



CPD Lab Newsletter

—HAPPY—
HOLIDAYS

WINTER 2016/17

Current 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.

EEG Study

This study looks at how people with psychosis interact with others in a digital environment. We record brain activity using EEG while people do the task. EEG is completely passive, and works like a heart rate monitor to monitor your brain activity.

Study Details:

- Participants play a game with two other people over the internet while their brain activity is recorded.
- Participants fill out several questionnaires after they finish playing the game.

Who can participate? People with psychosis.

Brain of Thrones

This study is looking at if modifying cognitive training procedures that allow participants to self-select their difficulty level produces changes in how these programs are designed.

Study Details:

- Participants will complete a short computer task, complete tests that assess their cognitive abilities and do some paper and pencil assessments.

Who can participate?

People diagnosed with depression.

Eye Tracking and Attention Training Study

This study is looking at the effects that attention training (using an eye-tracker) can have on mood and cognition.

Study Details:

- It consists of five separate visits to the lab where participants will complete assessments, learning sessions, and a mood diary.

Who can participate?

People diagnosed with depression.

CPD LAB Mission:

Our mission is to better understand how brain functioning is related to everyday functioning. We examine the mechanisms and look at correlates to help us develop innovative treatments.

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.

FOR MORE INFORMATION

Please contact:

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Visit us at:

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

CPD LAB

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Dr. Bowie & Maya Gupta at Convocation

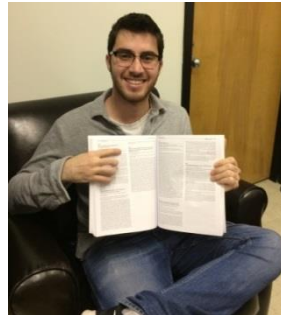
CPD Lab Highlights

Here are a few high-lights over the last few months:

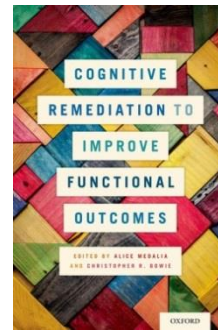
- Katherine Holshausen successfully defended her PhD in November.
- Mashal Haque successfully defended her Master's this fall.
- Tanya Tran co-facilitated her first ABCR treatment group this fall with Mashal Haque - CONGRATULATIONS!



Melissa Milanovic, Dr. Bowie and Mashal Haque at Convocation



CPD's Sidney Lichtenstein proudly displaying his co-authored article 'Patterns and Perceptions of Face-to-Face and Digital Communication in Patients with Early Episode Psychosis', by M. Grossman, S. Lichtenstein, S. Abo-El Ella & C.R Bowie



From the Lab Library

Hot off the press – Dr. Bowie's recently published book:

Cognitive Remediation to Improve Functional Outcomes

Edited by Alice Medalia and Christopher R. Bowie

Provides techniques for planning and structuring CR treatment to maximally impact daily functioning and everyday outcomes. First book for practitioners on how to tailor CR treatment to meet functional needs of diverse patients.

- Includes handouts, structured worksheets, and case examples
- Highlights useful information for mental health program leaders on developing cognitive-enhancing treatments in clinical settings

Around the World with the CPD Lab

- Mike Best, PhD candidate and Tanya Tran, Master's student presented a poster at the 'Society for Research in Psychopathology' conference in Baltimore, Maryland.
- Mike Best presented a poster at the 'Association for Behavioural and Cognitive Therapies' in New York, NY.
- Dr. Bowie presented on cognitive remediation at conferences in Vienna, Copenhagen and Frankfurt.
- The CPD Lab enjoyed a visit from Dr. Jennifer Jordan from New Zealand, Dr. Jimmy Choi from Columbia University and Dr. Joanna Fiszdon from Yale. (see right)
- PhD candidates Melissa and Michael presented at a conference in Milan, Italy!



Celebration Dinner: Left to right (Jimmy, Tanya, Mike, Maya, Chris, Melissa, Michael, Katherine, Anthony, Joanna and Tammy)



Left to right (Jimmy, Joanna, Maya, Jenny, Michael, Tanya and Chris)

The CPD Lab caught up with lab alumni Dr. Maya Gupta.

Q: Tell us a little bit about your new role.

I just joined the amazing team at the Prevention and Early Intervention Program for Psychoses (PEPP) in London, ON. I provide individual and group therapy, as well as assessment to youth and adults experiencing a first episode of psychosis. Part of my role also involves program development, research, teaching, and supervision.

Q: What are some of the benefits for individuals to participate in research?

Participants are the most important part of research! By participating in research you play an important role in innovation, knowledge, and policy change, and as such are helping to improve the mental health of people across the globe.

Where are they now???

With Dr. Maya Gupta

See how lab alumni fare since leaving the lab and read about how their CPD Lab experience shaped their journey.



Q: Maya, what is your favourite wellness or inspirational quote?

I love this simple but impactful quote by Annie Dillard. It always reminds me of the importance of living a balanced life:

"How we spend our days is, of course, how we spend our lives" Annie Dillard

