

### Scope of Practice

*“The practice of psychology is the assessment of behavioral and mental conditions, the diagnosis of neuropsychological disorders and dysfunctions and psychotic, neurotic and personality disorders and dysfunctions and the prevention and treatment of behavioral and mental disorders and dysfunctions and the maintenance and enhancement of physical, intellectual, emotional, social and interpersonal functioning.”*  
*Psychology Act 1991, c. 38, s. 3.*

# Psychology

**Professional Practice Leader (Charlton, West 5th, King):**  
**DR. JOSEPH PELLIZZARI, C.PSYCH.**

### Number of Members of Discipline:

SITE	FTE	PTE	POSITION
Charlton	2		Psychologist
King	2		Psychologist
West 5th	35	5	Psychologist, Psychometrist
Post-docs	4		Psychology Post-Doctoral Fellow
Residents	6		Psychology Resident

## Major Achievements

### CARING

#### Clinical Practice:

- Ontario Structured Psychotherapy (OSP West): launched Phase 0 and Phase 1. OSP West focuses on making publicly-funded, evidence-based Cognitive-Behaviour Therapy available to adults across the region struggling with anxiety and depression. A psychologist is the Network Clinical Lead for OSP West and 5 psychologists are clinical consultants. The program is unique in that it involves a stepped-care approach to care and collaborates with various community partners across the region with the goal of providing high quality, evidence-based care close to home and ensuring access for priority populations.
- Ontario Structured Psychotherapy (OSP West): onboarded onto IAPTUS by Mayden for the EMR that will be used across the region. Mayden is the measurement-based care tool for UK's Increasing Access to Psychotherapy Program, on which OSP is based, and OSP West is the company's first venture into Canada. This EMR will allow a seamless transition of care across all partners involved in OSP West and provide a robust measurement-based care platform to monitor and adjust treatments.
- Awarded “Team Innovation in Professional Practice Excellence in Practice Award”, for the COVID-19 Mental Health Support Team, from the Professional Advisory Committee Awards - **interprofessional**
- Ongoing involvement of several psychology staff in the Mental Health and Psychosocial Support Service to provide peer support to health and community care workers— one of 5 support portals in the province - **interprofessional**
- Ongoing development of the Coping & Resilience Support Team (CARS) – aimed at providing in-situ mental health and psychosocial supports to health and community care workers – **interprofessional**

## Caring Clinical Practice Continued...

- Co-development and implementation of new measurement-based care standards within the Mood Disorders Program outpatient service - ***interprofessional***
- Co-development and implementation of new suicide risk assessment and monitoring procedures for group outpatient therapy within the Mood Disorders Program - ***interprofessional***
- Completed quality improvement project for “Menopause and the Brain Cognitive Remediation Group”.
- Development of a Coping with Chronic Pain group within the WSIB Mental Health Specialty Clinic along with Occupational Therapy – ***interprofessional***
- Proposed and initiated a monthly online peer support group for home hemodialysis patients at St. Joe's along with social work, and nursing – ***interprofessional***
- Assisted in restructuring the Kidney Urinary Program's "Modality Fair"- an education day for patients to learn about renal replacement therapy options - ***interprofessional***
- Collaborated with occupational therapy and psychiatry to support to several patients with complex presentations in the MHAP – ***interprofessional***
- Development, implementation, and evaluation of the Written Exposure Therapy group protocol for patients with PTSD (with social work) – ***interprofessional***
- Development and implementation of the Prioritizing Indigenous Mental Health stream which integrated patient feedback and community consultation - ***interprofessional***
- A psychologist was Co-Chair, Eating Disorders COVID-19 Recovery Advisory Table reporting to the Ontario Mental Health and Addictions COVID-19 Recovery Advisory Table, Ontario Health Mental Health and Addictions Centre of Excellence.
- A psychologist was appointed Provincial Clinical Lead, Depression and Anxiety Related Disorders, Mental Health Centre of Excellence, Ontario Health.
- Developed new group content for “slow responders” to psychological treatment in outpatient MHAP services.
- Integrated technology-based tracking for clients to monitor progress in outpatient MHAP services.
- Developed a CBT for Social Anxiety Disorder Group at the Youth Wellness Centre.
- Developed a new 12-week treatment group: Outpatient Recovery Oriented CBT for Psychosis.
- Participation in the Schizophrenia & Community Integration Service - combined Inpatient and Outpatient Quality and Patient Safety Council.
- Developed and facilitated two stand-alone 2-session workshops (Pacing for Pain; Pain and Sleep) based on patient feedback/need in the Chronic Pain Service.
- Implementing 3 HQO schizophrenia treatment standards in both inpatient and community settings; i) comprehensive assessment, ii) cognitive behaviour therapy for psychosis (CBTp), iii) cognitive remediation.
- Representing St. Joe's as a member of Ontario Health, Mental Health Clinical and Technical Working Group, informing selection and implementation of schizophrenia care quality standards.

## Caring Clinical Practice Continued...

- Offered a new program focused on supporting family members of adults with obsessive compulsive disorder (OCD Family Accommodation Reduction program).
- Completed a pilot project of extending treatment for individuals with OCD who only achieved partial response to CBT. Evaluation of feasibility and outcomes.
- Implementation of Self-Assessment of Risk Tool for forensic patients based on feedback and collaboration from patients.
- Implementation of the Structured Assessment of Protective Factors for Violence Risk to enhance risk assessment in forensics patients.
- Providing education on mindfulness to staff through the employee wellness program.
- Co-leading a Prolonged Exposure (PE) consultation group which meets periodically to promote capacity building amongst staff and learners in the administration of PE – a treatment for post-traumatic stress disorder (PTSD).
- Ongoing quality improvement initiative around Cognitive Processing Therapy (CPT) – at treatment stream for PTSD.
- Ongoing adaptation of the Maintaining Your Progress group to accommodate different transdiagnostic presentations (e.g. anxiety disorders, OCD, perfectionism).
- Implementation of a new treatment group focusing on social anxiety in first episode psychosis.
- Used patient feedback, obtained via satisfaction questionnaires, to make changes to a cognitive remediation group (Memory Boost).
- Establishing bi-weekly team meetings within the Neurology Services in the WSIB Specialty Clinic to facilitate team communication and treatment and discharge planning for injured workers.
- Doubled the number of visits in the Eating Disorder Service by implementing changes to services.
- Monitored an app developed last year (in coordination with a community-based program Body Brave for people struggling with eating disorders) - over 1000 downloads, helping patients to find the right level of care for their eating disorder.
- Evaluation of program outcomes over the pandemic - virtual treatment appears to be as good as or better than in person care in terms of remission from eating disorder symptoms.
- Ongoing development of the Young Adult Substance Use Program (YA-SUP) in the Concurrent Disorders Program (CDP). Treatment implementation - cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT) -informed , motivational interviewing (MI), and harm reduction group-based programming (based on measurement-based care). Capacity-building, staff development and enhancing opportunities for psychology learners.
- Developing content for group treatment for youth with co-occurring attention deficit hyperactivity disorder (ADHD) and substance use.



## LEARNING

- Developing content for group for interpersonal effectiveness for youth with concurrent disorders.
- Evaluated outcomes of trauma-specific and mixed-trauma cognitive processing therapy groups for PTSD.

## Education:

- Distinction – National Award – “Award for Excellence in Professional Training”, Canadian Council of Professional Psychology Programs
- Distinction - Staff Award – “Dedication to Education Award”, Department of Psychiatry and Behavioural Neurosciences, McMaster University
- Distinction – PAC “Health Professional’s Team-Teaching Excellence in Practice Award” awarded to Clinical Neuropsychology Service
- **Academic Appointments & Affiliations:**
- McMaster University, Department of Psychiatry and Behavioural Neurosciences (PBN) – Almost all psychology staff have appointments with the PBN
- McMaster University, Department of Psychology, Neuroscience and Behaviour (PNB) – Several psychology staff also have appointments with the PNB
- Research Institute of St. Joe’s Hamilton (RSJH) – the majority of psychology staff have affiliations with RSJH
- Peter Boris Centre for Addiction Research, SJHH – many affiliations
- Neuroscience Graduate Program, McMaster University – some affiliations
- A psychology staff is the Psychotherapy Associate Lead, Psychiatry Residency Program, Department of Psychiatry & Behavioural Neurosciences
- A psychology staff is Member program (Training Director), Association of Postdoctoral Programs in Clinical Neuropsychology (APPCN)

## Clinical Education

- Clinical Psychology Residency Program at St. Joe's - received close to 100 applications from across Canada in 2022 for 6 spots (4 “general stream”, 1 “neuropsychology stream”, 1 “forensics stream”). We interviewed 50 candidates and matched within our top 10 ranked applicants. The current residents are from Clinical Psychology Doctoral programs at York University, Toronto Metropolitan University, Western University, University of Victoria, Queen's University, and the University of Ottawa. Several psychology staff are involved in the leadership of this program, clinical supervision, program evaluation training, resident mentorship, and resident seminar teaching including the Supervision of Supervision series.
- Psychology Practicum Program at St. Joe's - received 47 applications in 2022 from schools across Ontario. 29 learners were placed throughout the MHAP offering training in a wide range of clinical programs including the Anxiety Treatment and Research Clinic (7), Women’s Health Concerns Clinic (8), Neuropsychology (4), Community Psychiatry Clinic (5), Chronic Pain Clinic (2), WSIB (1), and Youth Wellness (2). Learners were from graduate programs in clinical psychology from Waterloo, McMaster, Toronto, York, Windsor, U Toronto.

## LEARNING Clinical Education Continued...

- McMaster Psychology Research & Clinical Training PhD Stream (RCT) - several psychologists have leadership positions in this innovative graduate program in clinical psychology developed through a partnership with St. Joe's, McMaster Psychiatry and Behavioural Neurosciences, and McMaster Psychology Neuroscience and Behaviour. Several psychologists are involved in graduate research supervision for these learners, the Longitudinal Exposure Practicum -an 8-month clinical practicum for students in the first year of their PhD, and course / seminar teaching. Twelve students are currently enrolled in this Stream.
- McMaster Masters of Science in Psychotherapy Program - several psychology staff continue to be involved in the leadership of this program, course teaching, and supervision of placements.
- McMaster Clinical Behavioural Sciences Program - several psychologists teach and supervise learners in this post-professional training program.
- McMaster Psychology Neuroscience and Behaviour – undergraduate thesis research supervision, independent lab study – over 20 students.
- McMaster Health Sciences – undergraduate research placements.
- McMaster Neuroscience Graduate Program – research supervision.
- McMaster Psychiatry and Behavioural Neurosciences - clinical supervision of psychiatry residents (over 15 residents) – Group Therapy Module, CBT Anxiety Module, CBT Depression Module; IPT Module; Forensic Psychiatry, DBT ; resident seminars; rounds presentations; course sessional teaching, academic half-days in sub-specialty programs (Forensics, Geriatric).
- McMaster Medicine Sub-Specialty Programs - academic half-days for Palliative Care Fellows, Critical Care Fellows.
- McMaster Social Work – BSW practicum supervision – 1 student.
- McMaster Social Work – leadership course field placement – 1 student.
- St. Joe's Psychology Post-Doctoral Fellows – clinical supervision, research supervision, seminar / rounds teaching (4+ fellows).

### Research

***Psychology staff are principal investigator or co-investigator on several new peer-reviewed awards/grants from multiple agencies in the amount of over \$8M:***

1. Canadian Institute of Health Research (CIHR) Planning and Dissemination Grant: Stakeholder Engagement to Increase Access of Mental Health and Substance Use Services Among Equity Deserving Groups (\$33,400).
2. Canadian Institute of Health Research (CIHR), Pandemic Preparedness and Health Emergencies: Early Career Investigator Grant Priority Announcement: Regulating post-traumatic stress disorder neural networks: A real-time fMRI neurofeedback mechanistic study in frontline healthcare workers. (\$350,000).
3. Canadian Institutes of Health Research. Stakeholder Engagement to Increase Access of Mental Health and Substance Use Services Among Equity Deserving Groups. (\$33,400)
4. Canadian Institutes of Health Research. Knowledge Syntheses to Identify Best Treatments for Cancer Related Neurocognitive Dysfunction in Cancer Survivors.



## LEARNING Research continued...

5. Canadian Institutes of Health Research Team grant: A randomized control trial of a novel approach to cognitive training in public safety personnel with post traumatic stress injuries. (\$990,000).
6. Mobilizing Insights in Defense and Security (MINDS), Department of National Defense, Government of Canada: Understanding Gender Identity Narratives Among Transgender and Gender Diverse Military Members and Veterans: A Pilot Study. (\$50,000 CND).
7. Involved as co-investigator in OREOS-Knees study (Opioid Reduction and Enhanced Recovery in Orthopedic Surgery (OREOS): A feasibility randomized controlled trial in total knee replacement patients); Funded by Canadian Anesthesiologists Society, Dr. James Beskstead Award (\$20,000); Funded by Institute for Pain Research and Care, Seed Grant (\$30,000).
8. Inclusive, Integrated & Enhanced Data & Digital Infrastructure Platforms for More Timely & Responsible Health Workforce Planning & Decision Making. (\$787,952)
9. Developing a Culturally Safe Evaluation and Research Plan for the Indigenous Chronic Pain and Substance Use Project Extension for Community Health Outcomes. (\$24,600)
10. Power Over Pain: Implementation of a digital portal that provides Canadians with rapid access to stepped care resources for the management of pain, mental health and substance use across the lifespan. Health Canada. (\$1,200,000)
11. Improving Access to Chronic Pain Care: A Pilot Window-of-Opportunity Study of the Power Over Pain Portal at the Ottawa Hospital. (\$99,753)
12. Mental Health Toolkit for Scleroderma - Curriculum Development Process. Scleroderma Canada. (\$16,790)
13. Investigating a brief group treatment for posttraumatic stress disorder: A pilot study. Health professional research award from the Professional Advisory Council (PAC), St. Joseph's Healthcare Hamilton. (\$9780)
14. Identifying military cultural competencies in civilian sexual assault support programs serving survivors of military sexual trauma. Department of National Defense. (\$50,000).
15. Restoring Hearts and Minds: A Symposium Event for People With Lived Experience of Military Sexual Trauma (MST). Department of National Defense. (\$50,000).
16. A randomized control trial of Equine-Assisted Learning among public safety personnel with post-traumatic stress disorder. Charitable Impact Foundation. (\$347,109).
17. Investigating a Brief Group Treatment for Posttraumatic Stress Disorder: A Pilot Study, Grant, Professional Advisory Committee Interprofessional Research Award Program, St. Joseph's Healthcare Hamilton: \$10,000.00.
18. Completed enrollment in the Health Outcomes in Acute Psychiatry (HOAP) study which was funded by the PBCAR living laboratories internal grant of \$15,000.

### ***Psychologists are involved in the following ongoing evaluation / research projects:***

- Project evaluating the effect of group composition on treatment outcome for PTSD
- Program evaluation of groups at Charlton Campus, acute inpatient units
- NEUROALC clinical research study, Peter Boris Centre, McMaster University

## LEARNING Research continued...

- Project comparing effectiveness of group CBT-IU for GAD and standard group CBT for GAD
- Project investigating tDCS for youth with OCD
- Facilitate semi-structured clinical research assessments, using the Diagnostic Assessment Research Tool (DART) and Structured Clinical Interview for DSM-5 (SCID-5) for the DART validation study
- DART - validating the substance use measures in a concurrent disorders population
- Multi-disciplinary Borderline Personality Disorder research project
- Evaluating the Implementation of an Animal Assisted Intervention in a Forensic Psychiatry Setting
- Mental health support for renal patients across Ontario
- Evaluating the feasibility and acceptability of digital technology use in individuals with schizophrenia: The Oura study
- ECT Mood and Cognition Database
- Memory Boost Program Evaluation, Clinical Neuropsychology Service
- Development of proposal looking at treatment outcomes for anxiety in transition-aged youth
- Development of cognitive processing therapy (CPT) for youth group manual, and initiating CPT for youth treatment program
- Development of proposal looking at a cognitive-behavioral approach for addressing the psychosocial impact of minority stress in transgender and gender diverse (TGD) individuals
- Development of proposal looking at sex and gender considerations for dialectical behavior therapy
- Disability following first episode psychosis. Study is supported by the Rowe Grant
- PBCAR database project examining differences between young adults and adults with concurrent disorders
- Evaluating the Emotion Regulation Skills Group for Concurrent Disorders (ERS-CD) with YASUP
- RCT for CBT for sexual concerns in menopause
- Improving the Efficiency of Psychological Screening at St. Joseph's Healthcare Hamilton's Eating Disorder Clinic
- A Randomized Controlled Trial of Structured Exposure Dialectical Behaviour Therapy (SE-DBT) in Borderline Personality Disorder: A Pilot Study
- Interoceptive training to target anxiety and stress in clinical samples
- Ongoing participation in "Towards a digital diagnostics suite for reducing hospital admissions in vulnerable patients with chronic kidney or respiratory disease"
- Mindfulness-Based Interventions for OCD: Efficacy, Mechanisms, and Biological Predictors of Outcome
- Collected data for program evaluation of cognitive remediation group for individuals with mild cognitive impairment
- Re-development and program evaluation of a cognitive remediation group for individuals with a mood disorder
- Ethical consideration for proxy decision making in dementia research

## LEARNING Research continued...

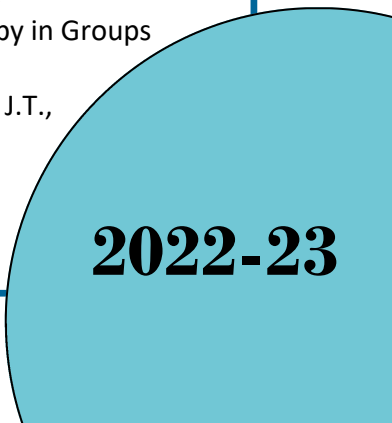
### *Psychologists are participating and leading the following evaluation projects:*

- Program evaluation processes for group CBT within MTRC
- Psychoeducational Psychotherapy group for Bipolar Disorder within MTRC
- Implementing consumer-grade smart bands into routine clinical monitoring on MTRC inpatient
- Pre-processing neuroimaging data for contribution to ENIGMA consortium investigating neurobiological risk for depression
- Evaluating a post-discharge transition group for patients with bipolar disorder
- Reliability Generalization study of the Geriatric Suicide Ideation Scale (GSIS)
- Collaborating on DECAF study to investigate relationship between cognitive dysfunction and depression symptoms
- Preventing Alzheimer's dementia with Cognitive remediation plus tDCS in MCI and Depression (PACT-MD) study
- Cannabis use in eating disorder patients
- Collaboration(s) looking at transition aged youth with eating disorders
- Self-Compassion study in eating disorders
- Experimental study deconstructing elements of psychoeducation in eating disorder treatment and impact on weight control beliefs
- Weight control beliefs in a male student population
- Bariatric surgery study in BED patients
- Reasons for dropping out of group CBT
- Evaluating the Impact of a Rapid, Peer Support Mental Health Intervention for Healthcare Workers Impacted by COVID-19
- Qualitative evaluation of patient experiences in two CBT for GAD group treatments

### Publications

#### *Psychology staff were involved with 84 publications (academic journals / book chapters / books) in 2022 (staff names are in bold, learners marked with \*):*

1. \*Agako, A., Burckell, L., **McCabe, R.E.**, Frey, B., Barrett, E., Silang, K. & **Green, S.** (2022). A pilot study examining the effectiveness of a short-term, DBT informed, skills group for emotion dysregulation during the perinatal period. Psychological Services.
2. Battaglia, A. M., Gicas, K. M., **Mamak, M.**, & Goldberg, J. O. (2022). Mistakes in interpersonal perceptions: Social cognition in aggressive forensic psychiatry patients. Criminal Behaviour & Mental Health, 1-14.
3. Battaglia AM, **Mamak M**, Goldberg JO. (2022). The impact of social media coverage on attitudes towards mental illness and violent offending. J Community Psychol. 2022 Jan 30.
4. **Bieling, P. J.**, Antony, M. M., & **McCabe, R. E.** (2022) Cognitive-Behavioral Therapy in Groups ( 2nd Edition). Guilford Press.
5. Bonardi, O., Wang, Y., Li, K., Jiang, X., Krishnan, A., He, C., Sun, Y., Wu, Y., Boruff, J.T., Markham, S., **Rice, D.B.**, et al., (2022). Effects of COVID-19 Mental Health Interventions Among Children, Adolescents, and Adults Not Quarantined or Undergoing Treatment Due to COVID-19 Infection: A Systematic Review of Randomised Controlled Trials. Journal of Canadian Psychiatry. 67(5):336-350.

**2022-23**



## LEARNING Publications continued...

6. **Boyd, J.E.**, Ouelette, M.J., \*Puccinelli, C., & **McCabe, R.E.** (2022). Case formulation, behavior analysis and diagnostic interviews. Reference Module in Neuroscience and Biobehavioral Psychology. Elsevier.
7. \***Boyd, J.E.**, \*Sanger, B.D., \*Cameron, D.H., \*Protopopescu, A., **McCabe, R.E.**, O'Connor, C., Lanius, R.A., & **McKinnon, M.C.** (2022) A pilot study assessing the effects of Goal Management Training on cognitive functions among individuals with major depressive disorder and the effect of post-traumatic symptoms on response to intervention. *Brain Sciences*. 12(3), 377.
8. Brassard, S.L., **Laliberte, M.**, MacKillop, J. et al. Disgust sensitivity and behavioural inhibitory systems in binge eating disorder: associations with eating pathology. *Eat Weight Disord* 28, 15 (2023).
9. Cane, C., Carcone, D., **Gardhouse, K.**, Ruocco, A. (in press). An Exploratory Study of Functional Brain Activation Underlying Cognitive Control in Major Depressive Disorder and Borderline Personality Disorder. *PLoS ONE*.
10. Carcone, D., **Gardhouse, K.**, Goghari, V. M., Lee, A. C. H., & Ruocco, A. C. (in press). The transdiagnostic relationship of cumulative lifetime stress with memory, the hippocampus, and personality psychopathology. *Journal of Psychiatric Research*.
11. \*Carmona, N.E., Millett, G.E., **Green, S.M.**, & Carney, C.E. (2022) Cognitive-behavioral, behavioural and mindfulness-based therapies for insomnia in menopause, *Behavioral Sleep Medicine*.
12. Dabas, G., **Rowa, K.**, **Milosevic, I.**, Moscovitch, D.A., & **McCabe, R.E.** (2022). The impact of particular safety behaviours on perceived likeability and authenticity during interpersonal interactions in social anxiety disorder. *Behavioural and Cognitive Psychotherapy*.
13. Dahr, Y., Cardoso, T., **Syan, S.**, Caropreso, L., Minuzzi, L., Smith, M., Allega, O., El-Tayebani, M., Mendes-Ribeiro, J., Souza, L., Silva, R., Mondin, T., Moreira, F., Kapczinski, F., Jansen, K., & Frey, B. (2022). Investigating biological rhythms disruptions across the menstrual cycle in women with comorbid bipolar disorder and premenstrual dysphoric disorder. *Archives of Women's Mental Health*. 25.
14. \*D'Alessandro, D., \*Ritchie, K., **McCabe, R.E.**, Lanius, R.A., Heber, A., Smith, P., Malain, A., Schielke, H., O'Connor, C., Hosseiny, F., Rodrigues, S., & **McKinnon, M.C.** (2022). Healthcare workers and COVID-19-related moral injury: An interpersonally-focused approach informed by PTSD. *Frontiers in Psychiatry* 2022 Feb 14;12.
15. Dal Santo, T., Sun, Y., Wu, Y., He, C., Wang, Y., Jiang, X., Li, K., Bondari, O., Krishnan, A., Boruff, J.T., **Rice, D.B.**, et al., (2022). Systematic Review of Mental Health Symptom Change by Sex or Gender in Early-COVID-19 Compared to PrePandemic. *Scientific Reports*. 12(1):11417
16. Daoust, A. R., Stanton, K., **Vandermeer, M. R. J.**, Liu, P., Harkness, K. L., & Hayden, E. P. (2022). Development and Preliminary Validation of the Pandemic Avoidance and Concern Scales (PACS). *Journal of Psychopathology and Behavioral Assessment*, 44(4), 1029-1042.
17. Donegan, E., Frey BN, **McCabe, RE**, Streiner, DL, Fedorkow DM, Furtado M, **Green SM**. (2022). Impact of the CBT-Meno Protocol on Menopause-Specific Beliefs, Dysfunctional Attitudes, and Coping Behaviors. *Menopause*, 963-972.

## LEARNING Publications continued...

18. Donegan, E., Frey, B.N. **McCabe, R.E.**, Streiner, D.L., & **Green, S.** (2022). Intolerance of uncertainty and perfectionistic beliefs about parenting as cognitive mechanisms of symptom change during cognitive behavioural therapy for perinatal anxiety. *Behavior Therapy*.
19. Duval, A., Davis, C.G., Khoo, E.L., Romanow, H., Shergill, Y., **Rice, D.B.**, Smith, A., Poulin, P., & Collins, B. (2022). Mindfulness-Based Stress Reduction and Cognitive Function Among Breast Cancer Survivors: A Randomized Controlled Trial. *Cancer*. 128(13):2520-2528
20. \*Easterbrook B, Ricciardelli R, Sanger B, Mitchell MM, **McKinnon MC**, Carleton RN. (2022). Longitudinal Study of Canadian Correctional Workers' Well-being, Organizations, Roles and Knowledge (CCWORK): Baseline Demographics and Prevalence of Mental Health Disorders. *Frontiers in Psychiatry*, Aug 12;13.
21. \*Easterbrook, B., Brown, A., Millman, H., Van Blyderveen, S., Lanius, R., \***McKinnon, M.C.**, \*O'Connor, C. (2022). The mental health experience of treatment-seeking military members and public safety personnel: A qualitative investigation of trauma and non-trauma related concerns. *Health Promotion and Chronic Disease Prevention in Canada*, 01 Jun 2022, 4(6):25260.
22. \*Easterbrook, B., Plouffe, P.A., Houle, S.A., Liu, A., **McKinnon, M.C.**, Ashbaugh, A.R., Mota, N., Afifi, T.O., Enns, M.W., Richardson, J.D., & Nazarov, A. (2022). Risk factors for moral injury among Canadian Armed Forces Personnel. *Frontiers in Psychiatry*.
23. Frey, B., Allega, O., El-Tayebani, M., **Syan, S.**, Mendes-Ribeiro, J., Minuzzi, L. (2022). A DSM-5-based tool to monitor concurrent mood and premenstrual symptoms: the McMaster Premenstrual and Mood Symptom Scale (MAC-PMSS). *BMC Women's Health*. 22.
24. Géa, L. P., Upfold, C., Qureshi, A., **Moulden, H. M.**, **Mamak, M.**, Bradford, J. M. W., Chaimowitz, G. (2022). Public perceptions of psychiatric, justice-involved, and elderly populations during the COVID-19 pandemic. *Journal of Psychiatric Research*, 146, 67-76
25. \*Gobin, K., **Boyd, J.**, & **Green, S.** (2022). Cognitive Processing Therapy for Childbirth-Related Posttraumatic Stress Disorder: A Case Report. *Cognitive and Behavioral Practice*. 30.
26. Halladay, J., **Stead, V.E.**, Burns, J., MacKillop, J. (Accepted). Development of a Measurement Based Care Program for Young Adult Substance Use: Program Development and Initial Patient Profiles. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*
27. \*Inness, B. E., **McCabe, R. E.**, & **Green, S. M.** (2022). Problematic behaviours associated with generalized anxiety disorder during pregnancy and the postpartum period: A thematic analysis. *Psychology and Psychotherapy: Theory, Research, and Practice*, 95, 921-938.
28. \*Khalesi, Z, Jetha, M, **McNeely, H.E**, Goldberg, J, Schmidt, LI. (2022). Shyness, Emotion Processing, and Objective Quality of Life among Adults with Schizophrenia: An ERP Study. *International Journal of Neuroscience*.
29. \*Levitt, E., Gohari, M., **Syan, S.**, Belisario, K., Gillard, J., DeJesus, J., Levitt, A., & MacKillop, J. (2022). Public health guideline compliance and perceived government effectiveness during the COVID-19 pandemic in Canada: Findings from a longitudinal cohort study. *The Lancet Regional Health - Americas*. 9. 100185.

## LEARNING Publications continued...

30. Liu, P., **Vandermeer, M. R. J.**, Mohamed Ali, O., Daoust, A. R., Joanisse, M. F., Barch, D. M., & Hayden, E. P. (2022). Maternal depression, child temperament, and early-life stress predict never-depressed preadolescents' functional connectivity during a negative-mood induction. *Clinical*. Retrieved from <https://journals.sagepub.com/doi/pdf/>
31. Liu, P., **Vandermeer, M. R. J.**, Daoust, A., Green, H., & Ali, O. M. (2022). Maternal depression, childhood resting-state brain connectivity, and adolescent depression during the COVID-19 outbreak. Retrieved from <https://psyarxiv.com/v9kbj/download?format=pdf>
32. MacDougall, A., Puka, K., Price, E., Oyewole-Eletu, O., **Gardizi, E.**, Anderson, K., Norman, R., (2023) Effectiveness of a mindfulness-based intervention for young people with early psychosis: A multi-site randomized controlled trial (Submitted for Publication to Schizophrenia Research)
33. **MacKillop, E. & McCabe, R.E.** (2022). Structuring and delivering group CBT in acute inpatient settings. In **Bieling, P.J., McCabe, R.E., & Antony, M.M.** (Eds.). *Cognitive Behavioral Therapy in Groups*, 2nd Edition. New York, NY: Guilford Publications.
34. **MacKillop, E.**, Campbell, M., McCartney, K., & Rodrigo, A. (2022). Examining positive outcomes of therapeutic interventions in acute inpatient psychiatry with recreation therapy as linchpin to interprofessional collaboration. *Journal of Therapeutic Recreation Ontario*, 16, 48-60.
35. Merritt, O., **Rowa, K.**, & Purdon, C. (in press). Criticism and accommodation are associated with treatment concerns in close others to those with anxiety. *British Journal of Clinical Psychology*.
36. Merritt, O., **Rowa, K.**, & Purdon, C. (accepted). Context matters: Criticism and accommodation by close others associated with treatment attitudes in those with anxiety. *Behavioural and Cognitive Psychotherapy*.
37. Merritt, O., **Rowa, K.**, & Purdon, C. (2022). How do close others to those with anxiety feel about treatment? Development and validation of the Treatment Concerns Questionnaire-Close Others. *Cognitive Therapy and Research*.
38. Merza D, Layton H, Savoy C, Babiy Z, Campbell M, **Bieling PJ**, Brown JSL, Van Lieshout RJJ (2023). Online Peer-Delivered 1-Day Cognitive Behavioral Therapy-Based Workshops for Postpartum Depression: A Pilot Study. *Clin Psychiatry*. 2;84(1)
39. Milanovic, M., **McNeely, H.E.**, Qureshi, A., **McKinnon, M.** & Holshausen, K. (2022). Evidence-based treatments for depression: Effects on neurocognition and adaptations for neurocognitive impairments. In S. McClintock and J. Choi (Eds.), *Neuropsychological assessment and treatments for depression*. New York, NY: Guilford Press. Guilford Press. February 20, 2022
40. Millman, H., Andrews, K., \*Harricharan, S., \*Goegan, S., \*Sanger, B., Beech, I., O'Connor, C., Lanius, R., & **McKinnon, M.C.** (2022). Public safety personnel feedback from a remote trial of Goal Management Training for post-traumatic stress during Covid-19. *Journal of Community Safety and Well-Being*, 7(1), 27-31.
41. \*Mizzi, A.L., **McKinnon, M.C.**, & Becker, S. (2022). The impact of aerobic exercise on mood symptoms in trauma-exposed young adults: A pilot study. *Frontiers in Behavioural Neuroscience*. 16:829571.

## LEARNING Publications continued...

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## BUILDING

### Staff:

- Several psychology staff offer formal clinical supervision for those pursuing licensure with the College of Psychologists of Ontario (14).
- Several psychology staff completed licensure with College of Psychologists of Ontario.
- Psychology staff maintain their research certificates: "Ethical Conduct for Research Involving Humans Course on Research Ethics (TCPS 2: CORE)"; Canada Good Clinical Practice (GCP) course - Collaborative Institutional Training Initiative (CITI).

## **BUILDING Staff continued...**

- Multiple staff maintain (or are pursuing) certification in cognitive-behavioural therapy with the Canadian Association of CBT (CACBT).
- A psychology staff member received designation of Dialectical Behavioural Therapy-Linehan Board of Certification, Certified Clinician.

## **Internal Education:**

- Several psychology staff facilitate their local service academic rounds / journal clubs (e.g., Anxiety Treatment and Research Clinic, WSIB Specialty Clinics, Clinical Neuropsychology Service).
- Psychology staff are Schwartz Centre Rounds facilitators and have facilitated several events.
- Co-facilitated community-wide virtual events – The Hope Healing and Recovery Exchange Events - for health and community care workers.
- Provide on-going training and supervision of SOC interdisciplinary staff with competence in CBT to deliver CBT to increase resources to meet the Health Quality Ontario Schizophrenia Standard 11 which recommends that all suitable adult outpatients with schizophrenia are offered cognitive behavioural therapy for psychosis (CBT p).
- Introduce and represent role of health psychology in interdisciplinary renal care for groups of rotating nephrology residents as well as new hemodialysis nurses in training
- Support new staff and psychology practicum students in training in administering DART psycho-diagnostic assessments.
- Providing education to new CBT therapists at the Ontario Structured Therapy Program on the basics of CBT.
- Providing training in Cognitive Processing Therapy to other staff at ATRC and OSP.
- Providing seminars on Differential Diagnosis to Intake Staff and clinicians at OSP.
- Providing seminars on Exposure Therapy to Intake Staff and clinicians at OSP.
- Measurement-based care presentations to the Mood Disorders Program (inpatient and outpatient services).
- Orientation of new clinicians (RNs, SWs, TRs) to risk assessment and management in the Forensic Outpatient Program.
- Risk Assessment Training of the HARM.
- Presented a one-hour workshop titled "But the skills don't work: The role of on-going assessment in DBT Skills Training' through the Community Psychiatry Clinic Rounds.
- Facilitated a three-hour workshop 'Dialectical Behaviour Therapy Skills Training' at the Community Psychiatry Clinic.
- Co-facilitated a one-hour workshop for Seniors Mental Health Retreat on 'DBT Skills to use when emotions are intense'.
- Providing on-going weekly consultation to the General Psychiatry Team at the Community Psychiatry Clinic.
- Presented several talks on topics related to DBT and BPD during the Borderline Personality Disorder Services' weekly didactics series. Topics included: Self-compassion, Dialectics, Commitment building, Mindfulness, Radically open DBT.

## **BUILDING** Internal Education continued...

- Supported Employee Wellness in co-creating three handouts that are posted on the St. Joe's internal website regarding distress tolerance skills.
- Facilitated a three-day training for other staff at St. Joseph's Healthcare Hamilton on 'DBT Skills: A Foundational Workshop'.
- Facilitated a two-day training for other staff at St. Joseph's Healthcare Hamilton on 'Introduction to Individual DBT: Why, How, and We Got This!'
- Presented at Mood Disorders Academic Rounds rounds - Trauma, Depression, and PTSD: Comorbidity, Differential Diagnosis, and Treatment.
- Rounds presentation through Department of Psychiatry and Behavioural Neurosciences on Indigenous Mental Health (panel discussion).
- Supervision of allied staff (social worker and occupational therapy) in the administration of CBT.
- Organized one-year didactic seminar series (Clinical Neuropsychology Rounds), with invited presentation by external experts, internal clinical staff, and internal learners in neuropsychology.
- Presented on group CBT efficacy (e.g., outcomes) and response rates to allied health staff in Moods.
- Contributed to presentation on suicide risk assessment/risk management within Moods.
- Presenting on the topic of malingering and effort in neuropsychological assessment to the CNS team and student learners.
- Educating Occupational Therapists and other external team members about neuropsychological assessments, testing, etc.
- Weekly to bi-weekly sessions on CBTe for eating disorders for clinicians on team.
- PBCAR presentation: "Heart Rate Variability: Theory, Procedures, and Application in Substance Use Research."
- Concurrent Disorder Rounds: "'What do you mean I have BPD?' - The importance of helping clients understand their BPD diagnosis".
- Ongoing in-service training for YASUP team on group programming.
- Ongoing in-service training for clinicians within the Community Psychiatry Clinic on working with clients with substance use (and harm reduction strategies/considerations).
- Psychology staff maintain memberships in various provincial, national and international associations such as the Ontario Psychological Association, Canadian Psychological Association, American Psychological Association, Association of Behavioral and Cognitive Therapies, Canadian Association of Cognitive and Behavioural Therapies, Academy for Eating Disorders, American Board of Professional Psychology (Clinical Neuropsychology), American Academy of Clinical Neuropsychology, Anxiety Disorders Association of America, Association for the Treatment of Sexual Abusers, International Association for Forensic Mental Health Service to name a few.

## BUILDING continued...

### Professional Practice Development:

- Training event - CBT for Avoidant Restrictive Feeding and Eating Disorders, Dr. Jennifer Thomas, Ontario Community Outreach Program for Eating Disorders
- Completed online course: Diversity, Equity, and Inclusion in Pain Care. Integrative Pain Science Institute.
- Completed on-demand program: Yes, We Do That Too: The Many Roles for Pain Psychologists. American Psychological Association, Continuing Education in Psychology.
- Many psychology staff attended the 2022 CACBT Conference.

### LEADING

- Ongoing waitlist management strategies for Moods
- Chair of MHAP rounds committee, and host
- Working Towards Recovery Inpatient Schizophrenia Group clinical lead
- Coordination of The International Forensic Lecture Series
- Interpersonal Psychotherapy Clinical Training Lead, Clinical Behavioural Sciences Program, McMaster
- IPT Module Coordinator, Psychotherapy Program, McMaster University, Hamilton, ON
- Module Coordinator, CBT for Anxiety training for Psychiatry Residents, McMaster
- Academic Lead, Schizophrenia Division, Department of Psychiatry and Behavioural Neurosciences, McMaster
- Director of Inter-professional Faculty Development, Department of Psychiatry and Behavioural Neurosciences, McMaster
- Director of Continuing Education, Department of Psychiatry and Behavioural Neurosciences, McMaster
- Chair and site lead: interdisciplinary Steering Committee within SJHH Schizophrenia and Community Integration Services implementing HQO schizophrenia treatment standards in both inpatient and community settings
- Clinical Lead: Clinical Neuropsychology Service, St. Joseph's Healthcare
- Patient Advisory Council, Forensic Psychiatry Program, St. Joseph's Healthcare Hamilton
- Training Director of Clinical Psychology Residency Program. Led the process of submitting a self-study for re-accreditation
- Co-chair of the EDI committee in the Residency Program
- Chair of the Residency Training Committee
- President of CACBT and Co-Chair of the CACBT annual conference
- Co-Development of course on Fundamentals of Cognitive Behavioural Therapy for Anxiety and Mood Disorders
- Coordinate training in CBT for Anxiety for Psychiatry residents, Teach introductory seminars on CBT to Third year psychiatry
- Facilitating a weekly 45 minute 'Didactics' rounds for staff at Borderline Personality Disorder Services

2022-23



## LEADING continued...

- Prioritizing Indigenous Mental Health stream through the Mental Health and Addictions Program at St. Joseph's Healthcare Hamilton (integrates patient feedback and community consultation)
- Indigenous Wellness Program in partnership with HWDSB
- Smudge Policy Revisions
- Indigenous Wellness Space at YWC
- Developed/Developing software applications for rapid processing and compiling of patient outcome data for patient feedback in ATRC and MTRC
- Clinical Lead for the Young Adult Substance Use Program
- Panelist for McMaster Department of Psychology's "Grad School Info Night"

## External Activities:

### Presentations

- Psychology staff were involved in over 100 presentations in 2022 to a variety of audiences in conferences / meetings held across Canada, and internationally. Examples include McMaster Psychiatry Research Day, Canadian Psychological Association, Canadian Psychiatric Association, Canadian Academy of Psychiatry and the Law, Canadian Association for Cognitive and Behavioural Therapies, IEEE Global Humanitarian and Technology Conference, International Neuropsychological Society, Association for Behavioural and Cognitive Therapies, International Forensic Risk and Recovery Conference, Homewood Health organized meeting of National Workers Compensation Boards, Public Health Agency of Canada-funded Healthcare Salute Town Hall, Canadian Academy of Health Sciences Forum Supporting the

Mental and Physical Health of Public Safety Personnel, North American Menopause Society, National Defense-sponsored National Symposium: Restoring Hearts, SPARK Conference: HR Solutions in the Workplace Conference, Canadian Forensic Psychology Conference, Canadian Institute for Military and Veteran Health Research (CIMVHR), Canadian Organization of Rare Diseases Conference, Scleroderma Canada Conference, Organization for Human Brain Mapping Conference, Provincial Hoarding Network, Ontario Renal Network, Canadian Association of Nephrology Nurses and Technologists, McMaster Optimal Aging Portal, McMaster University Review Course in Psychiatry, McMaster Innovations in Palliative Care

- In collaboration with the Hamilton Public Library, organized a free virtual talk series for Psychology Month in February. This was our 8th year organizing this event and third year that it was conducted virtually. Topics included: Tackling and Managing Anxiety, Managing Insomnia, Helping a Loved One with Mental Illness, and Mindfulness

### Committees

*Psychology staff were members of multiple external committees pertaining to clinical practice, education, and research.*

#### *Examples:*

- Member, Hoarding Planning Committee, Virtual Conference, International Obsessive Compulsive Foundation
- Co-chair, Promoting Recognition and Inclusion of Sexual, Gender, and Intersectional Minorities (PRISM), McMaster and St. Joseph's Healthcare Hamilton

## LEADING

### Committees continued...

- Postgraduate Medical Education EDI Committee, McMaster University
- Canadian Psychological Association Human Rights and Social Justice in Psychology Committee, Societal and Sexual Violence Workgroup
- Executive Committee, Psychologists in Hospitals and Health Centres (section of the Canadian Psychological Association)
- Anti-Black Racism Task Force, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton, ON
- Indigenous Mental Health & Wellbeing Working Group, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton, ON
- Academic Study Committee, Masters of Psychotherapy Program, Faculty of Health Sciences, McMaster University, Hamilton, ON
- Steering, Admissions, and Study Area Committee Member, Clinical Behavioural Sciences Program, McMaster University, Hamilton, ON
- Executive Committee, Research and Clinical Training Program, McMaster University
- Review Committee, CIHR-CPA Glenda MacQueen Career Development Award for Women in Psychiatry, Canadian Institutes of Health Research and Canadian Psychiatric Association
- Chair, Council of Psychiatric Continuing Education (COPCE) Committee, Canadian Psychiatric Association
- Continuing Professional Development Committee, Canadian Psychiatric Association
- Member, Mental Health and Addictions Quality Standards Clinical and Technical Working Group, Ontario Health
- Member, Steering Committee, Psychiatry Annual Review Course, Department of Psychiatry & Behavioural Neurosciences, McMaster University
- Ontario College of Teachers, Expert Advisory Review, Professional Boundaries
- Psychologist member, Forensic Psychiatry Residency Program, McMaster University
- Acute Dialysis Starts Task Group
- St. Joe's/MUMC Transitional Age Clinic – Renal Care
- Member McMaster University, Masters in Psychotherapy, Curriculum Development Committee,
- Ombudsperson, Graduate Program in Neuroscience, Faculty of Health Sciences, McMaster University
- Member, Selection Committee, Director of the Neuroscience Graduate Program
- Member, Tenure and Promotion Committee, Department of Psychiatry and Behavioural Neurosciences, McMaster University
- Member, Standing Committee on Research and Scientific Affairs (National), Canadian Psychiatric Association
- Chair, Research Reference Group, Centre of Excellence on PTSD
- Co-Chair, Canadian Military Sexual Trauma Community of Practice
- Chair, Canadian Psychological Association Traumatic Stress Section
- McMaster Department of Psychiatry and Behavioural Neurosciences Wellness Committee

## LEADING

### Committees continued...

- Chair of the Indigenous Mental Health committee
- Board member, Suicide Prevention Council of Hamilton
- Clinical Advisor to the Eating Disorder Ontario - Prevention
- OH MHA CA: Chair for Eating Disorders Expert Panel: Guidance for Clinically Appropriate Use of Virtual Care
- OH MHA Centre of Excellence: Member of the eating disorders provincial advisory table
- Member of advisory group for Implementation of Early Intervention for eating disorders across the province
- Steering committee for the provincially funded adult eating disorders programs
- Steering committee for the Ontario Community Outreach Program for Eating Disorders
- Canadian Psychological Association (CPA) - education sub-committee of the Addiction Psychology Section
- Co-Chair, Conference Planning Committee, Canadian Association of Cognitive and Behavioural Therapies
- Member, Communications and Advocacy Committee, Canadian Association of Cognitive and Behavioural Therapies
- Served as the Clinical Section Newsletter Editor for the Clinical Section of the Canadian Psychological Association
- Member, Curriculum Committee, MSc Psychotherapy Program, McMaster University
- Member, Academic Committee, MSc Psychotherapy Program, McMaster University
- American Academy of Clinical Neuropsychology (AACN) Co-chair of the Board Certification Promotion Committee



- American Board of Professional Psychology (ABPP)/American Board of Clinical Neuropsychology (ABCN) - work sample reviewer
- American Board of Professional Psychology (ABPP)/American Board of Clinical Neuropsychology (ABCN) - Canadian Credentialing Committee
- Coordinating committee, International Forensic Psychiatry Lecture Series, St. Joseph's
- Healthcare Hamilton & McMaster University
- Conference planning committee, Association for the Treatment of Sexual Abusers, Annual Conference
- Meeting planning committee, Annual Forensic Psychiatry Institute, McMaster University, Hamilton, ON
- Acted as a member of the Program Advisory Committee, Graduate Program in Neuroscience, Faculty of Health Sciences, McMaster University

2022-23

## Major Initiatives for 2023:

### CARING

- Developing two new outpatient groups (Stigma and Social Skills) to be delivered to outpatients with Schizophrenia
- Ongoing troubleshooting of how to most effectively provide hybrid virtual and in person services as a clinic to best incorporate client centered care
- Peer support group to be created for peritoneal dialysis patients in 2023
- Create and evaluate a psychotherapy group targeted for individuals in stage two of their DBT treatment
- Developing CBT for insomnia group through MTRC



### LEARNING

- Completing Compassionate Bereavement Care , Certification and Training Program
- Launch of Group WET for PTSD study
- internal seminars on malingering and symptom validity for co-workers and learners
- leadership transition for the Psychology Practicum Program
- hosting re-accreditation visits from the Canadian Psychological Association for our Psychology Residency Program

### BUILDING

- Development and implementation of a 12-week Mindfulness-Based Interventions for OCD at the ATRC as part of the CIHR grant

### LEADING

- Focus on expanding schizophrenia quality standards work in the Schizophrenia Outpatient Clinic
- The Mood Disorders Program and Anxiety Treatment Research Clinic at St. Joseph's Healthcare Hamilton represent one of 8 pilot sites within Ontario that will be rolling out (1) measurement-base care standards within the electronic medical record, and (2) patient-friendly and optimized after visit summaries and discharge summaries after inpatient and outpatient treatment.
- Invited to be Co-Chair of a Provincial committee creating guidelines for virtual care for Depression, Anxiety, and Related Disorders
- Develop the Community Psychiatry Clinic's program evaluation and research program
- Engage in external education activities to build capacity for DBT in the community
- Join additional internal committees to support the department of psychology at St. Joe's (e.g., MHAP rounds)
- Streamlining prioritizing Indigenous Mental Health pathway
- Strengthening relationship building with Indigenous community organizations
- Involved in launch of interdisciplinary Brain Medicine clinic involving neurology, psychiatry, and neuropsychology, which will include creation of a research database
- Leading the development of a centralized psychometric test library
- Leadership transition for Psychology Month activities