2021

Department of Clinical Health Psychology
Max Rady College of Medicine

ANNUAL RESEARCH REPORT
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Welcome, and thank you for your interest in the Department of Clinical Health Psychology’s research endeavors. I am delighted to present our 2021 Research Report. Reflecting on this second year of the COVID-19 pandemic, it is remarkable what our dedicated faculty have been able to accomplish in the context of intense clinical demands, ongoing disruption in personal lives, and pandemic delays on study trajectories.

The Department of Clinical Health Psychology has a rich history of research excellence driving clinical excellence, with the goal of improving care and improving lives. Most of our faculty are predominantly based in the clinic, and have only a small proportion of time available for teaching and clinical research, which makes these academic accomplishments all the more noteworthy. The valued collaborations with our colleagues across multiple disciplines and specialties further leverage the clinical expertise and research acumen of our faculty and create synergies for research innovation.

Now more than ever, research is truly about teamwork. Successfully moving ideas to action has been the collective effort of our investigators, research assistants, administrative staff, patient advisors, mentors, and trainees. All are to be commended for the work they have done through a challenging year.

On behalf of all our department’s scientists, I would like to express our gratitude to the thousands of study participants who have been willing to engage with us for the sake of new knowledge.

Finally, a special acknowledgement to CHP’s Research Coordinator, Benjamin Meek, for his creative talents in preparing this report.

Lesley Graff  
PhD CPsych  
Professor and Head

Department of Clinical Health Psychology

70 Clinical Faculty
5 with > 20% academic time
13 Community Affiliate Faculty
24 Research Assistants

“The Department of Clinical Health Psychology has a rich history of research excellence driving clinical excellence ... improving care and improving lives”
Greetings colleagues!

Despite another challenging year serving as essential healthcare workers during the pandemic, faculty in the Department of Clinical Health Psychology (CHP) achieved much success in research innovation and impact. We saw an unprecedented number of 86 peer-reviewed publications and book chapters in 2021, 19 grants on which CHP faculty served as PI or Co-I, and 33 conference presentations as the field pivoted to virtual scientific proceedings. Importantly, a number of these projects were geared towards studying the impact of the pandemic on the mental health of our communities, caregivers, and workers. Our Invited Speakers Series drew some of the largest attendance numbers to date, and our newer faculty continued to support one another in the development of their research programs through regular attendance at the Mentoring Early Career Researchers meetings.

I was immensely proud to review this report highlighting the enormous research efforts of my CHP colleagues, and want to thank you all on behalf of the Department for these important contributions.

Natalie Mota PhD CPsych
Associate Professor, Research Director

“Our newer faculty continued to support one another in the development of their research programs”
The COVID-19 pandemic has had a devastating impact globally. To date, there have been over 6 million deaths worldwide, with millions more cases requiring intensive hospital care. Though most individuals recover from the acute symptoms of SARS-CoV-2 infection, little is known about the long-term effects of the virus, especially following severe illness. Dr. Maia Kredentser (PI) and her colleagues, including CHP researchers Drs. Bodkyn and El-Gabalawy, were recently awarded a Manitoba Medical Services Foundation grant to investigate the nature of cognitive and mental health problems faced by patients and their caregivers following severe illness with COVID-19.

"COVID-19 infection is associated with increased risk of neuropsychological morbidity compared to influenza or other respiratory infections," explains Dr. Kredentser. "We know from past research that ICU survivors do not return to their prior level of functioning, and there are significant implications of this for their daily lives, the lives of their families, the economy, and the healthcare system."

In this longitudinal follow-up study, psychological assessments and qualitative interviews will be used to gauge cognitive and mental health outcomes as well as healthcare experiences. "We expect to find that patients hospitalized with COVID-19 have deficits in at least one area of cognitive functioning and higher rates of mental illness," says Dr. Kredentser. "From a qualitative standpoint, we are seeking to gain a full picture of how COVID-19 and aspects of healthcare during the pandemic have impacted patients and caregivers."

LOW INTENSITY/HIGH VOLUME INITIATIVES IN PUBLIC HEALTHCARE

Published in Canadian Psychology, the flagship journal of the Canadian Psychological Association, a team of researchers from UM’s Clinical Health Psychology Department recently reviewed low intensity, high volume (LI-HV) psychological services and their use in Canada.1

“LI-HV interventions refer to the reduced use of specialized providers or usage in a cost-effective way (e.g. group therapy vs individual therapy),” explains lead author, Dr. Norah Vincent. “LI-HV could also mean supporting the use of self-help materials or facilitating engagement with community and voluntary resources.”

The major advantage of LI-HV services is their ability to provide care to a larger number of individuals compared to conventional therapy, improving access to treatment. They can also be less costly to both patients and the healthcare system. However, LI-HV approaches can be limited by lower rates of clinical improvement, greater attrition, an inflexibility in accommodating individual differences, and difficulties with health system implementation.

“LI-HV interventions are best viewed as stepping stones in recovery, and not as a replacement for higher intensity services,” suggests Dr. Vincent. “LI-HV interventions need to be developed alongside a rigorous monitoring system, so that improvements at low intensity levels can be measured and responded to in a therapeutic manner. Without such a system, LI-HV runs the risk of being ineffective at best.”


MENTAL HEALTH EFFECTS OF COVID HOSPITALIZATION

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HONOURS & ACHIEVEMENTS

RESEARCH AWARDS

AUBIE ANGEL YOUNG INVESTIGATOR AWARD IN CLINICAL RESEARCH

Dr. Renée El-Gabalawy, Associate Professor, was honoured for her research excellence by the University of Manitoba in June 2021 as recipient of the Aubie Angel Young Investigator Award in Clinical Research. This is the highest award for Rady Faculty of Health Sciences young faculty members, recognizing an individual who has demonstrated excellence and exceptional promise, and attained national and international reputation in their research accomplishments.

PROFESSION AWARDS

FELLOW, CANADIAN PSYCHOLOGICAL ASSOCIATION

Dr. Lesley Graff, Professor, was elected Fellow of the Canadian Psychological Association in June 2021 in recognition of distinguished contribution to the advancement of the discipline of Psychology in Canada. In addition to visionary clinical leadership and passionate advocacy for the improvement of health outcomes through psychological research and practice, Dr. Graff is an internationally known scientist with expertise in the interplay of psychological processes and gastrointestinal disease.

PROMOTIONS

Dr. Renée El-Gabalawy was promoted to the rank of Associate Professor.

Dr. Natalie Mota was promoted to the rank of Associate Professor.

TEACHING AWARDS

DR. ROBERT MCILWRAITH EXCELLENCE IN TRAINING AWARD

Dr. Gregg Tkachuk, Assistant Professor, made a strong impression on the residents in the 2020-2021 cohort, who selected him as this year’s recipient of the Dr. Robert McIlwraith Excellence in Clinical Training Award. They especially valued his commitment to teaching, his engagement with residents, and his authenticity. Dr. Tkachuk artfully balanced sharing his considerable knowledge and expertise with his flexibility, collaboration, emphasis on resident empowerment, and hope for mutual learning.

DR. JOHN ARNETT EXCELLENCE IN TEACHING AWARD

Dr. Natalie Mota, Associate Professor, was awarded the Dr. John Arnett Excellence in Teaching Award, which recognizes outstanding contributions to the teaching of learners in the Max Rady College of Medicine and Rady Faculty of Health Sciences who are external to the Department of Clinical Health Psychology. Dr. Mota was recognized for her strong record of involvement in teaching across UGME and PGME, her dedication to incorporating the best available evidence, and her stellar feedback from students.
INVITED SPEAKERS

DR. ROBERT MARTIN MEMORIAL LECTURE

Professor Timothy Caulfield
University of Alberta
Health Resilience in the Age of Fear and Misinformation

GRAND ROUNDS

Dr. Laurence Katz
University of Manitoba
The DBT Approach to Suicide Risk Assessment and Management

Dr. Steven Taylor
University of British Columbia
The Psychology of Pandemics

Dr. Samuel Mikail
University of Waterloo
Medical Assistance in Dying (MAiD): What’s New and Why it Matters (co-presenter)

Valerie Williams
University of Manitoba
Our Path to Reconciliation (co-presenter)

Dr. James Jackson
Vanderbilt University Medical Centre
Understanding Mental Health Challenges in Survivors of COVID-19: What We Know and What We Need to Know

Dr. Janine Newton Montgomery
University of Manitoba
Autism Spectrum Disorders and Social Cognition: Perspectives for Assessment and Intervention

Dr. Robin Westmacott
University of Manitoba
Trans Affirming Psychological Practice for Older Adolescents and Adults: A Manitoba Context

Dr. Kim Wiebe
University of Manitoba
Medical Assistance in Dying (MAiD): What’s New and Why it Matters (co-presenter)

Debra Beach Ducharme
University of Manitoba
Our Path to Reconciliation (co-presenter)

EDGE OF SCIENCE AND MEDICINE SERIES

Dr. JoLee Sasakamoose
University of Regina
Utilizing the Cultural Responsiveness Framework to Develop a Strength-Based, Trauma-Informed Practice: Understanding the Practitioner’s Role in Indigenous Well-being

Dr. Julia Riddell
University of Manitoba
Seeing the Forest and Seeing the Trees: Two-Eyed Seeing in Action
RAPID FIRE PRESENTATIONS

Dr. Gillian Alcolado  
Examining Perinatal Patient No-Show Rates and Characteristics: "You Can’t Treat an Empty Chair"

Kevin Capobianco  
A Brief Coding Method for Evaluating Case Conceptualization Quality

Dylan Davidson  
Multi-site Chart Review of Managing Difficult Emotions Classes

Dr. Sabrina Demetrioff  
Forensic Mental Health Assessments: Characteristics of Individuals Found Not Criminally Responsible by Reason of Mental Disorder (NCRMD) Versus Those Found Criminally Responsible

Dr. Jennifer Ducharme  
Trans Youth CAN!: Gender Development and Pathways to Care Among Trans and Non-Binary Youth Under Age 16 in Clinical Care

Dr. Renée El-Gabalawy  
Illness-Induced PTSD Versus Traditional PTSD: Different Sides of the Same Coin?

Bronwen Grocott  
“You’re Losing a Part of Yourself:” Breast Cancer Patient Experiences of Surgery-Related Distress and Anxiety

Dr. Maxine Holmqvist  
Satisfaction with Virtual Group Intervention in Anxiety, Depression and Sleep

Dr. Seint Kokokyi  
A Study of Brief Acceptance and Commitment Therapy in Primary Care

KEYNOTE ADDRESS

Dr. Kristin Reynolds  
Assistant Professor  
Department of Psychology, University of Manitoba  
The Use of Mixed Methods and Multidisciplinary Stakeholder Involvement to Meet Health-Related Information and Service Needs
RESEARCH OVERVIEW

RESEARCH IN 2021

This past year saw researchers in the Department of Clinical Health Psychology engaged in a breadth and depth of clinical research areas, with a notable focus on gastrointestinal illnesses and inflammatory disease, military and veteran mental health, psychological treatment evaluations, trauma and stress, anxiety, depression, and primary care interventions.

A number of studies also investigated health service utilization, cognitive difficulties, psychiatric comorbidities, and suicidality associated with various disorders, including multiple sclerosis, chronic pain, mild cognitive impairment, Alzheimer’s disease, rheumatoid arthritis, and fetal alcohol spectrum disorder.

The COVID-19 pandemic shaped the Department’s new research directions, as many projects this year sought to examine the impact of the pandemic on our society through assessments of its effect on mental health, hospital experiences, surgical cancellations, rural psychology, and chronic disease.

Faced with an escalating demand for mental health resources, a number of investigations this year also assessed the utility and efficacy of internet-based or low intensity/high volume therapeutic services.
PUBLICATIONS

BOOK CHAPTERS


Taylor N. (2021). What Psychological Therapies Might Be Helpful?

In Mukherjee RAS, Aiton N. (Eds.). Prevention, Recognition and Management of Fetal Alcohol Spectrum Disorders (pp. 369-386). Springer Nature, Switzerland.


ARTICLES IN PEER-REVIEWED JOURNALS


Marrie RA, Graff LA, Fisk JD, Pattan SB, Bernstein CN. (2021). The Relationship Between Symptoms of Depression and Anxiety and Disease Activity in IBD Over Time. Inflammatory Bowel Diseases. 27 (8):1285-1293.

ARTICLES IN PEER-REVIEWED JOURNALS (CONT'D)


ARTICLES IN PEER-REVIEWED JOURNALS (CONT’D)


OTHER PRINT AND ELECTRONIC PUBLICATIONS


INVITED PRESENTATIONS

Carlson A. (June 2021). Could it BE more awkward: Navigating dual relationships and stigma in rural practice. Symposium at the Canadian Psychological Association’s 82nd Annual National Convention.6


Koven L, Beatie B. (April 2021). Mild cognitive impairment (MCI) care partners’ experiences, identity, and mental health. Lecture for the Geriatric Medicine Section Rounds, Max Rady College of Medicine, University of Manitoba, Winnipeg, MB.

Lints-Martindale A. (June 2021). Building satisfying careers in rural and northern psychology: A chair’s address. Symposium at the Canadian Psychological Association’s 82nd Annual National Convention.6


Mota N. (November 2021). Occupational mental health: Building Adaptive Coping and Fostering Resilience. Presentation at the Department of Psychiatry Research Rounds, University of Manitoba.9

Quintana J, Vincent N. (November 2021). Sleep and Shiftwork. Lecture at Grand Rounds, Max Rady College of Medicine, University of Manitoba, Winnipeg, MB.


Vincent N. (February 2021). Sleeping Habits During the COVID-19 Pandemic. Workshop for the Shared Health Staff Wellness & Health Booster Sessions.7

Vincent N. (2021). Non-pharmacologic treatment of insomnia. Lecture at the University of Manitoba Family Medicine CPD.

CONFERENCE PRESENTATIONS


Blaney C, Hitchcock CA, Marrie RA, Mackenzie C, Holens P, El-Gabalawy R. (March 2021). Reductions in anxiety, depression, emotional distress and fatigue for rheumatoid arthritis patients following an online mental health intervention. Poster presented at the Anxiety and Depression Association of America Virtual Conference.4


Blaney C, Sommer JL, Mota N, El-Gabalawy R. (March 2021). Complex pain presentations and comorbid PTSD are associated with elevated rates of psychiatric comorbidity. Poster presented at the Anxiety and Depression Association of America Virtual Conference.4


Clayton K, Cheung K, Doyle S. (June 2021). Discrepancies in performance-based measures and teacher ratings of executive function in the assessment of FASD. Poster presentation at the Canadian Psychological Association’s 82nd Annual National Convention.9


Bold denotes CHP faculty
Underlined denotes trainee or student
Denotes virtual presentation
CONERENCE PRESENTATIONS


Piotrowski AS. (July 2021). Translating training in professional psychology programs into leadership development. Oral Presentation at the International Congress of Psychology.


FUNDING

TRI-COUNCIL

Cannabis and mental health among veterans in Canada: Understanding the role of trauma and impact on help-seeking
Canadian Institutes of Health Research (CIHR), Catalyst Grant
PI: Affifi TO, Van Til LD
Co-I: Sareen J, Enns MW, Carleton N, Mota N, Bolton SL, Tailleuil TL, Heber A
$114,746

Adaptation and Evaluation of Virtual Group-Based Cognitive Behavior Therapy Classes for Mental Wellness in Public Safety Personnel
Canadian Institutes of Health Research (CIHR), Project Grant
PI: Bolton SL
Co-I: Pierce C, Hensel J, Mota NP, Sala T, Sareen J
$100,000

CANCOV2.0: 2-year Follow-Up of the Canadian COVID-19 Prospective Cohort Study
Canadian Institute of Health Research (CIHR), Operating Grant
PI: Herridge M, Cheung A
Co-I: Kredentser M
2021-2023
$500,000

ICARE 2.0 – Biopsychosocial risk factors for kidney disease in youth onset type 2 diabetes; Longitudinal evaluation and Pilot study of a novel skills-based health intervention
Canadian Institutes of Health Research (CIHR), Project Grant
PI: Wicklow B, Dart A
2021-2025
$1,300,500

NATIONAL/PROVINCIAL

Integrating psychological and nutritional interventions for patients with IBD: the University of Manitoba Clinical and Research Centre
Crohns Colitis Canada PACE grant program
PI: Bernstein CN, Graff LA
2021-2024
$450,000

An evaluation of an innovative virtual care solution for psychotherapy delivery in Manitoba: A pilot randomized controlled non-inferiority trial
Health Sciences Centre Foundation, General Operating Grant
PI: Bolton SL
Co-I: Sareen J, Hensel J, Mota N, Kinley J, Sala T, Henriksen C
2021-2023
$69,885

One-year cognitive and mental health outcomes in hospitalized COVID-19 survivors and their caregivers
Manitoba Medical Services Foundation
PI: Kredentser M
$33,000

Green Minds
Université de Saint-Boniface
PI: Levesque A
Co-I: Roque R, Warren M, Thiesen D, Hannibal A
$10,000

Evaluating the Impact of Preterm Birth on Parents across Canada: A Mixed-Method Research Study (EIPOP study)
The Children’s Hospital Research Institute of Manitoba (CHRIIM), General Operating Grant
PI: Louis D
$42,150

Mental health outcomes of parents of children born preterm in Manitoba: A population-based cohort study
Manitoba Medical Service Foundation (MMSF), Operating Grant
PI: Louis D
$35,000

Opportunities to promote treatment engagement among older adults referred to specialty mental health services
Research Manitoba / Victoria General Hospital, Foundation Grant
PI: Mackenzie CS
Co-I: Kaschik V, Koven L, Reynolds K, Ramkisson R, Krynski V, Quinn F
$34,539

Sex differences in early release from the Canadian Armed Forces and Challenging Transitions to Civilian Life
Deer Lodge Centre Foundation Research Award
PI: Mota NP, Bolton SL
Co-I: Affifi T, Enns MW, Sareen J
2021-2023
$15,000

The Development and Pilot Evaluation of a Patient-Informed Treatment for Trauma-Related Symptoms in Perinatal People with Interpersonal Trauma Histories
The Children’s Hospital Research Institute of Manitoba, Operating Grant
PI: Reynolds K, Mota N
$49,955.75

SPYKids: The development and evaluation of single-session psychotherapy for young kids through patient engagement techniques
The Children’s Hospital Research Institute of Manitoba (CHRIIM), General Operating Grant
PI: Roos L
$50,000

Understanding Barriers and Facilitators for Participation in Professional Psychology Training for BIPOC Students
Canadian Psychological Association Clinical Section Collaborative Grant
PI: Sabourin BC
Co-I: Theule J, Mushquash C, Keates J, Ford L
$5,000

UNIVERSITY OF MANITOBA INTERNAL

Examining the validity of diagnostic subtypes of avoidant/restrictive food intake disorder
Department of Clinical Health Psychology, Early Career Researcher Grant
PI: Clayton K
Co-I: MacKenzie H, Theule J
$7,492.35

Pilot Study of a Brief Behavioural Activation Intervention for Depressed Patients in Primary Care
Department of Clinical Health Psychology, Early Career Researcher Grant
PI: Dirkse D
Co-I: Potter J, Potter A
$4,676.80

Focused ACT in Primary Care: A Pilot Study of an Online Group-Based Intervention
Department of Clinical Health Psychology, Early Career Researcher Grant
PI: Johns KE
Co-I: Kokokyi S, Neufeld D, Krynski V
$7,500

Predictors of Release and Difficult Transition from Service among Canadian Armed Forces Veterans
Department of Psychiatry, Academic Projects Grant
Awards Competition
PI: Bolton SL
Co-I: Sareen J, Enns MW, Affifi TO, Mota NP, Van Til L, Thompson J
2021-2023
$12,220
CLINICAL FACULTY

Lesley Graff, Department Head
Professor
Lorne Sexton, Associate Head
Associate Professor
Natalie Mota, Research Director
Associate Professor
Patricia Furer
PGME Residency Training Director
Associate Professor
Maxine Holmqvist, UGME Coordinator
Associate Professor
Colleen Murphy, Continuing Professional Development Director
Assistant Professor
Norah Vincent
Promotions Committee Chair
Professor
Amanda Lints-Martindale, Rural Lead
Assistant Professor
Gillian Alcolado, Assistant Professor
John Arnett, Professor
Kevin Barber, Assistant Professor
Brooke Beatie, Assistant Professor
Joanna Bhaskaran, Assistant Professor
Pamela Black, Assistant Professor
Carmen Bodkyn, Assistant Professor
Karis Callaway, Assistant Professor
AnnaMarie Carlson, Assistant Professor
Melissa Chalmers, Assistant Professor
Lauren Chance, Assistant Professor
Sarah Chaulk, Assistant Professor
Kristene Cheung, Assistant Professor
Kylene Clayton, Assistant Professor
Michelle Conan, Assistant Professor
Tara Conway, Assistant Professor
Sabrina Demetrioff, Assistant Professor
Dale Dirkse, Assistant Professor
Susan Doyle, Assistant Professor
Jennifer Ducharme, Assistant Professor
Jessica Dupasquier, Assistant Professor
James Ediger, Assistant Professor
Renée El-Gabalawy, Associate Professor
Patricia Fergusson, Assistant Professor
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Elizabeth Hebert, Assistant Professor
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Jolene Kinley, Assistant Professor
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Katherine Kovachik, Assistant Professor
Lesley Koven, Assistant Professor
Maia Kredentser, Assistant Professor
Valerie Krysanski, Assistant Professor
Carrie Lionberg, Assistant Professor
Heather Mackenzie, Assistant Professor
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David Podnar, Assistant Professor
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Lesley Ritchie, Assistant Professor
Brigitte Sabourin, Assistant Professor
Aynsley Scott, Assistant Professor
Nicole Taylor, Assistant Professor
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David Willoughby, Assistant Professor

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Michelle Warren, Assistant Professor
Kristin Young, Clinical Teacher

STAFF

Inge Zeldenrust, Business Manager
Kate Walsh, Education Program Administrator
Ronda Perinot, Administrative Assistant
Benjamin Meek, Research Coordinator
FACULTY & STAFF

TRAI NEES

RESIDENTS (2020-2021)

Adult Stream

Kevin Capobianco, University of Waterloo
Katherine Kovachik, University of Manitoba
Julia Mason, University of Regina
Nicole Rodriguez, Memorial University of Newfoundland

Child & Adolescent Stream

Leia Kopp, University of Ottawa
Karmen McDivitt, University of Manitoba
Erin Yong Ping, Concordia University

Neuropsychology

Courtney Berezuk, University of Toronto Scarborough

Rural Streams

Jessica Dupasquier, University of Waterloo
Brenna Henrikson, University of Manitoba
Kelsi Toews, University of Saskatchewan

RESIDENTS (2021-2022)

Adult Stream

Beverley Fredborg, Ryerson University

Child & Adolescent Stream

Jeff Foshay, University of New Brunswick
Jona Frohlich, University of Manitoba
Michelle Ward, University of Manitoba

Neuropsychology

Stevenson Baker, York University

Rural Streams

Jeremiah Buhler, University of Manitoba
Lori Cohen, University of Ottawa
Tara Masseratagah, Antioch University New England

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