



# CPD Lab

Announcing our new lab name:

'Cognition in Psychological Disorders Laboratory'

Spring 2017

## THE CPD LAB WELCOMES ANA COSTAS CARRERA, FROM SPAIN, FOR THE WINTER SEMESTER

### Q: Could you tell us about yourself Ana?

I'm from Spain, from Asturias, a small and beautiful region in the north of the country where you can drive from amazing high mountains to the beach within minutes.

Asturias is becoming more popular for the famous "Camino de Santiago".



I currently live in Barcelona and am a resident in the Clinical Psychology Program, which has some differences with the program here in Canada. In Spain to be a Clinical Psychologist, after you complete your undergraduate program you have to pass a very competitive exam that takes place only once a year. There are only 120 vacancies to access the program for the whole country each year, so most of the candidates invest more than a year to prepare for the exam. You then start a training program that lasts 4 years (as medical residences do) and it's a hands-on type of program. During these years, you spend most of the time working in different units of the hospital (acute hospitalization, childhood mental health, neuropsychology services, & eating disorders unit) and also develop a research project during the residence and present your findings at the end of it. When we finish our

residence program, however, we have the accreditation as a "Clinical Psychologist Specialist" (which is mandatory to work in public hospitals) but we do not have a doctoral degree. If you want to get a PhD you have to enroll in a doctoral program (another 4 years) linked to a university (the residence is linked to Hospitals and Health Ministry only).

### Q: What brought you to Canada?

The main reason was the opportunity to work in the CPD Lab. My residence research project focuses on cognitive remediation for major depressive disorders, and Dr. Bowie's team is, in my view, the most relevant in this field. Their research focuses on exploring how to improve cognitive remediation approaches so that they can generalize to the daily life of these patients. To me, this line of research is exciting because, as a therapist, I often notice that some of the cognitive interventions we usually apply at the hospital do not transfer improvements to their daily life, and if patients don't perceive a result in their daily functioning they tend to leave these treatments. Besides this, there were more reasons that brought me to Canada. I've always wanted to visit Canada, because I love its nature and also I had heard about the kindness of the Canadian people, so I thought it would be a great experience, not only professionally, but also at a personal level. Indeed, it is being so far one of the most enriching experiences of my life.

## CPD LAB NEWS

- Tanya Tran, MSc student and Melissa Milanovic, Ph D student will be presenting at the upcoming Psychiatry Research Day in May.
- Dr. Bowie presented on 'Metacognition in Psychosis' at the International Congress on Schizophrenia Research Conference in San Diego in March.
- Michael Grossman, Ph D candidate shared his exciting news about his upcoming clinical internship this fall at St. Joseph's Health Care in Hamilton, ON. Way to go Michael!
- Congratulations to Mike Best, Ph D Candidate, on receiving the Michael Smith Foreign Study award. This will facilitate his travel to Manchester, England this fall to collaborate with CBT for psychosis researchers in Tony Morrison's group.
- Tammy Vanrooy and Melissa Milanovic recently completed an Action Based Cognitive Remediation treatment group.
- Exciting news: Action Based Cognitive Remediation is now being tested in a first episode psychosis study in Winnipeg.
- Congratulations to our Summer Work Experience Program students, Mandy Hagen and Lilian Laferriere!
- Congratulations to Jessie Eriksen and Tessa Rootenberg on obtaining a summer position with the CPD Lab!

# 2017 Undergrad Thesis Projects

**Congratulations to CPD Lab Research Assistant's Chelsea Wood-Ross and Stephanie Woodridge for finishing data collection on their extremely ambitious Honour's thesis projects.**

**Q: Tell us about your research Chelsea.**

We examined how people with depression adjust their difficulty on a memory test adapted from cognitive remediation, to see if we need to modify cognitive remediation from the way it is currently being run. In total, 34 people participated and we ran 34 assessments, which was 68 hours all together!

**Q: What kinds of skills did you develop?**

Doing research provides you with invaluable skills in so many areas! I developed the skills you would expect through research like study design, assessment skills, data management, data analysis, and writing. But I also developed skills in Photoshop, time management, delegating tasks to others, and organizational skills.

**Q: Do you have any advice for students who would like to run their own research study in the future?**

Expect that things won't go the way you plan! Research never follows the timeline you set, and there will be roadblocks along the way. As long as you account for these roadblocks and have a supportive team, it's all part of the process!

**Q: What did you like best about running your own research study?**

It was so rewarding to see the study I had designed with the team become a reality. We spent a lot of time on study design, and I spent countless hours designing stimuli in Photoshop, so it was a very proud moment for me to see everything come together as a final product. I have to note that I couldn't have done any of it without the support of Dr. Bowie, the grad students, the undergraduate research assistants, and Tammy!



*Chelsea Wood-Ross displaying her project 'Brain of Thrones' with CPD Lab Research Assistant Lilian Laferriere.*

**Q: What opportunities will you have to transfer this knowledge?** I will be presenting my results at the Psychology Undergraduate Research Day on April 25<sup>th</sup> and at the Psychiatry Department Research Conference on May 31<sup>st</sup>



*Stephanie Woolridge, testing out the Eye Tracker with CPD Lab Research Assistant, Rebecca Ferguson*

**Q: Stephanie, tell us about your research.**

My study looked at the effects that three sessions of attention training (using an eye-tracker) can have on mood and cognition. Twenty people participated in the study, for a total of 60 assessments in just over 100 hours.

**Q: What kinds of skills did you develop?**

This project has challenged me to independently take charge of a study, acquire a high level of attention to detail, improve my research and literature review skills, and advance my critical thinking and analytical skills in study design and analyses.

**Q: Do you have any advice for students who would like to run their own research study in the future?**

Do it! Running your own study is not only a great learning experience, but it's extremely rewarding to see your project develop from the planning stages all the way to writing up results.

**Q: What did you like best about running your own research study?**

I enjoyed the freedom of running my own study, and how I had the opportunity to explore a topic that is important to me in a unique way. Not only that, but being able to create a project that contributes to the literature in my field is incredibly cool!

**Q: What opportunities will you have to transfer this knowledge in the future?**

I'm looking forward to applying what I learned in my honour's thesis to the research I'll be pursuing in graduate school for clinical psychology.

For more information please contact the CPD LAB:

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# thank you

We want to thank all of the CPD Lab Research Assistant's for your hard work, dedication and commitment this school year. We are grateful to those of you who will be staying with us this summer and returning in the fall and we also wanted to send best wishes to those of you who are continuing on in your journey!

We've had a lot of help from so many people this year. A huge thank you to:

- Other lab support - Geoff Harrison, Abi Muere, Mashal Haque, Amanda Shambraw, Irene Hong, and Laura Lamb
- Justin Siu for all of your tech support
- Rick Eves for your fine craftsmanship in building new lab room tables