

# CPD Lab Newsletter

## Cognition in Psychological Disorders Lab



### Welcome back Students!

The CPD Lab is excited to welcome previous and new members, especially incoming graduate students Casey, Olivia and our part-time Research Assistant Emily!

#### **Casey Upfold**



##### **Q: What is your academic background?**

A: I attended the University of Guelph where I received my B.A. (Hons) in Psychology and a minor in Child and Family Studies. My thesis with Dr. Kaitlyn McLachlan examined public perceptions toward people with Fetal Alcohol Spectrum Disorder in the Criminal Justice System. After graduating, I worked as a Research Assistant in the Forensic Psychiatry Program at St. Joseph's Healthcare Hamilton for 4 years.

##### **Q: What are you most excited for in the lab?**

A: The people and opportunities! In my short time here, I've already seen how Dr. Bowie does a great job at providing the team with opportunities to get involved with a variety of projects and some of the clinical work that goes on. I am excited to even just be able to observe and watch what goes on, and find where I can fit in. So happy to be joining this team!

##### **Q: What is your academic background?**

A: I completed my B.A. in Psychology at the University of Ottawa where I worked on several projects examining memory reconsolidation. Mainly, the research focused on whether an expectation for learning is needed to update long-term memories, and if these principles can be applied to distressing episodic memories. I also worked as an RA at the Royal Ottawa Mental Health Centre where I ran a longitudinal study examining factors that led to participant-defined recovery in psychosis.

##### **Q: What are you most excited for in the lab?**

A: I'm excited to work with all the impressive CPD lab members and get involved in the exciting research happening in the lab!

#### **Olivia Simioni**



#### **Emily McLaughlin**



##### **Q: What is your academic background?**

A: I completed my B.A from Toronto Metropolitan University with a major in Psychology and a minor in Sociology. I completed my undergraduate thesis under the supervision of Dr. Margaret Moulson at the Brain and Early Experiences (BEE) lab. My undergraduate thesis focused on how environmental experiences influence adult facial learning over time. Specifically, my project examined factors that shape adults' ability to learn faces despite natural changes in facial appearance (e.g., expressions, viewing angles, lighting conditions) and how those factors influence the recognition of newly learned faces over time.

##### **Q: What are you most excited for in the lab?**

A: I am looking forward advancing my clinical knowledge and skills and contributing to the exciting and important research at the CPD lab.

## Congratulations Dr. Tanya Tran!

PhD student Tanya Tran successfully defended her PhD thesis on cognitive and physical effort in early psychosis.



## From the Lab Library



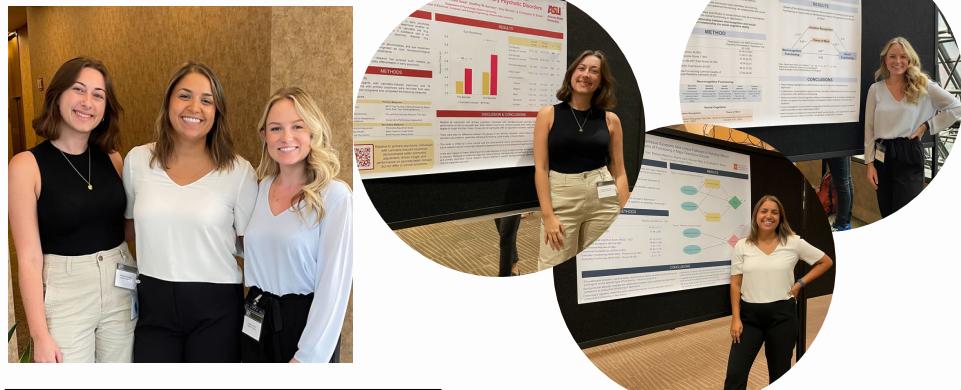
- People with mild cognitive impairment (MCI) may have difficulty assessing their own cognitive performance. The study looked at the cognitive performance of people with MCI. It was found that other's perception of the MCI participant's cognitive performance was more accurate than the participant's own reports.  
[Full article here.](#)

- Individuals with psychosis tend to have more difficulty making decisions on how to expend their mental and physical effort. The mechanisms of this difficulty allocating effort was examined in people with early psychosis. It was found that impaired cognitive control, dysfunctional expenditure of different types of effort, and severe negative symptoms may result in poor life functioning.  
[Full article here.](#)

## CPD Lab Highlights

- PhD student Stephanie Woolridge's MSc paper on neuropsychological differences between cannabis-induced psychosis and primary psychosis has been published.
- Stephanie also won the SGPS teaching assistant/teaching fellow excellence award for her work on the Laboratory in Clinical Psychology course.
- Master's student Lindsay Simourd's successfully defended her thesis on initial cognitive effort in depression to her committee.

## Around the World with the CPD Lab!



Dr. Bowie has continued collaboration with sites in British Columbia and Montreal, for our therapy program Action Based Cognitive Remediation



Our Graduate students Chelsea, Lindsay, and Stephanie presented at the Society for Research in Psychopathology conference in Philadelphia (photos above)



Be Outspoken and Overcome Stigmatizing Thoughts clinical trial implemented at UofT with Mike Best and Colleen Murphy at the University of Manitoba



Stephanie and Tanya traveled to Italy for the Schizophrenia International Research Society Conference



## Goodbye and Congratulations Matt!



Matt's time in our lab was all too brief. In his time with us he has contributed immeasurably to our lab and to our studies. We'll miss his sense of humour, kindness, and willingness to help others. All of us here at the CPD lab are wishing him the best on his future journey and in his new role at St. Joseph's in Hamilton!