



CPD Lab Newsletter

Fall 2016

Upcoming Studies

Cognitive Remediation Study

This is a 6 week cognitive remediation study

- Computerized tasks offered both individually and in a group setting.
- Participants are compensated on average \$15-\$20 per hour for the study

Who can participate?

People diagnosed with schizophrenia.

Action Based Cognitive Remediation

This 8 week treatment study helps people improve their cognition abilities (the skills we use to think and solve problems such as memory and attention) & everyday living skills.

Who can participate?

People diagnosed with depression.

Conversation Study

Participants will talk with a number of different people for about 10 minutes each in casual conversations for about an hour total.

- They would also do some paper and pencil assessments.
- Participants are compensated on average of \$15-\$20 per hour

Who can participate?

People diagnosed with schizophrenia.

Social Cognition Study

Social cognition refers to thinking skills (attention, memory, and processing speed) that are used in social situations. The purpose of this study is to better understand the factors that are associated with performance on tasks of social cognition.

Study Details:

- This study takes about 1.5-2hrs to complete and compensation of \$30 will be provided to participants

Who can participate?

Young adults (18-35) in the early stages of psychosis or schizophrenia.

WHY PARTICIPATE?

To help myself:

- You may have an opportunity to improve your memory and thinking skills and your day to day functioning

To help others:

- You would be helping to provide valuable information that could lead to new treatments that help improve the lives of people who live with mental illness.

Welcome to the new CPD Newsletter! We will be publishing our newsletter on a quarterly basis and aim to bring you the latest CPD lab news and keep you informed with the research that is happening in our lab. If you have any interesting news stories to share, or have any suggestions, please contact us!

BACK TO SCHOOL



Welcome back to all of the returning and new students who will be working as 'Research Assistants' in the lab.

"We hope that putting the treatment of cognitive remediation in an everyday context will reduce anxiety, improve confidence and result in a more satisfying work life for the millions of people suffering from depression"

Christopher Bowie



IMAGINE WITH ALL YOUR MIND,
BELIEVE WITH ALL YOUR HEART,
ACHIEVE WITH ALL YOUR MIGHT ...



Good Luck Katherine!!!

Katherine will be starting her clinical internship in Hamilton and defends her PhD this fall. We will miss you!



Lab News

It's been a busy summer in the CPD Lab! Here are a few highlights:

- Tanya Tran, MSc student presented a workshop, 'Moving From Disability to Ability' at the TEDSummit this summer in Banff, Albert.
- Congratulations to Melissa Milanovic who defended her MSc defense. Melissa's thesis explored the role of self-efficacy (i.e., an individual's belief in his or her ability to perform particular actions) in the engagement of everyday life activities such as household/work tasks and relationships with others, for those who experience depression.
- Dr. Chris Bowie traveled to Denmark to provide training and support to a team at the Copenhagen University Hospital who are implementing Action Based Cognitive Remediation.
- Maya Gupta's PhD study was accepted for publication in Early Intervention in Psychosis.
- Mike Best presented his 'Short-Term Executive Functioning Training' data at the 2016 Cognitive Remediation in Psychiatry Conference in New York City.
- Michael Grossman and Dr. Chris Bowie co-facilitated a session on generalizing cognitive improvements to everyday outcomes in New York City.
- Michael Grossman and Mike Best have started to work on their PhD thesis!!!

Happy Retirement

The CPD Lab is sad to say 'happy retirement' to Emma, who has spent 1/6 of her life with the lab - first as a student and for the last two years as our Coordinator. Best of luck on your next adventures, Emma - you will be greatly missed!



Congratulations Melissa!!!

Congratulations to Melissa Milanovic who successfully defended her Master's thesis!

FOR MORE INFORMATION

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Visit us at:

<http://www.queensu.ca/psychology/cognitive-and-psychotic-disorders-lab>

CPD LAB

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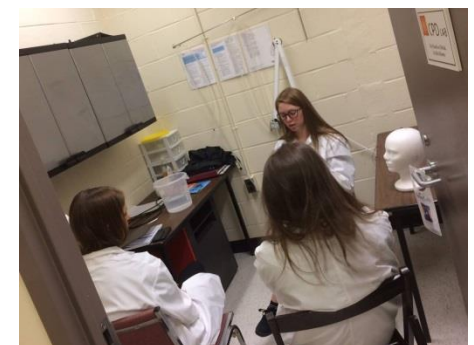


Tanya Tran, MSc student, presenting at the TEDSummit [Get the full story](http://queensu.ca/psychology/feature-story-tanya-tran-august-2016) at: queensu.ca/psychology/feature-story-tanya-tran-august-2016

INSIDE THE LAB



Stephanie (left) and Lilian (right) are the lab's SWEP (Summer Work Experience Program) students, learning about EEG (Electroencephalography)



(Mandy, Stephanie and Lilian)

- Stephanie and Lilian completed a record setting 33 assessments in the CPD lab over 12 weeks! That's up to 66 hours of work!
- Dr. Chris Bowie, Mike Best and Michael Grossman participated in a symposium with Maya Gupta at the Canadian Association for Cognitive and Behavioural Therapy in Hamilton.