

Spring/Summer 2008

Special points of interest:

- **Early Career Award winner**
- **2008 Melzack student award finalists**
- **Meeting reviews and upcoming events**



Spring Blossoms

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Health Notes

Message from the Chair

by TAVIS CAMPBELL

Following our membership drive from last year, I am pleased to report that we have **increased the number in our section by approximately 20%**, making us one of the largest sections at CPA. It is my hope that several ongoing initiatives such as a web site (to be up and running imminently!), the Ronald Melzack student awards, the Early Career Award and our Health Section social (to be held Saturday, June 14th at the Fife and Drum Pub) will continue to promote interest in Health Psychology in Canada.

In reviewing our conference submissions, I am struck by the diverse and high-quality work that is

being produced by Canadian Health researchers. While it is a challenge to **attend CPA's annual meeting** given competing specialty conferences, it remains one of the best ways to **connect with Canadian researchers**. If you cannot attend personally, I highly encourage you to send a representative from your laboratory or research group in order to stay in touch with the Canadian scene.

In addition, I would like to emphasize how important it is to **contribute to our section** through the modest addition to your CPA membership fees. A vibrant Health Section will allow us to encourage students to pursue careers in Health Psychology

and keep Canadian public and media attention squarely focused on research and practice north of the border with our neighbours to the south. Please feel free to contact me anytime or to speak with me (or any other member of the Health Section executive) directly at the meeting in Halifax if you have any comments, ideas or concerns of benefit to our cause.



Ron Melzack 2008 Student Award Finalists

by TAVIS CAMPBELL

This award is named in honour of the great Canadian Health Psychology Researcher, **Dr. Ron Melzack** of McGill University. The nominees for this year's Melzack award for best student presentation are:

Melodie Foellmi (Vancouver): Cognitive Dysfunction Following Coronary Artery Bypass Graft Surgery: Depression, Anxiety and Lifestyle Outcomes.

Brenda Key (Calgary): The Influenza

and Depression on Cardiovascular Recovery from a Negative Emotional Stressor.

Daniel McGrath (Halifax): Patterns and Predictors of Occasional tobacco Use in Young Adults

Anna Pignol (Halifax): Effects of Motivational Interviewing on Levels of Physical Activity in Older Adults.

Roxanne Pelletier (Montreal): Relationship Between Inflammatory Processes and Depressive Disorders.

Jamie Palmer (Calgary): Cognitive

Effects of Tamoxifen in Premenopausal Women with Breast Cancer.

Tara Haley (Kingston): Catastrophizing, Gender, and Pain Severity Post-Pain Induction.

Please join us in congratulating the exceptional nominees and making a point of **attending their sessions**. The winner will be announced at our section social from **5 to 6 pm on Saturday June 14th in the Fife and Drum** pub at the Marriott hotel.

Early Career Award Winner Linda E. Carlson, Ph.D., R.Psych.

by TAVIS CAMPBELL

The Health Section is pleased to announce that the winner of this year's Early Career Award is **Dr. Linda Carlson**. Linda has rapidly emerged as one of Canada's brightest young researchers with an international reputation for her pioneering work in Mindfulness Based Stress Reduction (MBSR) with cancer survivors. She is the holder of the **Enbridge Endowed Research Chair in Psychosocial Oncology** (the first Chair in this discipline in Canada) and is an **Associate Professor in Psychosocial Oncology** in the Department of Oncology, Faculty of Medicine at the University of Calgary. This year she also received the William E. Rawls' Prize from the Canadian Cancer Society and an Alberta Heritage Foundation for Medical Research Health Scholar Award.

In addition to her work in MBSR, Linda's research interests are focused in the areas of computerized screening for distress in cancer patients, psychoneuroimmunology, integrative oncology and complementary and alternative medicine, providing and evaluating interventions for cancer patients such as Reiki, acupuncture, exercise, and smoking cessation.

She has published over **80 research papers** in peer-reviewed journals and book chapters, holds several millions of dollars in grant funding from national agencies and regularly presents her work at international conferences.

Linda is expecting her first child shortly and will be unable to attend the annual meeting in Halifax but has agreed to present at next year's meeting in Montreal, where she completed her Ph.D. at

McGill University in 1998. In the meantime, I would like to congratulate Linda on behalf of the section membership for beginning an exciting new chapter in her family life!

The **Early Career Award** recognizes the most promising young scientists conducting research in Health Psychology. Candidates for Early Career Awards must have a doctoral level degree and should not be more than 10 years out of a training program. The award follows a two-stage selection process. First, nominations are solicited in the Fall of each year. The executive then convenes a panel to select from the nominees. The selection criteria are scientific quality, potential of the applicant, excellence of research record and the potential to become a world class leader in research and practice.



Dr. Linda Carlson

"Congratulations to Dr. Carlson on behalf of the entire Health Section."

- T. Campbell

APS 2008 Meeting Highlights from Baltimore

By SIMON BACON

This past March the *American Psychosomatic Society* held its 66th Annual Meeting in sunny Baltimore, Maryland. In addition to the good weather, there was some great science on display. The theme was "liaison" and included talks from experts including **Dr. Evian Gordon** on the new era of personalized medicine, a symposium linking animal models with human psychoneuroimmunology chaired by **Dr. Sarosh Motivala**, and an outstanding lecture on the social context of immune competence given by **Dr.**

Christopher Coe, the winner of the Patricia R. Barchas Award Lecture.

As usual, there was a strong **Canadian presence** with a number of Oral and Poster presentations from researchers and students from the University of British Columbia, University of Toronto, York University, McGill University, Université de Montréal, Université de Québec à Montréal, and Concordia University. Some of the Canadian highlights included student awards for **Ms. Jennifer Gordon**, from McGill University

and the Montreal Heart Institute for her work on depression, health behaviours and CVD outcomes, **Ms. Hope Walker**, from UBC for her work on asthma management and immune markers in children, and **Ms. Hannah Schreier**, also from UBC for her work on family routines and biological profiles in youth with asthma. Finally, special mentions should go to **Dr. Edith Chen** (UBC) who finished her third year on the APS Council and **Dr. Kim Lavoie** (UQAM) who was part of the 2008 Program Committee. Next year the conference will be held in Chicago.



Canadian Students enjoying the weather

SBM in San Diego: Conference Adherence versus Mindful Indulgence of Southern California Sun

by AVRIL KELLER

The Manchester Grand Hyatt's stunning elegance was the perfect backdrop for the **Society of Behavioral Medicine's** 29th annual meeting, March 26-29, in sunny San Diego. It was difficult not to indulge in California's beautiful scenery, but this year's impressive array of presentations drew attendees back to the conference.

Keynote speakers included Beverly Thorn (*"Translating Research into Practice and Back again"*; University of Alabama), Clarion Johnson (*"Corporate Medicine—Meeting New Challenges"*; ExxonMobil), Mark Hayward (*"Does the Body Forget? Maybe, Maybe Not"*; University of Texas at Austin), and Linda Collins (*"Building More Efficacious and Effective Behavioral Interventions: One View of the Future of Intervention and Development"*; Penn State University).

Jessie Gruman (*"Taking Behavioral Medicine to the People: How to Respond to a Devastating Diagnosis"*; President, Center for the Advancement of Health, Washington, DC) gave the Special Invited Lecture, and **Peter Kaufman** (NHLBI) gave the Presidential Address. Of note, University of British Columbia's own **Greg Miller** gave a Master Lecture entitled, *"Biological Embedding of Early-Life SES"*.

The theme of the conference: *Celebrating the Past, Inspiring the Future*, could have easily been renamed *...Informing the Future*, as the dissemination of research findings to relevant audiences was emphasized this year. The importance of translational research was accentuated, and there was a heavy focus on population health. Also, the pre-conference seminars and workshops were referred to

as, "incredibly helpful and informative!"

Along with the conference proper, the 1,320 attendees were able to take advantage of the superb incorporation of opportunities for physical activity. These were scheduled before and between presentations, and included events such as tai chi, yoga, physical activity breaks, and a fun run! Further, the standard evening poster sessions were moved to late afternoon to give attendees the chance to explore all that beautiful southern California had to offer.

In sum, this year's conference provided an idyllic balance between the creation of a forum for the introduction and discussion of new and upcoming research, and the opportunity to bask in the warmth and beauty of San Diego; and in the end, isn't *balance* what it's really all about?



Scenic view of San Diego Harbor

"The Halifax conference promises further showcasing of Health Section accomplishments"
- Linda Carlson

Upcoming CPA Conference Highlights

by LINDA CARLSON

The 2008 Conference in beautiful **Halifax** promises to be another exciting event for the Health Section.

Not to be missed on Thursday June 12th from 1:00-1:55pm, **Dr. Kenneth Craig** will be awarded the CPA Gold Medal and present a lecture entitled *Whither Psychology? Through the Prism of Pain*.

Also on this day, **Elizabeth McLaughlin** and colleagues will discuss *The Role of Psychology in*

Improving Children's Health: Applied Examples from 11:00am-12:25pm.

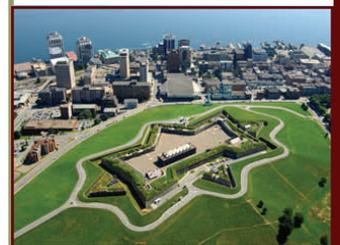
Later that day from 4:30-5:55pm you can learn about inflammatory bowel disease during a talk from **Fuschia Sirois** and colleagues on *Guts, Gumption, and Go-Ahead: Psychological Adjustment to Inflammatory Bowel Disease*.

On Friday the 13th, not to be missed is the **Health Section Poster Session** from 12:00-2:00pm. A hot topic later in the day is *The Health Impact of Sleep Disturbances Across the Lifespan* by

Penny Corkum and colleagues from 3:00-4:25pm.

Saturday morning is the **Health Section Business Meeting** from 8:00-8:55am. Everyone is invited to attend to learn more about upcoming initiatives; we are also looking for new recruits for the executive committee.

Finally, to wrap things up, the annual **Wine and Cheese Awards Presentation** will occur at 6:00pm Saturday at the **Fife and Drum Pub** at the Marriott Hotel.



Aerial view of downtown Halifax and the Citadel



CPA Health Section

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Help Make our Section Better

by LINDA CARLSON

In coming issues of the newsletter, we will continue featuring some of the initiatives we have been working on, such as the ongoing membership drive and new website. We would also like to encourage members to consider joining the Health Section Executive. 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, or attend our business meeting at the Halifax conference on Saturday morning at 8:00 AM. 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 Halifax, June 12-14 2008.

CPA ANNUAL CONVENTION 2008 (HALIFAX June 12-14)
REGISTRATION NOW ONLINE: www.cpa.ca/convention

Announcing Plans to Create Web-Based Directory of Canadian Programs Providing Health Psychology Training

by SHERRY H. STEWART

We are pleased to announce that the Health Section is embarking on a new initiative to develop a listing of programs across Canada that provide **health psychology training**, that will appear on our section's website.

While such a resource is currently lacking in Canada there is an existing model of such a web-based listing offered through the **APA's Health Psychology division (Division 38)**. Directors of training programs enter their own institution's information on the

APA site. For each listing, the institution's name, address, program director and contact information are provided along with program title, accreditation status, and type of degree offered (e.g., PhD in health psychology, PhD in clinical psychology with health psychology concentration).

Each program also indicates whether they provide research and/or clinical training in each of a variety of specialty health areas (e.g., addictions, cancer, aging, cardiac health).

Our planned new web-based listing will prove a **great resource** for students who are applying for graduate-level training in health psychology. It should also serve as a wonderful advertising opportunity for training programs.

Program directors: please send your program's information to stewart@dal.ca for inclusion in the new directory.



University of Calgary students at SBM poster session