



UNIVERSITY OF
CALGARY

MONDAY MEMO

OCTOBER 13, 2020

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DEPARTMENT NEWS

HIGHLIGHTED PUBLICATION



Gorenko, J. A., Moran, C., Flynn, M., Dobson, K., Konnert, C. (2020). Social Isolation and Psychological Distress Among Older Adults Related to COVID-19: A Narrative Review of Remotely-Delivered Interventions and Recommendations. *Journal of Applied Gerontology*.
<https://doi.org/10.1177%2F0733464820958550>



The COVID-19 pandemic is associated with several short- and long-term negative impacts on the well-being of older adults. Physical distancing recommendations to reduce transmission of the SARS-CoV2-19 virus increase the risk of social isolation and loneliness, which are associated with negative outcomes including anxiety, depression, cognitive decline, and mortality. Taken together, social isolation and additional psychological impacts of the pandemic (e.g., worry, grief) underscore the importance of intervention efforts to older adults. This narrative review draws upon a wide range of evidence to provide a comprehensive overview of appropriate remotely-delivered interventions for older adults that target loneliness and psychological symptoms. These include interventions delivered by a range of individuals (i.e., community members to mental health professionals), and interventions that vary by implementation (e.g., self-guided therapy, remotely-delivered interventions via telephone or video call). Recommendations to overcome barriers to implementation and delivery are provided, with consideration given to the different living situations.

RESEARCH NOTES AND ACTIVITIES

- Garland S N, Johnson J A, **Carlson LE**, Rash, J A, Savard J, **Campbell T S**. (2020) Light therapy for insomnia symptoms in fatigued cancer survivors: a secondary analysis of a randomized controlled trial. *Journal of Psychosocial Oncology Research and Practice*. e (2020) 2:3(e27) 18 September 2020. doi.org/10.1097/OR9.0000000000000027
- Toivonen, K.**, Hermann, M., White, J., Specia, M., **Carlson L.E.** (2020) A Mixed-Method, Multi-Perspective Investigation to Barriers to Participation in Mindfulness-Based Cancer Recovery. *Mindfulness*. <https://doi.org/10.1007/s12671-020-01461-z>
- 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>.

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>

Save the Date: 2020 Owerko Family Distinguished Lecture

Thursday Oct. 22, 2020 / 2:00 - 3:30 pm

Online via ZOOM / Registration details to follow

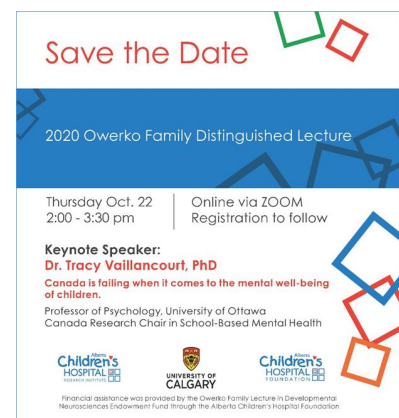
Keynote Speaker:

Dr. Tracy Vaillancourt, PhD

Canada is failing when it comes to the mental well-being of children.

Professor of Psychology, University of Ottawa

Canada Research Chair in School-Based Mental Health



EVENTS Continued...

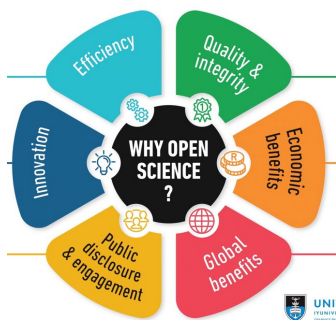
This fall, the **Social, Personality, and Social Development (SPSD) Psychology Research Group** gathers via Zoom every two weeks on **Mondays** from **3:00 pm – 4:30 pm**. We discuss and learn about research being conducted by faculty, students, and affiliates of the University of Calgary.

The next meeting will be held on October 19, 2020, and Dr. Cara MacInnis' honours student, **Olivia Gunther**, will present her research titled “**Much meat, much malady: Examining whether associating factory farming with zoonotic disease influences meat consumption intentions**”. Also, **Morgan Davis**, Dr. Kathleen Hughes' honours student, will present her research titled “**Parental Emotional Resilience During COVID-19**.”

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: SPSPD



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'? Join our first session to get an overview of different open science practices, why such practices are crucial for advancing psychological science, what the benefits and risks of these practices are and how you can start implementing such practices into your research! With lots of discussion and challenges of different difficulty levels, there will be something to gain for everyone!

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 for information on our next session on October 23rd @4-6pm about Project Workflow!

For more information on the sessions, please join our [Slack](#) workspace. For questions, contact Gwen van der Wijk @ gwen.vanderwijk@ucalgary.ca

PSYCHOLOGY IN THE NEWS

Dr. David Hodgins in CBC News “[Alberta's online gaming site raises the odds of creating new problem gamblers, expert says](#)”

Dr. Keith Dobson in Richmond News “[‘It hurts’: Workers grapple with the mental impacts of pandemic recession](#)”

Dr. Adam Murry in Arts Engage “[‘Meet ii’ taa’poh’to’p’s 2020-21 intercultural capacity building grant recipients](#)”



VOLUNTEER AND JOB POSTINGS

For Undergraduate Students

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) for more details.

VOLUNTEER AND JOB POSTINGS Continued...

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/>

Permanent Clinical Psychologist Position in the Max Rady College of Medicine, University of Manitoba

Please see the [attached notice](#) regarding a permanent clinical psychologist position in the adult depression services with the regional psychology program in Winnipeg. Job details and application instructions are [attached](#), and can be found on the CPA website <https://cpa.ca/careers/> and the University of Manitoba Department of Clinical Health Psychology's website http://umanitoba.ca/faculties/health_sciences/medicine/units/clinical_health_psych

Deadline for initial review of applications is October 23, 2020; applications will continue to be accepted until the positions are filled. Beginning career to senior career colleagues are welcome to apply.

Tenure track job in Personality at Carleton University

The Department of Psychology at Carleton University invites applications from qualified candidates for a preliminary (tenure-track) appointment in Personality Psychology at the rank of Assistant Professor beginning July 1, 2021.

The successful candidate will be expected to conduct research on issues related to Personality Psychology, teach both at the undergraduate and graduate level in Personality, and have effective leadership and collaborative skills. Although we are open to all specializations in Personality, expertise in measurement or qualitative methods would help fill other gaps in our department. The successful candidate is expected to show evidence of being able to maintain a successful program of research that is eligible for Tri-Council funding.

To see the full posting for this position, please visit <https://carleton.ca/provost/2020/assistant-professor-psychology-personality/>

Assistant Professor Position at the University of Louisville

The Department of Psychological and Brain Sciences at the University of Louisville invites applications for a full-time, tenure track position in Clinical Psychology at the Assistant Professor level beginning August 1, 2021.

The University of Louisville celebrates diversity of thought, perspectives, and life experience. To meet the needs of our multicultural student body and expand our connections to the vibrant community in which we work, our department seeks a colleague who is committed to mentoring students from diverse backgrounds and is prepared to train Ph.D. students in clinical skills broadly, and especially with respect to cultural competence.

To find out more about this position and how to apply, please visit: <http://louisville.edu/psychology/files/2020-Clinical-Faculty-Position-Ad.pdf>

RESOURCES

Counseling Psychology at USM Virtual Info Session

The University of Southern Mississippi's Counseling Psychology Doctoral program is hosting an informational session about their program and application process on October 22, 2020. Of note, their APA-accredited Counseling Psychology Doctoral program is grounded in the scientist-practitioner model and trains students for careers in practice and research. They offer training in evidence-based interventions, with attention to diversity and social justice in their work. Their program provides financial support for all students and clinical training in our in-house training clinic and several community agencies.



**COUNSELING PSYCHOLOGY
DOCTORAL PROGRAM**

Those interested in learning more can register for this free virtual event at:

<https://usm-edu.zoom.us/meeting/register/t.Jwvce6gqjkpGtwoKl5oUhUi73Y9eVVYscNR>

U of T's Graduate Program Virtual Open House

We would like to invite you to join us at a University of Toronto Psychology Graduate Program virtual open house!

The goal of this open house is to describe our new direct-entry PhD program. Before opening up for Q&A with the program administration, current students, and representatives from the Department's Equity, Diversity, and Inclusivity Committee, we will also discuss FAQs including the construction of a successful application, the availability of funding and award opportunities, and how a day in the life of a graduate student in our program looks.

We hope you will join us on Friday, October 30 at 1pm EST! To register and receive the Zoom link, please use the QR code in the brochure, or visit <https://tinyurl.com/yy89ehup>.

Happy Monday!

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



“Miss Autumn”

Brooke Lingnau's Foster Puppy

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

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**University of
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Room AD 255**

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

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