



UNIVERSITY OF
CALGARY

MONDAY MEMO

December 14, 2020

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



L Felske, A. N., **Williamson, T. M.**, Rash, J. A., Telfer, J. A., **Toivonen, K. I.**, & **Campbell, T.** (2020). Proof of Concept for a Mindfulness-Informed Intervention for Eating Disorder Symptoms, Self-Efficacy, and Emotion Regulation among Bariatric Surgery Candidates. *Behavioral Medicine*, 1-14.

<https://doi.org/10.1080/08964289.2020.1828255>



Up to 64% of patients seeking bariatric (weight-loss) surgery report eating disorder (ED) symptoms (addictive-like eating, binge eating, emotional eating, grazing) that can interfere with post-surgical weight loss. This prospective proof-of-concept study aimed to evaluate the impact of a pre-surgical mindfulness-informed intervention (MII) on ED symptoms and potential mechanisms-of-action to inform optimization of the intervention. Surgery-seeking adults attended four, 2-hour, MII sessions held weekly. Participants completed validated questionnaires assessing ED symptoms, eating self-efficacy, emotion regulation, and mindful eating pre-MII, post-MII, and at a 12-week follow-up. The MII consisted of mindfulness training, with cognitive, behavioral, and psychoeducational components. Improvements in addictive-like eating, binge eating, emotional eating, and grazing were observed from pre- to post-MII. ED symptom treatment gains were either maintained or improved further at 12-week follow-up. Eating self-efficacy and emotion regulation improved from pre-MII to follow-up. Scores on the mindful eating questionnaire deteriorated from pre-MII to follow-up. In mediation analyses, there was a combined indirect effect of emotion regulation, eating self-efficacy, and mindful eating on grazing and binge eating, and an indirect effect of emotion regulation on emotional eating and addictive-like eating. Participation in the MII was associated with improvements in ED symptoms and some mechanisms-of-action, establishing proof-of-concept for the intervention. Future work to establish the MII's efficacy in a randomized controlled trial is warranted.

RESEARCH NOTES AND ACTIVITIES

- Patton M, Schulte F** (2020). Commentary: Harnessing the parent perspective to understand cancer-related fatigue in adolescents. *Journal of Pediatric Psychology*, 45(10): 1-3. <https://doi.org/10.1093/jpepsy/jsaa098>
- Gourevitch, B., Martin, C., Postal, O., **Eggermont, J.J.**, 2020. Oscillations in the auditory system and their possible role. *Neuroscience and Biobehavioral Reviews* 113, 507-528. <https://doi.org/10.1016/j.neubiorev.2020.03.030>
- Wilhelmy, A., Roulin, N., & **Wingate, T. G.** (2020). Does it take two to tango? Examining how applicants and interviewers adapt their impression management to each other. *Journal of Business and Psychology*, 35, 1-24. <https://doi.org/10.1007/s10869-020-09720-5>
- Felske, A. N., **Williamson, T. M.**, Surrency, S. R., Telfer, J. A., **Campbell, T. S.**, & Rash, J. A. (2020). The Influence of Weight-Related Self-Esteem and Symptoms of Depression on Shape and Weight Concerns and Weight-Loss 12 Months After Bariatric Surgery. *Obesity Surgery*, 1-11. <https://doi.org/10.1007/s11695-020-05097-9>
- Felske, A. N., **Williamson, T. M.**, Rash, J. A., Telfer, J. A., **Toivonen, K. I.**, & **Campbell, T.** (2020). Proof of Concept for a Mindfulness-Informed Intervention for Eating Disorder Symptoms, Self-Efficacy, and Emotion Regulation among Bariatric Surgery Candidates. *Behavioral Medicine*, 1-14. <https://doi.org/10.1080/08964289.2020.1828255>
- Sharma, M.J.**, Lavoie, S., & **Callahan, B.L.** (2020). A call for research on the validity of the age-of-onset criterion application in older adults being evaluated for ADHD: A review of the literature in clinical and cognitive psychology. *American Journal of Geriatric Psychiatry*. <https://doi.org/10.1016/j.jagp.2020.10.016>
- Patton, M.**, Stokoe, M., Forbes, C., Nwaroh, C., **Noel, M.**, Reynolds, K., **Schulte, F.** (2020). The intergenerational transmission of chronic pain from parents to survivors of childhood cancer. *Children*, 7(11), 246-258. <https://doi.org/10.3390/children7110246>
- Huang, V., Hogan, D.B., Ismail, Z., Maxwell, C.J., Smith, E.E. & **Callahan, B.L.** (2020). Evaluating the real-world representativeness of participants with mild cognitive impairment in Canadian research protocols: a comparison of the characteristics of a memory clinic patients and research samples. *Canadian Geriatrics Journal*, 23(4):297-328. <https://doi.org/10.5770/cgj.23.416>
- Smith, A. J.**, **Farstad, S. M.**, & **von Ranson, K. M.** (2020). Self-reported eating disorder psychopathology prevalence in community-based male and female Albertans: Gender and age group comparisons. *International Journal of Eating Disorders*, 1-7. <https://dx.doi.org/10.1002/eat.23434>

EVENTS

Participants Needed: Experiences of Anti-Black Racism



UNIVERSITY OF CALGARY

PARTICIPANTS NEEDED

Do you self identify as Black?
Are you 17 years old or older?
Are you a University of Calgary student, alumni, sessional instructor, staff or faculty?

Researchers at the University of Calgary in the Faculty of Social Work are conducting a survey to better understand Black people's experiences of racism and discrimination on campus.

Participants will be asked to complete a short online anonymous survey that is approximately 10-15 minutes long. Each participant who completes the survey will be entered into a raffle for one of thirty \$10 gift cards. Survey link:

https://survey.ucalgary.ca/jfe/form/SV_b8yBoMYoydOdXqB

For more information, please contact Dr. Patrina Duhaney at patrina.duhaney@ucalgary.ca

This project has received REB approval (REB20-1817). Students, please note participating in this study will **not** count towards your research participation credits.

SPARK Calgary Program Applications Now Open

[SPARK Calgary](#) supports digital health innovators within the University of Calgary and other local academic and polytechnic institutions, and is based at [W21C Research and Innovation Centre](#). Do you want to move your idea into clinical practice? SPARK your digital health project forward as part of this globally recognized program. Successful applicants receive group advisory from industry experts, educational seminars and workshops, project management support and in-kind research services through W21C. Apply by January 31, 2021, learn more here: <https://bit.ly/36wuzHh>



EVENTS Continued...



Come celebrate the end of semester with **Social, Personality, and Social Development (SPSD) Psychology Research Group** via Zoom on Monday, December 21, 4 pm.

As always, everyone is welcome to attend!

You can use the following Zoom link to join the online gathering:

<https://ucalgary.zoom.us/j/98917604481>

Meeting ID: 989 1760 4481

Password: SPSPD

Interested in Open Science?

Students in the Open Science Student Support Group (OSSSG) have met biweekly to discuss and learn about different open science practices and support each other in implementing these practices in our own research. As we close one semester and start preparing for the next, this is a great time to get involved with organizing. If you are interested in getting involved, please check out [this document](#) with brief organizer role descriptions (they require 0.5-3 hours per week), and contact Gwen (gwen.vanderwijk@ucalgary.ca) if you'd like to take something on, or have any questions!

We will reconvene in Winter 2021 so stay tuned for further information in the new year! Happy holidays!

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



VOLUNTEER AND JOB POSTINGS

For Graduate Students, Faculty, & Staff

Post-Doctoral Position, Harvard University

We are seeking a post-doctoral fellow in the Department of Psychology at the Harvard University to begin in summer or fall 2021. This position will be jointly based in the Lab for Youth Mental Health and the Stress and Development Lab, led by John Weisz and Katie McLaughlin, respectively. This post-doctoral position will focus on research and clinical activities related to development and testing of a transdiagnostic intervention in primary care clinics. The intervention is designed to prevent psychopathology in children who have experienced adversity. Specific activities will include intervention development and refinement, supervision of clinicians in a clinical trial, coordinating and supervising research activities for the trial, maintaining good relationships with community partners, and leading independent research. Extensive data from both the Weisz and McLaughlin labs will be available to the fellow for use in their own research.

Candidates will have a doctoral degree in clinical psychology, or a related area. Strong candidates will have a track record of

- clinical research, ideally in intervention development
- experience in clinical supervision
- interest or expertise in the consequences of early-life adversity
- effectively managing a research team
- experience working with children, adolescents, and caregivers.

To apply, please send a cover letter, curriculum vitae, and contact information for three references to Leslie Rith-Najarian (rithnajarian@g.harvard.edu).

Tenure-track Position at The University of Prince Edward Island

The successful candidate will be appointed to a tenure-stream position (academic rank to be determined), joining the growing clinical psychology faculty in the department. Salary will be determined according to rank and experience, as outlined in the *Collective Agreement*. The faculty member will work with the clinical and non-clinical faculty members of the Department of Psychology to continue to build and grow the PsyD program. The successful

VOLUNTEER AND JOB POSTINGS Continued...

candidate will be expected to teach graduate courses, especially in areas such as advanced intervention and assessment techniques for adults or children, and undergraduate courses which help meet the needs of the undergraduate program. Importantly, the candidate will be joining a team striving to build a renowned program to train the next generation of clinical psychologists. This is a unique opportunity for the successful candidate to make a major contribution to training clinical psychologists enabling them to excel in research and practice. Opportunities exist for future leadership roles in both academic aspects of the program and in clinical training at the clinic.

We are especially interested in candidates who have expertise in one or more of the following areas: severe and persistent psychological disorders, behavioral medicine/health psychology, community psychology, cultural clinical psychology, substance use disorders, eating disorders, trauma-informed approaches, family systems, narrative approaches across the lifespan, or psychodynamic approaches. Ultimately, the successful candidate will be able to demonstrate how they are able to meet one or more of these needs, particularly when working with marginalized populations. The successful candidate will be expected to build their research programs in a relevant applied area of their choosing and ideally to forge links with researchers across a broad range of disciplines at UPEI. For more information about this position and how to apply, please visit: <https://www.upei.ca/hr/competition/17a20>

Tenure-track Positions at Acadia University

1) Assistant Professor in Social/Applied Psychology (Position# 21104)

The Department of Psychology invites applications for a tenure-track position at the Assistant Professor level, to commence July 1, 2021. The candidate will be expected to teach courses in social psychology, at both the introductory and advanced levels. The ability to teach courses in quantitative methods will be considered a strong asset. We are interested in candidates who can complement the department's current course offerings and research areas in applied areas of psychology, broadly defined. Faculty members maintain active research programs involving primarily undergraduate supervision with the possibility of masters-level student supervision.

Qualifications: Candidates should have a Ph.D. in Psychology or a related discipline and an established or developing research program in Social/Applied Psychology.

How to Apply: Apply by sending a letter describing research experience, including how your research program will engage undergraduate students; teaching experience, including evidence of teaching effectiveness or potential; and a curriculum vitae. The cover letter should clearly describe the applicant's commitment to open science and discuss ways in which the applicant's teaching, research, and/or service activities could contribute to the department's commitment to equity, diversity and inclusion. Please email these details as a single PDF to psycdeptjobs@ACADIAU.CA. Short-listed candidates will be asked to provide 3 letters of reference. For additional information, please visit: <https://psychology.acadiau.ca/Home.html>

2) Assistant Professor in Cognitive Neuroscience (Position# 21115)

The Department of Psychology invites applications for a tenure-track position at the Assistant Professor level, to commence July 1, 2021. The candidate will be expected to teach courses in neuroscience and related areas (e.g., Neuropsychology, Developmental Cognitive Neuroscience). The ability to teach courses in quantitative methods will be considered an asset. Faculty members maintain active research programs involving primarily undergraduate supervision with the possibility of masters-level student supervision. The candidate will have shared access to a newly CFI-funded centre in Cognitive Neuroscience that will house EEG, eye tracking, motion capture, and TMS/TDCS infrastructure. A research program that utilizes one or more of these methodologies as well as computational approaches to research will be considered an asset.

Qualifications: Candidates should have a Ph.D. in Psychology or related discipline and an established or developing research program in Cognitive Neuroscience.

How to Apply: Apply by sending a letter describing research experience, including how your research program will engage undergraduate students; teaching experience, including evidence of teaching effectiveness or potential; and a curriculum vitae. The cover letter should clearly describe the applicant's commitment to open science and discuss ways in which the applicant's teaching, research, and/or service activities could contribute to the department's commitment to equity, diversity and inclusion. Please email these details as a single PDF to psycdeptjobs@ACADIAU.CA. Short-listed candidates will be asked to provide 3 letters of reference. For additional information, please visit: <https://psychology.acadiau.ca/Home.html>

Postdoctoral Fellowship Training Program in MS Rehabilitation Research at Johns Hopkins University

The Johns Hopkins University School of Medicine, Department of Physical Medicine and Rehabilitation, Division of Rehabilitation Psychology and Neuropsychology offers a two- or three-year full-time training position in Multiple Sclerosis (MS) Rehabilitation Research. The focus is on promoting psychosocial wellness in MS and related conditions through clinical research and practice within a rehabilitation context. The mission of the Postdoctoral Fellowship in MS Rehabilitation Research is to prepare trainees for scientist-practitioner careers in MS rehabilitation through an organized sequence of mentored didactic and experiential education and training activities. The majority of the fellows' time (at least 80%) will be spent in clinically relevant research activities, with the option of spending the remaining time (up to 20%) in delivering clinical services to patients and families affected by MS. Additional activities will include regular didactics and seminars within the Division of Rehabilitation Psychology and Neuropsychology and the Division of Neuroimmunology & Neurological Infections. Completion of the program will prepare fellows for independent psychology practice and licensure, board certification in Rehabilitation Psychology, and professional leadership in the field of MS rehabilitation. The MS Rehabilitation Research Training Program is funded by the National Multiple Sclerosis Society and is structured to align collaboratively with our Division's other fellowships in Rehabilitation Psychology, Neuropsychology, and Pain Psychology.

VOLUNTEER AND JOB POSTINGS Continued...

All materials must be submitted through our online [Application Portal](#). Applications will be reviewed and interview invitations will be extended on a rolling basis. Required application materials include:

- Letter of interest that includes: (1) description of relevant training and education background; (2) how this fellowship will advance your career goals pertaining to psychosocial rehabilitation research in MS and related conditions; and (3) a statement pertaining to your dissertation status and anticipated date of graduation
- CV
- Contact information for 3 professional references
- Graduate transcripts (Unofficial transcripts are acceptable at the application stage. Official transcripts will be requested if an offer is extended.)

Candidates must have completed their doctoral degree requirements prior to starting. Additional questions may be directed to Program Director, Dr. Abbey Hughes (abbeyjhughes@jhmi.edu).

SCHOLARSHIPS & FUNDING OPPORTUNITIES

Resilience Research & Practice Community of Practice

CIMVHR encourages researchers from relevant fields to submit research proposals to compete for funding that will support True Patriot Love's research needs as they relate to the Mental Health Technology Initiative. The True Patriot Love Mental Health Technology Initiative (MHTI) was established in 2019 through the support of Veterans Affairs Canada's Veteran and Family Well-Being Fund. The MHTI was established to investigate the current state of Veteran mental health data, specifically the storage, sharing, and use of this data in Canada and the challenges or issues related to its use. Through discussions with practitioners and researchers in the Veteran mental health data space, it was evident that silos of health data exist, which is the main issue when trying to gather a nationally representative health data set to help further research and inform best practices. Therefore, the goal of the MHTI is to identify the types of Veteran mental health databases, how the data is being collected across clinics and providers, how it is being shared, what are the challenges to securely sharing Veteran mental health data for research and policy needs, and possible solutions for secure national data sharing. The results from the successful research outlined in this Call for Proposals will help inform the Mental Health Technology Advisory Council in the MHTI project and will also be included in formal reporting to Veterans Affairs Canada. There are currently two funding opportunities available under this program. Research Services' final deadline for both opportunities via RMS is NOON on **Monday, December 14, 2020**. Contact: [Tempest Emery](#)

1) [Preventing and Addressing Family Violence – the Health Perspective](#)

Through this funding opportunity, PHAC aims to increase the evidence-base and uptake of health promotion programs and interventions that are effective in preventing and addressing family violence and its health impacts. Projects will use trauma and violence-informed approaches that are tailored to the needs of those who have experienced, are experiencing, or are at-risk of experiencing family violence. Projects funded through this opportunity must contribute to the evidence-base of "what works" to prevent and address family violence and support the health of survivors. Projects must also support scale up and sustainability of approaches that are shown to be effective.

Research Services final deadline for the LOI via RMS is NOON on Monday, January 25, 2021. Contact: [Tempest Emery](#)

2) [2021 Canadian Orthopaedic Foundation – CSES Research Grant](#)

In collaboration with the Canadian Shoulder and Elbow Society, the Canadian Orthopaedic Foundation established the CSES Research Grant to support and encourage orthopaedic surgeons to conduct collaborative shoulder or elbow research. The total number of awards each year will be variable, based on available funding. Individual awards are in the amount of up to \$20,000.

CRITERIA FOR AWARDS

1. One of the principal investigators must be a member of CSES in good standing.
2. One of the Principal or Secondary Investigators must be a COA member or associate member in good standing.
3. One of the principal investigators must be an orthopaedic surgeon working in a Canadian orthopaedic centre both at the time of application and at the award's receipt.
4. Propose a pre-clinical or clinical study with the potential to improve clinical outcomes of a Shoulder or Elbow disorder.
5. Conduct the research in conjunction with other CSES members if the research proposal is a clinical trial.
6. Research projects previously funded will not be considered for an award, that is, research projects will not be funded for linear growth.

Research Services deadline is NOON on Thursday, February 25, 2021. Contact: [Gary Markoski](#)

RESOURCES

Resilience Research & Practice Community of Practice

In collaboration with UCalgary's Campus Mental Health Strategy

Purpose: To build an interdisciplinary network of passionate members interested in building capacity for resilience research and practice at UCalgary and beyond.

Membership: A collaborative, interdisciplinary network of researchers and practitioners at UCalgary with passion and commitment to learning and exploring together to advance resilience research and practice.

If you are interested in being a part of this community of practice or would like more information, please contact:

Jennifer Thannhauser, PhD, RPsych
Associate Director (Counselling) – Student Wellness Services
Email: jthannha@ucalgary.ca

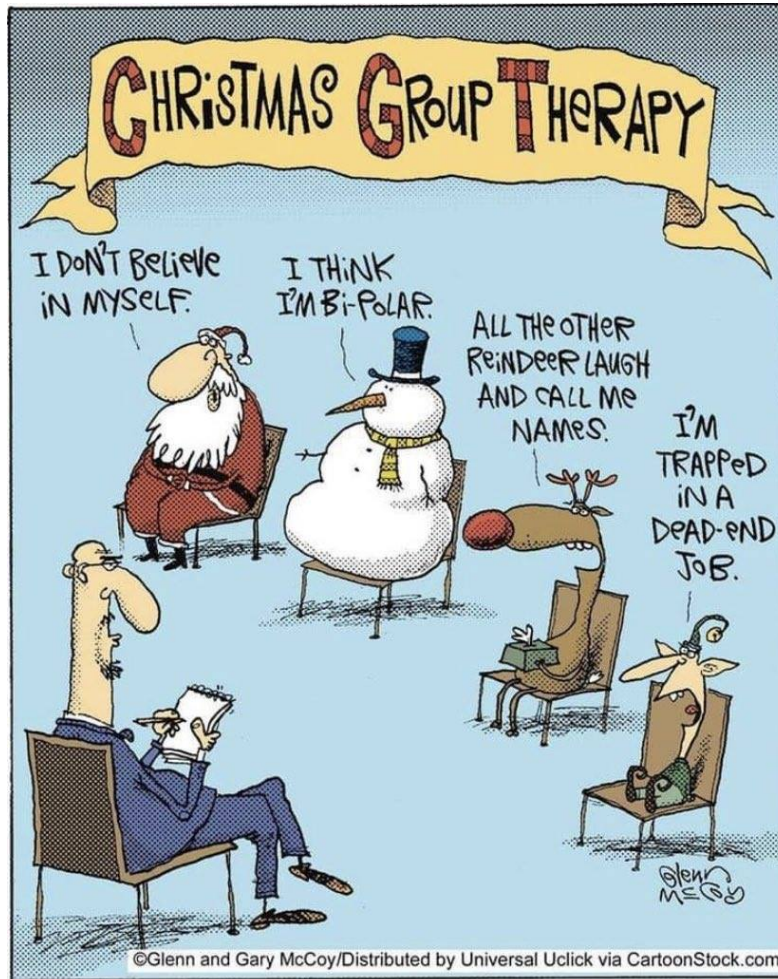
Upcoming Workshops from the Center for MindBody Health



We have two upcoming online programs approaching in the new year called "**Presence and Self-Compassion in Psychotherapy: A Foundational Approach for Therapists & Clients**", with Dr. Shari Geller and guest presenter Dr. Chris Germer, as well as an **8 Week Mindful Self-Compassion Program**, co-facilitated by Dr. Shari Geller and Megan Prager. For more information about the workshop and registration, please visit: <https://cmbh.space/events/>. If you have any questions, please contact: workshopspresence@gmail.com

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 before Thursday at noon.

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

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