

Cognition in Psychological Disorders Lab Newsletter



Learning to Adjust

We are committed to the health and well-being of our students and research participants, as such, we have moved our research program online to reduce the spread of COVID-19. We are grateful for the dedication of our students and the compassion we have witnessed in the community. We wish you all health and joy even during these challenging times.



Members of the CPD Lab team zoomed together for a virtual lab celebration



The Mental Health Research Canada award was given to our BOOST team. BOOST groups will run more regularly and will expand to sites across Ontario!

GOOD NEWS

- Congratulations to Dr. Bowie for receiving the 2020 Sam Lal Award for Mental Health Research
- Congratulations to Stephanie Woolridge for receiving The Alfred Bader Fellowship in Memory of Jean Royce
- The CPD Lab received CIHR funding to examine how early life experiences are related to cognitive abilities. The research team will examine how cognition and mood symptoms change over time in people who experience depression.
- Dr. Bowie went to NUI Galway in December and presented Cognitive Remediation training

PUBLISHED PAPERS

- Grossman et al (2020) studied patterns and perceptions of communication in psychosis. Please click [here](#) for more information on this study
- Grossman & Bowie (2020) examined the impact of early social judgments in first episode psychosis. Please click [here](#) to read more about this study.
- Bowie et al (2020) identified techniques as core features of cognitive remediation. Please click [here](#) to read more about this study.
- Bowie, Best, Tran, & Boyd (*in press*) wrote on cognitive remediation in depression in The Handbook of Neurocognitive Function in Depression: Scientific Foundations and Clinical Practice

THESIS CORNER

Congrats to thesis students Mara Dempsey and Natasha Barich for completing their 2020 Honour's theses!

Mara Dempsey

The objective of Mara's thesis was to understand barriers which limit the translation of available skills into everyday life in those with schizophrenia. She conducted an archival study in order to examine potential predictors of interpersonal and adaptive competence-performance discrepancies in 875 participants diagnosed with schizophrenia and schizoaffective disorder.

"I am truly grateful for the opportunity to complete my thesis, as it has taught me valuable academic writing skills and practical research skills. Moreover, completing my first study during a global pandemic fostered resilience and a dedication to research which I will continue to implement throughout my academic career in psychology"

Natasha Barich

Natasha's honours project explored the relationship between physical health and cognitive functioning in individuals with depression. She used both objective measures of physical fitness (handgrip) as well as subjective self-reports of how much physical activity an individual participates in weekly.

"I feel that as a young researcher there are multiple un-answered questions of what research may look like in future studies, and I believe that conducting your own study is a perfect opportunity to experience it first-hand. I am especially grateful to everyone at the CPD Lab who made the process of conducting this study an exciting journey from start to finish."

Retrospect: A Look at Where Lab Alumni are Now

- *Dr. Michael Best* is now an Assistant Professor in The Department of Psychology at The University of Toronto Scarborough
- *Dr. Katherine Holshausen* is now a research director at The Community Psychiatric Clinic and an Assistant Professor in The Department of Psychiatry and Behavioural Neurosciences at McMaster University
- *Dr. Michael Grossman* is a psychologist at The Clinic at Dupont & at CAMH
- *Dr. Maya Gupta* is a researcher at London Health Sciences Centre - Victoria Hospital



Congratulations to graduate student Melissa Milanovic who successfully matched to St. Joseph's Healthcare Hamilton to complete her psychology residency training starting in September 2020! Melissa will be moving to Hamilton to complete this one-year training experience, which is part of the clinical psychology graduate training process before obtaining a PhD degree.



Melissa Milanovic and lab Alumni Vanessa Montemarano at The Ontario Psychological Association conference in Toronto

THANK YOU

Sending best wishes to all Research Assistants who have completed their undergraduate degrees including Margaret (Mara) Dempsey, Natasha Barich, Tarindi Welikala, and Reem Toubache. Thank you for volunteering and for contributing to the CPD Lab!

WELCOME

Please welcome the newest member of the CPD Lab team, Sarah Bahreinian! Sarah is in her third year of a B.Sc (Hon.) in Life Sciences and Bachelor of Education. Some of her research interests include learning about the genetic, biological, and biochemical factors involved in psychosis