialized/minoritized populations or communities, as well as associated forms of oppression, would be considered a major asset (e.g., cultural patterning of disorders, racialized/minoritized distress, culturally-adapted treatments and services, community-based prevention, etc.). The preferred start date for this appointment is July 1, 2021.

For more information about this position and how to apply, please visit:

[https://www.queensu.ca/psychology/sites/webpublish.queensu.ca.psycwww/files/files/Job%20Opportunities/Child\\_and\\_Adolescent\\_Clinical\\_%20Psych\\_%20Job\\_Ad.pdf](https://www.queensu.ca/psychology/sites/webpublish.queensu.ca.psycwww/files/files/Job%20Opportunities/Child_and_Adolescent_Clinical_%20Psych_%20Job_Ad.pdf)

## VOLUNTEER AND JOB POSTINGS Continued...

### Director, Research and Academics at Waypoint

Reporting to the Vice President, Research and Academics, the Director, Research and Academics (Director) will assume overall responsibility for the administration of the Waypoint Research Institute (WRI). The successful candidate will promote an organization-wide spirit of inquiry, curiosity, and evidence-based practice improvement in alignment with Waypoint's strategy, clinical services plan, and quality improvement plan. The incumbent will actively promote and enhance Waypoint's reputation through local, national, and international networking efforts, as well as contribute to shaping and leading the development of a research vision and leading its effective implementation, while building capacity within Waypoint that can ultimately be translated into applied innovation. In addition to providing leadership for various research initiatives within Waypoint, the Director will also be supported in advancing his/her own program of research and active research interests.

For more information about this position and how to apply, please visit:

<https://employees.waypointcentre.ca/QSSLive/applicant/JobPosting.aspx?id=872>

### Job opportunities at the Centre for Appearance Research

At the [Centre for Appearance Research](#), we are looking for 8 new people to join our fast-paced international team of experienced and early career researchers working on a long-standing trailblazing academic partnership with the [Dove Self-Esteem Project](#), a global youth education initiative funded by Unilever. Positions range in experience from Research Associates through to an Associate Professor position. These are fixed-term posts with the potential for renewal subject to further external funding.

Our team's portfolio of applied body image and mental health projects focus on the co-creation and evaluation of innovative digital and community-based interventions in close partnership with Dove and organisations like UNICEF, the World Association for Girl Guides and Girl Scouts, Cartoon Network, digital and creative agencies, and media platforms, in addition to academic collaborators across the globe. The overarching aim of these interventions is to promote positive body image and equitable environments that value acceptance of diverse appearances. To date, the evidence-based tools developed from the partnership have been delivered to over 30 million young people in over 130 countries.

We are looking for a diverse pool of candidates from various cultures, social identities, and academic disciplines (e.g., public health, psychology, global mental health, sport and exercise science, applied statistics), to join our team in Bristol, UK. More information about these positions can be found at the following links:

- [Associate Professor in Applied Health Research](#)
- [Senior Research Fellow in Applied Statistics \(part-time\)](#)
- [Research Fellow \(1\)](#)
- [Research Fellow \(2\)](#)
- [Research Associates \(three positions\)](#)
- [Research Administrator](#)



# Happy Monday!

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



**Do you have something you would like to include in the Monday Memo newsletter? Please send it to [pnguy@ucalgary.ca](mailto:pnguy@ucalgary.ca) before Thursday at noon.**

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