



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

JUNE 1, 2020

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## DEPARTMENT NEWS

### HIGHLIGHTED PUBLICATION



**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

What is the association between screen use and children's language skills across the extant literature? In this systematic review and meta-analysis of data from 42 studies, greater quantity of screen use (ie, hours per day/week) was negatively associated with child language, while better quality of screen use (ie, educational programs and co-viewing with caregivers) were positively associated with child language skills. Findings support pediatric recommendations to limit screen exposure, to provide high-quality programming, and to co-view when possible. Read more [here](#).



## RESEARCH NOTES AND ACTIVITIES

- 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)
- Reed, E. N., Landmann, J., Oberoi, D., Piedalue, K. A. L., Faris, P., & **Carlson, L. E.** (2020). Group versus Individual Acupuncture (AP) for Cancer Pain: A Randomized Noninferiority Trial. *Evidence-Based Complementary and Alternative Medicine*, 2020. doi: [10.1155/2020/7209548](https://doi.org/10.1155/2020/7209548)
- Callahan, B. L.** (2020). On the misalignment between research and clinical practice in psychology: An example from the Alzheimer's and dementia field. *Canadian Psychology/Psychologie canadienne*, 61(2), 127–139. doi: [10.1037/cap0000204](https://doi.org/10.1037/cap0000204)
- Guadagni, V., Drogos, L. L., Tyndall, A. V., Davenport, M. H., Anderson, T. J., Eskes, G. A., **Longman, R. S.**, ... Poulin, M. J. (2020). Aerobic exercise improves cognition and cerebrovascular regulation in older adults. *Neurology*. doi: [10.1212/wnl.00000000000009478](https://doi.org/10.1212/wnl.00000000000009478)
- Delaloye, N. J., Tobler, K., **O'Neill, T.**, Kotsakis, A., Cooper, J., Bank, I., & Gilfoyle, E. (2020). Errors during resuscitation: The impact of perceived authority on delivery of care. *Journal of Patient Safety*, 16, 73-78. doi: [10.1097/PTS.0000000000000359](https://doi.org/10.1097/PTS.0000000000000359)
- O'Neill, T. A.**, Boyce, M. A., & McLarnon, M. J. W. (2020). Team health is improved when peer evaluation scores affect grades on team projects. *Frontiers in Education*, Vol 5, Article 49, p. 1-10. doi: [10.3389/educ.2020.00049](https://doi.org/10.3389/educ.2020.00049)
- O'Neill, T. A.**, Hancock, S., McLarnon, M. J. W., & Holland, T. (2020). When the SUIT fits: Constructive controversy training in face-to-face and virtual teams. *Negotiation and Conflict Management Research*, 13, 44-59. doi: [10.1111/ncmr.12154](https://doi.org/10.1111/ncmr.12154)

## EVENTS

### Summer Wellness Series: Resilience During COVID-19 and Beyond

Date: Tuesday, June 23, 2020 / Time: 10:30 - 11:45 a.m. / Location: Online via Zoom

It is inevitable that we will all experience adversity at some point in our lives. COVID-19 is a shared adversity that we are all learning to navigate. We will discover how resiliency refers to our capacity to adapt or bounce back in the face of such adversity. Resiliency also captures a community's capacity to provide the appropriate supports and resources to community members that help them successfully navigate through difficult times. The intention of this webinar is to provide participants intentional time to reflect on their own resilience and develop a personalized plan for enhancing one's resilience. Register for the Webinar here:



<https://conted.ucalgary.ca/search/publicCourseSearchDetails.do?method=load&courseId=55505977&expandSectionId=55520417&parentSite=TI>

*\*The Taylor Institute for Teaching and Learning and the Campus Mental Health Strategy are presenting a series of wellness webinars to build resilience and compassion as we work through extremely challenging events. Learn more and register for the upcoming webinars [HERE](#)*

### Investigating Sleep Quality and Emotions During the Covid-19 Pandemic (REB20-0650)

We would like to invite you to participate in an online study investigating the effects of COVID-19 pandemic on the quality of sleep and emotions. You will be asked to complete a series of questionnaires assessing quality of sleep, mood, physical activity and emotional processes during the COVID 19 pandemic. The total time required to complete the survey is approximately 20 minutes. To begin participation in the study and complete the questionnaires please click this link: <https://www.surveymonkey.com/r/VBDNCCQ>

If you require information about the COVID-19 pandemic and are looking for resources please visit the following links: <https://www.ucalgary.ca/community/covid-19-support> or <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>



*\*Students please note participating in this study will **not** count towards your research participation credits*

## PSYCHOLOGY IN THE NEWS

Dr. Lianne Tomfohr-Madsen in UCalgary's COVIDcast "[Episode 23: The Importance of Sleep](#)"

Dr. Giuseppe Iaria in UToday "[COVID-19 researchers probe link between sleep and the greater good](#)"

Emily Cameron in Arts Engage "[Experts Fear Increase in Postpartum Mood and Anxiety Disorders](#)"



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## VOLUNTEER AND JOB POSTINGS

### 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!

Agenda for today:

- Let the dog in
- Let the dog out
- Let the dog in
- Let the dog out
- Let the dog in

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**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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