



UNIVERSITY OF
CALGARY

MONDAY MEMO

March 21, 2022

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



McArthur, B., Volkova, V., Tomopoulos, S., & Madigan, S. (2022). Global Prevalence of Meeting Screen Time Guidelines Among Children 5 Years and Younger: A Systematic Review and Meta-analysis. *JAMA Pediatr.*
<https://doi.org/10.1001/jamapediatrics.2021.6386>

Question: What proportion of young children are meeting the guidelines about daily amounts of screen time?

Findings: This meta-analysis of 95 samples (89 163 children) revealed that 24.7% of children younger than 2 years met the guideline to avoid screen use, and 35.6% of children aged 2 to 5 years met the guideline of no more than 1 hour a day of screen time. Moderator analyses suggest the prevalence of meeting guidelines has increased in recent years.

Meaning: One in 4 children younger than 2 years and 1 in 3 children aged 2 to 5 years are meeting screen time guidelines, highlighting the need for additional public health initiatives aimed at promoting healthy device use.



RESEARCH NOTES AND ACTIVITIES

- Exner-Cortens, D.,** Gaias, L., Splett, J., Jones, J., & Walker W. (2022). Embedding equity into school mental health theory, research and practice: An introduction to the special issue series. *Psychology in the Schools*. Advance online publication. <https://doi.org/10.1002/pits.22679>
- Exner-Cortens, D., Schwartz, K. D., McMorris, C., & Makarenko, E.** (2022). Stress among Asian youth during COVID-19: Moderation by educational, spiritual and cultural sources of belonging. *Journal of Adolescent Health, 70*(3), 500-503. <https://doi.org/10.1016/j.jadohealth.2021.10.007>
- Li, Q., MacKinnon, A. L., Graham, S., Tough, S., & Tomfohr-Madsen, L.** (2022). Does Where You Live Predict What You Say? Elucidating Associations between Socioeconomic Status and Child Language Acquisition. *Brain Sciences, 12*, 223. <https://doi.org/10.3390/brainsci12020223>
- MacKinnon, A. L., Silang, K., Penner, K., Zalewski Regnier, M., Tomfohr-Madsen, L., & Roos, L. E.** (2022). Promoting Mental Health in Parents of Young Children using eHealth Interventions: A Systematic Review and Meta-Analysis. Manuscript accepted for publication in *Clinical Child and Family Psychology Review*. <https://doi.org/10.1007/s10567-022-00385-5>
- McArthur, B., Volkova, V., Tomopoulos, S., & Madigan, S.** (2022). Global Prevalence of Meeting Screen Time Guidelines Among Children 5 Years and Younger: A Systematic Review and Meta-analysis. *JAMA Pediatr.* <https://doi.org/10.1001/jamapediatrics.2021.6386>

EVENTS

Cognitive Science Seminars (CSS)

The Cognitive Science Seminars (CSS) are back on Fridays from 9:00 to 10:00 am.

The next session is **Friday March 25th. Improved performance on context memory tasks is associated with regionally dependent increases and decreases in BOLD signal variability for young, middle aged, and older adults - Presented by Hongye Wang**

Hongye will be telling us about her work related to BOLD (fMRI) signal variability across the lifespan. Recent work suggests that brain signal variability is an important marker of processing integrity, and that age-associated differences in brain signal variability measured during perceptual and working memory tasks are generally associated with worse performance. Hongye and her colleagues extended this work by examining variability effects during context memory tasks in a sample of healthy adults. They measured blood oxygen level-dependent standard deviation (BOLD SD) during encoding and retrieval of context memory tasks. They then investigated how age and accuracy related to BOLD SD in across the whole adult lifespan, as well as within age groups (young, middle-aged, and older). Their lifespan analysis revealed that older age and worse performance were associated with decreases in cortical, but increases in subcortical BOLD SD, and these differences were linked to poorer performance. Within each age group, they identified unique BOLD SD patterns that supported greater accuracy with increasing age. These findings provide a new perspective for understanding cognitive resilience in context memory across the adult lifespan, and highlight unique compensatory effects within young, middle-aged, and older groups.

Join Zoom Meeting

<https://ucalgary.zoom.us/j/92322409101?pwd=WTE5MmxVL2p2Y3VwSGxCRS91UkFaZz09>

Meeting ID: 923 2240 9101

Passcode: CSS2022



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

Mindfulness-integrated CBT training for Mental Health Professionals

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) offers a novel and effective therapeutic system for addressing a wide range of clinical disorders, including chronic pain, trauma, addictions, anxiety and depression, and is ideally suited for both individual work and the group setting. Courses offered by the MiCBT Institute are intended for professional development, personal well-being, as well as student training.

Upcoming Training:

Course: [MiCBT: A Four Stage Transdiagnostic Treatment Approach](#) - Online Introductory Workshop (**recorded for those who cannot attend live**); Introduces the integration of mindfulness training with core principles of CBT to improve our way of addressing crises and chronic conditions, as well as prevent relapse.

Date: Friday April 22, 2022

Time: 8am-3pm Pacific Standard Time

Trainer: Dr. Alia Offman & Dr. Andrea Grabovac

Fee: \$235 Professional Rate | \$180 Student Rate - **Includes a hard copy of the MiCBT patient manual as well as printed workshop package** (mailed within Canada only)

Details/Registration: [HERE](#) or email nachapter@mindfulness.net.au

EDI Events:

UC Faith and Spirituality Centre

Daily Morning Prayer

Daily until Apr 12, 2022

9:00-10:00am MDT

https://events.ucalgary.ca/#!/view/event/event_id/396785

UC Office of Equity, Diversity and Inclusion

Courageous Conversations Faith Matters: Why Engaging Religious Diversity Matters

Mar 21, 2022

12:00-1:30pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/405295

UC Libraries and Cultural Resources

Books to Build on Workshop - Honouring Indigenous Writers

Mar 22, 2022

7:00-8:15pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/405076

Centre for Innovation in Campus Mental Health

Accessibility and the Neurodiverse Campus Community

Mar 22, 2022

1:00-2:00pm MDT

https://uso6web.zoom.us/webinar/register/WN_Mt2wZ9hQS6sv3ICsGsuZQ

UC Faith and Spirituality Centre

UCalgary Faculty/Staff Women's Circle

Mar 23, 2022

12:00-1:00pm MDT

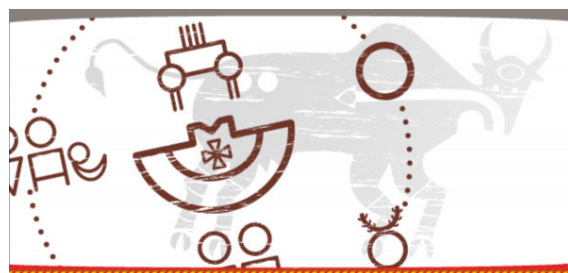
https://events.ucalgary.ca/#!/view/event/event_id/381605

UC Writing Symbols Lodge

Indigenous Wellness Circle *Indigenous students only*

Mar 23, 2022

12:00-1:00pm MDT



https://events.ucalgary.ca/#!/view/event/event_id/397189

UC Werklund Teaching and Learning
Teaching and Learning Conversations: Equity and Assessment
Mar 23, 2022
3:00-4:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/384307

UC Werklund School of Education
Confronting Settler Colonialism in Higher Education: A Conversation with Leigh Patel
Mar 23, 2022
5:00-6:30pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405527

UC Knowledge Engagement
TLRO: The Latest Research on Residential Schools and the Indian Act
Mar 23, 2022
7:00-8:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405515

UC Faith and Spirituality Centre
Lent Communion Service
Mar 24, 2022
12:00-12:30pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405379

UC Office of Indigenous Engagement
Indigenous Knowledge Public Lecture Series: Dr. Karla Jessen Williamson
Mar 24, 2022
12:00-1:30pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405046

UC Womens Resource Centre
Feminist Dialogue Club
Mar 24, 2022
3:00-4:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405778

UC Faith and Spirituality Centre
Jummah
Mar 25, 2022
11:00am-3:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/380647

UC Faith and Spirituality Centre
K-Pop Tea Time
Mar 25, 2022
12:00-1:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405287

UC Writing Symbols Lodge
Men's Face Painting Ceremony with Elder Clarence Wolfleg
Mar 25, 2022
1:00-2:30pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405196

Calgary Institute for the Humanities
Towards an Inclusive Scientific Production: The Pending Agenda in an Intercultural Latin America
Mar 25, 2022
3:00pm MDT
https://events.ucalgary.ca/#!/view/event/event_id/405786

VOLUNTEER AND JOB POSTINGS

For Undergraduate Students

Spring/Summer Volunteer Research Assistant/PSYC 499 Opportunity

The Eating Behaviors Lab, directed by Dr. Kristin von Ranson, is recruiting two students interested in gaining research experience through a Volunteer Research Assistant opportunity or course credit (PSYC 499). Students will assist with a thesis project examining the use of evidence-based practices to treat eating disorders in British Columbia. Students will gain experience with participant recruitment, data collection, data entry, data organization, and data management. A time commitment of 6-12 hours per week is required starting May 2, 2022 until August 26, 2022 with possibility of extension into the fall. To apply, please send a cover letter explaining why you are applying and what you hope to gain from the experience, your CV or resume, and a copy of your unofficial transcript to deepika.bajaj@ucalgary.ca by March 16, 2022.

Volunteer Opportunity

The Developmental Psychobiology Laboratory (PI Gerry Giesbrecht) is seeking to hire a data manager. The specific objectives of the work undertaken by the data manager are to clean, code, and manage complex data elements that require developing scoring procedures and collating of data. This work will also require the development of new databases and management of existing databases. The data manager will train students and volunteers who are entering data. The data manager will provide statistical and research support services to a wide range of projects. Work activities may also include supporting publication through literature review, assisting with grant proposals, and preparing reports for presentation. A Bachelor's degree in statistics, data management or psychology is required; a Masters degree in these areas is a strong asset. Applicants should demonstrate advanced skills in statistical software programs (e.g., SPSS, R, MPlus) and with Microsoft Office Suite (Access, Word, Outlook, Excel, PowerPoint). More information about the lab and its work can be found at www.ucalgary.ca/devpsychlab. Interested applicants should send a CV and cover letter to Melinda van Sloten at mmzwardt@ucalgary.ca. Please note that this position will also be posted to the UCalgary Careers page.

Summer job Opportunity

The Developmental Psychobiology lab (www.ucalgary.ca/devpsychlab) is accepting a summer student to work on a health psychology project involving scoring heart rate variability data. The position is 4 months and offers a stipend of \$7500. The project will involve working closing with a graduate student to learn heart rate variability coding and then scoring previously collected data. The summer student will have the opportunity to present their research at the end of the summer. Interested applicants should send their CV and unofficial transcripts to Melinda van Sloten (mmzwardt@ucalgary.ca).

Do you want to make a difference in a Special Needs Child's life?

We are looking for patient, caring individuals to work with a sixteen year old home-schooled boy with Autism. The work will involve a mixture of structured therapy (for which training will be provided) and community/respice activities.

We need people who can work two or three sessions a week - a mixture of afternoons, evenings, and weekends, and who are willing to provide a genuine commitment. Most sessions are two or two and a half hours in length. We pay \$20 per hour.

We are looking for people who are kind, patient and flexible. Experience with Autism is a plus, but if you like kids and are eager to learn, that is a great start. You will join a team of other workers and professionals, including Speech, Occupational and Physio Therapists. It is a great opportunity for people interested in a career working with Special Needs children, or even for people who just want to earn a little extra money doing challenging and satisfying work, and who want to make a difference in a little boy's life.

We live in Calgary SW, in the Signal Hill area. If you're interested, please reply to ian.holloway@ucalgary.ca with a copy of your cover letter, resume and references.

For Graduate Students, Faculty, & Staff

SFU Teaching Faculty position

The Department of Psychology in the Faculty of Arts and Social Sciences at Simon Fraser University (SFU) invites applications for a 1 FTE (full-time equivalent) Term Teaching Faculty position at the rank of Lecturer. This is a two-year position starting July 18, 2022, with the possibility of a one-year extension subject to budgetary approval. We are seeking candidates who have an interest and a demonstrated ability in teaching courses at the undergraduate level. The ideal applicant will have experience teaching large classes in Introductory Psychology and in Research Methods with knowledge of delivering blended and/or online courses. Candidates should be knowledgeable about curriculum development and learning outcomes within psychology. The successful candidate will teach at both our Burnaby and Surrey campuses.

Application materials should be submitted via email to psyclec@sfu.ca, citing the candidate's name and position applied for in the subject line. Short-listed candidates will be asked to upload a short (15 minute) pre-recorded lecture focusing on undergraduate teaching, particularly Introductory Psychology or Methods.

Tenure-track Position in Counselling Psychology

The University of Northern British Columbia (UNBC), in conjunction with the Department of Psychology, invites applications for up to two tenure-track positions in Counselling Psychology, at the rank of Assistant Professor, with proposed starting date of **July 1, 2022**.

The ideal candidate will have a PhD (or equivalent) in Counselling, Educational, or Clinical Psychology, a demonstrated record of teaching counselling courses and research excellence, current membership (or potential membership) as a registered professional counsellor or registered psychologist in BC, counselling supervision experience, knowledge of community resources/practicum agencies, and demonstrated excellence in organizational and communication skills. Evidence of culturally and socially relevant knowledge and practice will be required, as will demonstrated conscientiousness and integrity. The successful candidate will work with faculty members in the Department of Psychology to ensure outstanding counselling education and practice. The candidate may have the opportunity to teach in multiple modalities. Teaching activities may occur in multiple sites, including student practicum locations. Driving within the Prince George area between practicum sites is required. Therefore, a valid BC driver's license is required. For more information visit: [Assistant Professor | University of Northern British Columbia \(unbc.ca\)](https://www.unbc.ca/facultyrecruitment) or contact FacultyRecruitment@unbc.ca

Part-time Contractor for United Way Calgary and Area

This role will be responsible for designing and conducting qualitative research on outcomes of three components of the Young Adult Bright Futures Project ("YABF") set within the context of the Community Hubs Initiative ("CHI") at United Way of Calgary and Area ("UWCA"). The Researcher will use methods that may include in-depth interviews, focus groups, narrative analysis, storytelling (oral, textual or multimedia), and other participatory methods with internal and external stakeholders. The Researcher will work closely with the UWCA Community Hubs and Evaluation and Insights teams to enhance complementary evaluation methods and outcomes of YABF and CHI.

EXPERIENCE AND QUALIFICATIONS

- Demonstrated knowledge of and experience in qualitative research methods and evaluation approaches
- Undergraduate Degree in Social Sciences
- Master's or PhD candidates preferred

COMPETENCIES/ATTRIBUTES:

- Experience with qualitative research methods and evaluation
- Detail oriented with excellent analytical and problem-solving skills
- Proven organizational skills
- Project management skills
- Ability to work independently and as part of a team
- Ability to work with a diverse group of stakeholders
- Excellent communication skills – written and verbal
- Experience with community development methods and applied practice

- Experience with one or more of: data visualizations, infographics, short videos, multimedia presentations (e.g. ESRI Storymap or similar), blog posts, audio recordings or other.

Other Information

- Part-time (15 hours/week) for a six month term beginning in mid-April 2022
- Hourly rate of \$30.00
- The successful candidate must be a self-employed/independent contractor that meets the CRA guidelines
- Send cover letter and resume (PDF) by 4pm on March 28th, 2022 to wendy.mendes@calgaryunitedway.org
- Subject Line: Researcher – Your Name

Consultant- Leadership and Team Development: Humance

Position Summary: we are looking to grow our Calgary team! We are currently looking to hire an Organizational Psychology Consultant on a full-time basis. The primary focus will be leadership and team development, with a specific focus on assessment for development and training/facilitation.

For additional information, and to apply, visit <https://humance.ca/career-opportunity-consultant-leadership-team-development-calgary/>

Post-Doc Opportunity

The Adolescent Health Lab in the Department of Psychology at Simon Fraser University seeks full or part-time Postdoctoral Research Fellows and Research Associates to work closely with the Principal Investigator (PI), Dr. Marlene Moretti, Canada Research Chair in Youth Psychological Clinical Science - Tier 1, and the research team on a nationally funded research program to develop, implement and evaluate interventions to support the mental health and wellbeing of at-risk parents and youth. Applicants are invited to submit their applications with the subject line "Postdoctoral Fellow" or "Research Associate" via email to the Adolescent Health Lab (youth_project@sfu.ca) containing a copy of a cover letter, CV, and a description of how their background and interests are a match to the position. If interviewed, applicants should also be prepared to provide a writing sample and contact information for two professional referees. Competitive salary based on national and local funding guidelines and dependent upon education and past experience/achievements. Applicants seeking additional information prior to submission are welcome to contact Dr. Marlene Moretti (moretti@sfu.ca) or the Adolescent Health Lab.

Happy Monday!

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



Milo (courtesy of Shelley Wind)

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

**Department of
Psychology**

**University of
Calgary**

**Pod Office:
ES 356**

<https://arts.ucalgary.ca/psychology/news/monday-memo>

For your pet to be featured in the Monday Memo, please email: dana.watts@ucalgary.ca
