



UNIVERSITY OF
CALGARY

MONDAY MEMO

FEBRUARY 8, 2021

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



Toivonen, K., Williamson, T.M., Carlson, L., & Walker, L Campbell, T.S., (2020). Potentially Modifiable Factors Associated with Adherence to Adjuvant Endocrine Therapy among Breast Cancer Survivors: A Systematic Review. *Cancers*.
<http://dx.doi.org/10.3390/cancers13010107>



Adjuvant endocrine therapy (AET) reduces risk of breast cancer recurrence. However, suboptimal adherence and persistence to AET remain important clinical issues. Understanding factors associated with adherence may help inform efforts to improve use of AET as prescribed. The present systematic review examined potentially modifiable factors associated with adherence to AET in accordance with PRISMA guidelines. This review also accounted for the frequency with which a potentially modifiable factor was examined and whether univariate or multivariate models were used. This review also examined whether methodological or sample characteristics were associated with the likelihood of a factor being associated with AET adherence. A total of 68 articles were included. Potentially modifiable factors were grouped into six categories: side effects, attitudes toward AET, psychological factors, healthcare provider-related factors, sociocultural factors, and general/quality of life factors. Side effects were less likely to be associated with adherence in studies with retrospective or cross-sectional than prospective designs. Self-efficacy (psychological factor) and positive decisional balance (attitude toward AET) were the only potentially modifiable factors examined ≥ 10 times and associated with adherence or persistence $\geq 75\%$ of the time in both univariate and multivariate models. Self-efficacy and decisional balance (i.e., weight of pros vs. cons) were the potentially modifiable factors most consistently associated with adherence, and hence may be worth focusing on as targets for interventions to improve AET adherence among breast cancer survivors.

RESEARCH NOTES AND ACTIVITIES

- Williamson, T.M., Moran, C.,** McLennan, A., Seidel, S., **Koerner, M.,** Ma, P., & **Campbell, T.** (2020). Promoting adherence to physical activity among individuals with cardiovascular disease using behavioral counseling: A theory and research-based primer for health care professionals. *Progress in Cardiovascular Disease*. DOI: <http://dx.doi.org/10.1016/j.pcad.2020.12.007>
- Felske, A., **Williamson, T.M.,** Scurrey, S., Telfer, J., **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*. DOI: <http://dx.doi.org/10.1007/s11695-020-05097-9>
- Ross, K. M.,** Oltman, S., Baer, R., Altman, M., Feuer, S., Flowers, E., Gomez, A., & Jelliffe-Pawlowski, L. (Accepted). Socioeconomic status, *diabetes* and gestational length in Native American and White women. *Health Psychology*.
- Letourneau, N., Ntanda, H., Jong, V., Mahinpey, N., Giesbrecht, G., & **Ross, K. M.** (Accepted). Prenatal maternal distress and immune cell epigenetic profiles at 3-months of age. *Developmental Psychobiology*.
- Carroll, J. E., **Ross, K. M.,** Horvath, S., Okun, M., Mancuso, R., Sadek, A., Hobel, C., Coussons-Read, M., & Dunkel Schetter, C. (Accepted). Postpartum sleep loss and accelerated epigenetic aging. *Sleep Health*.
- MacKinnon, A. L., Madsen, J.,** Giesbrecht, G., **Campbell, T.,** Carlson, L., Dimidjian, S., Letourneau, N., Tough, S., & **Tomfohr-Madsen, L.**(2021). Effects of Mindfulness-Based Cognitive Therapy in Pregnancy on Psychological Distress and Gestational Age: Outcomes of a Randomized Controlled Trial. *Mindfulness*,1-12.<https://doi.org/10.1007/s12671-020-01585-2>
- Exner-Cortens, D.,** & Cummings, N. (2021). Bystander-based sexual violence prevention with college athletes: A pilot randomized controlled trial. *Journal of Interpersonal Violence*, 36(1-2), 188-211. <https://doi.org/10.1177/0886260517733279>
- Exner-Cortens, D.,** Wells, L., Lee, L., & Spiric, V. (2021). Building a culture of intimate partner violence prevention in Alberta, Canada through the promotion of healthy youth relationships. *Prevention Science*, 22, 40-49. <https://doi.org/10.1007/s11121-019-01011-7>
- Exner-Cortens, D.,** Wright, A., Claussen, C., & Truscott, E. (2021). A systematic review of adolescent masculinities and associations with internalizing behavior problems and social support. Advance online publication. *American Journal of Community Psychology*. <https://doi.org/10.1002/acjp.12492>

EVENTS

Workshop on Incorporating Equity, Diversity, and Inclusion (EDI) Mentality in our Research and Methodology

When: Wednesday, February 10th, 12:00-1:15 p.m.

Zoom Link: <https://ucalgary.zoom.us/j/2557597264> Meeting ID: 255 759 7264 Passcode: 090604

Have you ever wondered how EDI may impact your research? Are you thinking about incorporating EDI into your current research but not sure where to start? The EDI committee is collaborating with the PSYCH 600 course to leading a workshop on how to incorporate EDI into your current research and methodology process. EDI is embedded in all aspects of the research process, beginning with the researcher (e.g., considering how our world views and social position impact our research decisions) and ending with the ways that we communicate our findings (e.g., research implications). In this workshop we will discuss the importance of consciously making research decisions with EDI in mind. Specifically, we will discuss:

1. The importance of incorporating a clear definition of diversity into our research process.
2. Understanding methodological considerations and principles within a diverse context.
3. Understanding the implications of diversity for communicating research and findings.
4. Deeply thinking about how diversity has the potential to influence different psychological research areas.

All are welcomed!

Equity, Diversity, & Inclusion Committee | Department of Psychology

Together Against Misinformation

#ScienceUpFirst is a social media movement developed by a team of independent scientists, health care providers and science communicators to stop the spread of misinformation around COVID-19. Our goal is to put science first and we need your help!

The initiative: www.ScienceUpFirst.com

Commentary in the Globe and Mail: https://www.theglobeandmail.com/canada/article-scientists-health-experts-launch-social-media-campaign-to-counter/?utm_medium=Referrer:+Social+Network+Media&utm_campaign=Shared+Web+Article+Links



EVENTS Continued...



Partnered with ACHRI and WCHRI, CCHCSP is excited to offer fall CCHCSP Certificate eligible sessions virtually. All are welcome, trainees of any level or discipline and faculty

DATE	TIME	ROOM	SESSION	SPEAKER	3 Objectives
Wednesday, February 17, 2021	12:00-1:30pm	Zoom	Engaging patients as partners in research	Sumedh Bele	<ol style="list-style-type: none"> 1. Learn about the basics of patient-oriented research: what it is, why it is important and how you can start to engage patients as partners in your research projects 2. Identify the kinds of roles patient partners are interested in 3. Identify patient-reported outcome measures

**Please note that these sessions will be recorded for educational purposes. If you have any questions or concerns, please contact Tanya Graves-Smith (tanya.graves-smith@ahs.ca)*

To register, please contact Tanya Graves-Smith (tanya.graves-smith@ahs.ca)

Brenda Milner Neuropsychology Day and Lecture

Tuesday, May 25, 2021

The 22nd Annual Neuropsychology Day and Brenda Milner Lecture honours the career and achievements of Dr. Milner, an eminent cognitive neuroscientist and pioneer of the discipline of neuropsychology. We are pleased to welcome Dr. John D.E. Gabrieli, Grover Hermann Professor of Health Sciences and Technology and Cognitive Neuroscience at MIT, as the 22nd Annual Brenda Milner Lecturer in Cognitive Neuroscience. Dr. Gabrieli will present his lecture entitled "Learning and Memory in the Human Brain". The scientific portion of the day will provide young scientists following in the footsteps of Brenda Milner an opportunity to share and shine a light on their work in cognitive neuroscience. Undergraduate students, graduate students and post-doctoral fellows are invited to present their work as posters, flash talks or to be viewed in our Gallery space.

NEURO CONFERENCE
2021 NEUROPSYCHOLOGY DAY
SAVE THE DATE | May 25, 2021

Featuring the
BRENDA MILNER LECTURE
LEARNING AND MEMORY
IN THE HUMAN BRAIN

John D.E. Gabrieli, PhD
Grover Hermann Professor, Health Sciences and Technology
Massachusetts Institute of Technology (MIT), Cambridge, USA

Do you want to expand your research network? We want to hear from you about your current projects at any stage: literature reviews, research questions, preliminary data, projects 'in the making'! In this "pandemic edition" of the Brenda Milner Neuropsychology Day, our focus is to promote and enjoy interactions, to share information and to connect with the cognitive neuroscience community across Montreal and around the world. If you would like to present your research, please submit your abstract [here](#). **The deadline for submissions is February 28, 2021.** Several prizes will be awarded.

The prizes include:

- Top Abstracts - \$250 for first place, \$100 for up to 3 runners-up
- plus more prizes for best talks and posters, judged at the event!
- ...Prize-winners will also have the opportunity to participate in a virtual round-table discussion with invited speaker Dr. John Gabrieli and will be listed on the Brenda Milner Neuropsychology Day 'Honour Roll'

Lecture registration: [Eventbrite](#); **Registration:** [Scientific Sessions](#)
Visit the website for more [information](#). **Contact :** [Debbie Rashcovsky](#)

WCHRI Learning Session

Engaging patients as partners in research

Wednesday, February 17 Noon – 1:30 p.m. | Zoom

Presented By: Sumedh Bele, Assistant Director for the Patient Engagement Platform in Alberta Strategy of Patient-oriented Research (SPOR) Support Unit

Register Here: wchri.org/events

(This session meets requirements for both the CCHCSP training curriculum and FGSR professional development)

Engaging patients as partners in research

In this session, you will learn:

- the basics of patient-oriented research and how you can start to engage patients as partners in your research projects.
- the types of roles patient partners are interested in.
- the services provided by the SPOR Patient Engagement Platform.

Presented by:

- Sumedh Bele, assistant director for the Patient Engagement Platform in Alberta Strategy of Patient-oriented Research (SPOR) Support Unit

Wednesday, February 17
Noon – 1:30 p.m. | Zoom
Register: wchri.org/events

EVENTS Continued...

Research Study on Psychologists' Research and Clinical Interests



Researchers at Texas Tech University are recruiting faculty, graduate students, and postdoctoral trainees from APA- and CPA-accredited programs in clinical, counseling, and school psychology for a study on the development of research and clinical interests in these fields. The IRB-approved survey (TTU IRB2020-593) will take between 15 and 30 minutes of your time, and participation is entirely anonymous. Participants may enter a drawing for one of several \$50 (USD or CAD, as applicable) Amazon gift cards (odds of winning are 1/100 or better, dependent on the number of participants). The drawing will occur within one week after the close of data collection, in approximately one month. Please note that individuals must be able to complete measures in English to participate. Our study's results may have implications for improving the culture surrounding academic psychology. Survey Link: <https://tinyurl.com/PsychResearchInterestsStudy>

For Questions, contact: Dr. Sarah Victor (PI) at Sarah.Victor@ttu.edu or +1-806-834-0340.
(Students, please note participating in this study will not count towards your research participation credits.)

Participate in the

APPROACH

Online Study

Inclusion Criteria

- identify as a woman (cis- or trans) or as non-binary
- are 19 years or older
- have or do not have sexual desire difficulties
- able to read, write, and speak English
- have access to a computer and Internet

Interested?

- E-mail: faith.jabs@vch.ca
- www.brottolab.com
- Principal Investigator: Dr. Lori Brotto

An honorarium will be provided.

*Please note that optional COVID-19 stress questions are included in the study to better understand COVID-19's impact on study participation.

APPROACH STUDY

Do you experience sexual desires difficulties? Participate in the APPROACH Online Study

Sexual Health Research at the University of British Columbia in Vancouver is currently running an online study examining the role of sexual motivation or sexual goals and their impact on sexual well-being. They have received full ethics approval from the University of British Columbia (Study Number: H19-04039).

Visit www.brottolab.com for more information.

(Students, please note participating in this study will not count towards your research participation credits.)

Student Wellness Services Needs Assessment Research Study

We are recruiting **undergraduate and graduate students** at the University of Calgary for a research study to better understand student's knowledge and use of student wellness services (SWS) at the University of Calgary. Specifically, we are interested in understanding student's knowledge of services, student's usage of SWS, student's perceived need for mental health services, and student barriers to accessing mental health services at SWS. You will be asked to complete an online survey through Qualtrics. The survey should take approximately 10 minutes to complete. At the end of the survey, students may (not required) provide their email to be entered into a draw to win a \$10 Starbucks gift card. Participation in this research study is completely voluntary. To complete the survey please click the link here: https://survey.ucalgary.ca/jfe/form/SV_e99m26g18NEpvNk

If you have any further questions or want clarification regarding this research and/or your participation, please contact the research team through email at: kirsten.neprilyi@ucalgary.ca or marvam.gureshi@ucalgary.ca. (Students, please note participating in this study will not count towards your research participation credits.)

Cognitive Science Seminars

The Cognitive Science Seminars (CSS) are back on Mondays from 13:00 to 14:00!

CSS is a series of talks given by trainees and faculty in cognitive psychology where we share our current work, practice presentations, and discuss issues in the field.

The very first session is TODAY (February 8th), led by Gwen van der Wijk who will be talking about Open Science!

This summer, Gwen decided to learn more about Open Science practices and how to start using them in her own research. Finding many other students who were interested in doing the same, she started the Open Science Student Support Group (OSSSG) so that they could support each other on this journey, discussing and sharing experiences around Open Science. At CSS she will give a brief introduction to Open Science, guide discussion on current views of Open Science, and provide useful resources for applying Open Science to your research.

Join us on Zoom: <https://ucalgary.zoom.us/j/99665683161>
Passcode: 907118

If you are interested in presenting at CSS or joining our mailing list, please email Chelsie at chelsie.hart@ucalgary.ca

EVENTS Continued...



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.

On Monday, February 15, at 4 pm (during the winter break), we will host an online social gathering. All SPSPDers, their families, and pets are welcome!

You can use the following Zoom link to join the SPSPD meetings during the winter semester:

<https://ucalgary.zoom.us/j/98917604481>

Meeting ID: 989 1760 4481

Password: SPSPD

Are You Interested in Open Science? So Are We!

Join the students in the Open Science Student Support Group (OSSSG) for biweekly sessions where we discuss and learn about different open science practices and support each other in implementing these practices in our own research. Everyone is welcome to attend any or all sessions and are encouraged to bring friends.



The first practice we will discuss this semester is **REPRODUCIBLE SCIENCE**

In our second session on Reproducible Science, we will be hosting a hands-on workshop for writing reproducible manuscripts using GitHub, R, and R Markdown. You won't want to miss it! No previous experience required – exercises will be designed to account for all skill levels!

When: Friday February 12th from 4:00 – 5:30pm

Topic: Writing Reproducible Manuscripts Workshop

For more details and registration:

https://ucalgary.zoom.us/meeting/register/tJYlceisrjouGdMk1ybZxOE_9Mkjl0DZhvN

Image by Gealen Pinnock (CC BY 4.0)

After that, our next topic of the term will be Equity, Diversity, and Inclusivity in Open Science!

The first session for this topic will be February 26th so stay tuned for more details!

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. Kelly Dean Schwartz in Global [“News ‘Student study tracks COVID-19 stress levels in classrooms’”](#)

Dr. Deinera Exner-Cortens in MacLean’s [“How Emancipatory-Sex Ed Can Help Prevent Rape”](#)

Dr. Deinera Exner-Cortens in CTV News [“Calgary police say man who died may have been serial rapist, cases go back to 1990s”](#)



SCHOLARSHIPS

New Mental Health Research Funding Opportunity (\$1,000)

The Stratas Foundation *For Mental Health Research in Canada*

Stratas Foundation, a recently-launched not-for-profit organization sponsoring mental health research in Canada. Between now and February 28, applicants can submit research proposals to receive an award valued at \$1,000. We require all research applications to pertain to mental health or mental illness, but there are no hard limits on the discipline of study.

To apply, please [visit our website](#) or use our application portal: <https://forms.gle/e5vuQK7zWA7R3wZf8>

Happy Monday!

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



Oreo

Do you have something you would like to include in the Monday Memo newsletter? Please send it to sharon.schille@ucalgary.ca before Thursday at noon.

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