



UNIVERSITY OF
CALGARY

MONDAY MEMO

December 21, 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

Peer Beyond Graduate Research Symposium February 25 & 26

The Peer Beyond Graduate Research Conference is back! Attend the Peer Beyond Graduate Research Conference, UCalgary's multi-disciplinary graduate research conference, to present your research. This conference offers UCalgary graduate students a unique opportunity to present your research and to cultivate interdisciplinary collaborations within the graduate community.



Any graduate student at any stage of their research can present their research.

You can submit an abstract or sign-up to participate in the conference's events. Postdoctoral fellows, faculty, undergraduates and staff are welcome to attend. *Registration for the conference is free.* Deadline to submit your abstract is **January 31, 2021 at 11:59 pm**

Register to attend or submit your abstract [HERE](#)

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...

Will You Share Your Knowledge with our UR Community?

Are you ready to share your experience with allyship, diversity, equity, inclusion, accessibility, program design & mentoring in UR?

Share, learn, listen, and grow with your community at our virtual Centering Diversity, Equity, + Inclusion in UR and Creative Activity Conference, **June 23-25, 2021**.

This year has been full of twists, turns, and eye-opening conversations. Now is the time to put together what you have learned, what you are still discovering, and what you have implemented successfully to help others in the undergraduate research community to listen and grow.

CUR invites all faculty, mentors, administrators, and industry partners to submit an abstract for our upcoming virtual June conference. You do not need to be a CUR member to present!



Submit an Abstract [HERE](#). **Abstract submissions close March 1, 2021**. For questions, please email events@CUR.org



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



PSYCHOLOGY IN THE NEWS

Dr. Sheri Madigan in CTV News “[Sanitizing Santa, isolating elves: parents add pandemic themes to Christmas magic](#)”

Dr. Brae Anne McArthur in Calgary Herald “[Psychologist says children's short-term trauma from catching COVID-19 can be overcome](#)”

VOLUNTEER AND JOB POSTINGS

For Graduate Students, Faculty, & Staff

Post-Doctoral Fellow in Cognitive Science

Occidental College invites applications for a one-year Post-Doctoral Fellow in Cognitive Science through the [Consortium for Faculty Diversity in the Liberal Arts](#) to promote diversity at our nationally recognized liberal arts college in Los Angeles, California. The Cognitive Science Department seeks someone whose research uses cognitive neuroscientific, empirical, and/or computational approaches to study cognition, broadly construed. Potential research areas within cognitive science include but are not limited to linguistics, cognitive anthropology, higher-order cognition, cultural cognition, and embodied cognition.

For more information about this position and how to apply, please visit: <https://www.sparkociety.org/resource-blog/2020/12/15/post-doctoral-fellow-in-cognitive-science>

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 Veteran 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](#)

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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