Cognition in Psychological Disorders Lab

CPD Lab Studies 📖

The Sleep Therapy in Early Psychosis project is a pilot study that aims to determine the feasibility and preliminary efficacy of sleep therapy for treating sleep problems in early-episode psychosis and whether improvements in sleep are associated with subsequent improvements in psychiatric symptoms, cognitive functioning, and daily functioning.

The ACED study is an upcoming longitudinal study of risk for depression recurrence in adults. The study will examine how cognition and other factors predict the rate and degree of functional recovery following remission from depression and predictors of a single-episode versus a recurrent pattern of depression.

PSYC 299 Project Spotlights ✨

This project was conducted by lab members: Kirstin Carlisle, Sachpreet Grewal, and Andrea Santalla Escobar

What was the project about?

"Our project examined the features of defeatist beliefs in depression and how they may interact with objective and perceived cognitive performance. Our work involved designing an online study, coding and launching cognitive tasks, collecting and analyzing data, and presenting our findings".

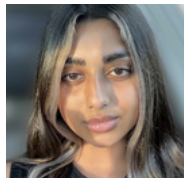**What was your favourite part of the experience?**

Kirstin: "I enjoyed exploring and being a part of the various aspects of the research process from initial brainstorming to the design and development of this study".

Sachpreet: "Collaborating with others, sharing our ideas, and seeing how they get implemented into our work through the research process".

Andrea: "Being able to explore an idea and see it to fruition".

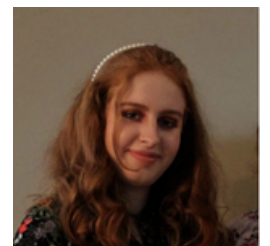Kirstin   Sachpreet   Andrea

This project was conducted by lab member: Jazmin Eadie

What was your project about?

"I was extremely lucky to have been allowed the opportunity to advance my knowledge on these topics within the CPD lab and was really lucky to have Dr. Matt Vandermeer as my mentor. This project involved working on learning the different properties of various psychometric assessments within the CPD database with the ultimate goal of organizing the database in a way that is easy for researchers within the lab to navigate. Through this project, I learned about the differences between different forms of validity, the assessment tools that are available and their purposes, and the administration of various task-based assessments including the Tower of London".

What was your favourite part of the experience?

"This was an incredible experience and I truly lucked out on having an extremely knowledgable and caring mentor which made the experience really memorable and helped enhance my excitement of working as a future psychotherapist".
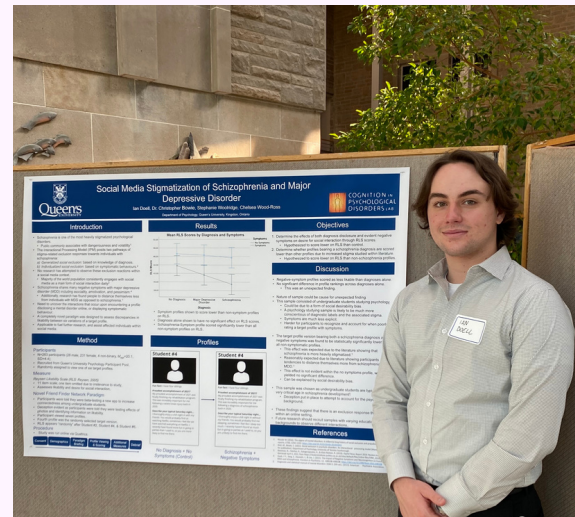
Jazmin

Thesis Spotlight: Ian Doell 🔦
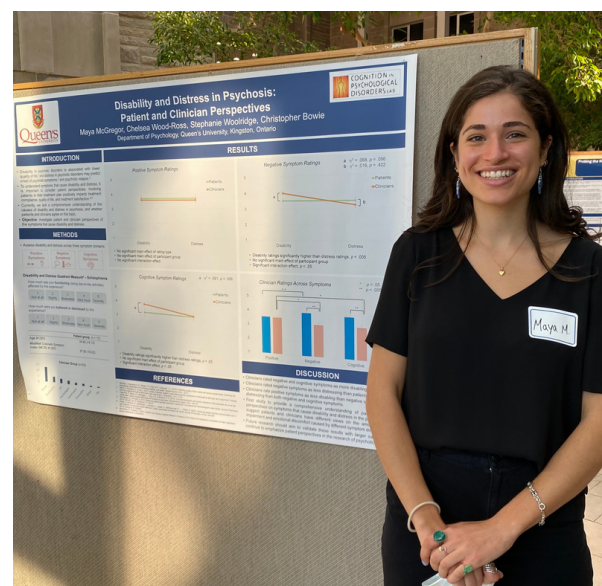
What was your project about?

"This study explored how knowledge of a diagnosis and the presence of symptoms can affect stigmatizing behaviours towards individuals with schizophrenia in the context of social media. Participants in the study (n = 263) completed a novel social media profile paradigm where they ranked the likeability of a target profile and rated their interest in interacting with the profile. The target profile was randomized to display one of six conditions, which differed based on whether it disclosed a diagnosis (schizophrenia, MDD, or no diagnosis) and/or displayed the presence of negative symptoms (demonstrating symptoms or not). The results demonstrated that evidence of negative symptoms yielded greater social exclusion responses; however, the disclosure of a diagnosis did not yield a greater social exclusion response. Understanding the various responses that are observed upon encountering individuals with schizophrenia or MDD in online spaces are crucial for understanding and eliminating barriers faced by individuals with mental health diagnoses when seeking social support online".

Thesis Spotlight: Maya McGregor 🔦

What is your project about?

"In my Honours Thesis, I wanted to understand patient perspectives on the symptoms of psychotic disorders that cause the greatest amount of disability and distress. I also wanted to gain clinician perspectives on this topic. To conduct this study, I administered surveys to patients with psychosis and clinicians who treat psychosis, where they were asked for their ratings of disability and distress on a range of symptoms of psychotic disorders. Ultimately, I hope that this research can provide the foundation for a more person-centered approach to the treatment of psychosis and can help align patient and clinician treatment goals".

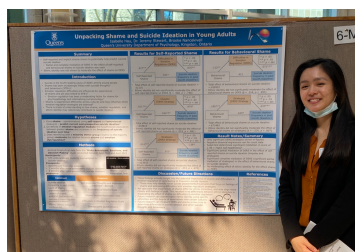**What was your favourite part of the experience?**

"I had two favourite parts of this experience! The first was to see my survey come to life, and especially to see the responses of patients who have been kind enough to share their perspectives on their symptoms. The second was the opportunity to communicate with patients! Some have even responded by e-mail expressing positive feedback towards studies of these kind".
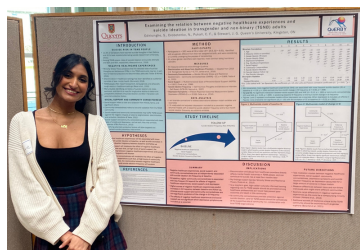

A big thank you to Kenzie

Kenzie left the team at the end of the semester to go on practicum and finish up her Masters Degree in Counselling Psychology. Thank you very much Kenzie for everything you have done for the lab, we will miss you tremendously! The lab will not be the same without your bright and positive energy!

Presentations from CPD Lab Members

Isabelle Hau

Savie Edirisinghe

Thank you CPD Lab Students!

Thank you for all your time and effort to the wonderful students who are leaving the CPD lab this year. We wish you the best of luck in the future!

Maya McGregor, Ian Doell, Andrea Santalla Escobar, Emma Keshen, Isabelle Hau, Mayah Palmer & Sarah Bahreinian

Welcome to our new summer students!

Welcome to our Summer Work Experience Program (SWEP) students, Noa Shram and Emma Wilkinson!