

Promoting Healthy Living for Seniors: Evaluation of a Community-Based Program Therapeutic Recreation Journal, 48, 3, 262-274.

Fogarty, J., Ph.D., Neuropsychologist, Specialized Geriatric Services Gutmanis, R., Ph.D., Director of Research, Specialized Geriatric Services Farrell, B., diploma in recreation leadership

From page 10

- Alzheimer Society of Canada. (2010). *Rising Tide: The Impact of Dementia on Canadian Society*. Retrieved from http://www.alzheimer.ca/en/Get-involved/Raise-your-voice/Rising-Tide.
- Alzheimer Society of Canada. (2013). *Risk factors for dementia*. Retrieved from http://www.alzheimer.ca/en/About-dementia/Alzheimer-s-disease/Risk-factors
- Einberger, K., & Selleck, J. (2009). *Strengthen your mind program. A course for memory enhancement*. Baltimore, Maryland: Health Professions Press.
- Einstein, G., & McDaniel, M. (2004). *Memory fitness*. *A guide to successful aging*. New Haven, Connecticut: Yale University Press.
- Fratiglioni, L., Paillard-Borg, S., & Winblad, B. (2004). An active and socially integrated lifestyle in late life might protect against dementia. *Lancet Neurology*, *3*, 343-353.
- Glisky, E. (2007). Changes in cognitive function in human aging. In D. Riddle (Ed.) *Brain aging. Models, methods and mechanisms*. (pages 3-20). CRC Press: Boca Raton, FL.
- Gu, Y., Nieves, J., Stern, Y., Luchsinger, J., & Scarmeas, N. (2010). Food combination and Alzheimer Disease risk. A protective diet. *Archives of Neurology*. 67(6), 699-706.
- Hertzog, C., Kramer, A., Wilson, R., & Lindenberger, U. (2009). Enrichment effects on adult cognitive development can the functional capacity of alder adults be preserved and enhanced? *Psychological Science in the Public Interest*, 9 (1), 1-65.
- Kramer, A.F., & Erickson, K.I. (2007). Capitalizing on cortical plasticity: Influence of physical activity on cognition and brain function. *Trends in Cognitive Sciences*, 11(8), 342-348.
- Nelson, A., & Gilbert, S. (2005). *Harvard Medical School guide to achieving optimal memory*. New York, New York: McGraw-Hill.
- Tannenbaum, C., Mayo, N., & Ducharme, F. (2005). Older women's health priorities and perceptions of care delivery: Results of the WOW health survey. *Canadian Medical Association Journal*, 173 (2), 153-159.

Return to article

Evaluating FASD prevention and support programs: How value-based evaluation supports planning, practice, and programming

Deborah Rutman, Ph.D.1,2, Carol Hubberstey, M.A.1 & Sharon Hume, M.SW.1

From page 11

- Public Health Agency of Canada. (2005). *Fetal alcohol spectrum disorder (FASD): A framework for action*. http://www.phac-aspc.gc.ca/publicat/fasd-fw-etcaf-ca/pdf/fasd-fw_e.pdf
- May, P. (2013). *Frequency of FASD and its prevention in a global perspective*. Presentation at the First International Conference on Prevention of FASD. Edmonton, Alberta, September 23, 2013.
- Centre for Addiction and Mental Health (2014). Fetal alcohol spectrum disorders: An under-recognized issue that may be on the rise. *Science Daily* 19 March 2014 www.sciencedaily.com/releases/2014/03/140319124808.htm
- Network Action Team on FASD Prevention from a Women's Health Determinants Perspective. (2010). 10 fundamental components of FASD prevention from a women's health determinants perspective. Vancouver, BC: Canada NorthwestFASD Research Network and BC Centre of Excellence for Women's Health. Retrieved from http://www.canfasd.ca/files/PDF/ConsensusStatement.pdf.

Return to article

School Psychology: Making Health Promotion and Disease Prevention Come Alive

By Juanita M.K. Mureika, L.Psych., Chair CPA Educational and School Psychology Section

From page 13

- Michael Kirby interview in the *Globe and Mail*, Exposing Canada's Ugly Mental Health Secret, Andre Picard, October 13, 2013
- Offord, Daniel. The Ontario Child Health Study. 1983
 Flett, G. L. and Hewitt, P.L. Disguised Distress in Children and Adolescents "Flying Under The Radar": Why Psychological Problems Are Underestimated and How Schools Must Respond. *Canadian Journal of School Psychology*, 28:1, 2013.
- Mental Health Commission of Canada. CHANGING DI-RECTIONS, CHANGING LIVES: The Mental Health Strategy for Canada. http://www.mentalhealthcommission.ca/English/node/721, March 2013.
- Leschied.A, Flett, G.L., and Saklofske, D.H. Introduction to the Special Issue – Renewing a Vision: The Critical Role for Schools in a Mental Health Strategy for Children and Adolescents. *Canadian Journal of School Psychology*,



28:1, 2013.

Specht, J.A. Mental Health in Schools: Lessons Learned from Exclusion. *Canadian Journal of School Psychology*, 28:1, 2013.

Return to article

Taking the low road – Promoting healthy food choices in low self-control conditions

Tracy Cheung, M.Ed., Ph.D. Candidate, Clinical and Health Psychology, Utrecht University, The Netherlands

From page 14

- ⁱ De Ridder, D., De Vet, E., Stok, M., Adriaanse, M., & De Wit, J. (2012). Obesity, overconsumption and self-regulation failure: the unsung role of eating appropriateness standards. *Health Psychology Review*, 7(2), 146–165.
- ii World Health Organization. (2007). The challenge of obesity in the WHO European Region and the strategies for response. Copenhagen, Denmark: WHO Regional Office for Europe.
- iii Chrysochou, P., Askegaard, S., Grunert, K. G., & Kristensen, D. B. (2010). Social discourses of healthy eating. A market segmentation approach. *Appetite*, 55(2), 288–297. doi:10.1016/j.appet.2010.06.015
- iv Eurobarometer. (2006). Health and food. Brussels: TNS Opinion & Social. European Commission, Directorate-General Press and Communication. Special Eurobarometer 246/Wave 64.3.
- V Delormier, T., Frohlich, K. L., & Potvin, L. (2009). Food and eating as social practice. Understanding eating patterns as social phenomena and implications for public health. Sociology of Health and Illness, 31(2), 215–228.
- vi Bech-Larsen, T., & Grunert, K. G. (2003). The perceived healthiness of functional foods. A conjoint study of Danish, Finnish and American consumers' perception of functional foods. *Appetite*, 40(1), 9–14.
- vii Wansink, B., & Sobal, J. (2007). Mindless eating: The 200 daily food decisions we overlook. *Environment and Behavior*, 39, 106–123.
- viii , ix Cialdini, Robert B. (2008). *Influence: Science and Practice* (5th edition.). Boston: Allyn and Bacon.
- * Shah, A. K., & Oppenheimer, D. M. (2008). Heuristics made easy: An effort-reduction framework. *Psychological Bulletin*, 134(2), 207–222.
- xi Janssen, L., Fennis, B. M., Pruyn, A. T. H., & Vohs, K. D. (2008). The path of least resistance: Regulatory resource depletion and the effectiveness of social influence techniques. *Journal of Business Research*, 61(10), 1041–1045.
- xii Salmon, S. J., Fennis, B. M., de Ridder, D, T., Adriaanse, M. A., & de Vet, E. (2014). Health on impulse: When low self-control promotes healthy food choices. *Health Psychology*, *33*(2), 103–109.

xiii Cheung, T.T.L., Kroese, F., Fennis, B. M., & de Ridder, D, T. (in preparation) Put a limit on it – the protective effects of scarcity heuristics when self-control is low. Manuscript in preparation.

Return to article

Therapeutic Lifestyle Changes: A Psychologist's Role in Promoting Health

Kellsey Calhoon, M.Ed, University of Alberta

From page 16

- 1. World Health Organization. (2010). Global status report on noncommunicable diseases. Retrieved from http://www.who.int/nmh/publications/ncd_report_full_en.pdf
- 2. Roberts, S. H., & Bailey, J. E. (2013). An ethnographic study of the incentives and barriers to lifestyle interventions for people with severe mental illness. *Journal of Advanced Nursing*, 69, 2514-2524. doi: 10.1111/jan.12136
- 3. Baker, A. L., Kay-Lambkin, F. J., Richmond, R., Filia, S., Castle, D., Williams, J., & Thornton, L. (2011). Healthy lifestyle intervention for people with severe mental disorders. *Mental Health and Substance Use*, *4*(2) 144-157. doi: 10.1080/17523281.2011.555086
- 4. Walsh, R. (2011) Lifestyle and mental health. *American Psychologist*, 66, 579-592. doi:10.1037/a0021769
- 5. Calhoon, K. (2014). Getting off the couch: Psychotherapists who have incorporated therapeutic lifestyle changes into their practice. (Master's thesis). To be published on the Education and Research Archive of the University of Alberta on November 15, 2014.

Return to article

Ethics, Competence, and the Role of Supervision in Developing Self-Knowledge

Carole Sinclair, Ph.D., Chair, Committee on Ethics

From page 39

- ⁱ Cooper, N. J. (2014). Diversity. *Psynopsis*, 36 (No. 3), 10.
- ii Mandrusiak, M., & Sandhu, V. (2014). A biopsychosocial approach to diversity competence. *Psynopsis*, *36* (No. 3), 11, 14.
- Winston, A. S. (Ed.) (2004). Race and racism in the history of psychology. Washington, DC: American Psychological Association.
- iv Tiefer, L. (1991). A brief history of the Association for Women in Psychology. 1969-1991. *Psychology of Women Quarterly*, *15*, 635-649.

Return to article