



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

April 14, 2020

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## DEPARTMENT NEWS

### HIGHLIGHTED PUBLICATION



Foster, S., Christiansen, T., & **Antle, M. C.** (2019). Modeling the Influence of Synaptic Plasticity on After-effects. *Journal of biological rhythms*, 34(6), 645-657. doi: 10.1177/0748730419871189



While circadian rhythms in physiology and behavior demonstrate remarkable day-to-day precision, they are also able to exhibit plasticity in a variety of parameters and under a variety of conditions. After-effects are one type of plasticity in which exposure to non-24-h light-dark cycles (T-cycles) will alter the animal's free-running rhythm in subsequent constant conditions. We use a mathematical model to explore whether the concept of synaptic plasticity can explain the observation of after-effects. In this model, the SCN is composed of a set of individual oscillators randomly selected from a normally distributed population. Each cell receives input from a defined set of oscillators, and the overall period of a cell is a weighted average of its own period and that of its inputs. The influence that an input has on its target's period is determined by the proximity of the input cell's period to the imposed T-cycle period, such that cells with periods near T will have greater influence. Such an arrangement is able to duplicate the phenomenon of after-effects, with relatively few inputs per cell (~4-5) being required...[Read more here](#)

## RESEARCH NOTES AND ACTIVITIES

**Giesbrecht, G. F.**, Letourneau, N., **Campbell, T.**, Hart, M., Thomas, J., & **Tomfohr-Madsen, L.** (2020). Parental Use of “Cry Out” in a Community Sample During the First Year of Infant Life. *Journal of Developmental & Behavioral Pediatrics*. doi: [10.1097/DBP.0000000000000791](https://doi.org/10.1097/DBP.0000000000000791)

**Bourdage, J.S.**, Schmidt, J.A., Wiltshire, J., Nguyen, B., **Lee, K.** (in press). Personality, Interview Performance, and the Mediating Role of Impression Management. *Journal of Occupational and Organizational Psychology*. doi: [10.1111/joop.12304](https://doi.org/10.1111/joop.12304)

Foster, S., Christiansen, T., & **Antle, M. C.** (2019). Modeling the Influence of Synaptic Plasticity on After-effects. *Journal of biological rhythms*, 34(6), 645-657. doi: [10.1177/0748730419871189](https://doi.org/10.1177/0748730419871189)

**Moshirpour, M.**, Nakashima, A. S., Sehn, N., Smith, V. M., **Thackray, S. E.**, **Dyck, R. H.**, & **Antle, M. C.** (2020). Examination of zinc in the circadian system. *Neuroscience*, 432, 15-29. doi: [10.1016/j.neuroscience.2020.02.016](https://doi.org/10.1016/j.neuroscience.2020.02.016)

Lukacik, E. R., & **Bourdage, J. S.** (2020). I like what I see: Attraction to organizations and Honesty–Humility. *Personality and Individual Differences*, 161, 109930. doi: [10.1016/j.paid.2020.109930](https://doi.org/10.1016/j.paid.2020.109930)

**Madigan, S.**, **McArthur, B.**, Anhorn, C., Eirich, R., & Christakis, D. (2020s). A Meta-Analysis of the Risks and Benefits of Screen Use and Child Language Skills. *JAMA Pediatrics*. DOI: [10.1001/jamapediatrics.2020.0327](https://doi.org/10.1001/jamapediatrics.2020.0327)

## EVENTS



### **Webinar: Mindfulness and self-compassion: Keys to getting through it all**

Wednesday, April 15 at 1 p.m.

The coronavirus pandemic has thrust many of us into an impossible situation: how to manage a full-time job, take care of ourselves, maintain a daily routine and keep our kids busy — all without leaving the house. Join registered psychologist Dr. Lianne Tomfohr-Madsen, PhD, as she discusses how mindfulness — the ability to recognize a situation and not react to it — and self-compassion — the ability to be kind to yourself — are more important than ever in trying times.

## PSYCHOLOGY IN THE NEWS

**Dr. Keith Dobson in the Mental Health Commission of Canada** [“Ask the experts: Mental health and wellness during the COVID-19 pandemic”](#)

**Dr. Thomas O’Neill in Forbes** [“The Technological And Psychological Challenges Of Working From Home”](#)



## VOLUNTEER AND JOB POSTINGS

### For Undergraduate Students

#### **Volunteer Research Assistant Needed**

The Healthy Families Lab is in search of an undergraduate student who can assist with the organization and management of study data over the Spring/Summer. The time commitment would be approximately 6-8 hours a week. We are especially interested in help from students who are able to speak/read/write in French and have experience with REDCap and/or Qualtrics. If you are interested, please complete the full lab application that can be found here: <https://www.healthyfamilieslab.com/join-the-lab-2>. Please also include a resume/CV and cover letter and email all materials to [dhillak@ucalagry.ca](mailto:dhillak@ucalagry.ca).

## VOLUNTEER AND JOB POSTINGS Continued...

### 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/>

# Happy Monday!

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

This reboot looks scarier than the original



**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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