

THE URBAN PSYCHOLOGIST

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Chair's Corner



Dr. Martin Antony
Department of
Psychology Chair

Since the last issue of *The Urban Psychologist*, Psychology at Ryerson has continued to establish itself as one of Canada's most exciting and vibrant psychology departments. This issue of our newsletter shares some of our most recent news, including information on new collaborations, stories of success from the students in our BA, MA, and PhD programs, and recognition of Ryerson's growing contributions to Canadian Psychology. Some of the highlights from this issue include features on the Criminal Investigative Research and Analysis Group, a new research collaboration with Renascent (a community-based addiction treatment centre), and new brain research on cognitive changes in older adults, to name just a few.

I am happy to announce that the Council of Canadian Departments of Psychology (CCDP) will hold their annual meeting at Ryerson University on July 4, 2014. Formed in 1999, the CCDP includes over 60 psychology department chairs from across the country with a primary mission to represent and promote Psychology as a scientific discipline, both inside and outside university settings. The CCDP meeting is timed to coincide with the annual meeting of the Canadian Society for Brain, Behaviour, and Cognitive Science (CSBBCS), which will occur at Ryerson University, July 3 to 5, 2014.

Finally (and most importantly), I want to thank **Dr. Marilyn Hadad** for her commitment to our students and her immeasurable contributions to our Department and Ryerson University over the past 26 years. Dr. Hadad recently announced that she will retire at the end of this academic year. In addition to her own passion for high quality teaching, Marilyn often reminded us of the importance of our own teaching in a world where professors are often pulled away from their students by various other demands. Dr. Hadad is also the author of a number of popular textbooks. Her latest book, *The Satisfying Life: Positive Psychology and Personal Growth*, was published in 2012 and represents the culmination of her work in the area of personal growth and wellbeing. Dr. Hadad joined our Department in 1988, after teaching at the University of Toronto for over 6 years. In fact, it was there that I first met Dr. Hadad, while taking her course on "Sex Roles and Behaviour" in my final undergraduate year. As one of the thousands of individuals taught by Marilyn, I want to say "thank you." We will miss you, and wish you the best as you make this exciting transition.

I hope you enjoy this latest issue of *The Urban Psychologist*!

Martin M. Antony
Chair, Department of Psychology



Undergraduate Program Updates



Dr. Tara Burke
Undergraduate
Program Director

Now partway through the winter term, we are already looking forward to welcoming a new cohort of students for the 2014-2015 academic year. Many of these prospective students attended the annual *Discover Ryerson* event on March 13, 2014, where they learned about our undergraduate psychology program, and more generally, about Ryerson University.

Periodic Program Review

The Department is in the midst of a periodic program review. Each degree-granting program at Ryerson is required to undertake this review every 7 years.

Through this process, we examine all aspects of our undergraduate psychology program. It is an opportunity for us to look more closely at our existing curriculum, in terms of both content and structure. This review allows us to ensure that the goals of our program match those of our students and that ultimately we are consistent with degree-level expectations, in terms of students' intellectual and creative development, as determined by the Ontario Universities Council on Quality Assurance. As part of this process, we are soliciting feedback from both current and former psychology students regarding their experiences with the program, and getting a better picture of the type of employment opportunities our graduates seek once they complete their degree. Results from this program review will assist us with program planning for the next 7 years.

Upcoming Events

The Department of Psychology's annual **Student Research and Awards Celebration** will be held in the evening on *Tuesday, June 10, 2014*, and **Convocation** for the Faculty of Arts in the afternoon on *Friday, June 13, 2014*. We look forward to seeing many of you at these celebrations.

Undergraduate Thesis Stream

By **Dr. Michelle Dionne**, Honours Thesis Coordinator

Our undergraduate thesis students are now hard at work collecting data for their projects. Some of the very interesting work that has been proposed this year includes **Alisha Salerno's** investigation of how computer animated evidence in the courtroom might influence legal decision-making. **Michaelia Young** is evaluating how preference for different genres of video games across different platforms (console, mobile) might influence the cognitive skills of the gamers. **Khushi Patel** is comparing performance in older and younger adults on multistable perception (the same visual stimulus being perceived in different ways) and the results might have important implications for mobility as we age. **Shanelle Henry** is using Objectification Theory (the idea that women are socialized to pay more attention to bodily attractiveness than performance) to study body-part dissatisfaction across samples of Black and White women. There are many more interesting projects that are just too numerous to list! To see how these and other studies turn out, join us for our poster session in April.

Thesis Information Session

The latest installment of our semiannual **Thesis Information Session** was held Tuesday, February 25. The event was very well attended with 34 potential applicants to our thesis stream mainly from second and third year. Students received tips on how to find a thesis advisor and make a successful application to the program, including hands-on advice about how to craft one's very first curriculum vitae. After the presentation, there was an opportunity for questions, and to meet informally with current and former thesis students. Thanks to **Eszteella Vezer** (PSA President), **Jenny Liu** (former thesis student and current graduate student) and **Jessica Sutherland** (former thesis student, graduate student and current Psychology Undergraduate Program Assistant for providing their perspectives. Last, but not least, thanks to **Sarah Carmichael** who provided indispensable administrative support for this event.

Undergraduate Thesis Poster Day

In what is always a fun and educational event, thesis students will present the results of their research at our 5th Annual **Undergraduate Thesis Poster Day**, Friday April 11, 2014. The session will be held on the 2nd floor of the Psychology Research and Training Centre (105 Bond St.), 10:30am – noon. All are welcome.

PSA Update



Eszteella Vezer
PSA President

Over the past semester, the PSA has been busy organizing an event called "*Stigma: Let's Talk About What We Don't Talk About*" that took place in the Thomas Lounge on January 30, 2014. Hot on the heels of *Bell Let's Talk Day* and just preceding Psychology Month, the event took the format of a panel discussion, with panelists including **Dr. David Day** – a professor in Ryerson's Department of Psychology, **Dr. Oren Amitay** – a Psychology instructor in Ryerson's Chang School of Continuing Education, **Dr. Cathy Crowe** from Ryerson's Department of Sociology, **Diana**

Capponi from the Centre for Addiction and Mental Health and **Kristen Bellows** from Madvocates. The panelists initiated discussions about stigma surrounding mental illness, addiction and homelessness, engaging audience members and sharing a wealth of knowledge and new perspectives. Among the talking points were personal experiences of mental health issues, the role of mental health professionals in confronting stigma, and the startling reality of who is affected by the three issues under discussion. For those who missed this lively and informative exchange, an edited audio recording will be made available. The PSA Facebook site can be found at, <http://www.bitly.com/RyersonPSA>.



Panelists discuss stigma surrounding mental illness, addiction, and homelessness.

Graduate Program Update



Dr. Michelle Dionne
Graduate Program
Director

Our graduate program is now 7 years old! Now at “steady state,” we have 101 students in two streams (Clinical Psychology and Psychological Science) supervised by over 30 faculty members. PhD students make up the majority, now totaling 71 of our students. As is the case each year at this time, we are hard at work reviewing graduate admissions files to select another 15 MA candidates to start their studies in the fall. We received a record number of applications again this year, speaking to how desirable Ryerson is for graduate studies.

Video Award Winners

Speaking of graduate studies at Ryerson, winners were recently announced in a contest aimed at graduate students to create a promotional video high-lighting what sets Ryerson apart. The competition was tough, with so many excellent entries, that the award committee decided to add a 4th place (honourable mention) winner to receive prize money in addition to first through third place. The winning video used catchy music and simple text combined with eye-catching graphics to answer the question of “who are graduate students at Ryerson?” You can watch all the winners on the YSGS website at www.ryerson.ca/graduate.

More Winners

Congratulations to **Angela Lachowski** and **Stephanie Taillefer** who each recently received a *CIHR Health Professional Student Research Award*. These awards are presented annually to health professional students enrolled in a Canadian program leading to licensure.

Five PhD students from Psychology were recent recipients of the newly announced YSGS 4th year Doctoral Completion Awards. These cash awards go to students who complete regular program requirements on or ahead of schedule. Congratulations to **Bethany Gee**, **Andrea Harris**, **Stephanie Marion**, **Sarah Royal**, and **Danielle Schwartz**, who were named winners of this award in its inaugural year. All are set to graduate at the competition of this academic year.

PGSA Update

The **Psychology Graduate Students’ Association (PGSA)** is excited to kick off 2014! We feel fortunate to share the presidency this year, while collaborating with an enthusiastic and hard-working council. Our aim is to organize events that foster collaboration among Ryerson’s Psychology Department, while highlighting the strength and momentum of our program.

The fall semester was filled with many exciting events. During our **Welcome Back Pub Night** in September, students enjoyed catching up and meeting the incoming class of graduate students. New students took part in a library tour organized by the PGSA to facilitate transition into our program. In November, our **5th Annual Research Symposium** was a great success! Student presenters and our invited guest speaker, **Dr. David Dozois**, shared their research findings and exciting future research directions. Our annual Holiday Party was hosted off-campus this year, featuring good food and even better company to celebrate the holiday season. In January, **Dr. Martin Antony** gave a presentation to help students navigate professional involvement with the media.

The PGSA has big plans for the upcoming year. Among other exciting events, we are already preparing for our 6th annual Research Symposium, which will take place in November. Please contact us with questions or feedback at pgsa@psych.ryerson.ca.



Jeanine Lane and Lauren David, PGSA Co-Presidents

Psychology in the News

Some recent media appearances by members of the Psychology Department.

Dr. Martin Antony was interviewed by *eFM This Morning* (South Korea) and *Global News* on the topic of phobias in October 2013.

Dr. Martin M. Antony was interviewed by the Canadian Press and subsequently featured in several other media outlets including *The Toronto Star*, *Yahoo! Canada*, *CJAD 800 AM*, and *myask.com*, on the evidence supporting dance therapy for anxiety-based problems in December 2013.

Rachel Bar’s research on dance as a treatment for Parkinson’s Disease was featured in 13 media outlets including *Global News*, *Canadian Press*, *CBC News*, *Huffington Post*, and *Metro Canada* throughout Fall 2013.

Dr. Colleen Carney was interviewed or quoted in 15 media outlets including *ABC News*, *AARP Blog*, *Boston Globe*, *New York Times*, and *Psychology Today*, on her research on insomnia and depression in November 2013.

Dr. Candice Monson was featured in ten *CBC News* and *680 News* radio stations across the country in an interview on the treatment of Veterans’ Posttraumatic Stress Disorder in December 2013.

Dr. Frank Russo’s research on the impact of music on the brain was featured in *University Affairs* in January 2014.

Nicole Sugden was interviewed by *Science News Magazine* on how often infants see faces in the world and the novel method of capturing the world from an infant perspective through the use of a head-mounted camera in January 2014. The story was also featured on the British Psychological Society’s Research Digest on Feb. 24, 2014.

A full list of media appearances will appear in our 2013-2014 Annual Research and Achievement Report, due to be published later this year.

Internship Match 2014

On February 21, 2014, the APPIC psychology internship match results were announced. For the third year in a row, 100% of Ryerson's clinical psychology applicants matched with an internship on Match Day. Our perfect record of matching since the launch of our program is impressive given the national phase I match rates of 84% (2014), 76% (2013), and 74% (2012) over the same period (<http://www.appic.org/Match/Match-Statistics>).

This year's cohort of students matched at the following sites:

Danielle Blackmore:

Centre for Addiction and Mental Health
(Toronto, ON)

Caitlin Davey:

St. Joseph's Healthcare Hamilton
(Hamilton, ON)

Katie Fracalanza:

Centre for Addiction and Mental Health
(Toronto, ON)

Leigh Henderson:

Centre for Addiction and Mental Health
(Toronto, ON)

Brian Mainland:

London Health Consortium
(London, ON)

Vanessa Villani:

Children's Hospital of Los Angeles
(Los Angeles, CA)

Congratulations to everyone for another successful match!



Dr. Becky Choma and undergraduate thesis student Shanelle Henry examine data in the Social and Political Psychology Lab.

Becky Choma to Receive CPA President's New Researcher Award

Congratulations to **Dr. Becky Choma**, who will receive the **CPA President's New Researcher Award** from the **Canadian Psychological Association** at the next CPA convention in Vancouver. This award recognizes exceptional contributions by new researchers (within 5 years of completing their degree) to psychological knowledge in Canada. Dr. Choma will present a talk entitled *Perceiving risk and sociopolitical ideology* at a special symposium scheduled at the CPA annual convention in June 2014.



Trevor Hart Named OHTN Applied HIV Research Chair

Dr. Trevor Hart has just been named **Applied HIV Research Chair** by the Ontario HIV Treatment Network. This award, worth \$750,000 over 5 years, will support Dr. Hart's research on HIV prevention for gay and bisexual men as well as the training of students and postdoctoral fellows in Dr. Hart's HIV Prevention Lab.



Recent Research Grants

Dr. Leslie Atkinson (co-investigator) received \$25,000 in full application preparation funding from the Network of Centres of Excellence of Canada to study phenomic, environmental and genomic approaches to psychopathology. Dr. Russell Schachar is the Principal investigator.

Dr. Stephanie Cassin (co-investigator) received a \$40,000 grant from the Obesity Society to study the role of dietary protein on subjective satiety, food intake, and the thermic effect of food in normal weight and overweight/obese children. Dr. Nick Bellissimo is the principal investigator.

Dr. Stephanie Cassin (co-principal investigator) received a \$100,000 grant from the Canadian Institutes for Health Research (CIHR) to study the impact of a telephone-based cognitive behavioural

therapy intervention on bariatric surgery outcomes. Dr. Sanjeev Sockalingam and Dr. Sagar Parikh are her co-principal investigators.

Dr. Trevor Hart (principal investigator) received an *Ontario HIV Treatment Network Applied HIV Research Chair Award* of \$150,000 per year for five years (2014-2018).

Dr. Janice Kuo (co-principal investigator) received a 5-year \$1,459,320.00 grant from the Canadian Institutes for Health Research (CIHR) to evaluate the clinical and cost-effectiveness of 6 months of dialectical behavior therapy (DBT) for the treatment of chronic self-harm individuals diagnosed with borderline personality disorder. Dr. Shelley McMain is nominated principal investigator.

Dr. Karen Milligan (principal investigator) received an \$8,000 subgrant from Connections, a CIHR team grant holder, to examine the key components and processes involved in integrated treatment programming for women with addictions and their children.

Dr. Tisha Ornstein (co-investigator) received a 3-year \$362,414 grant from the Canadian Institutes for Health Research (CIHR) to study the benefits of physical exercise in OCD, including efficacy, added benefits when combined with cognitive-behavioural therapy, and cognitive correlates of change. Drs. Neil Rector and Peggy Richter are principal investigators.

A full list of grants for the year will appear in our 2013-2014 Annual Research and Achievement Report, due to be published later this year.



Diana Brecher Receives Provincial Award for Clinical Teaching

Congratulations to **Dr. Diana Brecher**, who received the 2014 *Harvey Brooker Award for Excellence in Clinical Teaching* from the Ontario Psychological Association at their February meeting. Dr. Brecher is a psychologist and former director in Ryerson's Centre for Student Development and Counselling. She is also an adjunct faculty member in the Department of Psychology, where she contributes to the training of our clinical psychology MA and PhD students. Dr. Brecher has trained more than 40 students from four different CPA-accredited psychology programs, and her contributions for clinical teaching spanning almost 2 decades are of the highest quality. We are delighted that OPA has recognized Dr. Brecher with this prestigious honour.



Dr. Colleen Carney (left) and Dr. Candice Monson (right).

Psychology Faculty Members Receive Prestigious University-Wide Research Awards

Dr. Colleen Carney has won Ryerson University's 2014 *Knowledge Mobilization and Engagement Award* for her important research and dissemination efforts in the assessment and treatment of insomnia and co-occurring problems, such as depression and anxiety. This award recognizes researchers who have demonstrated an outstanding effort in communicating research beyond the university and who have had a significant impact in shaping evidence-based policy and practice.

Dr. Candice Monson has won the 2014 *Sarwan Sahota Ryerson Distinguished Scholar Award* for her influential research on evidence-based treatments for posttraumatic stress disorder. This award is presented annually to recognize outstanding contributions to knowledge or artistic creativity while employed at Ryerson University.

Drs. Carney and Monson received their awards at the annual *Ryerson Awards Night* on March 27, 2014. In addition to these awards, Psychology faculty members received 2014 *Dean's faculty awards* in three categories: *Research* (**Dr. Trevor Hart**), *Teaching* (**Dr. Stephanie Cassin**) and *Service* (**Drs. Tara Burke and Michelle Dionne**). Congratulations to all!

Criminal Investigative Research and Analysis Group



Dr. Alasdair Goodwill is the Founding Director of the CiR&A Group.

The **Criminal Investigative Research and Analysis (CiR&A)** group is a research and consultancy consortium dedicated to the study of criminological, investigative and forensic psychology, virtually based at Ryerson University. The overarching aim of the CiR&A group is to facilitate national and international collaboration between law-enforcement agencies, academics, practitioners and students.

Dr. Alasdair Goodwill from Ryerson University founded and directs the group, describing it as

“a group of like-minded researchers, practitioners, and investigators who believe that through collaboration, data sharing and knowledge transmission we can make advances in criminal investigative research that would be impossible in isolation.” The CiR&A group aims to to establish itself as a common-place resource for academics, practitioners, and law enforcement agents by providing them with practical research, effective criminal and behavioural investigative analysis support, investigative recommendations, training, and expert commentary across a number of criminal investigative areas. Partner institutions and associate members include: *Dr. Eric Beauregard* (Simon Fraser University), *Dr. Craig Bennell* (Carleton University), *Dr. Laurence Alison* (University of Liverpool), and *Dr. Paul Taylor* (Lancaster University).

The CiR&A is just one example of how Ryerson Psychology plays a critical role in the creation of, and participation in, exciting national and international psychological networks.

More details can be found at <http://crimininvestresearch.com> and on Twitter (@CiRdotcom).



The CiR&A Group recently launched a new website.

Video Game Geared at Improving Social Skills in Children Receives Business Startup Funding

As part of her PhD, **Lucy McGarry** of the **SMART** lab has been working on a computer-based video game that helps children with the development of social skills and emotion perception. The prototype was part of a project aimed at helping children with autism spectrum disorders. After obtaining promising preliminary results, with improved social responsiveness scores in participants, Lucy submitted a proposal to commercialize the software. Now, with support from the *Ryerson's Social Venture Fellowship* in association with *FedDev*, a for-profit business startup fund, the game will be developed further as a mobile app geared at all children. According to Lucy the hope is that “kids will enjoy playing the game, and at the same time, that they will benefit in terms of their awareness of other people’s emotions. This would be incredibly rewarding, to see my research reach people in a way they can also enjoy.”



Ryerson Psychology PhD student Lucy McGarry presents her research on the use of song for enhancing the perception of emotion among people with autism.

Recent Publications

Jared C. Allen (in press). Investigative advising: A job for Bayes. *Crime Science*.

Jared C. Allen, Alasdair M. Goodwill, Watters, K. & Beauregard, E. (in press). Base rates and Bayes' Theorem for decision support. *Policing: An International Journal of Police Strategies and Management*.

Azin, A., Zhou, C., Jackson, T., **Stephanie E. Cassin**, Sockalingam, S., & Hawa, R. (in press). Body contouring surgery after bariatric surgery: A study of cost as a barrier and impact on psychological well-being. *Plastic and Reconstructive Surgery*.

Chamber, L. A., Wilson, M. G., Rueda, S., Gogolishvili, D., Shi, M. Q., Rourke, S. B., & **The Positive Aging Review Team** (2013). Evidence informing the intersection of HIV, aging and health: A scoping review. *AIDS and Behavior*.

Becky L. Choma, Hanoch, Y., Hodson, G., & Gummerum, M. (in press). Does Political Orientation Predict Risk-Attitude? Yes, But It Depends on Risk-Benefit Conflict and Domain. *Social Psychological and Personality Science*.

Chisholm, V., **Leslie Atkinson**, Donaldson, C., Noyes, K., Payne, A., & Kelnar, C. (2014). An exploratory study of positive and incongruent communication in young children with type 1 diabetes and their mothers. *Child: Care, Health, and Development*. 40, 85-94.

Evraire, L. E., **Jaclyn A. Ludmer**, & Dozois, D. J. A. (in press). The influence of priming attachment styles on excessive reassurance seeking and negative feedback seeking in depression. *Journal of Social and Clinical Psychology*.

Feldner, M. T., Smith, R. C., **Candice M. Monson**, & Zvolensky, M. J. (2013). Initial evaluation of an integrated treatment for comorbid PTSD and smoking using a nonconcurrent multiple baseline design. *Behavior Therapy*.

Todd A. Girard (2013). The seahorse, the almond, and the night-mare: Elaborative encoding during sleep-paralysis hallucinations? *Behavioral and Brain Sciences*, 36, 618-619.

Naomi Koerner (in press). CPA President's New Researcher Award: The importance of taking an integrative approach to the study of worry, intolerance of uncertainty, and generalized anxiety disorder. *Canadian Psychology/Psychologie Canadienne*.

Janice R. Kuo, Neacsu, A. D., **Skye Fitzpatrick**, & **Danielle E. MacDonald** (2013). A methodological examination of emotion inductions in borderline personality disorder: A comparison of standardized versus idiographic stimuli. *Journal of Psychopathology and Behavioral Assessment*.

Trevor A. Hart, Mustanski, B., Ryan, D. T., Gorbach, P. M., Stall, R. D., Surkan, P. J., & Plankey, M. (in press). Depression and sexual dysfunction among HIV-positive and HIV-negative men who have sex with men: Mediation by antidepressant and stimulant use. *Archives of Sexual Behavior*.

Leigh C. Henderson, Martin M. Antony, & Naomi Koerner (in press). Psychometric properties of the Generalized Anxiety Disorder Inventory (GADI) in a Canadian sample. *Journal of Psychopharmacology*.

Kocovski, N.L., Fleming, J.E., & **Martin M. Antony** (2013). Mindfulness and acceptance-based group therapy versus traditional cognitive behavioral group therapy for social anxiety disorder: A randomized controlled trial. *Behaviour Research and Therapy*, 51, 889-898.

Lehmann, R. J. B., **Alasdair M. Goodwill**, Hanson, R. K., & Dahle, K.P. (2013). Identifying an offender's propensities based on crime scene behavior in a sample of child molesters. *Criminal Justice and Behavior*.

Lyons, K., Meisner, B. A., Sockalingam, S., & **Stephanie E. Cassin** (in press). Body image after bariatric surgery: A qualitative study. *Bariatric Surgical Practice and Patient Care*.

MacInnis, C. C., Busseri, M. B., **Becky L. Choma**, & Hodson, G. (2013). The happy cyclist: Examining the association between generalized authoritarianism and subjective well-being. *Journal of Research in Personality*, 55, 789-793.

Danielle E. MacDonald, McFarlane, T. L., & Olmsted, M. P. (2014). "Diagnostic shift" from eating disorder not otherwise specified to bulimia nervosa using DSM-5 criteria: A clinical comparison with DSM-IV bulimia. *Eating Behaviors*, 15, 60-62.

Kelly E. McShane, Caitlin J. Davey, Jennifer Rouse, Amelia M. Usher, & Sullivan, S. (in press). Beyond ethical obligations to research dissemination: Conceptualizing debriefing as a form of knowledge translation. *Canadian Psychology*.

Mohr, D. C., Duffecy, J., Ho, J., Barron, K. G., Berendsen, M., Beckner, V., Cai, X., Cuipers, P., **Tae L. Hart**, Kinsinger, S., Shroeder K. (in press). Control condition design and implementation features in controlled trials: A meta-analysis of trials evaluating psychotherapy for depression. *Translational Behavioral Medicine: Practice, Policy and Research*.

Candice M. Monson & Philippe Schnaider (in press). *Treating PTSD with cognitive-behavioral therapies: Interventions that work*. Washington, DC: American Psychological Association.

Matilda E. Nowakowski & Martin M. Antony (in press). Anxiety and related disorders. In R. McCabe

& I. Milosevic (Eds.), *Phobias: The Psychology of Irrational Fear, An Encyclopedia*. Santa Barbara, CA: ABC-CLIO.

Sarah Radtke (2013). Sexual fluidity in women: How feminist research influenced evolutionary studies of same-sex behaviour. *Journal of Social, Evolutionary, and Cultural Psychology*, 7, 336-343.

Jennifer Rouse, Matilda E. Nowakowski, Leanne Wilkins, & Madelaine Burley (in press). A self-study of the mental health and well-being of psychology graduate students. *Mindpad*.

Philippe Schnaider, Nicole D. Pukay-Martin, Fredman, S. J., Macdonald, A. & Candice M. Monson (in press). Effects of cognitive-behavioral conjoint therapy for PTSD on partners' psychological functioning. *Journal of Traumatic Stress*.

Nicole A. Sugden, Marwan I. Mohamed-Ali, & Margaret C. Moulson (2013). I spy with my little eye: Typical daily exposure to faces documented from a first-person infant perspective. *Developmental Psychobiology*.

Linda Truong & Lixia Yang (in press). Friend or foe? Decoding the facilitative and disruptive effects of emotion on working memory in younger and older adults. *Frontiers in Psychology*.

Naresh N. Vempala (in press). Review of the book *The Universal Sense: How hearing shapes the mind*, by S. S. Horowitz. *Canadian Acoustics*.

Weissflog, M. J., **Becky L. Choma**, van Noordt, S. J. R., & Dywan, J., & Segalowitz, S. (2013). The Political (and Physiological) Divide: Political Orientation, Performance Monitoring, and the Anterior Cingulate Responses. *Social Neuroscience*, 8, 434-447.

Jonathan M. P. Wilbiks & Benjamin J. Dyson (in press). The influence of previous environmental history on audio-visual binding occurs during visual-weighted but not auditory-weighted environments. *Multisensory Research*.

Leanne K. Wilkins, Todd A. Girard, Matthew King, Herdman, K. A., Christensen, B. K., & King, J. (2013). Differential viewpoint-independent and viewpoint-dependent memory performance in schizophrenia. *Journal of Clinical and Experimental Neuropsychology*, 35, 1082-1093.

Andrea J. Wilkinson, Lixia Yang, & Ben J. Dyson (2013). Modulating younger and older adults' performance in ignoring pictorial information during a word matching task. *Brain and Cognition*, 83, 351-359.

Note: This is a partial list. A full list of publications will appear in our 2013-2014 Annual Research and Achievement Report, due to be published later this year.



Psychology MA Student Rachel Bar is a Top Innovator

In November 2013, Ryerson Psychology MA student **Rachel Bar** was nominated to compete in a university-wide contest hosted by *The EyeOpener* to find Ryerson University's most innovative students. For the past year, Rachel has been conducting research in collaboration with *Canada's National Ballet School* and *York University* to investigate the potentially positive benefits of dance for individuals with Parkinson's disease. In September, Rachel began a 12-week pilot program involving dance classes at Canada's National Ballet School for individuals with Parkinson's disease. Bar says, "As a former dancer, I've experienced the physical, the psychological, and the spiritual benefits of dance. What I'm hoping to do with this research is to see if the benefits can be empirically-validated." In addition to being beneficial to individuals with Parkinson's disease, Rachel's work is a striking example of the intersection between creativity, innovation, and scientific rigor. This impressive feat was recognized by the Ryerson University community too, as Rachel was voted second out of the top ten finalists and named one of Ryerson University's top innovators. Rachel's pilot program reflects a balance between rigorous scientific precision and artistic creativity that the Department of Psychology aims to cultivate in its students and faculty. Congratulations, Rachel!

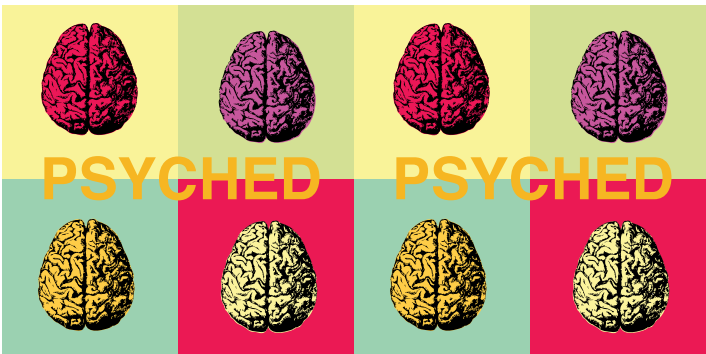


Ashley Ward Receives Mentor of the Year Award

Congratulations to Psychological Science PhD student **Ashley Ward**, who received a "Mentor of the Year" award for her participation in a new pilot project through Ryerson University's *Tri-Mentoring Program* and *Access Centre*. The program was implemented during the Winter 2014 term, and was designed to facilitate new students' adjustment to university through peer-to-peer mentoring. Employing the peer support and anti-oppressive models of practice, this program provides support and guidance on myriad issues experienced by new students, including challenges arising in the classroom, participation in extra-curricular events, and navigating the programs and organizations in the University.

Get Psyched on the Radio

Tune in to our campus radio station—*The Scope*—this semester to hear about research at Ryerson's psychology department. Produced by PhD students **Lisa Liskovoi** (*SMART lab*) and **Skye Fitzpatrick** (*BEP lab*), "*Psyched*" aims to spread the word about what students are working on. "There is so much interesting work being done by psychology students at Ryerson, we wanted to share some of it with the community" says Lisa. Covering a variety of research projects on topics such as stress, memory and sleep, each episode of *Psyched* invites you to learn about a topic in psychology through interviews and informal conversations with students and faculty. With the goal of communicating psychological research to the general public, graduate students in psychology tell listeners about both clinical and basic research projects that they have been working on. For more information, check out www.thescopeatryerson.ca.





Renascent

The road to recovery starts here.

Ryerson Partners with Addiction Treatment Centre

Psychological Science PhD student **Amy Usher** is taking the lead in an exciting collaborative community research project with **Renascent**, a community-based addiction treatment centre located in Toronto. The goal of the project is to evaluate the *Renascent Children's Program*, a family-based intervention for children of substance abusers. This partnership began in 2012 and provides a unique opportunity to conduct applied psychological research outside of the laboratory environment. Consultations with staff helped to shape the project from its inception and continue to inform the process throughout all phases of the evaluation.

Fostered under the direction of **Dr. Kelly McShane** in the *CERCH lab*, the relationship between Renascent and Ryerson has continued to grow to include multiple research projects including the Essential Family Care evaluation and a number of innovative course-based service learning projects in community psychology. Amy is excited to have the opportunity to conduct addictions research in the community where treatment occurs. The collaborative nature of the project provides an invaluable opportunity to bring researchers and community treatment organizations together and ultimately support evidence-based practices in community settings, as well as provide graduate students with applied research skills and community contacts.



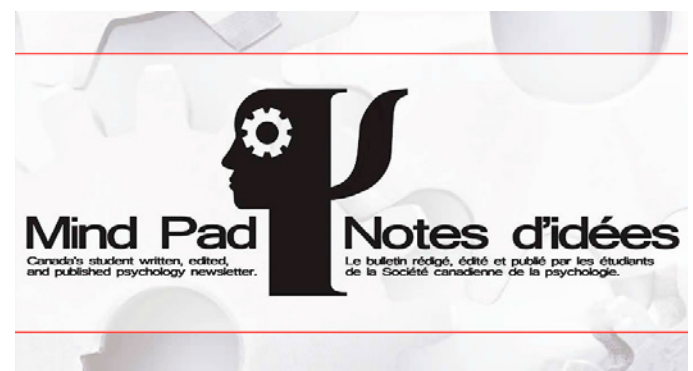
PhD Student Amy Usher is leading an exciting new research project in collaboration with Renascent.

Mental Health and Well-Being Group Surveys MA and PhD Students

The **Mental Health and Well-Being Group (MHWBG)** is a graduate student-run group in the Department of Psychology at Ryerson University that was founded in 2010 by graduate students in both the clinical and experimental psychology streams. Graduate students often experience high levels of stress in response to competing obligations and time demands. The group was founded with the aim of enhancing the well-being of current and future students in the Psychology graduate program. To better understand the experience of stress and well-being amongst students, a quantitative self-study of psychology graduate students at Ryerson University was undertaken.

Students were asked to respond to an online self-report survey adapted from an Ottawa university psychology group's questionnaire assessing domains including demographics, lifestyle (e.g., sleep, exercise, diet, finances, coping, and resources), academic stress, and access to mental health and well-being services. Consistent with other studies examining the experience of stress and well-being amongst students in professional programs, students reported concerns about sleep and eating habits, coping with stress, finances, heavy workload, and accessing mental health services. Half of the students indicated they had a well-balanced life, while the other half indicated they did not. However, 75% of students were satisfied with their academic life. The MHWBG currently runs panel discussions on work-life balance and well-being, a student-run orientation session, and a peer mentorship program. However, the evidence from this study further supports the need for tailored student events addressing wellness. The full results of the study (Rouse, Nowakowski, Wilkins, & Burley, in press) will be available in an upcoming issue of *MindPad*, a student journal published by the Canadian Psychological Association (www.cpa.ca/students/MindPad/Issues).

Moving forward, the MHWBG is planning a follow-up study in order to more specifically identify ways in which students would like support within the wellness domain. The MHWBG is an example of one of the many innovative ways in which the Department of Psychology at Ryerson University is committed to enhancing the graduate student experience and preparing students for their careers as professional psychologists. The MHWBG is open to all students and we are always looking for new student members and volunteers!



MindPad is a student journal published by the Canadian Psychological Association. The full results of the study by Ryerson graduate students J. Rouse, M. Nowakowski, L. Wilkins, & M. Burley is in press and will available in an upcoming issue of *MindPad*.



Drs. Lixia Yang (Director, Cognitive Aging Lab), Ben Dyson (Director, HEAR Lab), and Andrea Wilkinson (recent PhD graduate, Cognitive Aging Lab).

ERP Technology Provides Insight into Age-Related Cognitive Changes

A recent collaboration between Ryerson's *Human Experimental Auditory Research (HEAR) Lab* and the *Cognitive Aging Lab (CAL)* demonstrates the types of cognitive change experienced in the elderly brain. The study began as part of **Andrea Wilkinson's** PhD practicum with **Dr. Ben Dyson** in which they examined how the brains of young and elderly individuals cope with distracting information using event-related potential (ERP) technology. "The practicum data looked promising" said Dr. Dyson, "Andrea and I both thought it worthwhile to continue the study." According to the final data, younger adults seem to take more advantage of distracting information when it is consistent with the task in hand.

One surprising study finding, however, was the timing of effects. Andrea says that "what was particularly useful about our use of ERP was that the technology enabled us to look at not only those parts of the study where participants were responding behaviorally but also those parts where participants were preparing to respond. Even before the critical information had been presented, it seems the younger adults had worked out what the likely response was going to be. This isn't something we would have ever known if we have just used behavioural measures like reaction time or accuracy."

Andrea presented this work at the 20th Annual *Meeting of the Cognitive Neuroscience Society* in San Francisco in April 2013 and the manuscript, coauthored with Drs. Dyson and Yang, has been accepted for publication in *Brain and Cognition*. Dr. Wilkinson defended her PhD in December 2013, and is now a CIHR-funded postdoctoral fellow at Bridgepoint Active Healthcare.



Find out more about Dr. Lixia Yang and the Cognitive Aging Lab (CAL) at www.ryerson.ca/~lixia.



Find out more about Dr. Ben Dyson and the Human Experimental Auditory Research (HEAR) Lab at www.ryerson.ca/~bdyson.



Recent Announcements, Awards and Other Contributions

Dr. Diana Brecher received the 2014 *Harvey Brooker Award of Excellence in Clinical Teaching* from the Ontario Psychological Association.

Dr. Tara Burke received a 2014 *Dean's Service Award* from Ryerson University.

Dr. Colleen Carney received the 2014 *Knowledge Mobilization and Engagement Award* from Ryerson University.

Dr. Colleen Carney was elected to the status of *Fellow* in the Canadian Psychological Association.

Dr. Stephanie Cassin received the 2014 *Dean's Teaching Award* from Ryerson University.

Dr. Becky Choma will receive the 2014 *President's New Researcher Award* from the Canadian Psychological Association.

Dr. David Day gave an invited talk on risk factor research in developmental criminology and psychopathology to the Social Aetiology of Mental Illness (SAMI) Research Fellows at the Centre for Addiction and Mental Health in October 2013.

Dr. Michelle Dionne received a 2014 *Dean's Service Award* from Ryerson University.

Dr. Alasdair Goodwill gave an invited colloquium, "*The dirt roads of Criminal Investigative Research & Analysis: time to pave a way forward?*" at Simon Fraser University (BC) in December 2013.

Dr. Trevor Hart received the 2014 *Dean's Scholarly, Research and Creative Activity Award* from Ryerson University.

Dr. Candice Monson was named a *Fellow* of the American Psychological Association and of APA's Division of Trauma Psychology (Division 56).

Dr. Candice Monson received the 2014 *Sarwan Sahota Distinguished Scholar Award* from Ryerson University.

Natalie Stratton won the 2013 Graduate Student Poster Award from the Study of Gay, Lesbian, Bisexual, and Transgendered Issues Special Interest Group (LGBT-SIG), Association for Behavioral and Cognitive Therapies (ABCT).

Sarah Radtke gave an invited talk on sexual fluidity by Binghamton University as part of their EvoS seminar series, which brings approximately ten distinguished speakers to campus every semester, representing all subject areas from molecular biology to religion, March 2014.

Dr. Anne Wagner was appointed Adjunct Professor in the Department of Psychology.

NOTE: This is a partial list. A full list will appear in our 2013-2014 Annual Research and Achievement Report, due to be published later this year.

Ryerson Psychology @ Science Rendezvous 2014

Join us at Yonge-Dundas Square for the 7th Annual Science Rendezvous – Canada's national celebration of science.

This free public event includes exciting research, hands-on activities, displays, stage shows, and much more. It's perfect for the whole family!

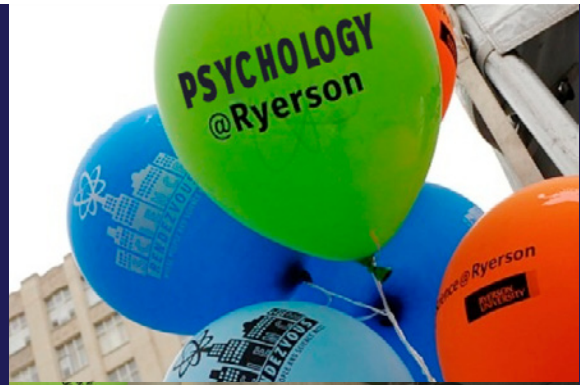
Visit the Psychology tent to meet professors, students and staff from Ryerson's Psychology Department, and engage with the sights and sounds that Psychology has to offer.

- Learn why some soundscapes more stressful than others
- See why sometimes you can't spot the difference
- Bamboozle you brain with visual illusions
- Test the limits of your own mind
- Be amazed at how we experience the world
- Plus much more!



Science Rendezvous
May 10, 2014, 10 am to 4 pm
Yonge-Dundas Square, Toronto

www.ryerson.ca/sciencerendezvous





Save the date!

Please save the date for our next **Psychology Graduate Program Open House and Information Session** on Thursday, October 16, 2014 from 6:15 to 8:30 pm in Room SCC115, Tecumseh Auditorium.

Prospective applicants to our **MA and PhD program** are invited to join us on that date to learn more about our **Psychological Science** and **Clinical Psychology** programs, and to take the opportunity to meet with our faculty and graduate students in an informal setting. Refreshments will be served. Additional information about our graduate program can be found on our website.

www.ryerson.ca/psychology/graduate

QUESTIONS & COMMENTS

For questions or comments regarding content or submissions for future editions, please feel free to contact us:

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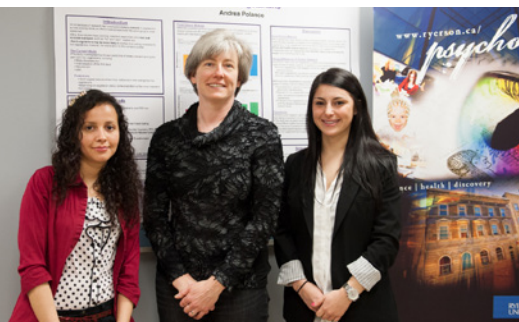


Undergraduate Thesis Poster Day

Please join us for the 2013-2014 Undergraduate **Thesis Poster Day** on Friday, April 11, 2014 from 10:30 a.m. - 12:00 p.m. in the Psychology Research and Training Centre (PRTC), 2nd Floor.

This annual event is the opportunity for our 4th year Thesis students to showcase their research findings from their thesis courses, PSY961 and PSY971. Light refreshments will be available while you mingle and chat about research. For more information about our undergraduate honours thesis stream, please visit our website.

www.ryerson.ca/psychology/undergraduate/thesis



Thesis Poster Day 2013. Left: James McGrath presents his research findings. Right: Andrea Polanco, Dr. Michelle Dionne, and Michelle Resendes.

Psychology
Faculty of Arts



Everyone Makes a Mark