

Spring/Summer 2007

Special points of interest:

- **Early Career Award winner**
- **2007 Melzack student award finalists**
- **Meeting reviews and upcoming events**



Spring Blossoms

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Health Notes

2007 Early Career Award Winner

By SHERRY STEWART

In the last edition of Health Notes, we announced a call for nominations for the first annual **Early Career Award** for Contributions to Health Psychology. This new award is intended to highlight the contributions of Canadian Health Psychologists by identifying individuals who, early in their careers, have contributed significantly to the field of health psychology in Canada and internationally and have shown substantial promise of continued meritorious academic accomplishments.

We are pleased to announce that **Dr. Christine Chambers** has been selected as the inaugural winner of this Early Career Award. Dr. Chambers is Associate Professor of Pediatrics and Psychology at Dalhousie University. She is currently Associate Coordinator of the Doctoral Training Program in Clinical Psychology at Dalhousie. Dr. Chambers received her PhD in

Message from the Chair

By TAVIS CAMPBELL

It is shaping up to be an exciting year for Health Psychology and Behavioural Medicine in Canada! More than **120 abstracts** were submitted to the annual meeting in Ottawa, representing interests from psychophysiology to pain to adherence. Such diversity and strength is also reflected on the world stage, where Canadians are major players. We are one of only a handful of countries producing the bulk of evidence for the role

clinical psychology at the University of British Columbia in 2001, under the supervision of Dr. Kenneth Craig. She completed her internship in clinical health psychology at Brown University in Rhode Island.

Dr. Chambers' research is in the area of child health psychology and focuses on **pediatric pain**. She has made significant advancements to the field in three main areas: (1) family influences in pediatric pain; (2) developmental issues related to pain measurement in children; and (3) sleep disturbances and pain in adolescents. Her work in all these areas has generated substantial scientific and media interest. She currently holds a prestigious Tier II Canada Research Chair in Pain and Child Health.

Dr. Chambers is an excellent choice for the Section's inaugural Early Career Award, as she is a first-class researcher in pediatric health psychology whose work has contributed to the alleviation of

suffering of many children experiencing pain.

Her invited address is entitled **Child Health Psychology in Canada: The New Kid on the Block** and will take place on **Saturday, June 9, from 10:00 to 10:55 am** in the Nunavet Room.

Thank you to those who submitted nominations for this award, and congratulations to Dr. Chambers!



Dr. Christine Chambers
2007 Early Career
Award Recipient

example through simple prevention and adherence efforts) but it will take patience and time.

I encourage all of our members to take some time to **lobby a decision maker** on a local, provincial or national level regarding the importance of evidence-based behavioural medicine interventions. As a group, we do an excellent job of promoting the strengths of our area to students and colleagues; it seems time to extend our reach and **advocate for change**.

Ottawa 2007: Don't Miss the CPA Health Section Events

By LINDA CARLSON

As in Calgary last year, the Health Section has a number of exciting and interesting events planned. A selection of talks under the Health banner include:

Thursday

3:00 to 4:55 pm: Poster Session "C" : Health posters

Friday

1:30 to 1:55 pm: Posttraumatic Growth Among Couples Facing Breast Cancer (Naomi Wiesenthal)

3:30 to 4:55 pm: Depression and

chronic disease: a potentially lethal combination (Kim Lavoie et al)

4:30 to 4:55 pm: The Psychologist Working with High Familial Cancer Risk Patients: What do We Do? (Tara Power)

Saturday

10:00 to 11:25 am: Aspects psychosociaux du risque et de la santé : Special issues and needs (Jennifer Lee et al)

11:30 am to 12:55 pm: TBI and comorbidity: Implications for assessment and treatment (Jane Walsh et al)

1:00 to 2:25 pm: Understanding complementary and alternative medicine use: Ideological and pragmatic motivations (Rebecca Purc-Stephenson et al)

3:30 to 4:55 pm: Current topics in psychological research on health risk perception: Implications for health risk management practices in the Canadian context (Louise Lemyre et al)

Finally, the ever-anticipated Health Section **wine and cheese social** will take place **Saturday 4:30-6:30 PM** in the Newfoundland room.



2006/2007 Health Section Executive

"The field this year is excellent—competition will be stiff, but they're all winners in our minds."
- T. Campbell



2006 Melzack student award nominees

Ron Melzack 2007 Student Award Finalists

By TAVIS CAMPBELL

Last year, the Health Psychology section gave the inaugural **Ronald Melzack Award** to **Fabijana Jakulj**, University of Calgary, for the top student presentation. This year, we have identified 6 outstanding candidates for the award who will present their research in Ottawa where they will be evaluated by an independent panel of judges.

It is interesting to note that these presentations were not only rated highly among the student submissions but were invariably among the top submissions overall. The range of projects students are working on this year is excellent – a very broad representation of health psychology in Canada. This session should be a highlight of the Ottawa conference.

The award will be presented by the executive committee at the

wine and cheese social near the end of the conference.

The list of finalists includes:

- **Kimberly Corace** (York)
- **Guillaume Foldes-Busque** (UQAM)
- **Sheila Garland** (Calgary)
- **Tara Haley** (Queens)
- **Brenda Key** (Calgary)
- **Catherine Laurin** (UQAM)

Best of luck to all the nominees!

Ron Melzack Student Award Nominee Projects

by TAVIS CAMPBELL

Topics covered this year in the nominated student projects are varied, ranging from coping in HIV to panic attacks in ERs, meditation for cancer patients, pain tolerance, rumination and blood pressure, and anxiety in COPD. Specific projects for each nominee are:

Kimberly Corace – Coping styles mediate the relationship between stress and immune system functioning among people living with

HIV

Guillaume Foldes-Busque – Quelle est la prévalence des attaques de panique et du trouble panique chez les individus consultant à l'urgence pour des douleurs thoraciques non-cardiaques?

Sheila Garland – Relationships between stress and mood disturbance in individuals with cancer and their partners participating in mindfulness-based stress reduction

Tara Haley – Evaluating pain severity and pain tolerance during

cold pressor acute pain induction

Brenda Key – Trait rumination is associated with nighttime blood pressure dipping

Catherine Laurin – The prevalence and impact of mood and anxiety disorder in chronic obstructive pulmonary disease patients

Please join us in supporting our top students on **Thursday, June 7th: 3:30 pm to 4:55 pm**, Provinces II room.

Student's-eye View—Conference Tips for Students

by LAURA VAN WIELINGEN
and BRENDA KEY

Attending conferences will help you develop a broader knowledge of the literature, fuel your research interests and hone your presentation skills. Whether this is your first conference or your tenth, there are many things that will help maximize your experience.

1. **Register early** and take time to **familiarize yourself with the conference schedule** and abstracts. Highlight talks and posters of investigators and topics relevant to your research area. Mark where sessions will be located.

2. **Pace yourself.** Don't expect to be able to attend sessions for ten hours a day and retain all the relevant information. Leave time for self-care—pack snacks and drinks and get some fresh air.

3. Make an effort to **connect with others in your field.** Poster sessions are great opportunities for networking. Don't be shy to approach the investigator you have cited 18 times in your thesis; most will appreciate the opportunity to chat with junior scientists.

4. If you are doing a poster presentation, **prepare and practice** mini, short and full-length verbal descriptions of your research.

Expect that most people stopping by your poster will only want to hear a 30-sec to 2-min overview.

5. Anxiety is the norm for students presenting at conferences. Take time out for **anxiety management**: visit the room where you will be presenting, practice your presentation beforehand and take some time to relax and deep breathe before your presentation.

6. **Seek out student events.** Take advantage of student events such as talks, meetings and dinners to decompress and share your thoughts and experiences with like-minded individuals.

Good luck; see you in Ottawa!!



Brenda Key's award-winning APS talk

“This year, at least

four students from

Canada were

honoured with

Scholar and Poster

Citation Awards”

- Kim Lavoie



Scenic view of the Budapest Parliament

Canadian students honored in Budapest

By KIM LAVOIE

The 65th annual meeting of the **American Psychosomatic Society** was held in Budapest, Hungary March 7-10, 2007. The theme of this year's meeting was “Psychosomatic Medicine: From Bench to Bedside” and featured workshops, posters, symposia and paper presentations that highlighted how basic science research could be translated into clinically relevant behavioural medicine

interventions.

The meeting was attended by over 500 international participants from such diverse countries as South Africa, China, Japan, the Netherlands, Germany, the UK, the US and Canada. Conference attendees included psychologists, physicians, graduate students and medical students.

This year, at least 4 students from Canada were honoured with **Scholar Awards** and **Poster Cita-**

tions. Among those was one of our student representatives on the CPA Health Psychology section executive, **Ms. Brenda Key**, who was awarded a Scholar Award for her work on the impact of state and trait rumination on cardiovascular disease. Brenda is a PhD student in Clinical Psychology at the University of Calgary who is studying under the supervision of **Dr. Tavis Campbell**, our section Chair.

(continued back page)

Upcoming events from related Health Societies

By KIM LAVOIE

- The next meeting of the **American Psychosomatic Society** will be held March 12-15, 2008, at the beautiful Baltimore Marriott Waterfront in Baltimore, Maryland. The theme for next year's meeting is “Psychosomatic Medicine: Creating Liaisons with Healthcare Communities.” This should prove to be an exciting meeting featuring pre-conference workshops and symposia highlighting how behavioural medi-

cine can merge with traditional medicine. The call for abstracts will be available in summer 2007, with a due date of early October, 2007. Please visit www.psychosomatic.org for more information.

- The next meeting of the **Society for Behavioral Medicine** will be held March 26-29th 2008 at the Manchester Grant Hyatt in sunny San Diego, California. The theme for next year's meeting is “Celebrating the Past, Inspiring

the Future.” The call for abstracts will be available in summer 2007. Please visit <http://www.sbm.org> for more information.

- Though the abstract deadline has passed, the next meeting of the **Society for Psychophysiological Research** will be held from October 17-21, 2007 at the Hyatt Regency Savannah in historic Savannah, Georgia. Please visit www.sprweb.org for more information



CPA Health Section

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NEWSLETTER

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Help Make our Section Better

by TAVIS CAMPBELL

In coming issues of the newsletter, we will be featuring some of the initiatives we have been working on. One important initiative concerns membership, and we are striving to increase the size, age distribution and professional background of our members. If you are interested in becoming involved in the Section or contributing to this newsletter in the future, please send an e-mail to the current chair, Tavis Campbell at t.s.campbell@ucalgary.ca. We are interested to learn your thoughts and engage members in envisioning the future of the Health Section.

In the meantime, we look forward to another excellent year and an outstanding meeting in Ottawa, June 7-9, 2007.

CPA ANNUAL CONVENTION 2007 (Ottawa June 7-9)
REGISTRATION NOW ONLINE: www.cpa.ca/convention

Canadians make a showing in Budapest (cont)

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Also honoured at the Annual APS conference in Budapest was **Dr. Jutta Wolf, PhD**, who is a post-doctoral student under the supervision of **Dr. Edith Chen** at the University of British Columbia. Dr. Wolf was awarded a Scholar Award for her work on psychosocial stressors associated with childhood asthma.

Two students from Québec were also honoured with Citation awards. **Ms. Helene Favreau**, a PhD

student under the supervision of **Dr. Kim Lavoie** at the University of Québec at Montreal (UQAM), was awarded for her work on behavioural interventions with chronic obstructive pulmonary disease patients.

Mr. Joshua Grant, a physiology student under the supervision of **Dr. Pierre Rainville** at the University of Montreal, was similarly awarded for his work on the impact of Zen meditation on pain.

In addition to the awarded presentations, many other Canadian researchers showcased their work and made a strong impression on the other attendees.

Congratulations to all our awardees! We hope to see more Canadian students at next year's meeting.



Students and mentors cavorting in Budapest



Kim Lavoie and Helene Favreau with winning citation poster