



UNIVERSITY OF  
CALGARY

# MONDAY MEMO

OCTOBER 26, 2020

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## DEPARTMENT NEWS

### HIGHLIGHTED PUBLICATION



Drogos L, **Toivonen K**, Labelle L, **Campbell T**, **Carlson LE**. (2020) No Effect of Mindfulness-Based Cancer Recovery on Cardiovascular or Cortisol Reactivity in Female Cancer Survivors. *Journal of Behavioural Medicine*. 2020 Aug;08 Doi: [10.1007/s10865-020-00167-w](https://doi.org/10.1007/s10865-020-00167-w)

Psychosocial stress in cancer survivors may contribute to compromised quality of life and negative cancer outcomes, which can be exacerbated by poor coping skills and emotional reactivity. Mindfulness based interventions (MBIs) have shown effectiveness in reducing stress, improving quality of life and coping skills in cancer survivors. We tested whether an MBI would also improve reactivity to an acute laboratory stress task. A total of 77 women with a cancer diagnosis were recruited for a waitlist-controlled trial of Mindfulness-Based Cancer Recovery (MBCR). Participants completed a laboratory-based psychosocial stress paradigm (the Trier Social Stress Test—TSST) pre- and post-intervention, throughout which cortisol and cardiovascular profiles were measured. Neither cortisol nor cardiovascular reactivity to the TSST was changed pre-to post intervention, either between or within groups. Blunted cortisol, but not cardiovascular, reactivity was observed across both groups, which may have contributed to the lack of intervention effect. Previous research suggests that diurnal cortisol is blunted following cancer treatment; the current findings suggest this blunting may also occur during exposure to acute stress.



## RESEARCH NOTES AND ACTIVITIES

- Witt CM, Balneaves LG, **Carlson LE**, ..., Helmer SM. (2020) Education Competencies for Integrative Oncology-Results of a Systematic Review and an International and Interprofessional Consensus Procedure. *Journal of Cancer Education*. 2020 Aug;11. DOI: <https://doi.org/10.1007/s13187-020-01829-8>
- Drogos L, **Toivonen K**, Labelle L, **Campbell T**, **Carlson LE**. (2020) No Effect of Mindfulness-Based Cancer Recovery on Cardiovascular or Cortisol Reactivity in Female Cancer Survivors. *Journal of Behavioural Medicine*. 2020 Aug;08 Doi: 10.1007/s10865-020-00167-w
- Baydoun M.\*, Oberoi D\*, Flynn M.\*, **Moran C\***, McLennan A\*, Piedalue K.L.\*, & **Carlson L.E.** (2020). Effects of Yoga-based Interventions on Cancer-Associated Cognitive Decline: A Systematic Review. *Current Oncology Reports*. 2020 Jul 28;22(10):100. doi: 10.1007/s11912-020-00960-5.
- Oberoi D\*, Piedalue KL\*, Pirbhai H\*, Guirguis S, Santa Mina D, **Carlson LE**. (2020). Factors related to dropout in integrative oncology clinical trials: Interim analysis of an ongoing comparative effectiveness trial of mindfulness-based cancer recovery and Taichi/Qigong for cancer health (The MATCH study). *BMC Research Notes* (2020) 13:342 <https://doi.org/10.1186/s13104-020-05172-5>
- Baker, E.**, & **Exner-Cortens, D.** (2020). Adolescents' interpersonal negotiation strategies: Does competence vary by context? *Journal of Research on Adolescence*. <https://doi.org/10.1111/jora.12578>
- Powell, D. M., **Bourdage, J. S.**, & Bonaccio, S. (2020). Shake and Fake: the Role of Interview Anxiety in Deceptive Impression Management. *Journal of Business and Psychology*, 1-12. <https://link.springer.com/article/10.1007/s10869-020-09708-1>.
- Robie, C., Christiansen, N. D., **Bourdage, J. S.**, Powell, D. M., & Roulin, N. (2020). Nonlinearity in the relationship between impression management tactics and interview performance. *International Journal of Selection and Assessment*. <https://onlinelibrary.wiley.com/doi/abs/10.1111/ijsa.12307>.
- Ross, K. M.**, Letourneau, N., **Climic, E.**, **Giesbrecht, G.**, & Dewey, D. (Accepted). Perinatal Maternal Anxiety and Depressive Symptoms and Child Executive Function and Attention at Two-years of Age. *Developmental Neuropsychology*. 1-16. <https://doi.org/10.1080/87565641.2020.1838525>
- Lukacik, E.R.**, **Bourdage, J.S.**, & Roulin, N. (in press). Into the void: A conceptual model and research agenda for the design and use of asynchronous video interviews. *Human Resources Management Review*. <https://doi.org/10.1016/j.hrmr.2020.100789>

## EVENTS



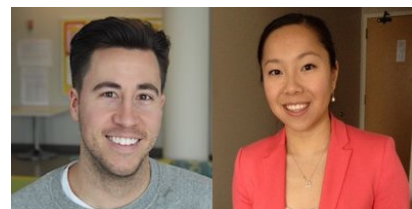
### UFlourish is happening! Oct 13 – Nov 13, 2020

Build positive mental health, resiliency and community connection at UCalgary through a month of online and in-person workshops, seminars, and events.

For more information and event registration visit <https://www.ucalgary.ca/mentalhealth/uflourish>

### Student Wellness Services: Ask a Counsellor

Danni Lei, R. Psych and Alex Klassen, RSW are two of the counsellors at Student Wellness Services. They are hosting an open “Ask a Counsellor” hour via Zoom on **Wednesday, October 28** from **12:00 – 1:00pm**. Students can log in (cameras/microphones not required) to ask open-ended questions about counselling, mental health, and staying well, or just to listen. Students are welcome to ask questions regarding helping themselves or helping others. This is a great opportunity for students to meet some of our counsellors and get answers to questions they may have without going through the process of booking an appointment.



To access the Zoom link, please register at [https://ucalgary.zoom.us/meeting/register/tjYud-qrqjIoHdVJxc2pVEXavWg\\_GtSkcK09](https://ucalgary.zoom.us/meeting/register/tjYud-qrqjIoHdVJxc2pVEXavWg_GtSkcK09)

If you have particular questions you would like to see addressed, please email them to the facilitators at [dlei@ucalgary.ca](mailto:dlei@ucalgary.ca) or [anklasse@ucalgary.ca](mailto:anklasse@ucalgary.ca)

## EVENTS Continued...

### Call: COVID-19 Research Paper Expressions of Interest

IAP2 Canada is seeking Expression of Interests from members to produce a research paper on the topic of COVID-19 and its impact on the field and practice of public participation (P2). Researchers can propose different questions and sub-topics on the broad topic of COVID-19 and P2. Access to [IAP2 Canada data](#) includes webinars on COVID-19, survey of members, responses to questions about COVID-19 and its impact on individual practitioners.

We recognize that as a new global phenomenon, existing academic research on COVID-19 and public participation may be limited. IAP2 sees this current call for expressions of interest as a way to address potential research gaps. Click for more details - [Expressions of Interest](#)

The expressions of interest to be submitted via email no later than November 16, 2020 to [info@iap2canada.ca](mailto:info@iap2canada.ca)



This fall, the **Social, Personality, and Social Development (SPSD) Psychology Research Group** gathers via Zoom every two weeks on **Mondays** from **3:00 pm – 4:30 pm**. We discuss and learn about research being conducted by faculty, students, and affiliates of the University of Calgary.

The next meeting will be held on November 2nd, 2020, and Dr. Andrew Szeto's students will present their research. **Kyle Tuico** will present his research titled "**Perceptions of Mask Usage and Physical Distancing.**" Also, **Yej Opeodu** will present her research titled "**Stigma, Racism, and the Black Community.**"

As always, everyone is welcome to attend! You can use the following Zoom link to join the meeting during the fall semester. <https://ucalgary.zoom.us/j/98917604481> (Meeting ID: 989 1760 4481), Password: SPSD

### Interested in Open Science?

Not sure what Open Science is about? Or maybe you do, but don't know where to get started with making your own research more 'open'? Students in the Open Science Student Support Group will meet biweekly on Fridays to discuss and learn about different open science practices and support each other in implementing these practices in our own research. All students are welcome to join all sessions or drop in whenever you have time!



Stay tuned next week for more information (and registration) on our next session:

**Time: November 6, 2020 from 4-6pm / Topic: Open Data**

**We will be talking about sharing our own data, using shared/open/archival data, and the pros and cons around all of this!**

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](mailto:gwen.vanderwijk@ucalgary.ca)

## PSYCHOLOGY IN THE NEWS

**Dr. Sheri Madigan and Rachel Eirich in the Conversation Canada** "[5 tips for a safe Halloween during COVID-19 – and what to do if trick-or-treating is cancelled](#)"

**Dr. Keith Dobson, Dr. Melanie Noel, Chelsea Moran, and Emiko Muraki in Arts Engage** "[University celebrates 2020 Killam Laureates with online event for all](#)"

**Dr. Melanie Noel in Arts Engage** "[Leaps in microbiome research, understanding childhood pain and water supply modelling](#)"

**Dr. Keith Dobson in Arts Engage** "[2020 Killam Annual Professorships awarded for creative writing, reservoir science, mental and physical health](#)"

**Dr. Giuseppe Iaria in Arts Engage** "[COVID-19 isolation hurting women more than men](#)"



## VOLUNTEER AND JOB POSTINGS

### For Undergraduate Students

#### **Volunteer for Chart Review**

The ENHANCE Lab is looking for two senior psychology students to participate in a chart review. The volunteers will review charts and provide a detailed summary of the information. Time commitment to be determined, but hours are flexible. Please provide a resume via email to [Hangsel Sanguino](mailto:hangsel.sanguino@ucalgary.ca) [hangsel.sanguino@ucalgary.ca](mailto:hangsel.sanguino@ucalgary.ca)"

#### **Aide Work**

Looking for an aide with experience working with atypical children. The aide's role is to follow the direction of the therapists to provide the support the child needs to learn various skills (e.g., communicating with others, activities of daily living, moving with appropriate strength and coordination, etc.) and to share with therapist how the child is doing on the various goals that have been set. The aide will learn what to do and how to do it from the therapists therefore it is expected that the aide will be present when therapists are working with the child. This position is to work with a fourteen-year-old non-verbal girl with autism spectrum disorder (ASD) and cortical visual impairments (CVI) in Hawkwood, NW. She has a psychologist, speech-language pathologist, occupational therapist, and physiotherapist. There is funding for 10 hours of support per week. The rate is \$26.34/hour.

The successful applicant or applicants must:

- have experience working with atypical children
- be organized, creative, flexible and patient
- be able to do critical thinking and make connections between things
- have a reliable vehicle.

Please contact Sapna Jotwani [sjotwani@ucalgary.ca](mailto:sjotwani@ucalgary.ca) or text 403-714-9633.

#### **Seeking Student Illustrator for Knowledge Mobilization Project**

Are you an undergraduate or graduate student in Psychology with skills in illustration? The Language Processing Lab is developing materials for children as a way to share some of our previous research findings. We are looking to hire an undergraduate or graduate student who has skills in illustrating storybook materials that are fun and engaging for children. Work will be part-time and flexible. Interested candidates should contact Prof. Penny Pexman ([pexman@ucalgary.ca](mailto:pexman@ucalgary.ca)).

### 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/>

#### **Seeking Interviewer for Study on Medical Trauma**

The study Medical Trauma in Parents of Children with Medical Complexity is seeking a part-time research assistant with experience in qualitative interviewing. This position would include conducting telephone/Zoom interviews with 25-30 parents who have experienced personal trauma in the course of their child's chronic illness and need for medical care. The timeline for the study is Oct. 2020 to June 2021, with variability depending on recruitment. There is also an opportunity to be involved in the analysis, depending on candidate availability and interest. This study is led by Dr. Tammie Dewan, Clinician Investigator in the Department of Pediatrics, and supported by Dr. Melanie Noel and Dr. Katie Birnie in the Department of Psychology. Compensation is negotiable and will be commensurate with experience.

Interested candidates are encouraged to reach out to Dr. Tammie Dewan ([tammie.dewan@albertahealthservices.ca](mailto:tammie.dewan@albertahealthservices.ca)) for more details.

## VOLUNTEER AND JOB POSTINGS Continued...

### 2020-2021 Diversity Cluster Hire (Psychology Department)

The Department of Psychology at the University of Miami (UM) is seeking a full-time, tenured or tenure-track faculty member to join our department's Adult Division, as part of the College of Arts & Sciences [cluster hiring initiative](#) to appoint up to ten new faculty members whose intellectual and pedagogical expertise engages race. Applications will be considered at the Assistant Professor, Associate Professor, and Professor ranks. Appointment is expected to start on August 15, 2021. To be eligible for tenure-track appointment, candidates must hold a Ph.D. or terminal degree in their field by the appointment start date. Applications can be submitted via the UM Careers website at <https://umiami.wd1.myworkdayjobs.com/UMFaculty>

Review of applications will begin on December 1, 2020 and continue until the position is filled. Inquiries, requests for information, and nominations can be sent to the Search Chair Kiara Timpano ([k.timpano@miami.edu](mailto:k.timpano@miami.edu)).

### Assistant Professor in Social Psychology (Tenure-Track) (University of Victoria)

The Department of Psychology at the University of Victoria invites applications for a tenure-track position in Social Psychology at the rank of Assistant Professor to commence July 1, 2021. In accordance with the University's Equity Plan and pursuant to Section 42 of the BC Human Rights Code, **the selection will be limited to members of the following groups: Indigenous Peoples, members of visible minorities.** Candidates from these groups must self-identify in their cover letter.

For more information about this position please visit: <https://www.uvic.ca/socialsciences/psychology/assets/docs/employment/uvic-social-psych-ad-2020.pdf>. To be considered, applications must be received by November 23, 2020.

### Assistant Professor, Psychology, Faculty of Arts and Science (MacEwan University)

The Department of Psychology in the Faculty of Arts and Science invites applications for a full-time tenure-track appointment at the rank of Assistant Professor, commencing July 1, 2021 subject to final budgetary approval. The successful candidate will have expertise in clinical and/or counselling psychology and be able to teach courses that introduce students to topics in psychological wellness and disorder, clinical assessment, and therapeutic interventions. Candidates with expertise that would also enable teaching and scholarship in cultural psychology, social and emotional child development, or history of psychology should also outline that in their application. The candidate will have a track-record of research productivity in clinical or counselling psychology. The Department of Psychology emphasizes the importance of opportunities for undergraduate scholarship, and the successful candidate will ideally engage in research that facilitates student involvement.

For more information about this position and how to apply, please visit:

<https://www.macewan.ca/wcm/Administrative/HumanResources/Careers/index.htm?jobId=20.10.082&list=Academic>

### Assistant Professor Position in Clinical Psychology (University of Southern Mississippi)

The School of Psychology at The University of Southern Mississippi (USM) invites applicants for one, full-time, tenure-track, Assistant Professor position beginning August 2021. This is an exciting opportunity to join a dynamic scientist-practitioner, Clinical Psychology training program in the School of Psychology, including an APA-accredited doctoral program, and an undergraduate psychology major. The School of Psychology has approximately 600 undergraduate majors and 125 graduate students across three APA-accredited doctoral programs (Counseling, Clinical, & School), doctoral program in Brain & Behavior, and a terminal master's in Counseling. The Clinical Psychology program emphasizes research mentorship, diversity, and training in evidence-based practices. Research and applied interests are open. Our faculty have established records of scholarship in ADHD, schizophrenia, suicide prevention, anxiety, mental health outcomes, personality assessment, youth risk behavior, and adult and child externalizing behavior. We offer training concentrations in child and adult clinical psychology. Doctoral students provide psychological services through an integrated, in-house training clinic, including assessment and treatment for university and community clients. The clinic permits close supervision of clinical psychologists-in-training by program faculty; we hope to recruit applicants with interest in and ability to provide clinical supervision of practicum students in our in-house training clinic, as well as mentor undergraduate and graduate student research. Qualified applicants will be prepared to contribute to the teaching mission of the School of Psychology at both the undergraduate and graduate levels. Opportunities to obtain post-doctoral supervision towards licensure (which includes mentorship, professional development) and/or to conduct and collaborate on research are available.

More information about the position can be found at: <https://usm.csod.com/ats/careersite/JobDetails.aspx?id=1590&site=1>

### Assistant Professor Position, Clinical/Counselling (MacEwan University)

MacEwan University, a comprehensive undergraduate university and third largest university in Alberta, is looking for a colleague to join the Psychology Department with expertise in the area of clinical/counselling psychology. MacEwan is an excellent place to work where you will find a dedication to teaching excellence informed by scholarly research, a learner-centered environment, and great colleagues. The link to the job posting can be found here:

<https://www.macewan.ca/wcm/Administrative/HumanResources/Careers/index.htm?jobId=20.10.082&list=Academic>

## SCHOLARSHIPS

### Winter 2020 funding: Laura Bassi Scholarship

The Laura Bassi Scholarship, which awards a total of \$8,000 thrice per annum, was established by Editing Press in 2018 with the aim of providing editorial assistance to postgraduates and junior academics whose research focuses on neglected topics of study, broadly construed. The scholarships are open to every discipline and the next round of funding will be awarded in December 2020:

Winter 2020

Application deadline: 25 November 2020

Results: 20 December 2020

All currently enrolled master's and doctoral candidates are eligible to apply, as are academics in the first five years of their employment. Applicants are required to submit a completed application form along with their CV through the application portal by the relevant deadline. Further details, previous winners, and the application portal can be found at: <https://editing.press/bassi>

## RESOURCES

### Are you a young person dealing with increased anxiety or stress during the pandemic?

Are you concerned about how the pandemic is impacting your education or job opportunities? Do you often find yourself worrying your health or the health of your friends and family? You are not alone. To help young people manage their emotional feelings and stress level during the pandemic, we are testing a short, new intervention, which we call the "Unified Protocol" or "UP". The UP provides skills to learn about emotions and how to respond differently to intense and strong feelings including fear and uncertainty about the future. These skills are very important as society re-opens and we try to navigate ever-changing rules and regulations.

#### *Is this program right for me?*

The UP may be right for you if you are experiencing strong and intense emotions, such as anxiety, stress, sadness, worry, irritability, frustration, anger or guilt. It may also work for you if you are experiencing low levels of positive emotions such as joy and happiness. If your emotions are interfering with your ability to manage and to enjoy life during the COVID-19 crisis, this program may work for you.

#### *Is there any evidence that this program works?*

Yes, absolutely! The UP has been used successfully for over a decade to help people deal with stress, anxiety and sadness. What has changed is that we have shortened the program by focusing on issues that are most relevant to young people during the pandemic and government and health officials' responses to COVID-19. However, the information and the skills you learn in the UP program may be applied to help you with other situations and stressful experiences in your life.

If you qualify for this research study, you will receive the UP free of charge. If you are a University of Calgary student age 13-30, you probably qualify. To learn more, contact [up@ucalgary.ca](mailto:up@ucalgary.ca) (This research has been approved by the Conjoint Faculties Research Ethics Board at the University of Calgary (REB20-0528). The Principal Investigator is Dr. Gina Dimitropoulos.)



# 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](mailto:pnguy@ucalgary.ca) before Thursday at noon.**

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