

# Psychology

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

## 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.

## 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	7		Psychology Resident

## Major Achievements

### CARING

#### Clinical Practice:

- Launched Evidence2Practice – Health Quality Ontario standards within Mood disorders Treatment and Research Clinic in the inpatient and outpatient service - *interprofessional (with psychiatry, nursing, and digital solutions/EPIC team)*
- Launched Written Exposure Therapy (WET) group protocol for Post Traumatic Stress Disorder – *interprofessional with social work (SW)*
- Facilitated a new monthly online peer support group for home hemodialysis patients in the Kidney & Urinary Program - *interprofessional with SW and nursing*
- Expanded Ontario Structured Psychotherapy West Region (OSP West), which is a partnership between St. Joseph’s Healthcare Hamilton and St. Joseph’s Health Care London and provides evidence-based, short-term cognitive-behavioural therapy for individuals with anxiety, depression, and anxiety-related concerns (including posttraumatic stress and obsessive-compulsive concerns) - successfully onboarded all 14 Service Delivery Sites. The program is now available in in-person and virtual formats to all individuals living in the Ontario Health West region which serves over 4 million people who live in diverse urban and rural communities, from Waterloo to Windsor and Tobermory to Niagara Falls



## CARING

### Clinical Practice Continued...

- Ongoing development and implementation of the Prioritizing Indigenous Mental Health stream which integrates patient feedback and community consultation
- Conducted a Truth and Reconciliation feedback meeting for youth and staff at the Youth Wellness Clinic and presented feedback at National Day of Truth and Reconciliation
- Currently preparing a new program and group programming for the Concurrent Disorders Program – new virtual CBT Program
- Currently preparing an integrative care pipeline based on best practice guidelines to treat both anxiety disorders and cannabis use concurrently
- Developed and implemented new group treatment content for slow responders in MHAP treatment groups
- Integrated technology-based tracking for clients to monitor progress in MHAP treatment groups
- Expanding client access to Post-Traumatic Stress Disorder (PTSD) treatment by training up on and providing Written Exposure Therapy (WET) as a treatment option
- Co-leading a Prolonged Exposure (PE) consultation group which meets periodically to promote capacity building amongst staff and students in the administration of PE
- Meet periodically for ongoing quality improvement to the Cognitive Processing Therapy (CPT) treatment stream at the ATRC
- Ongoing adaptation of the Maintaining Your Progress Group to accommodate different trans-diagnostic presentations (e.g. anxiety disorders, Obsessive Compulsive Disorder, perfectionism)
- Evaluated internalized stigma in a treatment seeking population of individuals with anxiety and related disorders at SJHH
- Initial outcome evaluation of a newly developed intervention for family members of patients with Obsessive Compulsive Disorder demonstrated significant and strong reductions in unhelpful accommodating behaviours by family members and high satisfaction with the intervention

- Developing new Cognitive Behavioural Therapy for Insomnia group programming at the Mood Disorders Treatment and Research Clinic (MTRC)
- Redesign of collection protocol of provincially mandated outcome measures in MTRC
- Implemented a preparatory treatment group on the forensic assessment unit to address transfer delays to rehabilitation units

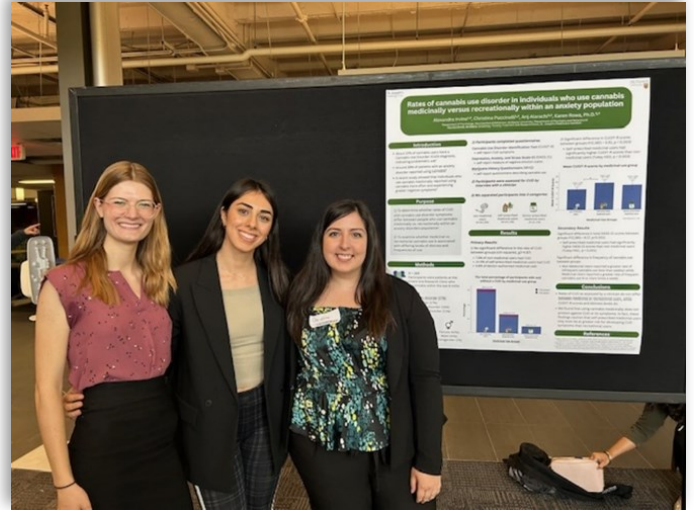


- Participated in the development and launch of a novel interdisciplinary clinic with neurology, geriatric psychiatry, and neuropsychology to provide efficient care for individuals with complex medical problems involving motor, cognitive, and psychiatric symptoms (Brain Medicine Clinic)
- Provided education on mindfulness to staff through the employee wellness program
- Participated as a psychologist/therapist in the employee support team
- Participated in the Schwartz Rounds program supporting compassion in healthcare
- New CBT intervention groups developed and implemented for clients at OSP (for depression, GAD and PTSD)
- Implemented and modified CBT for chronic pain group to streamline care

## CARING

### Clinical Practice Continued...

- Revised the structure of the self-management of chronic pain class for efficiency
- Revised questionnaire administration in the chronic pain clinic to provide more relevant data at initial consultation
- Developed a resource worksheet for patients in the chronic pain clinic to use during the wait time between orientation and initial appointment
- Evaluating and implementing Animal Assisted Intervention in the Forensics Program
- Improving team meeting processes to improve efficiency and improve risk evaluations that inform clinical privilege decision making
- Ongoing development and implementation of Memory Boost (Forensic Psychology Version)
- Developing a compassion-focused therapy group to pilot at the Community Psychiatry Clinic
- Adapting and implementing an intake battery to be used for program evaluation at the Borderline Personality Disorder Services
- Developing a client feedback questionnaire for OSP West to guide the development of quality improvement projects
- Integration of patient and family representatives on schizophrenia quality standards implementation steering committee
- Ongoing implementation of HQO standards of care for adults with schizophrenia in hospital and community: personal delivery of comprehensive assessment, CBT for psychosis, and Cognitive Remediation
- Developed and implemented a new Perinatal CBT-I workshop for pregnant women who are in their first two trimesters of pregnancy to prevent sleep, mood, and anxiety worsening in late pregnancy and into the postpartum
- Development and evaluation of a novel protocol: CBT for Sexual Concerns during the Menopausal Transition (CBT-SC-Meno)
- Participated in the integration of best practices implementing considerations of Diversity, Equity, Inclusion factors within neuropsychological and psychological assessments (e.g., hearing impaired MoCA; seminar on implementation of cultural factors in neuropsychological assessment)
- Modifying clinical consultation reports in the WSIB clinic to include references and information regarding resources for injured workers
- Establishing new test batteries with greater cultural sensitivity and validity for the WSIB clinic
- Implementation of social anxiety group for patients with first episode psychosis
- Continued development of cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT) -informed , motivational interviewing (MI), and harm reduction group-based programming (based on measurement-based care) for the Young Adult Substance Use Program (YASUP)
- Part of PRISM working group to protect and promote rights of 2SLGBTQIA+ in the SJHH, McMaster, and Hamilton communities
- Ongoing participation in the Nunavut service, providing virtual psychological services
- Treatment manual development for use in OSP West (1 each for depression, social anxiety, GAD, OCD, panic disorder, health anxiety)



## LEARNING

### Education:

- **Distinction – National Award** – Canadian Psychological Association Award for Distinguished Contributions to Psychology as a Profession – Dr. Randi McCabe
- **Distinction – National Award** - Elected as Fellow of the Canadian Psychological Association – Dr. Karen Rowa
- **Distinction - Provincial Award** - 2023 Dr. Ruth Berman Award from the Ontario Psychological Association which recognizes the contributions of early career psychologists – Dr. Sabrina Syan
- **Distinction – University** – Two staff members were promoted to the rank of Full Professor with the McMaster Department of Psychiatry and Behavioural Neurosciences (PBN) - Drs. Heather McNeely and Karen Rowa
- **Distinction – University** – Interprofessional Teaching Award - McMaster Department of Psychiatry and Behavioural Neurosciences – Dr. Danielle Rice



### Academic Appointments & Affiliations:

- McMaster University, Department of Psychiatry and Behavioural Neurosciences (PBN) – 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) – almost all psychology staff have affiliations
- Peter Boris Centre for Addiction Research, SJHH – many affiliations
- Neuroscience Graduate Program, McMaster University – some affiliations

### Clinical Education

- Clinical Psychology Residency Program at St. Joe's - received close to 100 applications from across Canada in 2023 for 7 spots (5 "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 Toronto Metropolitan University, University of Victoria, Simon Fraser University, University of Toronto (Scarborough), Concordia University, McMaster University, and University of Waterloo. 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 30+ applications in 2023 from schools across Ontario. 25 learners were placed throughout the hospital offering training in a wide range of clinical services including the Anxiety Treatment and Research Clinic, Women's Health Concerns Clinic, Neuropsychology, Concurrent Disorders, Chronic Pain, Consultation-Liaison Psychiatry, WSIB, Youth Wellness, Forensics, Eating Disorders, and OSP. Learners were from graduate programs in clinical psychology from Waterloo, McMaster, Toronto Metropolitan, York, Windsor, U Toronto

## LEARNING

### Education:

#### 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. Eighteen 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
- 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, Systems to Synapses, academic half-days in sub-specialty programs (Forensics, Geriatric)
- McMaster Medicine Sub-Specialty Programs - academic half-days for Palliative Medicine Fellows
- St. Joe's Psychology & Neuropsychology Post-Doctoral Fellows – clinical supervision, research supervision, seminar / rounds / didactics teaching (5 fellows)
- High School Co-op Placement – developed a pilot Psychology placement with the first successful participant in 2023 - exposure to various hospital-based mental health clinics, treatment groups, the role of psychologists on multidisciplinary teams, and education about various mental health disorders + offer sessions as requested for high school students placed in Acute Medicine

#### 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)
- The Hope Healing and Recovery Exchange Event - for health and community care workers
- Implementing Measurement Based Care in the Mood disorders Treatment and Research Clinic
- Planning for a Randomized Study of Psychoeducation Therapy to Increase Illness Insight Mood Disorders Treatment and Research Clinic
- Innovations in Anxiety Memorial Lecture. Panelist for Measurement Based Care.
- Implementing Depression and Anxiety Quality Standards at St. Joseph's Healthcare Hamilton. Quality Committee Meeting
- Focus on Suicide Prevention. Panelist
- Suicide Post-vention. MHAP Rounds
- Implementing Measurement Based Care: MHAP Rounds
- Transcending Protocol. MHAP Rounds

## LEARNING

### Education:

#### Internal Education Continued...

- Suicide Prevention Committee Meeting. Suicide Risk Assessment and Management Mood disorders Treatment Research Clinic
- Developing a suicide risk response protocol for chronic pain clinic staff
- Weekly to bi-weekly sessions on CBT for eating disorders for clinicians on team
- Risk Assessment Training: eHARM
- Presented several topics related to DBT and BPD during the Borderline Personality Disorder Services' 2023-2024 weekly didactics series
- Providing training in Cognitive Processing Therapy to other staff at OSP (through co-therapy and individual supervision)
- Providing seminars on Differential Diagnosis to Intake Staff and clinicians at OSP
- Providing seminars on Exposure Therapy to Intake Staff and clinicians at OSP
- Rounds presentation on Truth and Reconciliation for St. Joe's and HHS
- Co-led/Facilitated an education day for employees affiliated with YASUP and PBCAR.
- Sessions on best practices in neuropsychology and testing, and test interpretation regarding clinical meaningfulness with WSIB services including occupational therapists
- Malingering and effort in neuropsychological assessment, CNS
- Health psychology and chronic kidney disease. McMaster Department of Psychiatry and Behavioural Neurosciences Grand Rounds
- Sessions on the role of health psychology in renal care to new hemodialysis nurses during orientation
- Sessions on the role of health psychology in renal care to new nephrology rotating residents
- Informal supervision of nursing and social work staff in schizophrenia services in the administration of CBT
- "What do you mean I have BPD?" – The importance of helping clients understand their BPD diagnosis. Seminar presented at the PBCAR Seminar Series
- 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)
- Providing leadership and support to colleagues in OSP West (e.g., onboarding & training, provide on-call consultation, open-door policy for questions and discussions)
- Providing education to new and existing staff with the Ontario Structured Psychotherapy Program on the basics of CBT, CBT-related workshops, triage and intake workshops, risk assessment, and safety planning
- Provide consultation for therapists on the virtual Nunavut psychotherapy team
- Orientation of new clinicians (RNs, SWs, TRs) to risk assessment and management in the Forensic Psychiatry Program
- Facilitating a two-day workshop on cognitive-behavioural therapy for chronic pain to students and clinicians through the DPBN
- Building capacity of colleagues through training on a cognitive remediation program
- Providing weekly clinical consultation to a staff social worker
- Redeemer University - Wellness Fair Presenter
- Talk for Neuroscience Graduate Program
- Talk for Student Wellness Centre about YASUP and Concurrent Disorders Program

## LEARNING

### Research:

Psychology staff are principal investigator or co-investigator on several new peer-reviewed awards/grants from multiple agencies in the amount of over \$600K:

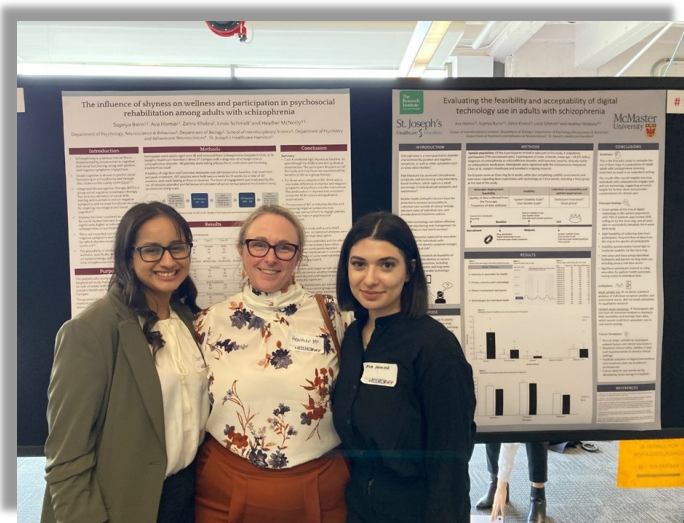
1. Canadian Institute of Health Research (CIHR) Planning and Dissemination Grant: Planning for digital mental health solutions research in Ontario (\$9948)
2. St. Joseph's Foundation: Family Accommodation Reduction in OCD (\$40,000)
3. A Scleroderma Patient-centered Intervention Network Project to Understand Resilience and its Influence on Mental Health in People with Systemic Sclerosis: a Qualitative Study Using a Dyadic Interview Approach (\$99,729)
4. Research Institute of St. Joe's Hamilton. PAC Interprofessional Research Grant. Randomized Study Comparing Psychoeducation Therapy for Bipolar Disorder to Usual Care for Increasing Illness Insight (\$10,000)
5. Research Institute of St. Joe's Hamilton. Joe K. Research Award. Comprehensive Evaluation of the Implementation of the SAPROF in a Canadian Forensic Mental Health Service (\$10,000)
6. Research Institute of St. Joe's Hamilton. Joe K. Award. Joe K. Research Award. Evaluating Animal Assisted Intervention in Forensic Psychiatry (\$10000)
7. Research Institute of St. Joe's Hamilton. Dr Ian and Shirley Rowe Trainee Award (supervisor). Pathways to Absolute Discharge and Desistance in Forensic Psychiatry (\$15,000)
8. TD Pooler Grant Foundation. Illness Insight: A Potential Mechanism of Change in Psychoeducation Therapy for Bipolar (\$99,298)
9. Early Career Innovation Award, McMaster University: Neuroplastic adaptations in youth at high risk for developing psychopathology: Modelling clinical improvement following emotion regulation skills training with changes in brain connectivity and anatomy
10. Department of National Defense, Government of Canada. Mobilizing Insights in Defense and Security (MINDS). Identity-based moral injury: Shame, guilt and betrayal related to sexual orientation (\$50,000 CND)
11. McMaster University AFP Innovation Fund (\$7,500)
12. PBCAR. Cannabis use in eating disorder patients leading up to legalization (\$10000)
13. Research Institute of St. Joe's Hamilton. Dr. Ian and Shirley Rowe Research Fund to Explore Innovative Ways of Managing Psychosis in the Community. The use of Integrated Neurocognitive Therapy to "work around" limited insight and improve community functioning and recovery in adults with schizophrenia and related psychotic disorders (\$24 800)
14. Research Institute of St. Joe's Hamilton. Dr. Ian and Shirley Rowe Research Fund to Explore Innovative Ways of Managing Psychosis in the Community. Development, Implementation and Evaluation of a Self-Management Support Training Package for Interdisciplinary Health Professionals Working with Individuals/Families Living with Schizophrenia (\$25 000)
15. The Research Institute of St. Joseph's Healthcare and St. Joseph's Healthcare Foundation, Collaboration Grant: A Randomized Controlled Trial Examining the Short and Long-Term Impact of a Brief, Proactive, Cognitive Behaviour Therapy versus Sleep Hygiene for Sleep Difficulties in Early Pregnancy. (\$50,000)
16. Hamilton Academic Health Sciences Organization Alternative Funding Plan Innovation Fund (AHSC AFP). Project title: A collaborative care approach to improve screening, assessment, and services to address the mental health consequences of severe maternal morbidity– a pilot study (\$184,145)

## LEARNING

### Research Continued...

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

- Examining the Effects of Emotion Focused Case Formulation on Group Therapy Outcomes
- A Randomized Controlled Trial of Structured Exposure Dialectical Behaviour Therapy (SE-DBT) in Borderline Personality Disorder
- Interoceptive training to target anxiety and stress in clinical samples
- Examining the psychometric properties of an open-access diagnostic interview for researchers and clinicians: The Diagnostic Assessment Research Tool (DART) for DSM-5
- Reasons for dropping out of group CBT
- Supervising PhD student's project on Barriers and Facilitators to Care for Racialized Clients with Anxiety



- Quality improvement evaluation of Transdiagnostic Behavioural Therapy group programming at the ATRC
- Cognitive risk factors for depression and depressive relapse
- The Impact of the COVID-19 Pandemic on the Experience and Expression of Sexual Interests and Behaviours
- Project investigating tDCS for youth with OCD

- Project investigating the efficacy of group Written Exposure Therapy for PTSD
- Program evaluation of a cognitive remediation group for individuals with Mild Cognitive Impairment
- Program evaluation (WSIB) comparing outcomes for single-discipline versus interdisciplinary treatment
- Mindfulness-Based Interventions for OCD: Efficacy, Mechanisms, and Biological Predictors of Outcome – ongoing CIHR funded project
- Program evaluation of psychological treatment within the Chronic Pain Clinic
- Conceptualization stage of a study examining patient outcomes along a measure of perceived deserving to feel better
- An ACT-informed micro-intervention for individuals with body image concerns
- Developing body image and binge-eating disorder workbooks to widely disseminate accessible treatment options that will involve further research and evaluation
- Conceptualizing a research project that compares body image outcomes for anorexia nervosa and bulimia nervosa patients to those with binge eating disorder following group treatment
- Validation study - DART compared to other reputable eating disorder assessment tools
- Collaboration studying transition aged youth (TAY) and eating disorders
- Self-Compassion and Eating Disorders projects
- Deconstructing elements of psychoeducation in eating disorder treatment and impact on weight control beliefs
- Bariatric surgery study in binge eating disorder patients
- Collaborative research projects between the eating disorder clinic and The Peter Boris Centre for Addictions Research examining cannabis use among eating disorder patients, the impact of cannabis use on treatment outcomes, motivations for cannabis use, and predictors of cannabis use



## LEARNING

### Research Continued...

- Study of the inter-rater reliability of an African Proverbs test being developed as part of an African Neuropsychological Battery for persons of African Descent with the neuropsychology post-doctoral fellow
- Deconstructing the insight-social anxiety paradox in psychotic disorders via a novel psychotherapeutic intervention
- Investigating the Impact of Integrated Neurocognitive Therapy (INT) on the Quality of Life and Recovery of Persons with Schizophrenia
- Cognitive Behavioural Therapy for Sexual Concerns During Menopause – ongoing CIHR funded project
- Involved in development of proposal looking at treatment outcomes for anxiety in transition-aged youth (age specific groups versus groups undifferentiated by age)
- Evaluating a Developmentally-Adapted Cognitive Processing Therapy Program in Transition-Aged Youth with Posttraumatic Stress Disorder (PTSD) and Substance Use
- Development of cognitive processing therapy (CPT) for youth group manual, and initiating CPT for youth treatment program
- Cognitive-behavioral approach for addressing the psychosocial impact of minority stress in transgender and gender diverse (TGD) individuals
- Development of a proposal looking at sex and gender considerations for dialectical behavior therapy
- Clinical Psychologist Supervisor for DIVINE clinical research study, PBCAR
- dTMS, neurocognition, and depression in treatment refractory older adults
- mTBI and substance abuse correlated with mental health
- Case study of bilateral hippocampus infarcts using novel neuroimaging analysis and neuropsychological assessment
- rTMS research in Forensic Psychiatry
- Moral Injury tool validation in Forensic Psychiatry across multiple sites
- Submission of several Health Canada Substance Use and Addictions Program research grants
- Studying the use of GLP1 agonists for adjunctive treatment of opioid use disorder
- Continued collaboration on an interdisciplinary research project, “Towards a digital diagnostics suite for reducing hospital admissions in vulnerable patients with chronic kidney or respiratory disease”
- Planning for the creation of a research database for the WSIB clinic
- PBCAR database project examining differences between young adults and adults with concurrent disorders
- The Diagnostic Assessment and Research Tool (DAR)T Study – validating the substance use measures in a concurrent disorders population
- Evaluating the Emotion Regulation Skills Group for Concurrent Disorders (ERS-CD) with YASUP
- Increasing access to mental health and addiction services for Indigenous and 2SLGBTQIA+ communities – ongoing CIHR granted study
- Published an outcome evaluation of a preparatory treatment program adapted for forensic psychiatric populations and implemented across the forensic psychiatric program



## LEARNING

## Publications:

*Psychology staff were involved with 60 publications (academic journals / book chapters / books) in 2023 (staff names are in bold, learners marked with \*):*

1. Alarachi, A.\*, **Merrifield, C., Rowa, K., & McCabe, R. E.** Are We Measuring ADHD or Anxiety? Examining the Factor Structure and Discriminant Validity of the Adult ADHD Self-Report Scale in an Adult Anxiety Disorder Population. *Assessment*, 10731911231225190.
2. Alcolado, G. M., **Rowa, K., Milosevic, I., & McCabe, R. E.** (2023). Do all obsessions contradict personal values to the same degree? A pilot investigation. *Bulletin of the Menninger Clinic*, 87, 291-312.
3. Barrett, E. N.,\* Frey, B. N., Streiner, D. L., Agako, A.,\* Inness, B. E.\*, Furtado, M.,\* Caropreso, L., & **Green, S. M.** (2023). Psychometric properties of the Difficulties in Emotion Regulation Scale in a perinatal sample. *Journal of Reproductive and Infant Psychology*, 21, 120.
4. Barrett, E. N.\*, Furtado, M.\*, Frey, B. N. & **Green, S. M.** (In Press). Insomnia and Anxiety in the Perinatal Period. In S. Verinder & L. Palgini (Eds.) *Sleep and Perinatal Disorders: A Guide for Clinicians and Researchers*. Springer.
5. Bromwich, L., Slyepchenko, A., Berry, S., Simons, S., & **Davey, C. J.** (In press). Evaluating an Art Therapy Program in an Outpatient Psychiatric Hospital Setting for Individuals with Mood Disorders. *Canadian Journal of Counselling and Psychotherapy*.
6. **Boyd, J.E.**, Cameron, D.H., Naude, G.P., **Rowa, K.**, Soreni, N., Amlung, M., & **McCabe, R.E.** (2024). Delayed discounting in individuals with anxiety and related disorders compared to healthy controls. *Canadian Journal of Behavioural Sciences*, In Press.
7. Chaimowitz, G., Garside, E., **Moulden, H. M.**, & Karlinsky, H. (2023). Aircraft-assisted suicide: A review of practice and policy. *Journal of Forensic Sciences: Mind & Law*. Doi.org/10.1016/j.fsimpl.2023.100118
8. Cobey, K., Fehlmann, C. A., Franco, M.C., Ayala, A.P., Sikora, L., **Rice, D.B.**, et al., (2023). Epidemiological Characteristics and Prevalence Rates of Research Reproducibility Across Disciplines: A Scoping Review of Articles Published in 2018-2019. *Elife*, 12, e78518.
9. Corace, K., Thavorn, K., Suschinsky, K., Willows, M., Leece, P., Kahan, M., Nijmeh, L., Aubin, N., Roach, M., Garner, G., Saskin, R., **Rice, D.B.**, Taha, S., Garber, G., & Hutton, B. (2023). Clinical Benefits of Rapid Access Addiction Medicine Clinics for Problematic Opioid Use: Findings from a Canadian Retrospective Cohort Study. *JAMA Network Open*, 6(11), e2344528-e2344528.
10. D'Alessandro-Lowe\*, A. M., Patel, H., Easterbrook, B.\*, Ritchie, K., Brown, A., Xue, Y., Karram, M., Millman, H., Sullo, E., Pichtikova, M., Nicholson, A., Heber, A., Malain, A., O'Connor, C., Schielke, H., Rodrigues, S., Hosseiny, F., **McCabe, R.E.**, Lanius, R.A., **McKinnon, M. C.** (2024). The independent and combined impact of moral injury and moral distress on post-traumatic stress disorder symptoms among healthcare workers during the COVID-19 pandemic. *European Journal of Psychotraumatology*, 15(1), 2299661-2299661.
11. D'Alessandro-Lowe, A. M.\*, Ritchie, K., Brown, A., Easterbrook, B.\*, Xue, Y., Pichtikova, M., Altman, M., Beech, I., Millman, H., Foster, F., Hassall, K., Levy, Y.\*, Streiner, D.L., Hosseiny, F., Rodrigues, S., Heber, A., O'Connor, C., Schielke, H., Malain, A., **McCabe, R.E.**, Lanius, R.A., **McKinnon, M.C.** (2023). Canadian respiratory therapists who considered leaving their clinical position experienced elevated moral distress and adverse psychological and functional outcomes during the COVID-19 pandemic. *Health Promotion & Chronic Disease Prevention in Canada*, 43.
12. D'Alessandro-Lowe, A. M.\*, Ritchie, K., Brown, A., Xue, Y., Pichtikova, M., Altman, M., Beech, I., Millman, H., Levy, Y.\*, Hassall, K., Foster, F., Rodrigues, S., Hosseiny, F., O'Connor, C., Heber, A., Malain, A., Schielke, H., Lanius, R.A., **McCabe, R.E.**, **McKinnon, M.C.** (2023). Characterizing the mental health and functioning of Canadian respiratory therapists during the COVID-19 pandemic. *European Journal of Psychotraumatology*, 14(1), 2171751.

## LEARNING

## Publications Continued...

13. D'Alessandro-Lowe, A. M.\*, Karram, M., Ritchie, K., Brown, A., Millman, H., Sullo, E., ... & Lanius, R.A., **McCabe, R.E., McKinnon, M.C.** (2023). Coping, Supports and Moral Injury: Spiritual Well-Being and Organizational Support Are Associated with Reduced Moral Injury in Canadian Healthcare Providers during the COVID-19 Pandemic. *Int. J. Environ. Res. Public Health*, 20, 6812
14. Dal Santo, T., **Rice, D.B.**, Carrier, M.E., Virgili-Gervais, G., et al., Thombs, B.D., SPIN Investigators. (2024). Factors Associated with Satisfaction with Social Roles and Activities Among People with Systemic Sclerosis: A Scleroderma Patient-centered Intervention Network (SPIN) Cohort Cross-sectional Study. *Rheumatic & Musculoskeletal Diseases*. [in press]
15. Dal Santo, T., **Rice, D. B.**, Amiri, L. S., Tasleem, A., Li, K., Boruff, J. T., ... & Thombs, B. D. (2023). Methods and results of studies on reporting guideline adherence are poorly reported: a meta-research study. *Journal of Clinical Epidemiology*
16. Di Passa, A. M., Dabir, M., Fein, A., Khoshroo, S., McIntyre-Wood, C., Marsden, E., **MacKillop, E.**, De Jesus, J., MacKillop, J., & Duarte, D. (2023). Clinical Efficacy of Deep Transcranial Magnetic Stimulation in Psychiatric and Cognitive Disorders: Protocol for a Systematic Review. *JMIR research protocols*, 12, e45213
17. Fraser, J. M.\*, Bradford, J. M., & **Moulden, H. M.** (2024). Female perpetrated childhood sexual abuse of boys who go on to sexually offend: Review and critical analysis. *Current Psychiatry Reports*. doi.org: 10.1007/s11920-024-01486-4
18. Gavric, D., Cameron, D., **Waechter, S.**, Moscovitch, D. A., **McCabe, R. E., & Rowa, K.** (2023). Just do something: An experimental investigation of brief interventions for reducing the negative impact of post-event processing in social anxiety disorder. *Journal of Anxiety Disorders*, 98, 102744
19. Green, H. E., Daoust, A. R., **Vandermeer, M. R.**, Liu, P., Stanton, K., Harkness, K. L., & Hayden, E. P. (2023). Characterizing and predicting Canadian adolescents' internalizing symptoms in the first year of the COVID-19 pandemic. *Canadian Journal of Behavioural Science/Revue canadienne des sciences du comportement*
20. Halladay, J., Rahman, L., Luvisa, M., Mawson, M., Massey, M., Burns, J., Kennedy, M., King, K., Douglas-Micallef, K., Carter, A., **Stead, V.**, McCarron, C., Khoshroo, S., **MacKillop, E.**, Raymond, H., Younger, L., Punia, K.\*, Venantius, M., Mathew, M., & MacKillop, J.J. (2023) Measuring and understanding' quality of life' among emerging adults in a substance use program. *Psychology of Addictive Behaviors*.
21. Halladay, J., **Stead, V.**, McCarron, C., Kennedy, M., King, K., Venantius, M., Carter, A., **Syan, S.**, Matthews, M., Khoshroo, S., Massey, M., Rahman, L., Burns, J., Punia, K.\*, **MacKillop, E.**, Raymond, H., MacKillop, J. (2023). Initial insights from a quality improvement initiative to develop an evidence-informed young adult substance use program. *Journal of the Canadian Academy of Child and Adolescent Psychiatry*, 32(3), 185-201
22. Hersi, M., Corace, K., Hamel, C., Esmaeilisaraji, L., Rice, D.B., Dryburgh, N., Skidmore, B., Garber, G., Porath, A., Willows, M., MacPherson, P., Sproule, B., Flores-Aranda, J., Ortiz, Nunez., & Hutton, B. (2023). Psychosocial and pharmacologic interventions for problematic methamphetamine use: findings from a scoping review of the literature. *Plos one*, 18(10), e0292745
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## LEARNING

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## LEARNING

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## BUILDING

### Staff:

- Three psychology staff members were granted registration as Psychological Associate with the College of Psychologists of Ontario (CPO)
- A psychology staff member has submitted and approved phase 1 of 2 in the CACBT credentialing process
- A psychology staff member has completed a course and received certificate (from U of T) in Clinical Consultation
- A psychology staff member completed an MA in Clinical Psychology through the UBC
- A psychology staff member completed the Somatic Attachment Therapy Certificate Program, The Embody Lab
- 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

### Professional Practice Development:

- 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
- Several psychology staff (17) provided formal clinical supervision (Supervised Practice) for those staff (11) pursuing licensure with the College of Psychologists of Ontario (CPO)
- A psychology staff member successfully completed the McMaster Psychiatry Leadership Skills Development Program
- Many psychology staff attended the 2023 Canadian Association of Cognitive and Behavioural Therapy Conference
- A psychology staff is a member of the Quality Assurance Committee, CPO
- A psychology staff is a member of the Council of the CPO, Academic Member
- Two psychology staff are members of the Registration Committee Member, CPO
- A psychology staff is pursuing retraining in CPO competency areas of Rehabilitation Psychology and Health Psychology, for services with adults
- A psychology staff completed formal extension of CPO competency area to include Clinical Psychology, for services with adults
- Lead the development of a centralized psychometric test library within St. Joe's Psychology Department
- Co-facilitated several "Fundamentals of Cognitive Behavioural Therapy" online training

courses for mental health providers across Canada

- Served as a CPO ad hoc oral examiner for a clinical health psychologist's health psychology retraining plan

## LEADING

- Consulted with the forensic psychiatric program patient advisory council on research and integrated feedback into the design and protocol
- Managing the quality board at the ATRC
- Leading multiple quality initiatives including Increasing Efficiencies and Reducing Wait Times for Clients with Anxiety Disorders
- Leading the delivery of a "mental health toolkit" for patients with systemic sclerosis and mental health difficulties
- Developing a new referral protocol within the MTRC to streamline and increase efficiencies
- Co-chair of Quality Committee for Cleghorn Clinic
- Module Coordinator, CBT for Anxiety training for Psychiatry Residents, McMaster University, Department of Psychiatry and Behavioural Neuroscience
- Co-Chair of Forensic EDI committee
- Chair of the PAC Research Committee
- Member of the hospital Schwartz Rounds Steering Committee
- Co-Chairing weekly Mental Health and Addictions Rounds
- Co-Chair, EDI committee, Psychology Residency Program
- Created a 'Community Psychiatry Clinic Working Group' - review select topics such as processes and procedures, service delivery and clinical issues, continuing education/supervision, and outcome monitoring
- Revised the onboarding process for BPDS. Created the role of the 'onboarding coordinator' on the BPDS team

**LEADING Continued...**

- Clinical Head of Service, Clinical Neuropsychology Service
- Academic Head of Service, Schizophrenia and Community Integration Service
- Member, Research Governance Committee, St. Joseph's Healthcare, Hamilton
- Member, Research Institute Award Committee, St. Joseph's Healthcare, Hamilton
- Member, Integrated Quality Council, Schizophrenia and Community Integration Service
- Member, Patient Experience, Quality and Practice Committee, Mental Health and Addictions Program
- Member, Executive Leadership Committee, Schizophrenia Quality Standards Implementation
- Chair, Steering Committee, Health Quality Ontario Schizophrenia Standards Implementation Initiative, Schizophrenia and Community Integration Service
- Member, Outpatient Quality Council, Schizophrenia and Community Integration Service
- Led the development of novel EMR tool (Schizophrenia Navigator), practice enhancements and workflows, and evaluated within SCIS - presented work to MHAP leadership re schizophrenia treatment standards reporting requirements with Ministry of Health
- Mood and Anxiety Quality Council
- Project Lead and Clinical Lead for St. Josephs' Healthcare Hamilton, Evidence2Practice Ontario
- St. Joe's Pride Planning Committee and MC for Pride 2023 event at Charlton Campus
- Smudge Policy revisions
- Operations/Quality Sub-Committee – Peritoneal Dialysis, Home Hemodialysis, Multidisciplinary Care Kidney Clinic

**External Activities:****Presentations**

- Psychology staff were involved in over

50 presentations in 2023 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, Association for Behavioural and Cognitive Therapies, International Forensic Risk and Recovery Conference, Scleroderma Canada Conference, Ontario Renal Network, Ontario Psychological Association

- 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: Understanding and Managing Symptoms of Depression, Tackling Anxiety, and Helping a Loved One with Mental Illness
- Psychology staff were involved in over 15 media events including Facebook Live, TVO The Agenda with Steve Paikin, Brian Crombie Radio Show – Sauga 960, Global News, CTV News, Atchison Globe Now, McGill Newsroom, Globe and Mail, QR Calgary – Radio, The Hamilton Spectator
- Review of the Young Adult Substance Use Program (YA-SUP) and substance use services and resources for clinicians. Hamilton Health Sciences, Family Health Team
- Bi-monthly presentation for Early Psychosis Intervention programs across Ontario
- Providing sessional instruction at the University of Guelph, teaching the Neuropsychology graduate course
- online CBT education of CBT therapists across Ontario in OSP
- Co-Development of course on Fundamentals of Cognitive Behavioural Therapy for Anxiety and Mood Disorders, course instructor
- Patient education night about the impacts of chronic pain on mental health in the context of scleroderma (Scleroderma Hamilton Group)



## LEADING

### External Activities:

#### Presentations Continued...

- Provided pain education and skills to patients relevant to the impacts of chronic pain on mental health in the context of scleroderma (Scleroderma Mental Health Program)
- Monthly webinars on binge eating disorder through Eating Disorders Ontario
- Monthly webinars on Cognitive Behaviour Therapy – Enhanced (CBT-e) through Eating Disorders Ontario
- Quarterly webinars on program design for publicly funded eating disorders programs through Eating Disorders Ontario
- Half-day workshop/presentation on providing eating disorder informed care in the Ontario Youth Hubs (to clinicians working in youth hubs)
- Psychology of Hostage Negotiations: Crisis Intervention, Guest Lecturer, Ontario Police College
- Invited Participant, National Schizophrenia Medical Advisory Board Meeting
- Developed and delivered a workshop on adapting CBT to meet the unique needs of perinatal women with anxiety and depression - Ontario Structured Psychotherapy Program - North Simcoe and Muskoka
- Presentations about OSP to healthcare stakeholders across OH West (e.g., mayors, council members, emergency responders leadership, family physicians and other healthcare professionals)
- Task Force, Canadian Psychological Association
- Invited member of the CANMAT team for development of the Canadian treatment guidelines of Perinatal Mental Health
- Forensic Psychiatric Program Research Committee, Chair
- International Forensic Psychiatry Lecture Series (organizing committee)
- Forensic Risk and Recovery Conference (organizing committee)
- Editorial Board Member, Journal of Obsessive-Compulsive and Related Disorders
- Member program (Training Director), Association of Postdoctoral Programs in Clinical Neuropsychology (APPCN)
- Member, Communications and Advocacy Committee, Canadian Association of Cognitive and Behavioural Therapies
- Co-Chair, Depression and Anxiety-Related Disorders Expert Panel: Guidance for Clinically Appropriate Use of Virtual Care, Ontario Health
- Member of the Quality Standard Advisory Committee for the Health Quality Ontario Standards for Chronic Obstructive Pulmonary Disease – 5 year update
- DPBN - Wellness Committee, Executive Committee, Research Advisory Committee, Tenure and Promotion Committee
- Member, Hoarding Planning Committee, Virtual Conference, International Obsessive Compulsive Foundation
- DPBN - Co-chair of PRISM
- McMaster Postgraduate Medical Education - EDI Committee
- Board of Directors, Association for the Treatment and Prevention of Sexual Abuse (membership committee chair, education and conference planning committee)
- Section Co-Editor, Sexual Disorders, Current Psychiatry Reports
- Associate Editor, International Journal of Risk & Recovery

### Committees

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

- Co-Chairs, McMaster Department of Psychiatry and Behavioural Neurosciences (DPBN) Grand Rounds Committee
- Grand Rounds Preparation Committee, McMaster DPBN
- Criminal Responsibility & Fitness to Stand Trial

**LEADING****External Activities:****Committees Continued...**

- Editorial Board Member, Journal of Child Sexual Abuse
- Editorial Board Member, Frontiers in Psychiatry
- Editorial Board Member, Sexual Abuse
- Clinical Training Committee, Research & Clinical Training Program, Department of Psychology, Neuroscience and Behaviour, McMaster University
- Forensic Psychiatry Residency Program Committee, McMaster University
- Executive committee member, Research & Clinical Training Program, Department of Psychology, Neuroscience and Behaviour, McMaster University
- Member at Large, Canadian Psychological Association Traumatic Stress Section Executive Committee
- Member at Large, Canadian Psychological Association Psychologists in Hospitals and Health Centres Section Executive Committee
- Canadian Psychological Association (CPA) – education sub-committee of the Addiction Psychology Section
- Member of the McMaster Subspecialty Competence Committee
- Member of the McMaster Geriatric Subspecialty Committee
- Board Member of the Suicide Prevention Community Council of Hamilton
- Member McMaster University, Masters in Psychotherapy, Curriculum Development Committee
- Clinical Advisor to the Eating Disorder Ontario – Prevention
- Ontario Health MHA CA: Chair for Eating Disorders Expert Panel: Guidance for Clinically Appropriate Use of Virtual Care
- Ontario Health MHA Centre of Excellence: Member of eating disorders provincial advisory table
- Steering committee for the Eating Disorders Ontario (training for network)
- Member, Curriculum Committee, MSc Psychotherapy Program, McMaster University
- Member, Academic Committee, MSc Psychotherapy Program, McMaster University
- Member of the Expert Panel that was involved in developing Ontario Health’s Guidance for the Clinically Appropriate Use of Virtual Care, Depression and Anxiety-Related Conditions.
- Past Chair, Council of Psychiatric Continuing Education (COPCE) Committee, Canadian Psychiatric Association
- Expert Consultant/ Subject Matter Expert, Cognitive Impairment in Schizophrenia, Boehringer Ingelheim Canada Inc, Mental Health
- Co-Chair, Psychiatry Annual Review Course Planning Committee, Department of Psychiatry & Behavioural Neurosciences, McMaster University
- Member, Tenure & Promotion Review Committee, Department of Psychiatry and Behavioural Neurosciences, McMaster University
- Member, Departmental Executive Committee, Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton ON
- Member, Scientific Advisory Board, Centre for Clinical Neurosciences (CCN), Department of Psychiatry & Behavioural Neurosciences, McMaster University
- Mentor, Women in Science and Engineering (WISE), McMaster University
- Ombudsperson, Postgraduate Training Program in Psychiatry, McMaster University, Hamilton
- Member of the Community Perinatal Mental Health Pathways Committee
- One of the founding members of the developing international organization: North American Association for Practicum Sites in Neuropsychology (NAPSN)

## LEADING

### External Activities:

#### Committees Continued...

- 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
- Mentor, American Academy of Clinical Neuropsychology (AACN)
- Executive Training Committee – McMaster Palliative Medicine Fellowship Program
- Indigenous Wellness Program in partnership with HWDSB
- Chair of the Indigenous Mental Health Working Group, DPBN
- Member Centre for Medicinal Cannabis Research, McMaster University, Women's Health and Cannabis Working Group
- Provided consultation services to the Ontario Health Cancer Patient Education Team offering feedback on sleep disturbance patient resources for their cancer care guide
- Participated in a feedback session for the Ontario Renal Network on the model of mental health services for renal patients at St. Joe's, in collaboration with social work
- Provided consultation services to the Ontario Renal Network (Ontario Health) offering feedback on material for patients and care providers on the management of depression and anxiety

### Major Initiatives for 2024/25:

#### CARING

- Ongoing troubleshooting of how to most effectively provide hybrid virtual and in-person services
- Increase understanding of barriers to accessing mental health services by minority populations
- Develop tools for researching and/or treating impact of climate change on anxiety
- Support the launch of a neurostimulation option for clients with OCD and anxiety disorders who do not benefit from first line treatments (Caring & Learning)
- Develop and implement a 12-week Mindfulness-Based Interventions for OCD at the ATRC as part of the CIHR grant (Caring & Learning)
- Extend services offered at the Eating Disorder Clinic for those with Avoidant Restrictive Intake Disorder (ARFID)
- Pilot a compassion-focused therapy group
- Expand the scope of group therapy offerings at OSP West
- Initiate virtual online peritoneal dialysis peer support group
- Collaborate with mental health nurses in the East Region Mental Health Unit to set up a CBT for insomnia group
- Set up a CBT for insomnia group for renal disease patients
- Streamline the Prioritizing Indigenous Mental Health pathway
- Strengthen relationship building with Indigenous community organizations

## Major Initiatives for 2024/25:

### LEARNING

- Continue to build and expand the psychology-based high school co-op placement at SJHH with 4 co-leads and across school boards. This is a novel development and first of its kind (as far as we know). Exposing senior high school students to a variety of subspecialties in clinical psychology (e.g., women's health, personality disorders, mood disorders, eating disorders) with a variety of clinical, administrative, and research tasks. This will better inform students at the high school level, what a career in clinical psychology looks and the role of a psychologist in a public health system.
- Evaluate program data using the Borderline Personality Disorder Services battery to assist with program development
- Chair of Schizophrenia Academic Half Day - Planning a half day event for learners, hospital staff, faculty and community professionals to engage in continuing professional development related to psychosocial interventions for adults with schizophrenia and related disorders
- New RCT graduate student to focus on schizophrenia research in Sept. 2024, co-supervising with psychiatrist colleague to support graduate student involvement in expanded research program
- Continue supervising neuropsychology clinician/consultant: dTMS research collaboration with PBCAR, Geriatrics, Neuropsychology.
- Continue role as neuropsychological consultant on cannabis and neuroimaging study with Dr. Balodis of the PBCAR
- Continue to increase knowledge in the areas of somatic symptom disorders and substance use and the relationship with neuropsychological function in the hope to eventually lead new initiatives with these (underserved) complex clinical populations
- Support/supervise the first psychology practicum students and psychology residents at OSP
- Evaluate the Indigenous Wellness Program



### BUILDING

- Become a Peer Reviewer with the College of Psychologists of Ontario
- Develop a rehabilitation psychology retraining program through the WSIB specialty Clinic
- Co-Facilitate the McMaster Psychiatry Leadership Skills Development Program

### LEADING

- Lead internal SJHH MHAP spread of quality improvement and measurement based care initiatives related to standards of care for adults with schizophrenia, expand and support adoption within Acute Mental Health and Forensic Psychiatry
- Recruit and mentor junior psychologist to join Schizophrenia and Community Integration Service, aim for onboarding in September 2024
- Plan and undertake Staff Retreat, Clinical Neuropsychology Service
- Plan and implement camaraderie event for women and non-male identifying faculty in the Schizophrenia Service/Division