



## Join us for CPA 2025

### 86th Annual General Meeting and Convention!

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#### Health Psychology & Behavioural Medicine Section Programming

##### Day 1: Thursday, June 12

- **Talk Session** (Room Victoria 1)

##### Day 2 – Friday, June 13

- **Round Table Conversation Session 3** (Room Bowring 1)
- **Poster Session “D”** (Bowling Ballroom 2)
- **Talk Session** (Room Pippy 1)
- **Health Psychology & Behavioural Medicine Section Annual Business Meeting**

##### Day 3 – Saturday, June 14

- **Snapshot Session** (Room Battery)

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### Day 1 – Thursday, June 12

#### Talk Session (Room Victoria 1)

##### 12-Minute Talks

- **12:00-12:15:** Qualitative analysis of a Virtual Mindfulness-based Stress Reduction Program in Older Canadian Immigrants - [Alexandra Fiocco & Lauren Hytman](#)
- **12:15-12:30:** Prevalence and factors associated with perceived executive functioning deficits in cancer survivors - [Krista Greeley](#)
- **12:30-12:45:** Application-based exercise for healthcare workers: Secondary analyses examining multidimensional well-being - [Vincent Gosselin Boucher](#)
- **12:45-13:00:** Long Term Results from a Multisite Randomized Controlled Trial Examining Telephone-Based Cognitive Behavioural Therapy (Tele-CBT) for Bariatric Surgery Patients - [Stephanie Cassin](#)

### Day 2 – Friday, June 13

#### Round Table Conversation Session 3 (Bowring 1)

- **9:30-9:55:** Examining the sociocultural landscape of pediatric research: What are the gaps and where do we go from here? - [Sharon Hou](#)

#### Poster Session “D” (Bowling Ballroom 2)

- **14:30-15:25:** See list of authors and poster titles on [page 6](#)

#### Talk Session (Room Pippy 1)

##### 12-Minute Talks

- **15:00-15:15:** iCANSleep App for Insomnia in Cancer Survivors: Preliminary Feasibility, Acceptability, and Efficacy Outcomes - [Katherine-Ann Piedalue](#)
- **15:15-15:30:** Evaluating the Impact of an ACT-Based Intervention on Sexual Distress and Relationship Satisfaction in Individuals Experiencing Infertility - [Ashley Balsom](#)
- **15:30-15:45:** Testing the efficacy of the ‘Coping with Infertility’ self-help program: A randomized controlled trial - [Megan Poulter](#)
- **15:45-16:00:** Motivational and Volitional Correlates of Diabetic Retinopathy Screening Attendance: A National Study - [Snimer Nagi](#)



## Day 2 – Friday, June 13 (cont'd)

### Health Psychology & Behavioural Medicine Section Annual Business Meeting

- **16:00-16:55:** Section Featured Speaker “Weight is Not a Behaviour” - **Michael Vallis**
- **17:00-17:55:** Section Annual Meeting

## Day 3 – Saturday June 14

### Snapshot Session (Room Battery)

- **8:30-9:25**
- Comparing networks of health behaviours before and after a diabetes diagnosis: Exploratory analyses from the English Longitudinal Study of Ageing - **Tristan Renaud**
- Understanding Perceived Risks and Benefits of Cannabis Use During Pregnancy and Lactation: Qualitative Insights from Canadian Parents - **Isobel McMahon**
- Implementing a Digitized Measurement-Based Care Platform in Newfoundland and Labrador: Insights from Providers and Patient-Partners - **Kati Whelan**
- App-Based Mindfulness Training for Individuals with Multiple Sclerosis: Feasibility and Impacts on Perceived Stress - **Jordan Pumphrey**
- Internalization of Body-Ideal Discrepancies and its Impact on Maladaptive Coping Behaviours - **Azra Idrish Patel**
- Combating Fraudulent Participation in Health Psychology Research - A Call to Action - **Alana Gyemi**
- A qualitative review and synthesis of the barriers and enablers to following evidence-based antibiotic guidelines for upper respiratory tract infections in primary care - **Krystal Bursey**
- “I control the pain:” A Parallel Mixed-Methods Analysis of Chronic Pain Coping and Traumatic Stress in Emerging Adults - **Melissa Miljanovski**



### List of authors and poster titles (Day 2 – Friday June 13 – 14:30-15:25)

- **Kenzie Tapp** - Nurturing the Self: Positive Body Image and Self-Compassion in Women with Polycystic Ovary Syndrome
- **Niyati Mistry** - Examining Disordered Eating and Mental Health Characteristics in Youth: A Profile Analysis
- **Emily Marriott** - Assessing the acceptability and feasibility of oxytocin nasal spray for the management of chronic pain: a qualitative analysis of patient perceptions
- **Angela Feehan** - Examining strengths in adults with ADHD: A scoping review
- **Marcus Lopes & Gary Goldfield** - Prior Mental Distress and Problematic Use Predicts Mental Health Benefits from Reduced Social Media Use: A Moderation Analysis of a Randomized-Controlled Trial
- **Dare Fagbenro & Mathew Olasupso** - Moderated Mediation Model of Subjective Happiness and Gender Between Financial Strain and Mental Health of University Students
- **Emma Connell** - Anxiety sensitivity as a risk factor for posttraumatic stress disorder in first responders: A cross-lagged panel model
- **Erik Mostad** - Covariation between emotion regulation, symptoms of stress, and sleep quality across time during participation in stress management intervention
- **Cheryl Trask** - Challenges Faced by Health Psychology and Behavioural Medicine Faculty and Trainees in Canada
- **Laura Couturier** - Weight Stigma and Disordered Eating in Young Adults: The Roles of Shame and Self-Compassion
- **Maija Kiviharju** - Investigating the Effect of the 'Coping with Infertility' Self-Help Program on Non-Gestational Partners
- **Brianna George** - Orthorexia Nervosa and Disordered Eating Behaviors in Young Adult Females with Cancer
- **Lacey Dickson** - Innovative mental healthcare on campus: Student perceptions regarding integrated primary care and barriers to treatment
- **Payton Peach** - Preliminary Effect of Cognitive Behavioural Therapy for Insomnia on Psychological Outcomes in Breast Cancer Survivors
- **Genevieve Forget** - Is the transdiagnostic internalizing factor associated with cardiometabolic disease?
- **Khaled Taktek** - Le pouvoir de la répétition mentale dans la réadaptation des blessures sportives : utiliser l'esprit pour guérir le corps
- **Aaron Palachi** - Impacts of Early Dignity Therapy on Quality of Life in Patients with Brain Tumours: A Between-Groups Pilot Study
- **Jasmine Kobrosli & Marissa Rakus** - "I don't have the answers, but I can tell my story:": How women with polycystic ovary syndrome (PCOS) narrate their health care experiences, and strive for health equity in Canada



- **Julie Dwyer** - Virtual Care Delivery of an Intensive Chronic Pain Rehabilitation Program in Newfoundland and Labrador: A Quality Improvement Study
- **Mohammed Hammad Jaber Amin** - Burnout among medical students and physicians during time of war in Sudan: A cross-sectional study
- **Mohammed Hammad Jaber Amin** - Exploring the Impact of Quality of Life and Social Support on Depression, Anxiety, and Stress in Sudanese Medical Students: A Cross-Sectional Study across Multiple Universities in Sudan
- **Angela Feehan** - The experiences of mid-to-late life adults seeking self-improvement after a late ADHD diagnosis
- **Antonina Pavlanis** - Longitudinal Trends in Post-Traumatic Stress Disorder Among Recovered COVID-19 Patients
- **Myles Davidson** - The 2024 Youth and Young Adult Vaping Survey: Progress or Persisting Problems?
- **Marissa Rakus** - Personal Experiences of Medical Gaslighting in a Canadian Healthcare Context
- **Abdulqadir Isaak** - Predictors of Economic Hardship Among Canadian Adults During the COVID-19 Pandemic: An Empirical Study
- **Kathleen Gaudio** - Exploring Resilience and Its Impact on Mental Health in Patients with Kidney Diseases
- **Taylor Stone** - Co-Designing a Provincial Stepped Care Model Within Community Mental Health and Addictions Services in Prince Edward Island
- **Amreen Bhangu** - Exploring Student Perspectives on the Use of Artificial Intelligence in Mental Health Settings
- **Elizabeth Wallack** - Symptoms of Stress, Depression and Age are Associated with Sleep Disturbance Among United Methodist Clergy Residing in North Carolina
- **Joshua Flis** - Evaluation of the Alliance against Violence and Adversity (AVA) Online Training Program: Addressing Gender Violence and Adverse Childhood Experiences (ACEs) through Academic-Community Collaboration and Training
- **Rachel Lee** - Factors Associated with Fertility-Related Distress Among Young Adult Women Cancer Survivors
- **Emily White** - Preliminary Effect of Cognitive Behavioural Therapy for Insomnia on Objective Sleep Outcomes in Breast Cancer Survivors
- **Avaline Konkin** - Identifying factors predicting infant sleep across the first year of life
- **Chloe House** - Understanding Perceptions of Medical Assistance in Dying Among Cancer Survivors
- **Maria Baker** - Cannabis Literacy Among Canadian Cancer Survivors Who Use Cannabis for Sleep



- **Marcus Lopes** - The Effect of Social Media Reduction on Mental Health: A Protocol for a Systematic Review and Meta-Analysis of Randomized Controlled Trials
- **Reanna George** - Factors Associated with Resilience in Young Adults with Cancer
- **Ruth Vanstone** - Navigating the Perinatal Period After Primary Breast Cancer Treatment: A Scoping Review Identifying Understudied Areas of Interest and Concern
- **Nicole Ponto** - Psychosocial Factors and Recovery Outcomes in Acute Care Cardiac Inpatients: A Sex-Based Analysis
- **Kate Kelly** - Impact of Cognitive Behavioural Therapy for Insomnia on Perceived Executive Functioning in Cancer Survivors
- **Chhavvy Narendra** - Validation of Smartphone-Based Photoplethysmography Measures of Heart Rate as an Indicator of Acute Psychosocial Stress Reactivity
- **Florence Coulombe Raymond** - Motivation and self-efficacy across stages of change prior to participating in a 12-week lifestyle intervention

### List of authors and poster titles (Virtual)

- **Zahra Waktif** - Understanding the Role of Perceived Health Risks and Perceived Benefits Related to Return to In-Person University Class
- **Bonnie van Kessel** - Cortisol Diurnal Index Trajectories from Mid-Pregnancy to a Year After Birth
- **Kharah Ross** - Childhood family structure and adult health: Social support as a mediator
- **Alisa Pitre** - The Hearing Health and Habits of Young Adults
- **Sean Locke** - Are cognitive errors associated with perceived walking impairment in people with multiple sclerosis? Yes.

