

THE URBAN PSYCHOLOGIST

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**Ryerson
University**

Chair's Corner



Dr. Martin Antony
Department of
Psychology Chair

Fall is in the air, and we look forward to another exciting year in Psychology. Our 2014-2015 annual report was recently published, celebrating the many contributions of our students and faculty members over the previous year. Some examples include:

- More than 40 prestigious external awards and honors
- 27 new external faculty research grants, representing more than \$5.5 million in funding
- 155 peer reviewed journal publications
- 68 books and book chapters published
- 271 poster and conference presentations
- 81 external workshops, invited lectures, and colloquia

The 2015-2016 year is already off to a great start, and this issue of *UP* provides just a few highlights of what we have been up to over the past few months.

Over the summer, our graduate program underwent a number of transitions in leadership. **Michelle Dionne** (Graduate Program Director), **Candice Monson** (Director of Clinical Training), and **Meg Moulson** (Director of Psychological Science Training) all ended their terms. Thanks to each of them for their valuable contributions. Our MA and PhD programs flourished under their competent leadership. I want to thank **Julia Spaniol**, **Stephanie Cassin**, and **David Day** for stepping into the roles of Graduate Program Director, Director of Clinical Training, and Director of Psychological Science Training, respectively.

Also, I am happy to announce our recently launched undergraduate program blog, created and managed by Shadi Sibani, our Undergraduate Program Assistant. The blog can be found at <https://rupsych.wordpress.com>, and includes updates concerning important dates, research assistant positions for students, awards, opportunities for community involvement, events, graduate training opportunities, and program information.

As always, this latest issue of *UP* is filled with exciting updates and information about our department and programs. I hope you enjoy it!

Martin M. Antony, PhD
Chair, Department of Psychology

Undergraduate Program Updates



Dr. Tara Burke
Undergraduate
Program Director

This fall, the psychology program welcomed its largest intake of undergraduate students to date. As part of the **Faculty of Arts Orientation** on September 1st, these 144 new psychology students received an overview of what they can expect over the next 4 years; they heard from their Introductory Psychology instructors, and learned more about research opportunities available to them through their coursework and through opportunities to work with Faculty and

graduate students in their research labs. In addition to this large cohort, we will be hosting six students from universities around the globe through **Ryerson's International Exchange** program. We extend a warm welcome to them, and send our best wishes to one of our own students, Ganna Zozulya, who this year will be spending two terms at Umea University in Sweden.

On June 9th, we held our annual **Psychology Student Research and Awards Celebration** at the Arts and Letters club, with a slightly modified format designed for our ever-growing program. Our students were recognized for their scholarship, and contributions to leadership and research. This year's award recipients included a remarkable 82 students on the Dean's List. In addition, Dr. Jean-Paul Boudreau, the Dean of Arts, was on hand to present the inaugural **Irene Gammel and Jean-Paul Boudreau Undergraduate Research Award** to Maria Ilieff. This award recognizes excellence in research and academic achievement for a full time BA student in the Faculty of Arts.

With the class of 2019 underway, we welcomed the opportunity to meet with potential students for the class of 2020 at the **Ontario Universities Fair** September 25-27th. We look forward to seeing many of them on campus next fall.

Graduate Program Update



Dr. Julia Spaniol
Graduate Program
Director

Graduate Program Director Transition:

This fall, Dr. Michelle Dionne is taking a well-deserved sabbatical after serving as Graduate Program Director for 3 years. Under Michelle's leadership, the program entered a period of consolidation and "steady state" following its early days of rapid growth. A tireless advocate of graduate education in Psychology at Ryerson, Michelle coordinated student recruitment and admissions, oversaw student financial support, and provided

mentorship and support to students in the Clinical and Psychological Science Streams. As incoming Graduate Program Director, I know I have some very big shoes to fill. Thank you Michelle!

Convocation: The summer and early fall saw many MA and PhD defences, and we will celebrate the graduates at Fall Convocation on October 15. We wish them the very best as they move on to clinical internships, postdoctoral research fellowships, teaching positions, and nonacademic careers. Congratulations to all of them!

New Graduate Students: This fall, we welcome 16 new MA students and 1 new PhD student. Chosen from over 350 applicants, they come to us with degrees from institutions such as the the University of Calgary, Dalhousie University, the University of Manitoba, University of Toronto, and York University, to name a few. At Orientation (September 1, 2015), the new students learned about courses, teaching assistantships, and other practical aspects of our program. They also received a warm welcome and words of encouragement from seasoned upper-year graduate students. We look forward to seeing the new cohort succeed at Ryerson. No doubt they will enrich our program with their energy, curiosity, and brand new research ideas. Watch this space!

Upcoming Events: On October 15, 2015, we will hold our annual Graduate Open House and Information Session for prospective applicants. On October 30, the Psychology Graduate Student Association will host the annual Graduate Research Symposium. The event will feature a keynote lecture by an invited speaker as well as graduate student papers and posters. Details will be announced on the Department website.





Eric Hehman Joins Faculty in the Department of Psychology

The Department of Psychology is delighted to welcome **Dr. Eric Hehman**, who recently joined Ryerson as an assistant professor (tenure track). Dr. Hehman received his PhD at the University of Delaware working with Dr. Sam Gaertner, and completed postdoctoral work at Dartmouth College and New York University with Dr. Jon Freeman before coming to Ryerson. Dr. Hehman's research examines how individuals perceive and evaluate one another across group boundaries (e.g., race, gender, sexual-orientation, occupation). To address these questions, he takes a multimethod approach, incorporating a broad range of behavioural (e.g., computer-mouse tracking, digital face modeling, group interactions), neural (e.g., fMRI, EEG), and statistical techniques (e.g., multilevel modeling, structural equation modeling).

As the director of the **Seeing Human Lab**, his research group has three major foci. First, they are interested in how social trait attributions (e.g., trustworthy, physically dominant, prejudiced) rise from the processing of morphological facial features (e.g., eyes, skin color, facial structure), and how this process might vary across group boundaries (e.g., gender, race, sexual orientation). Second, using a mix of fMRI and EEG, they examine the neural mechanisms that give rise to these impressions of others. Finally, they assess how these social impressions might manifest and influence behavior in real world areas with societal implications.

PGSA Update



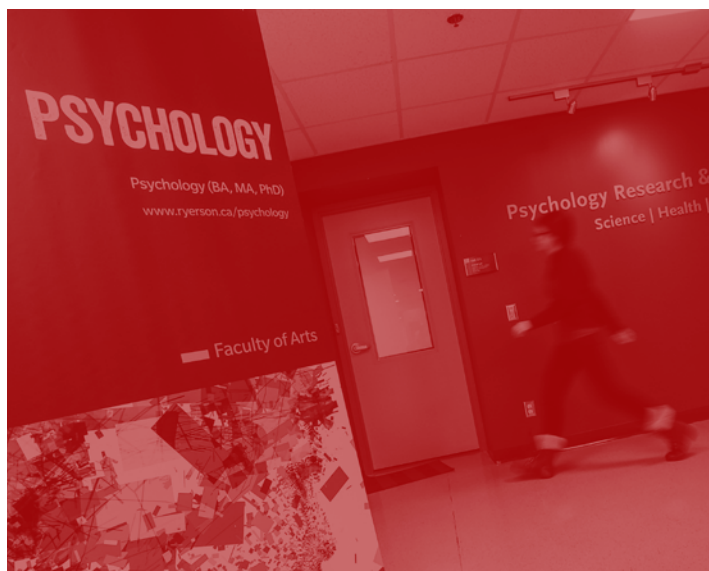
Sofia Puente-Duran
PGSA President

The **Psychology Graduate Students Association (PGSA)** launched the new academic term with many exciting initiatives. First, we welcomed a new cohort of graduate students at our September orientation. After meeting with faculty, incoming students had the opportunity to converse with a group of current graduate students, as well as receive a guided tour of the campus, library, and new Ryerson Student Centre. This year, we also teamed up with the Mental Health and Well-Being Group (**MHWBG**) to offer a "Peer Mentorship Program." This program pairs incoming students with current graduate students to assist those new to the graduate school environment with their transition. Students can also continue to connect with their mentor throughout the year. In addition, our Welcome Back Pub Night was filled with exciting conversation and a chance to catch up amongst our student body. Finally, we thank Dr. Martin Antony for his informative talk on finding employment in professional psychology, which was held early in the fall.

The PGSA is now planning our **7th Annual Research Symposium**. This event will be held on October 30th, 2015, and will feature our invited speaker, Dr. Joel Katz, who will discuss the effects and processes of pain and its interventions in a variety of populations. We also look forward to great discussion and sharing research from our graduate students. In closing, we want to encourage students to take advantage of opportunities to join the PGSA Executive. This year, PGSA elections will be held for the first time in February, so that the new executive council can begin their term in line with other RSU student groups and hold their positions for the 2016-2017 academic year. Stay tuned for further details about upcoming elections, and please contact us with any questions: pgsa@psych.ryerson.ca.

Don't forget to check us out online at: psychlabs.ryerson.ca/pgsa

Twitter: [@pgsa_ryerson](https://twitter.com/pgsa_ryerson) and Instagram: [@RyersonPGSA](https://www.instagram.com/RyersonPGSA)





Shruti Vyas , PSA President, 4th Year, BA Psychology Student

PSA Update

Greetings from the **Psychology Students Association (PSA)**, the undergraduate course union! We're pleased to introduce a new and larger PSA team with many new Executive positions, including Deputy of Finance, Social Media and Advertisement, Student Life and Events, and Operations. As well, we now have an Academic Representative for each year of study, who will focus on organizing academic activities and study sessions for their cohort. We are pleased to announce the success of the annual **Psychology Welcome Day** and **Faculty of Arts Orientation** held for incoming psychology majors. The PSA would like to extend their gratitude to all the students, faculty staff and department members involved in making these events memorable for our first year students!

The hardworking team of 2015 is looking forward to holding many exciting social events including Halloween and Christmas parties, monthly social nights, karaoke show downs and lip sync battles! We also look forward to hosting our annual Thesis Information Sessions, while also introducing our new Graduate Study and GRE Info Sessions. Stay tuned for more information on our fall collectables. We'll be introducing a new line of Ryerson Psychology sweaters, t-shirts, and lanyards for students and faculty members. Have a fantastic semester!



First year Psychology students mingle and get to know each other on Welcome Day.

List of PSA Executives:

Shruti Vyas – President

Maria Ilieff – Vice President, Operations

Jennifer Gould – Deputy of Operations

Emily Veall – Vice President, Finance

Domenica Fanelli – Deputy of Finance

Andie Woodside – Vice President, Social Media & Advertisement

Erica Naccarato – Deputy of Social Media & Advertisement

Marzia Riaz – Vice President, Student Life & Events

Alex Giordano – Deputy of Student Life & Events

Aidan Mehak – Fourth Year Academic Representative

Patryk Wrobel – Third Year Academic Representative

Vincent Le – Second Year Academic Representative



Top Photo: PSA Executive Member (L to R): Patryk Wrobel, Domenica Fanelli, Alex Giordano, Marzia Riaz, Shruti Vyas, Vincent Le. Bottom Photo: First year students embrace their inner comedian during our Ultimate Cards Against Humanity tournament on Welcome Day.

Psychology Student Wins 2015 3-Minute Thesis Competition

Congratulations to MA student **Jaclyn Ludmer**, who earlier this year was named the winner of Ryerson's 3-Minute Thesis Competition, taking home the \$1000 prize. Jaclyn competed with more than 20 graduate students from across the university, each presenting their thesis in just 3-minutes, with a maximum of one slide. Since completing her thesis on "understanding infants' genetic and environmental risk for depression," Jaclyn has continued at Ryerson in the clinical psychology PhD program, where she conducts research in the Biopsychosocial Development Lab under the supervision of Dr. Leslie Atkinson.



Jaclyn Ludmer with her prize

Recent Research Grants

Dr. Martin M. Antony (co-investigator) received a \$700,184 operating grant from the Canadian Institutes of Health Research (CIHR) to conduct a pragmatic randomized controlled trial of group transdiagnostic cognitive-behaviour therapy for anxiety disorders in primary care. Pasquale Roberge is the principal investigator.

Dr. Leslie Atkinson (co-investigator) received 3-year \$140,000 grant from the Social Sciences and Humanities Research Council (SSHRC) to identify the nature of parental influence on the development of child executive function and emotion regulation. Andrea Gonzalez is the principal investigator.

Drs. Leslie Atkinson (principal investigator) and **Morton Beiser** (co-investigator) received a \$10,000 Ryerson Immigrant/RBC/Diversity Initiative grant to investigate the treatment of stress physiology and PTSD in refugee children.

Skye Fitzpatrick (principal investigator) received a \$2000 Harry Rosen Stress Research Grant to study the effect of labeling emotions on emotion regulation in borderline personality disorder. **Dr. Janice Kuo** is a co-investigator.

Dr. Tae Hart (principal investigator) received a \$10,000 grant from the Canadian Institutes of Health Research (CIHR) to study ways to disseminate information about the long-term symptom management issues in colorectal cancer survivors.

Drs. Naomi Koerner (principal investigator) and **Martin M. Antony** (co-investigator) received at \$193,350 operating grant from the Canadian Institutes of Health Research (CIHR) to develop

a scientifically-informed written exposure intervention for generalized anxiety disorder.

Dr. Karen Milligan (principal investigator) and **Alex Irwin** (co-investigator) received a \$30,000 Mitacs Accelerate grant to evaluate the systemic implementation of collaborative and proactive solutions for improving the well-being of students at risk and their teachers.

Dr. Candice M. Monson (co-investigator) received a \$296,944 grant from the Ontario Mental Health Foundation to study ways to facilitate the full recovery of individuals with eating disorders and posttraumatic stress disorder with empirically based concurrent treatment. Dr. Kathryn Trottier is the principal investigator.

Dr. Candice M. Monson (co-investigator) received a \$4,965 grant from the University Health Network to study concurrent treatment of individuals with eating disorders and posttraumatic stress disorder. Dr. Kathryn Trottier is the principal investigator.

Drs. Meg Moulson, Jean-Paul Boudreau, Frank Russo, Lili Ma, Julia Spaniol, and Lixia Yang received a Ryerson University internal equipment grant for \$25,217 to purchase eye-tracking equipment appropriate for use with infants, special populations, and older adults. Dr. Meg Moulson is the principal investigator.

Dr. Tisha Ornstein (principal investigator) received a \$4,500 New Initiatives Award from Ryerson University to examine the behavioural and neural correlates of performance monitoring in obsessive-compulsive disorder.

Sofia Puente-Duran and Fiona C. Thomas were awarded a \$1000 Educational Activity Student Grant from the Clinical Section of the Canadian Psychological Association to organize a workshop on the diagnosis and treatment of mental health issues among refugee and immigrant populations.

Erika Sparrow (principal investigator) received a \$2000 Harry Rosen Stress Research Grant to study the effects of acute psychosocial stress on temporal discounting in older adults. **Bonnie Armstrong and Dr. Julia Spaniol** are co-investigators.

Fiona C. Thomas received a \$10,000 RBC Immigrant, Diversity, and Inclusion project award to examine the prevalence and treatment of posttraumatic stress disorder in an urban immigrant and refugee youth population.

Drs. Anne C. Wagner (co-principal investigator) and **Candice M. Monson** (co-principal investigator) received a \$10,000 Canadian Institutes of Health Research (CIHR) planning and dissemination grant to investigate trauma interventions for women living with HIV.

Dr. Lixia Yang (principal investigator) received a \$7,000 Ryerson Health Research Fund award to investigate how stress impacts executive functioning in order adults practicing yoga.

A full list of grants received will appear in our 2015-2016 Annual Research and Achievement Report, due to be published in Fall 2016.



Left: Bonnie Armstrong completed her practicum placement at Duke University. Right: Lesley Zannella completed her practicum at the University of Texas, at El Paso.

Graduate Practicum Placements – Psychological Science

A unique training feature of the Psychological Science program at Ryerson University is the practicum placements that students complete during the MA and PhD. These placements allow students to receive training beyond what is available in their own labs, to learn a new research method, work with a different population, or use existing skills in a more applied context. Students have great flexibility in choosing where to complete their practicum. Some choose to stay at Ryerson, such as **Brenda Wong** (PhD student) who worked on a program evaluation project with Dr. Kelly McShane in the CERCH lab, or **Vivian Huang** (MA student) who completed her practicum in the Sleep and Depression lab with Dr. Colleen Carney. Other students venture outside Ryerson to Toronto-based locations such as the Rotman Research Institute at Baycrest where **Erika Sparrow** (MA student) and **Sara Gallant** (PhD student) both completed their practica with Dr. Cheryl Grady in the Neurocognitive Aging Lab.

Although many stay close to home, some travel abroad for their placements such as PhD students **Nicole Sugden** and **Sara Cowan**, who recently traveled to the United States to complete their practica. **Nicole Sugden** went to the University of Bloomington, Indiana to work in Dr. Linda Smith's Cognitive Development Lab. As a visiting scholar, she investigated the impact of siblings on infants' interaction with faces in their first year and also gained experience in the collection of high-density multisensory data. Nicole has since presented some of her data at two conferences and is now working on a publication. **Sara Cowan** fulfilled her practicum requirement at Iowa State University through

funding from the Michael Smith Foreign Study Supplement. There, she gained experience in conducting police interrogation research with Dr. Chris Meissner, an expert on the topic. Her research examined whether a bias toward thinking a suspect is guilty leads interrogators to choose guilt-presumptive questions. She also merged this research with her own interests on alibis by examining the impact of various interrogation techniques on guilty and innocent alibi providers.

Students at the MA level are also seeking international placements. For example, **Bonnie Armstrong** completed her MA practicum with Dr. David Madden at Duke University, where she received training in fMRI methodology and diffusion tensor imaging (analysis of white matter integrity). During her practicum, Bonnie was able to attend several research talks, which presented networking opportunities with top researchers in her field. As well, **Lesley Zannella** traveled to the University of Texas at El Paso (UTEP) to work with Dr. Jennifer Eno Loudon. While at UTEP, Lesley gained experience in conducting confirmatory factor analysis in a project assessing the psychometric properties of the Massachusetts Youth Screening Instrument-2 (MAYSI-2). She plans to disseminate her findings through both a conference presentation and publication.

All in all, whether based in Toronto or abroad, the practicum opportunity allows Psychological Science students to hone their research skills and establish new connections, which will undoubtedly be useful for future collaborations.

Recent Practicum Placements – Psychological Science

Masters Level Practica

- **Bonnie Armstrong** – Brain Imaging Analysis Centre (BIAC), Dr. David Madden, Duke University Medical Centre, North Carolina
- **Vera Chai** – OISE, Language & Learning Lab, Dr. Patricia Ganea, University of Toronto
- **Shannon Currie** – TD Bank, King St., Chief Environmental Office, Toronto
- **Dana Greenbaum** – BEE Lab, Dr. Meg Moulson, Ryerson University
- **Vivian Huang** – SAD Lab, Dr. Colleen Carney, Ryerson University
- **Alexandra Marquis** – Language, Literatures & Culture, Dr. Stephanie Walsh Matthews, Ryerson University
- **Melina Ovanessian** – BEE Lab, Dr. Meg Moulson, Ryerson University
- **Erika Sparrow** – Neurocognitive Aging Lab, Dr. Cheryl Grady, Rotman Research Institute, Baycrest, Toronto
- **Lesley Zannella** – Mental Illness and Criminal Justice Lab, Dr. Jennifer Eno Loudon, University of Texas

PhD Level Practica

- **Sara Gallant** – Neurocognitive Aging Lab, Dr. Cheryl Grady, Rotman Research Institute, Baycrest, Toronto
- **Kyla McDonald** – Language and Cognition Lab, Dr. Nancie Im-Bolter, Trent University Durham (in collaboration with University of Toronto and Ryerson University)
- **Brenda Wong** – Community-Engaged Research in Culture & Health Lab, Dr. Kelly McShane, Ryerson University



Bonnie Armstrong (centre) and lab mates at Duke University.

MA and PhD Clinical Psychology Practicum Placements

Ryerson's location and reputation has positioned its clinical students well to choose from a range of available potential clinical practicum placement sites. As a result, clinical psychology students have completed their practica across a wide range of settings, modalities, and treatment populations. Clinical psychology practicum students are no different this year, gaining clinical experiences at a range of sites and institutions such as:

- **Centre for Addiction and Mental Health:** The Better Behaviour Service program in the Child and Youth Family Program (Jaclyn Ludmer)
- **Centre for Addictions and Mental Health:** Borderline Personality Disorder Clinic (Alex Vasilovsky)
- **Centre for Interpersonal Relationships** (Natalie Stratton)
- **Hamilton Health Sciences:** Child and Youth Mental Health Outpatient Service (Monique Tremblay)
- **Humber River Regional Hospital:** Adult Mental Health Program (Lauren David)
- **Markham Stouffville Hospital:** Child and Adolescent Services and Adult Outpatient Mental Health (Kristin Maich)
- **St. Joseph's Healthcare Hamilton:** Anxiety Treatment and Research Clinic (Aliza Friedman, Marie Faaborg-Andersen, Gillian Wilson, and Molly Atwood)
- **St. Joseph's Healthcare Hamilton:** Forensic Service (Andrew Brankley)
- **St. Joseph's Healthcare Hamilton:** Mood Disorders Program (Hanna McCabe-Bennett, Kathleen Tallon)
- **St. Joseph's Healthcare Hamilton:** Women's Health Concerns Clinic (Marie Faaborg-Andersen)
- **Toronto Rehab/University Health Network:** Neuro-Rehab Program and Brain and Spinal Cord Program (Sasha Mallya)



William Glassman and Erica Naccarato

Erica Naccarato Receives William Glassman Prize in Psychology

Congratulations to **Erica Naccarato**, who received the **2015 William Glassman Prize in Psychology**. Thanks to a generous donation from William Glassman (Ryerson University Professor Emeritus in Psychology), the Glassman prize recognizes a third year psychology student with both a high level of academic achievement and active involvement in community service (within Ryerson or organizations in the broader community). In addition to her impressive academic successes, Erica has conducted research with a number of Psychology professors, has been a member of Ryerson's Varsity Volleyball team throughout her undergraduate studies, and has organized several successful blood donation events at Ryerson. Erica is currently in her fourth year of our BA program and is completing her honours thesis.



Catherine Naldjieff

Psychology Student Receives President's National Entrance Scholarship!

Congratulations to **Catherine Naldjieff**, a first year Psychology BA student who was selected from over 1000 new Faculty of Arts students to receive the **President's National Entrance Scholarship**. This prestigious award is worth \$10,000 annually for 4 years, and recognizes outstanding academic achievement (minimum 90% average), as well as demonstrated leadership qualities, original thought, and creative ability. Catherine recently moved from St. Catharines, ON to residence at Ryerson. She knew early on that Ryerson was the place for her, reporting "when I arrived on campus for a tour, I could not stop smiling, and I immediately knew that this is where I wanted to study. Everyone was so warm and welcoming, yet driven and dedicated to their future." Currently, Catherine is majoring in Psychology, and plans to also get a minor in Professional Communications.

Recent Announcements, Awards and Other Contributions

Dr. Martin M. Antony was inducted as a Fellow of the Canadian Association of Cognitive and Behavioural Therapies.

Dr. Morton Beiser was made chair of the research committee for the Caring for Kids New to Canada Initiative (Canadian Paediatrics Society).

Amy Brown-Bowers and **Alex Irwin** received Council of Canadian Departments of Psychology Teaching Assistant Awards.

Dr. Alasdair Goodwill was appointed to the Board of Directors of the Canadian Association of Threat Assessment Professionals (<http://www.catap.org>).

Dr. Tae Hart received the Ryerson University Faculty of Arts Teaching and SRC Excellence Award.

Dr. Tae Hart was appointed an Associate Member at the Lunenfeld-Tannenbaum Research Institute at Mount Sinai Hospital, Toronto.

Heather Hood, Stéphanie Marion, and Ronak Patel were awarded the Canadian Psychological Association Certificate of Excellence for their PhD dissertations.

Loren Klein, Elvira Prusaczyk, and Ryan Williams were awarded the Canadian Psychological Association Certificate of Excellence for their Honours theses.

Jenny J.W. Liu, Vivian Huang, and Katlyn Peck received the Best Symposium Award for their presentation, "The complex role of emotion in stress: A discussion of multiple approaches to understanding their relationship(s)" at the

Psychology Outside the Box Conference in Ottawa.

Jenny J. W. Liu, Linda Truong, and Leanne Wilkins received Ryerson University Dennis Mock Student Leadership Awards.

Jaclyn Ludmer, Hanna McCabe-Bennett, and Kathleen Tallon were awarded the Canadian Psychological Association Certificate of Excellence for their Master's theses.

Dr. Candice Monson received the Canadian Council of Professional Psychology Programs Award for Excellence in Academic Training.

A full list of announcements, awards, and other contributions will appear in our 2015-2016 Annual Research and Achievement Report, due to be published in Fall 2016.



Emily Foster explores Stockholm during her term in Sweden.

Ryerson BA Students Study Abroad: The Outbound Exchange Program

For the past several years, the Department of Psychology at Ryerson has supported opportunities for undergraduate students to expand their education abroad through Ryerson's "**Outbound Exchange**" program. To date, Ryerson psychology students have spent one or two terms abroad in a range of exotic locales such as Australia, Singapore, Sweden, and France. These are just a few of the exciting destinations available for psychology students to study in; others include Scotland, England, the Netherlands, Turkey, and the West Indies. This is a fantastic opportunity for one or two psychology students each year to deepen and enrich their educational experiences while studying at Ryerson. Indeed, Ryerson psychology student **Jessica Myshrall**, who traveled to **Lyon (France)** in 2013 highlighted how enriching the Outbound Exchange program was for her: "You will never understand what being jealous of your past self feels like until you've returned from any amount of time spent abroad. To say that I lived in France for a period of time now seems surreal to me, but I did and it was an incredible adventure."

One of the most recent Ryerson psychology students to take up this opportunity was **Emily Foster**, who spent a term continuing her psychological studies in **Umeå, Sweden**. Emily reflected on how her time abroad enriched her psychological studies, noting that her "studies in Psychology at Ryerson have affected and contributed to [her] perspective of the culture and education system overseas." She added that she hopes this experience will "benefit [her] future studies, as [she] will hopefully have a more comprehensive understanding of the interplay between psychology and diversity." We're looking forward to hearing more about Ryerson psychology students' adventures as they travel to new and exciting locations as part of their studies with us!

Recent PhDs Take on New Positions After Graduation

Congratulations to the most recent group of students who received their PhDs at our Fall and Spring convocations. These students all have bright futures ahead of them, and are embarking on new paths in diverse and interesting ways.

Dr. Danielle Blackmore is working in private practice at B & C Health and another private practice currently under development in Mississauga. She conducts adult assessment and treatment for a variety of mental health problems at one, and focuses on psychosocial oncology at the other.

Dr. Caitlin Davey is working part-time in private practice at Baxter Antoniazzi and Associates specializing in rehabilitation and health psychology, and completing a part-time postdoctoral fellowship at St. Joseph's Healthcare Hamilton. At St. Joseph's healthcare, she studies community engagement with Aboriginal individuals in the Hamilton area.

Dr. Katie Fracalanza is completing a postdoctoral fellowship at Stanford University. At Stanford, she conducts clinical research and provides cognitive behaviour therapy to individuals with mood and anxiety disorders, and dialectical behaviour therapy to individuals with borderline personality disorder.

Dr. Brian Mainland is working at two private practices: Dr. Leslie Miller and Associates, where he conducts neuropsychological assessments, and Burlington Psychological and Counselling Services, where he delivers psychotherapy.

Dr. Lucy McGarry is completing a postdoctoral fellowship at the Brain and Mind Institute at Western University alongside Drs. Jessica Grahn and Adrian Owen. She is researching musical parameters that facilitate gait in Parkinson's disease and intersubject synchronization using fMRI to study musical memory in healthy aging and Alzheimer's dementia. She is also overseeing the development of an emotional communication app based on her dissertation research, which is currently in development at the Apple app store.

Dr. Jennifer Monforton is working in private practice at the Mindfulness Clinic in downtown Toronto, where she has developed the clinic's Obsessive Compulsive Disorder treatment program along with Dr. Paul Kelly.

Dr. Linda Truong is working as a research associate in the Cognitive Aging Laboratory with Dr. Lixia Yang.

Dr. Amelia Usher is completing a postdoctoral fellowship with Dr. Karen Milligan at Ryerson University in the Child Self-Regulation Laboratory. Dr. Usher is evaluating integrated programs for pregnant and parenting women with addictions across Ontario.

Dr. Vanessa Villani is completing a clinical fellowship at The Hospital for Sick Children (Sick Kids) in the Suspected Child Abuse and Neglect (SCAN) program. She is also working in private practice at the Chrysalis Centre, where she provides assessment and therapy to children, adolescents, and families.

Dr. Pete Wegier is completing a postdoctoral fellowship at the Medical Decision Research Laboratory in the University of Missouri's Department of Health Sciences. He is studying the use of experience-based choice paradigms to aid medical decision-making.

Dr. Leanne Wilkins is teaching a developmental psychology seminar course at Ryerson University. She is also the Chief Executive Officer of "Courthouse Steps Resolutions Inc. (c/o Insured Loss Settlements Inc.)", a corporation that carries on mediation/arbitration of matters in conflict and dispute.

Welcome New Graduate Students

New MA Students

**Nicole Charewicz, PSY SCI (S. Want)**

Nicole completed her Honours BA in Forensic Psychology at the University of Ontario Institute of Technology. In the Media and Social Development Lab, she plans to explore the positive, social, and cognitive aspects of playing video games.

**Ella Dubinsky, PSY SCI (F. Russo)**

Ella recently completed a BSc with honours in both neuro-science and mathematics from Dalhousie University. Hailing from Cape Breton Island, Nova Scotia, she loves the outdoors, cherishes her family, and is a lifelong singer-songwriter and classical pianist. Ella is excited to join the SMART lab and investigate the relationship between music and the brain.

**Crystal Hare, CLIN (T. Hart)**

Crystal received a BSc in General Biological Sciences from the University of Lethbridge, and then completed her BA honours degree, in Psychology, at the University of Calgary. She is excited to join the Psychosocial Medicine Lab, where she will focus on psychological aspects of cancer and its treatment.

**Kathryn Harper, PSY SCI (L. Ma)**

Katie completed her Honours BA in Psychology at the University of Guelph. As a member of the Early Childhood Cognition Lab, she looks forward to studying how young children learn and think about the world.

**Arvin Jagayat, PSY SCI (B. Choma)**

Arvin received his Specialized Honours BSc in Psychology at York University. He is delighted to join the Social and Political Psychology Lab, where he will explore the nature of internet-based cultures and their role in our modern social functioning.

**Danielle Loney, CLIN (A. Goodwill)**

Danielle graduated with an Honours BA in Forensic Psychology, with a minor in Criminal Justice Studies from the University of Ontario Institute of Technology. As a member of the Criminal Investigative Research and Analysis Group, she looks forward to exploring the intersection of clinical forensic practice and investigative psychology.

**Bailee Malivoire, CLIN (T. Girard)**

Bailee graduated with an Honours BSc in Biology and Psychology from Brock University. She is excited to join Dr. Girard's Brain Imaging and Memory lab where she will pursue her interests in hippocampal function and memory deficits in clinical populations.

**Christina Mutschler, CLIN (K. McShane)**

Christina graduated from the University of Regina with an Honours BA in Psychology and a minor in English. She is very excited to be a part of the CERCH lab where she will study well-being promotion in underserved populations as well as the evaluation of well-being promoting programs.

**Erin Orr, CLIN (T. Ornstein)**

Erin graduated with an Honours BSc in Psychology from St. Francis Xavier University in Antigonish, Nova Scotia in May 2015. For her Master's thesis, she will study neurocognitive functioning in people with obsessive-compulsive disorder.

**Khushi Patel, PSY SCI (L. Yang)**

Khushi received her BA in Psychology from Ryerson University, where her undergraduate thesis focused on multistable perception in younger and older adults. She has been working in the Cognitive Aging Lab since 2012. She plans to continue research on cognitive aging and plasticity during her MA.

**Marlena Pearson, PSY SCI (M. Reed)**

Marlena graduated from Nipissing University in 2014 with an Honours BSc in Psychology and Honours BA in Criminal Justice. Over the past year she worked as Project Supervisor at the Northern Centre for Research on Aging and Communication in North Bay, ON. Marlena is very excited to continue to research cognitive aging, vision, and attention at Ryerson University.

**Alyssa Saiphoo, PSY SCI (S. Want)**

Alyssa completed her Honours BSc with a psychology specialist at the University of Toronto in 2015. She is excited to be apart of the Media and Social Development Lab where she will pursue her research interests in the medias effects on social cognition.

**Annabel Sibalis, PSY SCI (K. Milligan)**

Annabel graduated with her Honours BSc from the University of Toronto, having double-majoring in Psychology and Biology. She has been a member of the Child Self-Regulation Lab since 2013, and plans to study the behavioural and neurological impact of mindfulness-based interventions on youth with emotion regulation disorders.

**Alanna Singer, CLIN (J.P. Boudreau)**

Alanna completed her Honours BA in Psychology at the University of Manitoba. She is interested in infant visuomotor development and looks forward to investigating this topic as part of the Cognition, Health, Infancy, Learning, Development (CHILD) Lab.

**Emily Thomas, CLIN (M. Gurevich)**

Emily completed her Honours BA in Psychology with a minor in Spanish at St. Thomas University, New Brunswick. As a member of the Sexuality Hub: Integrating Feminist Theory (SHiFT) lab, she looks forward to continuing her research in the area of sexuality.

**Richard Zeifman, CLIN (J. Kuo)**

Richard completed his Honours BA in Psychology at York University. As a member of the Borderline Personality and Emotion Processing Lab, he is interested in studying Emotion Regulation and Perfectionism.

New PhD Student

**Ammaar Kidwai, CLIN (T. Hart)**

Ammaar completed his Honours BA in Psychology at Glendon College, and an MA in Counselling Psychology at OISE. He is currently working in the HIV Prevention Lab and plans to investigate HIV prevention among gay, bisexual, and other men of colour who have sex with men.

Department Welcomes Three New Limited Term Faculty Members

We are pleased to welcome three new limited term faculty members to the Department. Drs. Kathleen Fortune, Will Huggon, and Meagan MacKenzie joined the Psychology Department as limited term assistant professors this summer, each for an initial period of 1 year.



Dr. Kathleen Fortune received her PhD from the University of Manitoba in 2015 and has more than 5 years of teaching experience, having served as a sessional instructor at the University of Manitoba and at Ryerson's Chang School of Continuing Education. An enthusiastic and passionate educator, she has instructed a variety of undergraduate courses (e.g., Psychology of Gender, Psychology of Human Sexuality, Social Psychology, Personality Theory, Adult

Development and Aging, Death, Dying, and Bereavement). Dr. Fortune has also conducted research on a range of topics including body-image discrepancies, gender-role double-standards, the role of gender stereotypes in workplace hiring decisions, the "stickiness" of the stigma attached to poverty, and attitudes about sexual orientation.



Dr. Will Huggon completed his PhD in Social Psychology from the University of Toronto with a focus on bias in court trials. His teaching specialties and research interests are in the areas of Social, Abnormal, and Forensic Psychology, specifically in Self Psychology, Attitudes, Prejudice, Bias, Discrimination, and Psychology and Law. Dr. Huggon has served as a limited term professor and sessional instructor at the University of Toronto for

a number of years, teaching courses in Social Psychology, Advanced Social Psychology (Attitudes), Intergroup Relations (Prejudice), Psychology of the Self, Psychology and Law, Forensic Psychology, Self-Consciousness, and Introductory Psychology (research lab component).



Dr. Meagan MacKenzie completed her PhD in Experimental Psychology at Memorial University of Newfoundland in 2014, which was followed by a postdoctoral fellowship at Wilfrid Laurier University. Dr. MacKenzie is a very enthusiastic instructor and has taught 10 courses ranging from small seminars of 17 students to large classes of 300 students. In 2013, she won the Memorial University Graduate Students' Union Award for Excellence in Teaching for her work teaching

Introduction to Psychology. Her research spans social, health, and clinical psychology, and her primary research interests are in the area of anxiety, with a focus on mindfulness-based and self-help interventions for social anxiety.

Dr. Amelia Usher – New Postdoctoral Fellow



Welcome (back) to **Dr. Amelia Usher**, who recently joined the Child Self-Regulation Lab as a postdoctoral fellow under the supervision of Dr. Karen Milligan. Dr. Usher received her PhD in Psychology (Psychological Science stream) from Ryerson University. Her dissertation examined intervention programs for children of substance abusing parents. Her research interests include mental health and addictions, women and families, program evaluation, and qualitative methods. In her new role she will work on the Healthy Mothers

Healthy Families research study, where she will examine integrated programs for pregnant and parenting women with addictions.

Psychology in the News

Some recent media appearances by members of the Psychology Department.

Dr. Martin Antony was interviewed on the topic of fear of failure and perfectionism for articles in *Fastcompany.com* (April 2015), *Readers Digest Canada* (May 2015), and *Yahoo Health* (May 2015).

Dr. Martin M. Antony was quoted in *Inside Fitness Magazine* for a story on managing stress (September 2015).

Dr. Colleen Carney was interviewed by both *The Hamilton Spectator* and *ECanadaNow* on the potential role of sleep walking in Chris Hyndman's death (August 2015).

Dr. Colleen Carney was interviewed by *Global News* on how to get children on a regular back-to-school sleep schedule (August 2015).

Dr. Alasdair Goodwill was interviewed by *Metro Canada News* on the topic of why people murder (May 2015).

Dr. Maria Gurevich was interviewed by *Now Toronto* regarding her perspective on Kristen Stewart's recent comments on gayness, sexuality, and identity (August 2015).

Dr. Frank Russo and **Eszteella Vezer** were interviewed by *CTV*, *CBC Radio* and *Ryerson Today* on their choir for people with Parkinson's disease (June 2015).

Dr. Frank Russo was interviewed by *CBC News* for a story on the Ryerson Parkinson's Choir (September 2015).

Len Tooley (team coordinator of the HIV Prevention Lab) was interviewed for an article on *Toronto AIDS Walk* organizers urging Health Canada to approve a new prevention drug (September 2015).

A full list of Psychology media interviews will appear in our 2015-2016 Annual Research and Achievement Report, due to be published in Fall 2016.

Psychology@Ryerson Hosts Two Conferences

In May 2015, **Dr. Trevor Hart** co-chaired the annual **Canadian Association for HIV Research (CAHR)** conference. He was the first psychologist to co-chair this meeting of over 800 members from disciplines including virology, infectious diseases, epidemiology, and social sciences. This year's CAHR conference had a focus on interdisciplinary collaboration to combat the HIV epidemic. Before the CAHR conference, Dr. Hart hosted a meeting at Ryerson of over 30 Canadian researchers involved in the CIHR-funded *Engage Gay Men's Sexual Health Research Team* (for which Dr. Hart is principal investigator).

Dr. Hart was also the local host for the annual August conference of the **International Academy of Sex Research (IASR)**, a members-only organization of some of the best sex researchers across the globe. Early members of IASR include Evelyn Hooker and Masters and Johnson, and psychologists continue to have a strong presence at IASR.

The Department of Psychology proudly co-sponsored these events, which allowed students to attend at reduced rates, and provided funding for the poster session at IASR. Research presented by Ryerson students, faculty, and research staff included studies on sexual arousal in older adults, thermography as a measure erectile dysfunction, HIV/STI knowledge among Sri Lankan youth, a screening scale of pedophilic interests, and psychological resilience against HIV risk behaviour among gay men.

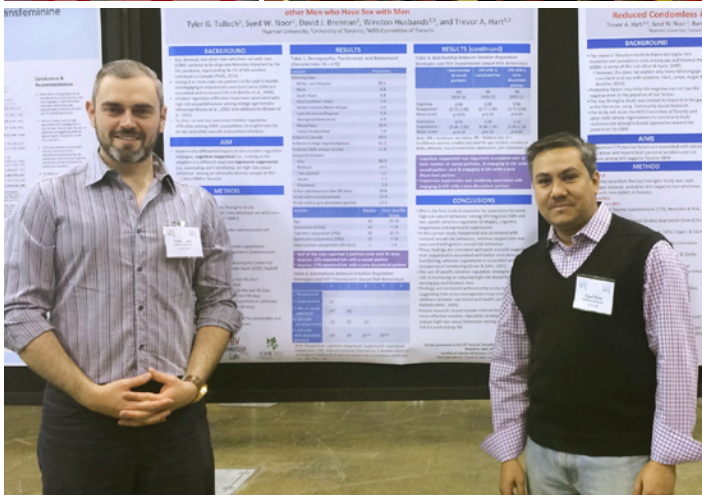


Naomi Ennis studied ways of adapting evidence-based treatments for PTSD for use in Israel.

Psychotherapy Without Borders: Ryerson Psychology Graduate Student's Research Goes International

As the global community becomes smaller, evidence-based therapies are increasingly being implemented in cultures and communities outside of those in which they were developed. But what happens when we bring therapies developed in North America to other countries? After finishing her first year in Ryerson's MA program in Clinical Psychology, **Naomi Ennis** was awarded the **Michael Smith Foreign Study Supplement** to adapt a therapy for posttraumatic stress disorder developed in Canada for use in Israel. At Ryerson, Naomi studies under the supervision of Dr. Candice Monson, who developed Cognitive-Behavioural Conjoint Therapy (CBCT), a manualized therapy for couples in which one partner suffers from posttraumatic stress disorder. Naomi spent 3 months collaborating with Israeli psychologists and social workers to determine whether cultural differences between Israel and Canada warranted changes to the CBCT manual, and if so, how to adapt the manual to be applicable to Israeli culture. The therapy will be used with Israeli soldiers suffering from posttraumatic stress disorder and their partners.

This is not the first time that Naomi has travelled abroad to study the implementation of interventions in different cultures. In August 2013, along with Dr. Ian Lubek, her former supervisor from the University of Guelph, Naomi studied the effectiveness of a locally developed alcohol intervention program in Cambodia. Naomi says the most exciting part of her work abroad has been the international collaborations formed and learning how research is thought about and conducted in different settings.



Top Left: Marie Faaborg-Andersen and Dr. Trevor Hart at the IASR meeting. Top Right: Students from Ryerson's HIV Prevention Lab at the IASR meeting. Bottom: Tyler Tulloch and Syed Noor of Ryerson's HIV Prevention Lab present their research at the CAHR meeting.

Recent Publications

Alvaro, C., **Andrea Wilkinson**, **Sara N. Gallant**, Kostovski, D., & Gardner, P. (in press). Evaluating intention and effect: The impact of healthcare facility design on patient and staff well-being. *Health Environments Research and Design*.

Leslie Atkinson, Beitchman, J., Gonzalez, J., Young, A. Wilson, B., Escobar, B., Chisholm, V. Brownlie, E. B., **Jennifer E. Khoury**, **Jaclyn Ludmer**, & **Vanessa Villani** (2015). Cumulative risk, cumulative outcome: A 20-year longitudinal study. *PLoS ONE*, 10, e0127650.

Morton Beiser, **Alasdair M. Goodwill**, Albanese P., **Kelly McShane**, Kanthasamy P. (2015) Predictors of the integration of Sri Lankan Tamil refugees in Canada: Pre-migration adversity, mental health, personal attributes, and post-migration experience. *International Journal of Migration, Health and Social Care*, 11, 29-44.

Browne, D. T., Plamondon, A., Prime, H., **Sofia Puente-Duran** & Wade, M. (2015). Cumulative social disadvantage and developmental health: An argument for the importance of family-wide methodology. *WIREs Cognitive Science*.

Caitlin J. Davey, **Kelly McShane**, **Meredith Landy**, Pecora, A., & Quintero, D. (2015). How, for whom, and under what circumstances brief interventions work for risky alcohol use. *Journal of Systematic Reviews*, 4, 1-16.

Sara N. Gallant & **Lixia Yang** (in press). Directed forgetting. In S. K. Whitbourne (Ed.), *Encyclopedia of adulthood and aging*. Hoboken, NJ: Wiley-Blackwell.

Gallo, K.P., Comer, J.S., Barlow, D.H., Clarke, R.N., & **Martin M. Antony** (in press). Direct-to-consumer marketing of psychological treatments: A randomized controlled trial. *Journal of Consulting and Clinical Psychology*.

Todd A. Girard, Axelrod, B. N., **Ronak Patel**, & Crawford, J. R. (2015). Wechsler Adult Intelligence Scale - IV dyads for estimating global intelligence. *Assessment*, 22, 441-448.

Alasdair Goodwill, Lehmann, R., Beauregard, E., & Andrei, A. (in press). An action phase approach to offender profiling. *Legal and Criminological Psychology*.

Jennifer E. Khoury, Gonzalez, A., Levitan, R., Masellis, M., Vincenzo, B., & **Leslie Atkinson** (in press). Emotion regulation strategy moderates relations between self-reported maternal depressive symptoms and infant cortisol reactivity. *Infant and Child Development*.

Jennifer E. Khoury, **Karen Milligan**, & **Todd Girard** (2015). Executive functioning in children and adolescents prenatally exposed to alcohol: A meta-analysis. *Neuropsychology Review*, 25, 149-170.

Naomi Koerner, **Kathleen Tallon**, & **Andrea Kusec** (in press). Maladaptive core beliefs and their relation to generalized anxiety disorder. *Cognitive Behaviour Therapy*.

Janice R. Kuo, **Skye Fitzpatrick**, Metcalfe, R. M., & McMain, S. (in press). A multi-method laboratory investigation of emotional reactivity and volitional emotion regulation in borderline personality disorder. *Journal of Behavior Therapy and Experimental Psychiatry*.

Meredith S. H. Landy, **Anne C. Wagner**, **Amy Brown-Bowers** & **Candice M. Monson** (2015). Examining the evidence for complex posttraumatic stress disorder as a clinical diagnosis. *Journal of Aggression, Maltreatment, and Trauma*, 24, 215-236.

Jenny J.W. Liu & **Kristin Vickers** (2015). New developments in stress research – Is stress all that bad? New evidence for mind over matter. In A.M., Columbus (Ed.) *Advances in psychology research*, 106th ed (pp. 125-136). Hauppauge, NY: Nova Publishers.

Luedtke, B., Davis, L., & **Candice M. Monson** (2015). Mindfulness-based cognitive-behavioral conjoint therapy for posttraumatic stress disorder: A Case Study. *Journal of Contemporary Psychotherapy*.

Danielle E. MacDonald, Trottier, K., McFarlane, T., & Olmsted, M. P. (2015). Empirically defining rapid response to intensive treatment to maximize prognostic utility for bulimia nervosa and purging disorder. *Behaviour Research and Therapy*, 68, 48-53.

Kelly McShane, **Sofia Puente-Duran**, & **Fiona Thomas** (2015, May). Realist evaluation for a nation of unique communities. Canadian Government Executive. *Performance Measurement: Changing Paradigms*, 25.

Morrongiello, B. A., Bell, M., **Katey Park**, & Pogrebtsova, E. (in press). Evaluation of the Safety Detective Program: A classroom-based intervention to increase kindergarten children's understanding of home safety hazards and injury-risk behaviors to avoid. *Prevention Science*.

Nicole D. Pukay-Martin, **Lindsey Torbit**, **Meredith S. H. Landy**, **Sonya G. Wanklyn**, **Philippe Shnaider**, **Jeanine E. M. Lane**, & **Candice M. Monson** (2015). An uncontrolled trial of a present-focused cognitive-behavioral conjoint therapy for posttraumatic stress disorder. *Journal of Clinical Psychology*, 71, 302-312.

Seto, M.C., **Skye Stephens**, Lalumière, M., Cantor, J.M (in press). The revised screening scale for pedophilic interests (SSPI-2): Development and criterion-related validation. *Sexual Abuse: A Journal of Research and Treatment*.

Philippe Shnaider & Milosevic, I. (2015). Habituation. In I. Milosevic & R. E. McCabe (Eds.), *Phobias: The psychology of irrational fear* (pp. 195-196). Santa Barbara, CA: ABC-CLIO/Greenwood.

Sockalingam, S., Wnuk, S., Kantarovich, K., Meaney, C., Okrainec, A., Hawa, R., & **Stephanie E. Cassin** (2015). Employment outcomes one year after bariatric surgery: The role of patient and psychosocial factors. *Obesity Surgery*, 25, 514 – 522.

Nicole A. Sugden & **Margaret C. Moulson** (2015). Recruitment strategies should not be randomly selected: Empirically improving recruitment success and diversity in developmental psychology research. *Frontiers in Psychology*, 6, 523.

Kathleen Tallon, **Naomi Koerner**, & **Lixia Yang** (in press). Working memory in generalized anxiety disorder: Effects of verbal and image-based worry and relation to cognitive and emotional processes. *Journal of Experimental Psychopathology*.

Topolovec-Vranic, J., Mansoor, Y., **Naomi Ennis**, Lightfoot, D. (2015). Technology-adaptable interventions for treating depression in adults with cognitive impairments: Protocol for a systematic review. *Systematic Reviews*, 42, 1-11.

Tyler G. Tulloch, Rotondi, N., Ing, S., Myers, T., Calzavara, L. M., Loutfy, M. R., & **Trevor A. Hart** (2015). Retrospective reports of developmental stressors, syndemics, and their association with sexual risk outcomes among gay men. *Archives of Sexual Behavior*.

Naresh N. Vempala & **Frank A. Russo** (in press). An empirically derived measure of melodic similarity. *Journal of New Music Research*.

Stephen C. Want, Botres, A., **Zahra Vahedi** & **Jason Middleton** (in press). On the cognitive (in)efficiency of social comparisons with media images. *Sex Roles*.

Pete Wegier & **Julia Spaniol** (2015). The effect of time pressure on decisions from description and decisions from experience. *PLoS ONE*, 10, e0123740.

Dora Zalai, **Colleen E. Carney**, Sherman, M., Shapiro, C.M., & **Kelly McShane** (in press). Fatigue in chronic hepatitis C infection: Understanding patients' experience from a cognitive behavioural perspective. *British Journal of Health Psychology*

A full list of publications will appear in our 2015-2016 Annual Research and Achievement Report, due to be published in Fall 2016.



Members of the StAR Lab (from left to right): Ahmed Ayyash, Vivian Huang, Renee Taylor, Shruti Vyas, Katie Peck, and Dr. Alexandra Fiocco.

Research Update - Stress and Healthy Aging Research (StAR) Lab

Dr. Alexandra J. Fiocco and trainees of the **Stress and Healthy Aging Research (StAR) Laboratory** at Ryerson University aim to discover biological and psychosocial predictors of cognitive wellbeing in late life and evaluate strategies that preserve cognitive function and emotional wellbeing in older adults. Given the potential detrimental effect of frequent and chronic stress exposure on health and wellbeing, StAR members are also interested in understanding individual differences in stress physiology and how viable buffering strategies, including pet exposure and music listening, can affect physiological responses to stress. In terms of prevention, members of the StAR lab are currently evaluating Mindfulness-Based Stress Reduction and relaxation strategies to discover how these methods can preserve or improve cognitive function and psychological wellbeing in older adults and informal caregivers of persons with dementia. Dr. Fiocco's caregiver study recently sparked the interest of program developers of the Mississauga Halton Local Integration Health Network, who will be supporting the project by offering respite care to participating caregivers.

Graduate and undergraduate trainees of the StAR lab are exposed to a wide range of study designs (e.g., cross-sectional, longitudinal, randomized control trials) and study techniques (e.g., behavioral and psychometric assessments, brain imaging, and biospecimen collection, i.e., blood or salivary samples), allowing for an inclusive training environment.

Overall, the lab strives to define factors and strategies that contribute to the maintenance of optimal brain health and wellbeing in late life and to disseminate this knowledge to the community of the Greater Toronto Area through knowledge translation events, including library talks and community events for older adults.

Research Update – Social and Political Psychology Lab Studying Islamophobia



Dr Becky Choma

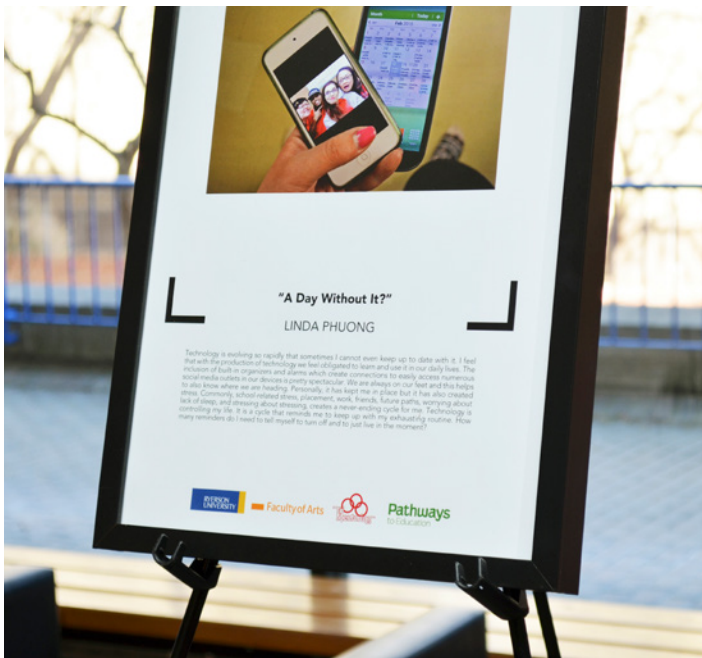
In recent decades, Islamophobia has become increasingly prevalent. In Canada, for example, hate crimes against Muslims increased 38% between 2006 and 2009. The rise in this unique type of prejudice has prompted a series of studies by **Dr. Becky Choma**, Director of the **Social and Political Psychology (SPP) lab** at Ryerson University, in collaboration with researchers in Canada and the United Kingdom, and her undergraduate and graduate students.

In one line of this research they have been exploring the psychological antecedents of Islamophobia. Their research shows that emotions are fundamental to understanding the origins of Islamophobia. For instance, they found that distress resulting from exposure to footage of the September 11th 2001 attacks in NYC, specifically, predicted heightened prejudice towards Islam (Choma et al., 2015, *Journal of Applied Social Psychology*). This finding suggests that memorials and remembrances that rely on footage of the event may inadvertently increase prejudice toward Muslims. Intergroup disgust sensitivity has also proven to be a particularly relevant emotion for Islamophobia with those reporting greater disgust toward Muslims reporting greater intolerance; this is especially the case for those also experiencing fear (e.g., Choma et al., 2012, *Journal of Experimental Social Psychology*). More recently, Dr. Choma and her students are exploring prejudice toward Muslim women, focusing more narrowly on peoples' reactions to women who wear a Burqa.

Dr. Choma's lab has also been studying strategies for reducing Islamophobia. This research indicates that imagining interacting with a Muslim (i.e., elaborated imagined contact intervention) and engaging in a face-to-face physical contact intervention (a team building exercise) with a Muslim predicts greater tolerance and liking of Muslims (Choma et al., 2014, *Current Research in Social Psychology*). Ongoing research in the Social and Political Psychology Lab explores the power of cross-group friendships and virtual contact with Muslims for reducing Islamophobia and increasing tolerance.



Shannon Currie (MA student) reviews protocol for a study exploring the benefits of contact for reducing prejudice against Muslims.



Linda Phuong's PhotoVoice project examined the stress of trying to keep up with technology in day-to-day life.

Enhancing Community Engagement through PhotoVoice

Students enrolled in **Dr. David Day's** fourth year Advanced Seminar in Social Psychology in Winter 2016 will have an opportunity to learn about **PhotoVoice**, a qualitative research method that uses a combination of photographic images and written narrative to explore one's personal experiences. Dr. Day first piloted this method through an assignment in his Winter 2015 seminar course, in which students and local youth were asked to take photographs representing what "stressed them out." The goal was to "start a conversation among students and faculty and to learn about someone who might have come from a different background or had a different life experience than you," according to Dr. Day.

Along with **Dr. Reena Tandon** (Faculty of Arts Community-Engaged Teaching and Learning Coordinator), Dr. Day established partnerships with the Regent Park faction of Pathways to Education (an organization that supports youth in low income Canadian communities) and Ryerson's Tri-Mentoring Program. During the term, Dr. Day's students had an opportunity to share and discuss their photographs with students in the Tri-Mentoring Program and Pathways to Education, and the project concluded with a public Spring exhibition of the photos at Ryerson. Dr. Day looks forward to exploring the use of PhotoVoice with a new group of students in the new year.

Students Awarded Harry Rosen Research Grant to Explore the Impact of Stress

Stress can be defined as the feeling that environmental demands exceed one's ability to cope. The effects that stress has on the mind and body are complex, impacting an individual's biological, cognitive, emotional, and behavioural processes. This is why researchers in the **Department of Psychology's Institute for Stress and Wellbeing** are committed to uncovering the effects of stress on various psychological outcomes. To support this stress-related research, **Mr. Harry Rosen** donated \$100,000 (\$25,000/year for 4 years) to the *Institute for Stress and Wellbeing* in 2014. Each year, this donation provides funding for three grants of \$2,000 each for graduate student research projects (in addition to funding other research within the Institute). Grants are awarded based on the design, originality, and expected impact of the proposed research projects.

Earlier this year, a mix of MA and PhD students from both the clinical and psychological science streams received **Harry Rosen Research Grants** to support a range of research investigations. For example, **Brittany Jamieson** (Master's student) received funding to examine how parental care impacts the regulation (or dysregulation) of an infant's stress system. To address these questions, she is measuring biomarkers of stress through collection of infant saliva samples. **Skye Fitzpatrick** (PhD student) is using her award to determine whether emotion labeling can help to reduce stress and negative emotions experienced by populations with Borderline Personality Disorder (BPD). Lastly, working together, **Bonnie Armstrong** (PhD student) and **Erika Sparrow** (Master's student) are using funds from their Harry Rosen grant to examine how stress influences temporal discounting (i.e., a form of shortsighted decision making) across young and older adults. In their research, they are using both subjective and objective measures of stress, including assessments of cortisol fluctuation.

Overall, with help from the Harry Rosen Research Grants, these student projects will help to further our understanding of how stress impacts biological and psychological systems with a range of applications including infant stress regulation, interventions for BPD, and financial decision making in aging.



Left Image: (from L to R): Dr. Michelle Dionne (past Graduate Program Director), Brittany Jamieson, Erika Sparrow, Bonnie Armstrong, and Harry Rosen. Right image: Skye Fitzpatrick.

QUESTIONS & COMMENTS

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**Faculty
of Arts**

New Psychology Research Lab Websites

Check out our research lab websites, many of which have been completely redeveloped over the past few months.

Here is a list of recently launched sites:

Anxiety Research and Treatment Lab

<http://anxietyresearch.ca>

Lab Director: Martin Antony

Brain and Early Experiences (BEE) Lab

<http://psychlabs.ryerson.ca/beelab/>

Lab Director: Margaret Moulson

Brain Imaging and Memory Lab

<http://psychlabs.ryerson.ca/bim/>

Lab Director: Todd Girard

Child Self-Regulation Lab

<http://psychlabs.ryerson.ca/childselfregulation/>

Lab Director: Karen Milligan

Cognition and Psychopathology Lab

<http://psychlabs.ryerson.ca/caplab/>

Lab Director: Naomi Koerner

Cognitive Aging Lab

<http://psychlabs.ryerson.ca/cal/>

Lab Director: Lixia Yang

Community Engaged Research in Culture and Health

<http://psychlabs.ryerson.ca/cerch/>

Lab Director: Kelly McShane

Criminal Investigative Research and Analysis Group

<http://crimininvestresearch.com>

Lab Director: Alasdair Goodwill

Early Childhood Cognition Lab

<http://psychlabs.ryerson.ca/ecclab/>

Lab Director: Lili Ma

Healthy Eating and Lifestyle (HEAL) Lab

<http://psychlabs.ryerson.ca/heal/>

Lab Director: Stephanie Cassin

HIV Prevention Lab

<http://hivprevlab.ca>

Lab Director: Trevor Hart

Investigating Methods to Prevent, Assess, and Care for Trauma (IMPACT) Lab

<http://psychlabs.ryerson.ca/impact/>

Lab Director: Candice Monson

Memory and Decision Processes Lab

<http://psychlabs.ryerson.ca/spaniol/>

Lab Director: Julia Spaniol

Psychology of Crime and Delinquency Lab

<http://psychlabs.ryerson.ca/pocad/>

Lab Director: David Day

Psychophysiology Lab

<http://psychlabs.ryerson.ca/vickers/>

Lab Director: Kristin Vickers

Psychosocial Medicine Lab

<http://psychlabs.ryerson.ca/psychmed/>

Lab Director: Tae Hart

Seeing Human Lab

<http://hehmanlab.org>

Lab Director: Eric Hehman

Sexuality Hub: Integrating Feminist Theory (SHiFT Lab)

<http://psychlabs.ryerson.ca/shiftlab/>

Lab Director: Maria Gurevich

Sleep and Depression (SAD) Laboratory

<http://psychlabs.ryerson.ca/carney/>

Lab Director: Colleen Carney

SMART Lab

<http://smartlaboratory.org>

Lab Director: Frank Russo

Social and Political Psychology Lab

<http://psychlabs.ryerson.ca/spplab/>

Lab Director: Becky Choma

Stress and Healthy Aging Research (StAR) Lab

<http://psychlabs.ryerson.ca/starlab/>

Lab Director: Alexandra Fiocco

