



UNIVERSITY OF
CALGARY

MONDAY MEMO

MARCH 8, 2021

INSIDE THIS ISSUE:

Department News.....	1
Research Notes and Activities.....	2
Events.....	2-4
Psychology in the News..	4
Volunteer and Job Postings.....	4-5
Resources.....	6

DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



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>



Interest in the connection between masculinities and mental health continues to grow. However, no previous systematic review has explored this association for adolescents. We present the systematic review of 29 articles that explore the connection between adherence to stereotypical male gender role norms (e.g., emotional restriction), attributes (e.g., “ambitious”), and identity (most commonly, gender “typicality”) and internalizing behavior problems and social support. A total of 24,795 adolescent boys (6th-12th grade) were included in the reviewed studies from 1997–2017. In the quantitative articles (n = 20), associations varied by aspect of masculinity assessed. Specifically, we found that greater endorsement of “masculine” traits (e.g., ambitious, assertive) was generally associated with fewer internalizing behavior problems and greater social support. However, lower gender “typicality” and higher adherence to stereotypical gender role norms were generally associated with more internalizing behavior problems and lower social support. In the qualitative articles (n = 9), the most predominant theme was emotional restriction (i.e., a gender role norm) and consequences for mental health. While research in this area is newer for community psychologists, the connection between masculinities and mental health is directly relevant to the field. Given the focus on individual-level conceptions of masculinity and mental health found in our review, we describe key future directions for masculinities research in community psychology.

RESEARCH NOTES AND ACTIVITIES

- 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>
- Baraskewich, J., **von Ranson, K. M.**, McCrimmon, A., & **McMorris, C. A.** (2021) Feeding and eating issues in children and adolescents with autism: A scoping review. *Autism: International Journal of Research and Practice*. <https://doi.org/10.1177/1362361321995631>
- Eggermont, J.J. 2021. Brain Oscillations, Synchrony and Plasticity. Basic Principles and Application to Auditory-Related Disorders. Academic Press, London, UK. ISBN 978-0-12-819818-6. Pp. 1–250.
- Magel, C. A., & von Ranson, K. M.** (2021). Negative urgency combined with negative emotionality is linked to eating disorder psychopathology in community women with and without binge eating. *International Journal of Eating Disorders*. DOI: 10.1002/eat.23491
- McLeod, Carolyn and **Boyes, Mike** (Accepted) The Effectiveness of Social-Emotional Learning Strategies and Mindful Breathing with Biofeedback on the Reduction of Adolescent Test Anxiety *Canadian Journal of Education/Revue Canadienne de l'Éducation*.
- Cunningham, S., **Patton, M., Schulte, F.,** Richardson, P., Heathcote, L. (2021). Worry about somatic symptoms as a sign of cancer recurrence: Prevalence and associations with fear of cancer recurrence and quality of life in survivors of childhood cancer. *Psycho-Oncology*. <http://doi.org/10.1002/pon.5647>

EVENTS

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.

In today's session (March 8th) Alison Wilson will be presenting on her Honours Thesis: "Evidence of Cross-Modal Enhancement of Speech Sound Processing in 4- and 5-year-old Children" Alison used EEG to investigate whether children demonstrate cross-modal enhancement, which is when responses to stimuli are augmented by stimuli from a different modality. She'll discuss how her findings could be used to inform conceptualizations of language and developmental disorders.

Join Zoom Meeting

<https://ucalgary.zoom.us/j/99728665689>

Passcode: CSS2021

Next week (March 15th) Nicole Boles will be presenting on "The Home Literacy Environment and Future Language Outcomes for Children."

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



The UCalgary Psychology Equity, Diversity and Inclusion Blog Series

“But I live in Canada! Why the former Trump administration’s order banning diversity training matters here too.”

Part 1: <https://arts.ucalgary.ca/news/i-live-canada-why-former-trump-administrations-order-banning-diversity-training-matters-here-too-0>

Part 2: <https://arts.ucalgary.ca/news/i-live-canada-why-former-trump-administrations-order-banning-diversity-training-matters-here-too-1>

Part 3: <https://arts.ucalgary.ca/news/i-live-canada-why-former-trump-administrations-order-banning-diversity-training-matters-here-too-2>

EVENTS Continued...

The Industrial-Organizational (IO) Psychology area is hosting brown bag talks through Zoom on select Mondays at 1PM. During these talks, researchers within the IO area discuss their research, and industry consultants have also come in to talk about their work experiences. Faculty, graduate and undergraduate students are welcome to attend.

The next brown bag talk will occur on **Monday, March 8th at 1:00PM**. In the brown bag talk, **Dr. Julie Choi** will discuss her experiences working as a consultant at Deloitte, and answer any questions about industry/consulting careers within IO Psychology.

Bio: Julie is a member of Deloitte's Human Capital practice. With over 7 years of consulting experience, she integrates her scientific knowledge with best practice to help organizations and leaders reach their full potential. Her consultative experience includes developing assessments, building competency frameworks, supporting executive teams in enhancing effectiveness and identifying high potential talent. Most recently, Julie developed and supported the execution of a team effectiveness and alignment lab for a Digital Transformation Team of a global mining company and provided individual coaching to these leaders to enhance their capability.

Zoom link: <https://ucalgary.zoom.us/j/91687704184>

Meeting ID: 916 8770 4184

Password: iobrownbag

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.

In our next meeting on **March 1st, 2021**, we have the pleasure of having **Olivia Gunther**, Dr. Andrew Szeto's honours student, present her research titled "**Much meat, much malady: Examining whether associating factory farming with zoonotic disease influences meat consumption intentions.**"

Also, we have the pleasure of having Ph.D. candidate **Elena Buliga** share her research on allyship. This research is conducted in collaboration with Dr. Adam Murry and Miranda Harbourne and is titled "**Non-Indigenous allyship: Findings from a Q-methodological study.**"

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



Weekly EDI Events for March 8 – 12, 2021

- **Mar 8, 9:00 a.m.-2:00 p.m. MST.** Women in Trades and Technology (WITT) and SAIT: [International Women's Day Conference and Celebration](#)
- **Mar 8, 12:30-1:30 p.m. MST.** UC - Cumming School of Medicine: [International Women's Day Talk: Anti-Racism and Allyship with Dr. Shannon Ruzyccki and Dr. Tito Daodu](#)
- **Mar 8, 4:00-5:30 p.m. MST.** UC - Financial Feminism Investment Lab: [Financial Feminism: Sharing the Wealth](#)
- **Mar 8, 7:00-8:00 p.m. MST.** U of A Pride Week: [Two Spirit Envisioning Futurisms Storytelling](#)
- **Mar 10, 12:30-2:00 p.m. MST.** UC - Writing Symbols Lodge: [Indigenous 101: The Stories We Are Told](#)

**Upcoming
Equity, Diversity,
and Inclusion
(EDI) Events**

EVENTS Continued...

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!



Since September, OSSSG has covered a range of topics: Project Workflows, the Ethics of Open Data, Pre-registration, Reproducible Science and Manuscripts, and Equity, Diversity, & Inclusion in Open Science. Are you looking to talk more about some of these topics? Are there Open Science-related topics or projects you are interested in that we haven't gotten around to discussing yet? Or are you at that point in the semester when it would be nice to just hang out? In our next session we'll open the floor to anything you have on your mind! We'll create an informal discussion space where you can bring your own topics and/or questions, or join others in talking about their ideas. There will be multiple breakout rooms that you can move between freely.

Topic: You and Open Science

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

For more details and to register* for this session, go to: <https://ucalgary.zoom.us/meeting/register/tJItcuyqqjkuHtfYG8TP2KmRzYKE6ptUPRPf>

*After registering, you will receive a confirmation email containing individual information for joining the meeting.

For more general information on the sessions and our group, please join our [Slack](#) workspace!

For questions, contact Gwen van der Wijk @ gwen.vanderwijk@ucalgary.ca

Image by Gealen Pinnock (CC BY 4.0)

PSYCHOLOGY IN THE NEWS



Dr. Sheri Madigan in Global News "[Babies born during COVID-19 pandemic not being held by others. Will they be OK?](#)"

VOLUNTEER AND JOB POSTINGS

For Graduate Students, Faculty, & Staff

Concordia University of Edmonton is now accepting applications for the new Doctor of Psychology (PsyD) program in Clinical Psychology!

This year, applications will be accepted March 1st to May 1st -- for Fall 2021 intake.

For information about the program, as well as *31 Frequently Asked Questions (FAQs)*, please visit:

<https://concordia.ab.ca/faculty-arts/graduate-programs/psyd/psyd-faqs/>

VOLUNTEER AND JOB POSTINGS Continued...

Student Wellness Services - Peer Listener Volunteers for the 2021-2022 Academic Year

We are recruiting!

Interested in becoming a part of the Peer Listening team for the 2021-2022 school year? We are currently accepting applications for new volunteers. We welcome applications from both undergraduate and graduate students in any area of study.

Deadline: **March 31, 2021** at 4pm MST.

ABOUT THE POSITION:

Peer Listeners provide supportive listening to students wanting to connect with other students or who are seeking support through Wellness Services for personal/academic concerns. Peer Listeners utilize empathy, active listening skills, and shared experience as post-secondary students to provide emotional support to students experiencing mental health challenges. Peer listeners work in pairs out of the Wellness Centre to allow for small group or one-on-one connections with students on a drop-in basis.

BENEFITS:

- Direct, frontline experience in mental health support, crisis intervention, and active listening.
- Training in suicide intervention, mental health literacy, and helping skills.
- Connections to working mental health professionals who can provide debriefing, support and references.
- Working as part of a collaborative team to support the mental health of our greater campus community.

QUALIFICATIONS:

- Applicants must have a minimum 2 years of experience as a post-secondary student;
- Must be a current student at the University of Calgary;
- Excellent active listening and communication skills;
- Comfort in approaching and connecting with other students around personal concerns;
- Lived experience with mental health challenges & willingness to share this experience would be considered an asset.

To apply, please email a cover letter and resume to Megan MacKay at megan.mackay@ucalgary.ca. Only those students selected for an interview will be contacted.

Happy Monday!

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



Hunter and Rosie

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.

**Department of
Psychology**

**University of
Calgary**

**Administration
Building,
Room AD 255**

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

Phone: (403) 220-3600

Fax: (403) 282-8249
