



UNIVERSITY OF
CALGARY

MONDAY MEMO

March 14, 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. 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 next session is **Friday March 18th**

Unresolved methodological challenges in detecting neuroplastic changes in astronauts.

Presented by Dr. Ford Burles: Dr. Burles will be discussing some of the previous literature on the effects of spaceflight on the brain, and differentiate between some of the causes of these effects. The main dichotomy he will speak to will be the 'direct' effects of the spaceflight environment on the brain, and the 'indirect' effects we expect to see as astronauts adapt, both behaviorally and neurologically, to this new environment. Then, he will introduce and discuss an issue he and his team have recently uncovered that makes it very difficult to detect real neuroplastic brain changes in astronauts. Finally, he will talk about some prospective solutions to this issue, as well as the particular prospective solution they are presently working on.

Join us on Zoom: <https://ucalgary.zoom.us/j/93826742037?pwd=MThadnp4LosrbHZoQWR5QmtKME5hQT09>

Meeting ID: 938 2674 2037

Passcode: CSS2022

If you are interested in presenting at CSS or joining our mailing list, please email Chelsie at

chelsie.hart@ucalgary.ca



Adverse Childhood Experiences (ACE's)

Topic: Mitigating the Effects of Adverse Childhood Experiences to Reduce Early Childhood Trauma, featuring Dr. Lubna Anis. The event will be taking place March 25, 2022, at 12:00-1:00PM MST.

To register, click here: <https://bit.ly/3ckrVlh>

The Réseau santé Albertain has an event on March 17th that we would love to share with you! Please pass this message on to anyone who might be interested in the event. We have organized a panel discussion in French on the topic of language security in the healthcare setting entitled "Sécurité ou insécurité? Les défis linguistiques dans la secteur de santé". The panel discussion will take place on Zoom at 6pm. We have some very interesting panelists involved! The panelists will be: - Émanuel Dubbledam: Host of the youth program ONIVA! On ICI TV - Claire Tellier: Program coordinator of bilingual nursing sciences at the University of Alberta - Andrea Macleod: Professor at the Faculty of Rehabilitation Medicine - Katherine Perich: Dentistry student. Our moderator for the event will be plurilingual artist, Joëlle Préfontaine!

[Formulaire inscription- Panel sécurité linguistique \(google.com\)](#)

EDI Events:

UC Department of History

A Crying Need for a Daycare Centre: Indigenous-Run Daycares, 1967-1985

Mar 14, 2022

2:00-3:00pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/403642

UC Faith and Spirituality Centre

Taste of Tuesday

Mar 15, 2022

All day

https://events.ucalgary.ca/#!/view/event/event_id/398559

UC Faith and Spirituality Centre

Women's Circle

Mar 16, 2022

12:00-1:00pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/381473

UC Writing Symbols Lodge

Indigenous Wellness Circle *Indigenous students only*

Mar 16, 2022

12:00-1:00pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/397188

UC Taylor Institute

Equity, Diversity and Inclusion in Health Professions Education: Identity, Intersectionality, and Praxis

Mar 17, 2022

10:30-11:45am MDT

https://events.ucalgary.ca/#!/view/event/event_id/404952

UC Writing Symbols Lodge

Drumming Workshops with Elder Rod Hunter

Mar 18, 2022

1:00-2:30pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/405069

UC Department of Classics and Religion

New Approaches to Slavery and Sex in the Pompeian Household

Mar 18, 2022

3:00-4:00pm MDT

https://events.ucalgary.ca/#!/view/event/event_id/404528



Innovation 4 Health

Innovation4Health's 2022 Health Hack Competition, which is a competition where we pair aspiring innovators with real-world challenges faced by healthcare professionals with the intent of creating solutions and encouraging start-ups within healthcare is seeking to recruit students to apply for this year's competition: Seniors and Healthy Aging.

This is a very special competition giving **Innovators** a unique opportunity to use their skills with a multidisciplinary team. We have seen tremendous success in the past. In 2020, over 150 innovators applied, \$17,500 in prizes was awarded, and 20 functional prototypes were developed. You can learn more about our competition at <https://www.innovation4health.com/>. The deadline to apply for this year's competition online is **March 11th, 2022**.

Break the Stigma Summit

The annual Break the Stigma Summit is an event hosted by the Mental Health Awareness Club at the University, who host guest speakers and provide interactive activities exploring different aspects of mental health! The annual event will take place on March 18 from 6pm-8pm, in Science A Room 129. The main purpose of this event is to reduce the stigma around mental health, which includes socializing opportunities, keynote speakers, side activities, and giveaway prizes. Our theme this year is “What we learned from the pandemic” in regards to resiliency, connecting with others from afar, how we cope, and increased hope and outreach for mental health. To register: <https://www.eventbrite.ca/e/break-the-stigma-summit-2022-tickets-287946825707>

The Professional Development Series

The PD series, facilitated by Dr. Anusha Kassan, will center on feminist, multicultural, and social justice theory and practice in professional psychology. These approaches will be used to explore the cultural, historical, economical, and socio-political contexts within which psychology is understood and practiced in a multi-faceted society. This PD series is geared towards practicing provisional and registered psychologists in Alberta. This will include exploration of attendees’ intersecting cultural identities and social locations as well as the manner in which they impact clinical practice. While all levels of practice and comfort are welcome, openness, curiosity and cultural humility is expected of all participants! Event occurs every Thursday, May 5th to June 9th, 2022 from 6PM-8PPM. For registration, please email anusha@vividpsychology.com by April 15, 2022.

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 *Pregnancy During the Covid-19 Pandemic* (PdP) Study is looking for a fluent French-speaking research volunteer. This role would entail a time commitment of at least 5 hours per week. Everything is done remotely, so you can volunteer at a time that best suits you.

Our study objective is to understand how the mental and physical well-being of pregnant people and their children is affected by the COVID-19 pandemic. As of March 2022, we have recruited over 11,000 pregnant people from across Canada and are now following-up with them and their children.

You would help:

- Verify and check data for the French study participants
- Send French clarification emails to confirm and correct anomalies in the participants’ data
- Aid in the research and creation of French social media content
- Proofread and translate various blogs, infographics, documents, and questionnaires from French-to-English and English-to-French

If you are interested in volunteering with the PdP study, please contact Melinda van Sloten at mmzwart@ucalgary.ca.

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 closely 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 (mmzward@ucalgary.ca).

Symposium-CSBBBCS Meeting in Halifax

The annual meeting of the Canadian Society for Brain, Behavioural, and Cognitive Sciences (CSBBBCS) will hold its annual meeting in Halifax, NS, July 18-20. Dalhousie and Saint Mary's Universities are proud to co-host this meeting. **CSBBBCS members and non-members are invited to submit preliminary proposals for symposia for the upcoming meeting.** Symposium proposals will be accepted with a deadline of **March 25, 2022**. Symposium topics can cover any area of brain, behaviour and cognitive science. Symposia are 1.5 hours in length and generally include 6 15-minute talks. Proposal submissions should include a ~1 page description of what your symposium will be about and a suggested list of speakers. Please submit proposals (250 words or less) electronically to: bbcs2022@dal.ca The annual meeting of the CSBBBCS will take place in person in Halifax, July 18-20, 2022.

For Graduate Students, Faculty, & Staff

CPA Grant:

The CPA Clinical Section will be offering two student research grants of up to \$3,000 each, to support a student-led research project related to novel service delivery models (i.e., telehealth, brief interventions, peer-led or peer support group, etc.). CPA student members of the Clinical Section are invited to submit proposals focused on novel service delivery models, in an area that is relevant to Clinical Psychology. Deadline to apply and submit materials is April 11, 2022. For more information: <https://cpa.ca/funding/>

Post-Doctoral Fellowship

Dr. Miriam Beauchamp, Professor at the Department of Psychology, Université de Montréal and Ste-Justine Hospital Research Center in Montreal, Quebec Canada is seeking a motivated and enthusiastic post-doctoral fellow to join the ABCs Developmental Neuropsychology lab. The successful candidate will be invited to contribute to projects documenting the impact of a large-scale, multicenter longitudinal cohort (KOALA Project, see Beauchamp et al., 2020, BMJ - Open for details). The project focuses on neuropsychological and developmental outcomes of concussion/mild TBI sustained during early childhood (6 months to 6 years) and also includes biomarkers of sleep (actigraphy), stress (cortisol), brain imaging (MRI), and genetics (saliva). Candidates must send the required documents to Miriam Beauchamp at miriam.beauchamp@umontreal.ca including your CV, recent transcripts, cover letter and references.

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.

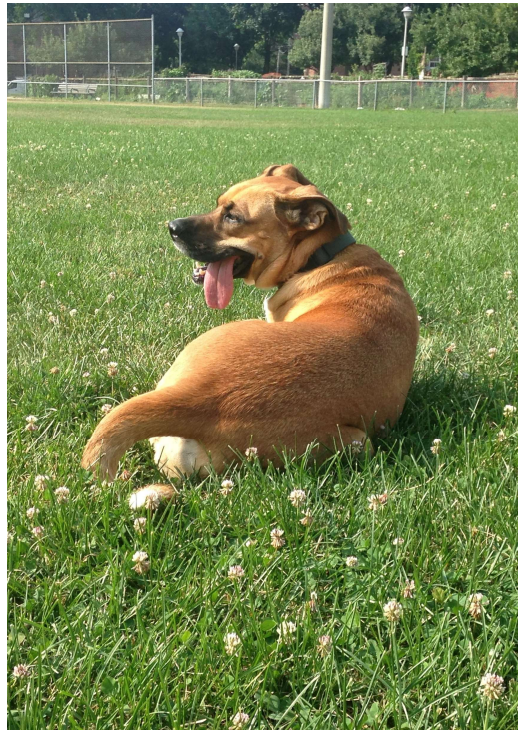
For additional information, and to apply, visit <https://humance.ca/career-opportunity-consultant-leadership-team-development-calgary/>

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!



Penny (courtesy of Natalia)

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
