



UNIVERSITY OF
CALGARY

MONDAY MEMO

MAY 11, 2020

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



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)

While Zinc is a trace element that is essential for a large number of biological and biochemical processes in the body. In the nervous system zinc is packaged into synaptic vesicles by the ZnT3 transporter, and synaptic release of zinc can influence the activity of postsynaptic cells, either directly through its own cognate receptors, or indirectly by modulating activation of receptors for other neurotransmitters. Here, we explore the anatomical and functional aspects of zinc in the circadian system. Melanopsin-containing retinal ganglion cells in the mouse retina were found to colocalize ZnT3, indicating that they can release zinc at their synaptic targets. While the master circadian clock in the hamster suprachiasmatic nucleus (SCN) was found to contain, at best, sparse zincergic input, the intergeniculate leaflet (IGL) of hamsters and mice were found to have prominent zincergic input. Levels of zinc in these areas were not affected by time of day... [Read more here](#)



RESEARCH NOTES AND ACTIVITIES

- 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)
- 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)

EVENTS

Summer Wellness Series: Self-Care and Crisis Response During COVID-19

Date: Tuesday, May 19, 2020 / Time: 10:30 - 11:45 a.m. / Location: Online via Zoom

We have all been impacted by COVID-19 pandemic and our anxiety and stress levels increased. We are teaching, learning and working remotely from home with our daily routines and lives disrupted. It is important to manage our disrupted lives by practicing self-care to enhance our well-being. Self-care is a deliberate action taken in order to enhance our mental, emotional, spiritual and physical health. Self-care manages stress and paves the way for kind, compassionate engagement with the world around you. This webinar aims to discuss different strategies for self-care and have participants develop a personalized self-care plan.



Register for the Webinar here:

<https://conted.ucalgary.ca/search/publicCourseSearchDetails.do?method=load&courseId=55505751&expandSectionId=55519164&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](#)

PSYCHOLOGY IN THE NEWS

Dr. Keith Dobson in UCalgary's COVID-19 Community Resources COVIDcast
[“Episode 16: Mental Wellness”](#)

Dr. Keith Dobson in the National Observer [“Virtual mental health care expands amid pandemic as Ottawa pledges funds”](#)

Dr. Candace Konnert in UToday [“UCalgary expert: How to help socially isolated seniors during COVID-19”](#)

Dr. Kelly Schwartz in Global News [“U of C study aims to create support program for families of first responders”](#)

Dr. Kelly Schwartz in the Calgary Herald [“Crisis contacts to Distress Centre spike over COVID-19 stress and anxiety”](#)

Sydney Seidel in UToday [“Sydney Seidel takes innovative approach in researching effects of vaping among young adults”](#)



VOLUNTEER AND JOB POSTINGS

For Undergraduate Students

Volunteer Research Assistant Needed

The Department of Community Health Sciences in the Cumming School of Medicine invites applications for a Volunteer Student Research Assistant. The RA will be part of a team working on a mixed-methods research project on professional development and experiential learning in graduate programs. The RA will report to the Principal Investigator, Dr. Elizabeth Oddone Paolucci, and will liaise with the supervising Research Coordinator. Start Date: Mid-May (specific date negotiable)

Time Commitment: 5-10 hours per week

Summary of Key Responsibilities:

- Performing literature and systematic reviews
- Conducting semi-structured interviews
- Assisting with qualitative data analysis
- Participating in manuscript preparation
- General research duties as assigned

Qualification/Requirements:

- Reliable, responsible and self-motivated
- Currently registered as an undergraduate student at the University of Calgary
- Excellent interpersonal skills with the ability to communicate and interact effectively with professionals
- Strong written communication skills
- Experience with qualitative research is an asset

How To Apply: please submit a cover letter and CV to Dr. Elizabeth Oddone Paolucci (eoddone@ucalgary.ca) by **May 15, 2020**.

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/>

Position Title: Director - Psychology Training Clinic

The Department of Psychology at the **University of Regina** invites applications for a new position as the **Director of our Psychology Training Clinic**. Appointment start date will be negotiated with the successful candidate. The Psychology Training Clinic, located on the University of Regina campus, has a reception area, Director's office, multiple interview rooms with one-way mirrors and observation areas, a secure file room, student work spaces, and state-of-the-art video and audio recording equipment. The program in Clinical Psychology at the University of Regina is committed to the scientist-practitioner model and is accredited by the Canadian Psychological Association. The Department maintains good relations with a number of health care, research, and other educational facilities both within Regina and throughout the province. As this is an exciting new position, the successful candidate will have the opportunity to cultivate a thriving clinic with a strong base of clientele seeking psychological services. More specific duties of the successful candidate will include: management of the Psychology Training Clinic, the development of clinic protocols, the generation of clinic referrals from community sources, clinical supervision of psychology graduate students, and participation in departmental and clinical committee activities.

For more information on how to apply to this position, please visit: <https://urcareers.uregina.ca/postings/1767>

Happy Monday!

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



Watch this [quick video](#) to help ease the pain!

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.

Department of
Psychology

University of
Calgary

Administration
Building,
Room AD 255

<https://psyc.ucalgary.ca/home/monday-memo>

Phone: (403) 220-3600

Fax: (403) 282-8249