



# Mind | Matters

Spring 2020  
Department of Psychiatry Newsletter  
Calgary Zone



## Message from the Department Head

*Dr. Valerie Taylor*

To say that this is a strange time for our Department, and medicine in general, is an understatement. We have a global pandemic that is impacting everything, from how we work to ways in which we interact with our friends and family, occurring on the background of challenging relationships between the Alberta government and physicians. My message to you is that first and foremost, we need to take care of ourselves and each other, as we cannot help others if we do not ensure we are functioning to the best of our ability. Doing your best is a moving target these days, however, and it clearly does not mean not being scared, anxious or worried. These are normal emotions and it is important we allow ourselves to feel them. We also need to remember social distancing does not mean social isolating. Reach out and connect.



Take time to be with those important to you and remember that this will not last forever. We have actually moved things like telehealth and virtual care forward in really important ways, and I think we have come together as a Department in a manner that is truly impressive. I am proud to be in this Department with you. Remember, my door is always open, as long as we sit 2 meters from each other.

Take care.

Best,  
Valerie

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Spring 2020  
Department of Psychiatry Newsletter  
Calgary Zone

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**Reflections from the U of C Psychiatry Residents**

*Jacqueline Bobyn, R2, Psychiatry*

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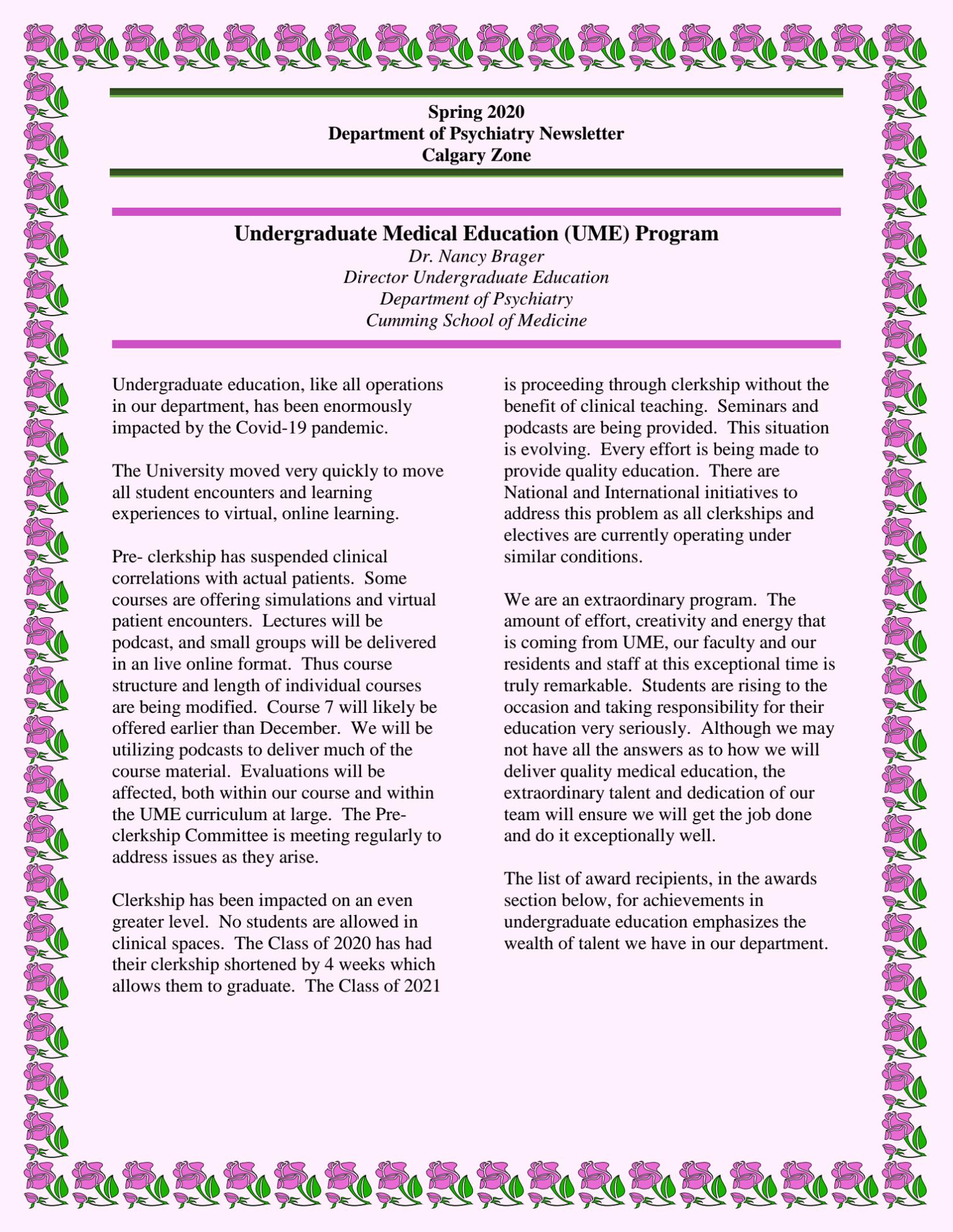


On March 27th, we were all shocked and saddened by the sudden passing of Dr. Glenda MacQueen, one of the giants in Canadian Psychiatry. As a psychiatry resident, I speak on behalf of the residency program that this has left a profound feeling of loss amongst us all.

I speak for all of the residents that Dr. MacQueen was an inspiration. From the perspective of the residency body, she gave a significant amount of time helping with STACERS, rotations, lectures and leadership during her role as Department Head and beyond. No matter what stage of training you were in, she always left one feeling like their work and ideas were valued, and that no dream was too big or out of reach. Despite being involved in so many things, she was always generous with her time, and dedicated to helping others strive to their full potential.

On a personal level, over the last eight years, I had the unique privilege of working with Dr. MacQueen both as a graduate student and as a resident. Throughout all of these stages of training, her brilliance and expertise, along with her warmth, humility and kindness, are what are remembered most. Her mentorship had a profound impact on my life, and I credit her for why I am a physician today and pursuing psychiatry training myself. I speak on behalf of our entire program that she will be forever remembered and greatly missed.





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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

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**Undergraduate Medical Education (UME) Program**

*Dr. Nancy Brager*  
*Director Undergraduate Education*  
*Department of Psychiatry*  
*Cumming School of Medicine*

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Undergraduate education, like all operations in our department, has been enormously impacted by the Covid-19 pandemic.

The University moved very quickly to move all student encounters and learning experiences to virtual, online learning.

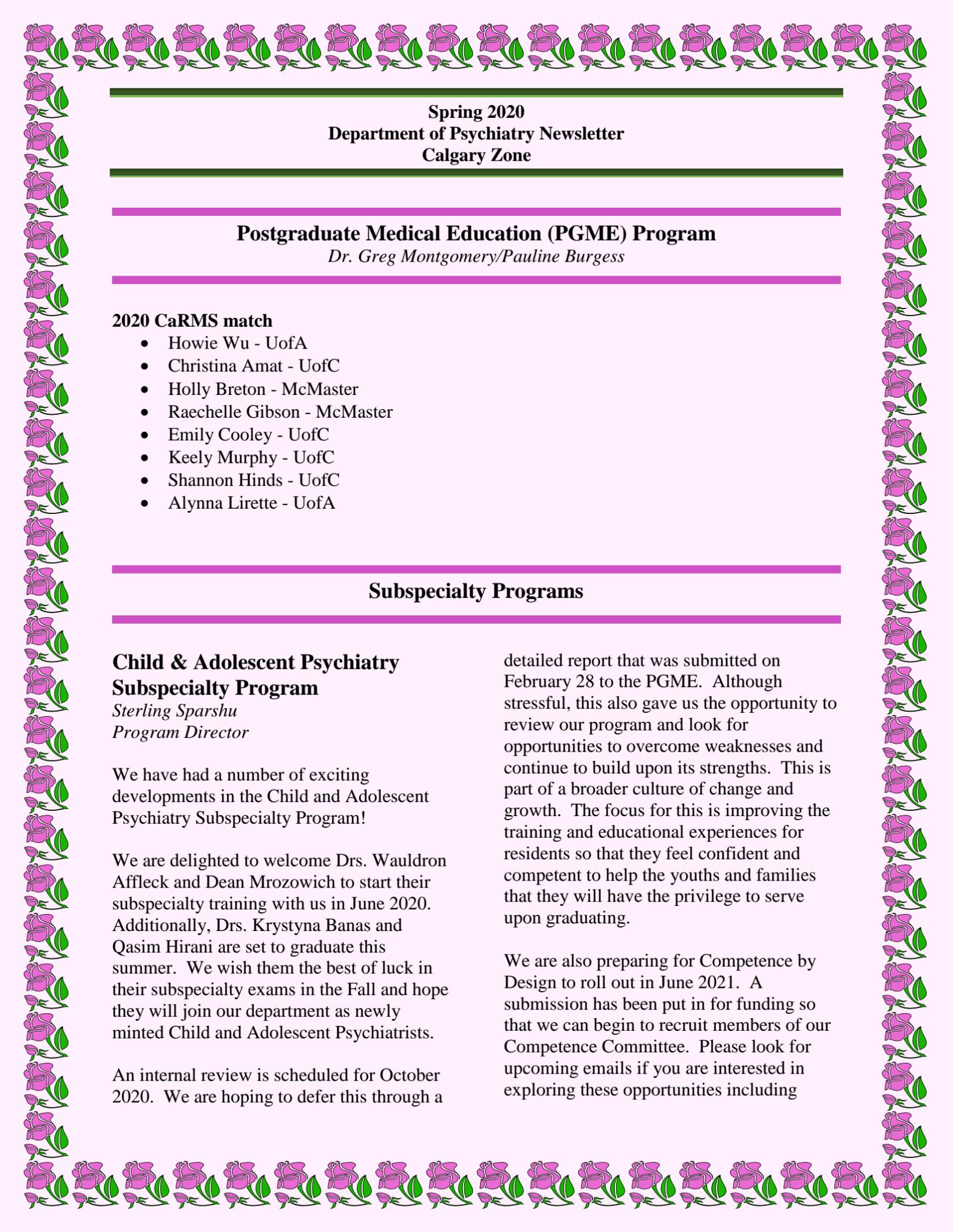
Pre-clerkship has suspended clinical correlations with actual patients. Some courses are offering simulations and virtual patient encounters. Lectures will be podcast, and small groups will be delivered in an live online format. Thus course structure and length of individual courses are being modified. Course 7 will likely be offered earlier than December. We will be utilizing podcasts to deliver much of the course material. Evaluations will be affected, both within our course and within the UME curriculum at large. The Pre-clerkship Committee is meeting regularly to address issues as they arise.

Clerkship has been impacted on an even greater level. No students are allowed in clinical spaces. The Class of 2020 has had their clerkship shortened by 4 weeks which allows them to graduate. The Class of 2021

is proceeding through clerkship without the benefit of clinical teaching. Seminars and podcasts are being provided. This situation is evolving. Every effort is being made to provide quality education. There are National and International initiatives to address this problem as all clerkships and electives are currently operating under similar conditions.

We are an extraordinary program. The amount of effort, creativity and energy that is coming from UME, our faculty and our residents and staff at this exceptional time is truly remarkable. Students are rising to the occasion and taking responsibility for their education very seriously. Although we may not have all the answers as to how we will deliver quality medical education, the extraordinary talent and dedication of our team will ensure we will get the job done and do it exceptionally well.

The list of award recipients, in the awards section below, for achievements in undergraduate education emphasizes the wealth of talent we have in our department.



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

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**Postgraduate Medical Education (PGME) Program**  
*Dr. Greg Montgomery/Pauline Burgess*

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**2020 CaRMS match**

- Howie Wu - UofA
- Christina Amat - UofC
- Holly Breton - McMaster
- Raechelle Gibson - McMaster
- Emily Cooley - UofC
- Keely Murphy - UofC
- Shannon Hinds - UofC
- Alynna Lirette - UofA

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**Subspecialty Programs**

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**Child & Adolescent Psychiatry  
Subspecialty Program**

*Sterling Sparshu*  
*Program Director*

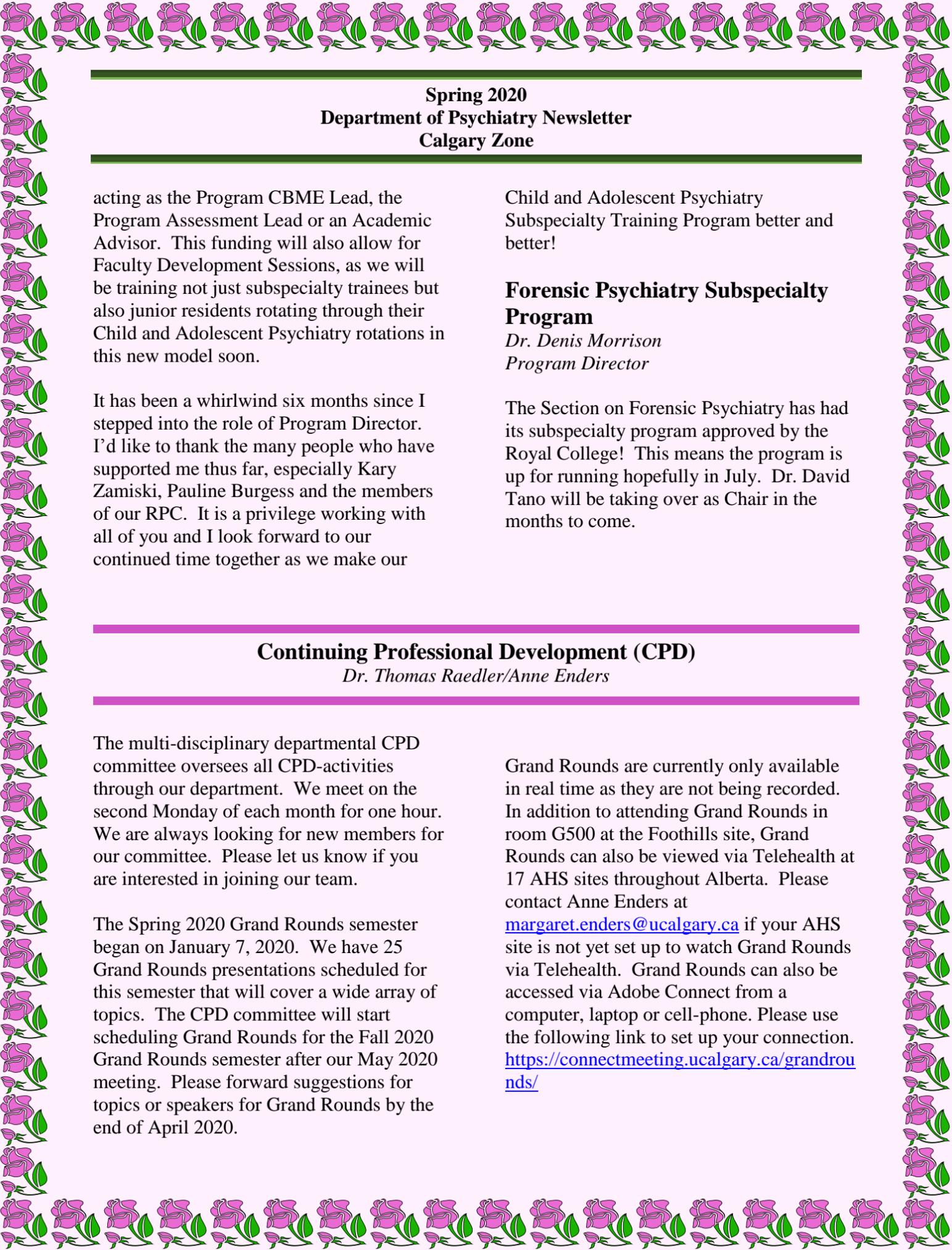
We have had a number of exciting developments in the Child and Adolescent Psychiatry Subspecialty Program!

We are delighted to welcome Drs. Wauldron Affleck and Dean Mrozowich to start their subspecialty training with us in June 2020. Additionally, Drs. Krystyna Banas and Qasim Hirani are set to graduate this summer. We wish them the best of luck in their subspecialty exams in the Fall and hope they will join our department as newly minted Child and Adolescent Psychiatrists.

An internal review is scheduled for October 2020. We are hoping to defer this through a

detailed report that was submitted on February 28 to the PGME. Although stressful, this also gave us the opportunity to review our program and look for opportunities to overcome weaknesses and continue to build upon its strengths. This is part of a broader culture of change and growth. The focus for this is improving the training and educational experiences for residents so that they feel confident and competent to help the youths and families that they will have the privilege to serve upon graduating.

We are also preparing for Competence by Design to roll out in June 2021. A submission has been put in for funding so that we can begin to recruit members of our Competence Committee. Please look for upcoming emails if you are interested in exploring these opportunities including



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---

acting as the Program CBME Lead, the Program Assessment Lead or an Academic Advisor. This funding will also allow for Faculty Development Sessions, as we will be training not just subspecialty trainees but also junior residents rotating through their Child and Adolescent Psychiatry rotations in this new model soon.

It has been a whirlwind six months since I stepped into the role of Program Director. I'd like to thank the many people who have supported me thus far, especially Kary Zamiski, Pauline Burgess and the members of our RPC. It is a privilege working with all of you and I look forward to our continued time together as we make our

Child and Adolescent Psychiatry Subspecialty Training Program better and better!

**Forensic Psychiatry Subspecialty Program**

*Dr. Denis Morrison*  
*Program Director*

The Section on Forensic Psychiatry has had its subspecialty program approved by the Royal College! This means the program is up for running hopefully in July. Dr. David Tano will be taking over as Chair in the months to come.

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**Continuing Professional Development (CPD)**

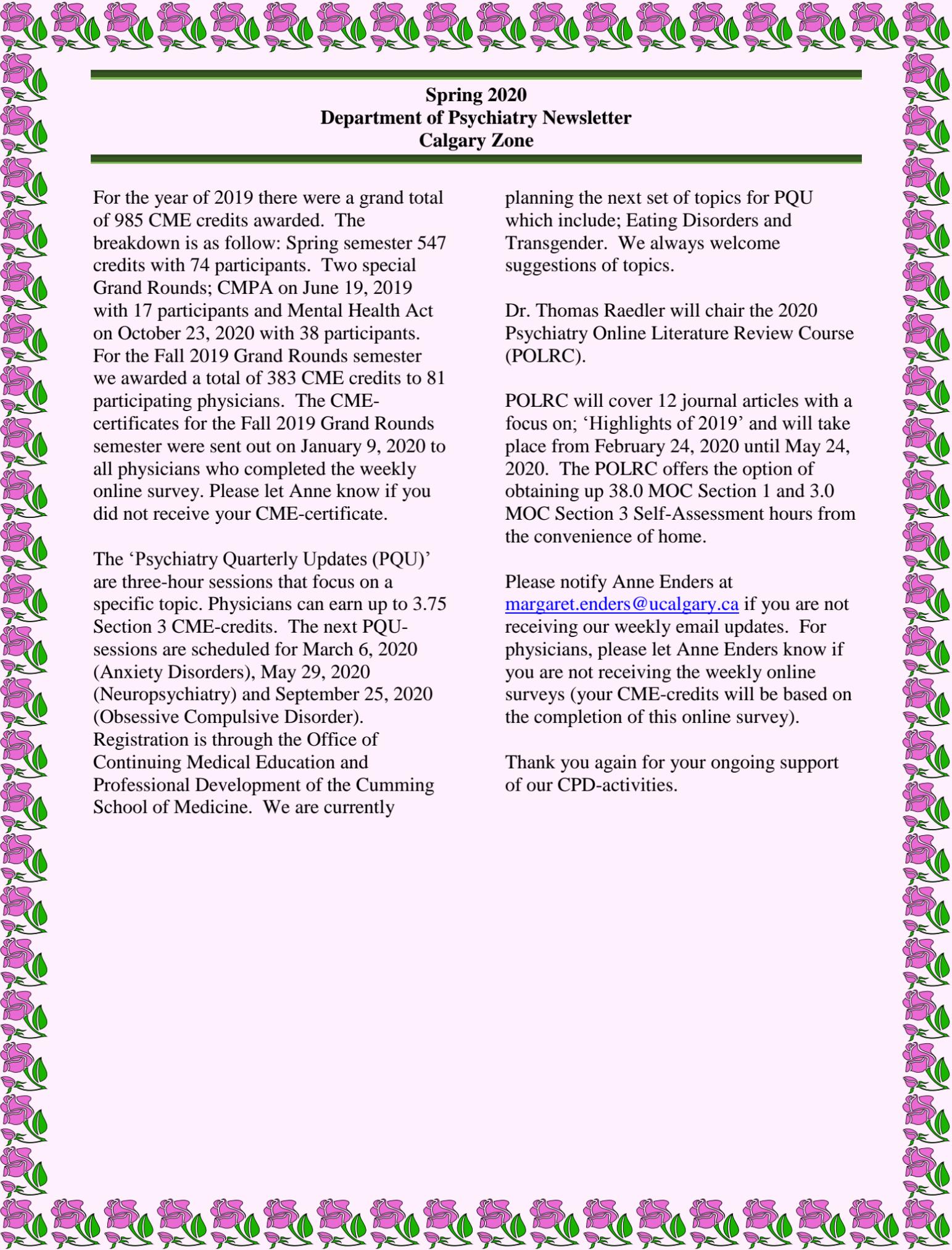
*Dr. Thomas Raedler/Anne Enders*

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The multi-disciplinary departmental CPD committee oversees all CPD-activities through our department. We meet on the second Monday of each month for one hour. We are always looking for new members for our committee. Please let us know if you are interested in joining our team.

The Spring 2020 Grand Rounds semester began on January 7, 2020. We have 25 Grand Rounds presentations scheduled for this semester that will cover a wide array of topics. The CPD committee will start scheduling Grand Rounds for the Fall 2020 Grand Rounds semester after our May 2020 meeting. Please forward suggestions for topics or speakers for Grand Rounds by the end of April 2020.

Grand Rounds are currently only available in real time as they are not being recorded. In addition to attending Grand Rounds in room G500 at the Foothills site, Grand Rounds can also be viewed via Telehealth at 17 AHS sites throughout Alberta. Please contact Anne Enders at [margaret.enders@ucalgary.ca](mailto:margaret.enders@ucalgary.ca) if your AHS site is not yet set up to watch Grand Rounds via Telehealth. Grand Rounds can also be accessed via Adobe Connect from a computer, laptop or cell-phone. Please use the following link to set up your connection. <https://connectmeeting.ucalgary.ca/grandrounds/>



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---

For the year of 2019 there were a grand total of 985 CME credits awarded. The breakdown is as follow: Spring semester 547 credits with 74 participants. Two special Grand Rounds; CMPA on June 19, 2019 with 17 participants and Mental Health Act on October 23, 2020 with 38 participants. For the Fall 2019 Grand Rounds semester we awarded a total of 383 CME credits to 81 participating physicians. The CME-certificates for the Fall 2019 Grand Rounds semester were sent out on January 9, 2020 to all physicians who completed the weekly online survey. Please let Anne know if you did not receive your CME-certificate.

The 'Psychiatry Quarterly Updates (PQU)' are three-hour sessions that focus on a specific topic. Physicians can earn up to 3.75 Section 3 CME-credits. The next PQU-sessions are scheduled for March 6, 2020 (Anxiety Disorders), May 29, 2020 (Neuropsychiatry) and September 25, 2020 (Obsessive Compulsive Disorder). Registration is through the Office of Continuing Medical Education and Professional Development of the Cumming School of Medicine. We are currently

planning the next set of topics for PQU which include; Eating Disorders and Transgender. We always welcome suggestions of topics.

Dr. Thomas Raedler will chair the 2020 Psychiatry Online Literature Review Course (POLRC).

POLRC will cover 12 journal articles with a focus on; 'Highlights of 2019' and will take place from February 24, 2020 until May 24, 2020. The POLRC offers the option of obtaining up 38.0 MOC Section 1 and 3.0 MOC Section 3 Self-Assessment hours from the convenience of home.

Please notify Anne Enders at [margaret.enders@ucalgary.ca](mailto:margaret.enders@ucalgary.ca) if you are not receiving our weekly email updates. For physicians, please let Anne Enders know if you are not receiving the weekly online surveys (your CME-credits will be based on the completion of this online survey).

Thank you again for your ongoing support of our CPD-activities.

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Spring 2020  
Department of Psychiatry Newsletter  
Calgary Zone

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**Mathison Centre**  
*Dr. Paul Arnold/ Josephine Adda*

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## **Mathison Centre researchers develop report on cannabis and mental health**

Researchers from the Mathison Centre and the O'Brien Institute for Public health have developed a report for the Mental Health Commission of Canada (MHCC) to examine the scope of cannabis and mental health research.

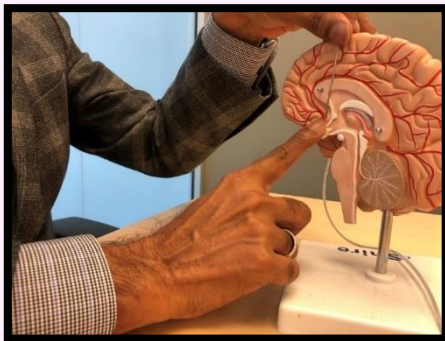
The multi-disciplinary team of researchers including a neuroscientist, a pre-clinical animal scientist, a psychiatrist, an epidemiologist and public and population health researchers brought their different perspectives to bear in analyzing huge volumes of data and learning from each other in a collaborative way.



## **Mathison Centre research leads to life changing improvement for some patients with treatment-resistant depression**

Mathison Centre researcher Dr. Rajamannar Ramasubbu is leading a research study investigating the effects of two different methods of deep brain stimulation (DBS) — short pulse and long pulse — for treatment-resistant depression.

Both methods of stimulation were equally safe and effective in reducing depressive symptoms,” says Ramasubbu. “Fifty per cent of the participants responded to the stimulation with 50-per-cent reduction in symptoms. Of which 30 per cent experienced complete improvement in their symptoms, especially those who received long pulse width stimulation.”



Just as pacemakers deliver electrical impulses to help control abnormal heart rhythms, DBS devices deliver electrical impulses to help neurons (brain cells) within the brain communicate more efficiently with each other. Participants are awake when the device is implanted. Dr. Zelma Kiss,

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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---

MD, PhD, also a member of the Mathison Centre, a neurosurgeon and co-principal investigator of the study, performed the procedure at the Foothills Medical Centre. *Story by Kelly Johnston, CSM. [More...](#)*

### **Collaborations with community to share expert insights**

Recent event collaborations between the Mathison Centre and our community partners have featured researchers sharing their expertise on various topics.

*Mathison Centre, Schizophrenia Society of Alberta and Central Library collaborate on event to mark Mental Illness Awareness Week 2019*



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---

*Bell Let's Day 2020*

On January 29, Bell Let's Talk Day, the Centre partnered with the Alberta OCD Foundation (AOCDF) to host the screening of the movie "The Aviator" at the Plaza Theatre. Drs. Paul Arnold and Frank MacMaster were joined by Jennifer Masek, Executive Director of the AOCDF to share insights on Obsessive-Compulsive Disorder (OCD) with over 260 Calgarians.

*Eating Disorders Awareness Week 2020*



Dr. Gina Dimitropoulos was joined by Cendrine Tremblay of the Silver Linings Foundation, and trainees Jessica Sauerwein and Hanako Rodgers, students of the Faculty of Social Work to discuss Eating Disorder. The event was led by the UCalgary Eating Disorder Awareness Week planning group, hosted by the Central Library and supported by the Mathison Centre, Silver Linings Foundation and the Eating Disorder Support Network of Alberta.

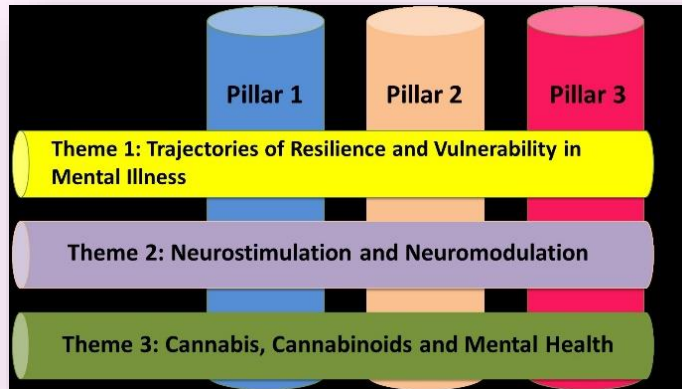
**Mathison Centre launches inaugural Open Research Competition**  
**Deadline extended to April 30<sup>th</sup>**

The Mathison Centre Open Research Grant Competition is an inaugural funding opportunity that supports innovative ideas that will advance research priorities of the centre. In line with our mission, projects must demonstrate that they are multi and or inter disciplinary by including members from at least two of the centre's pillars of research – Basic Sciences, Clinical Sciences and Epidemiology & Population Health.

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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---



**Eligibility criteria:**

PIs must be members of the Centre. Only one (1) application may be submitted per team. Team must include two (2) or more applicants, from different disciplines.

**Funds & Duration:**

One (1) award of up to \$50,000 for a year. Eligible expenses include any aspect of the project (e.g., data collection, animal costs, graduate

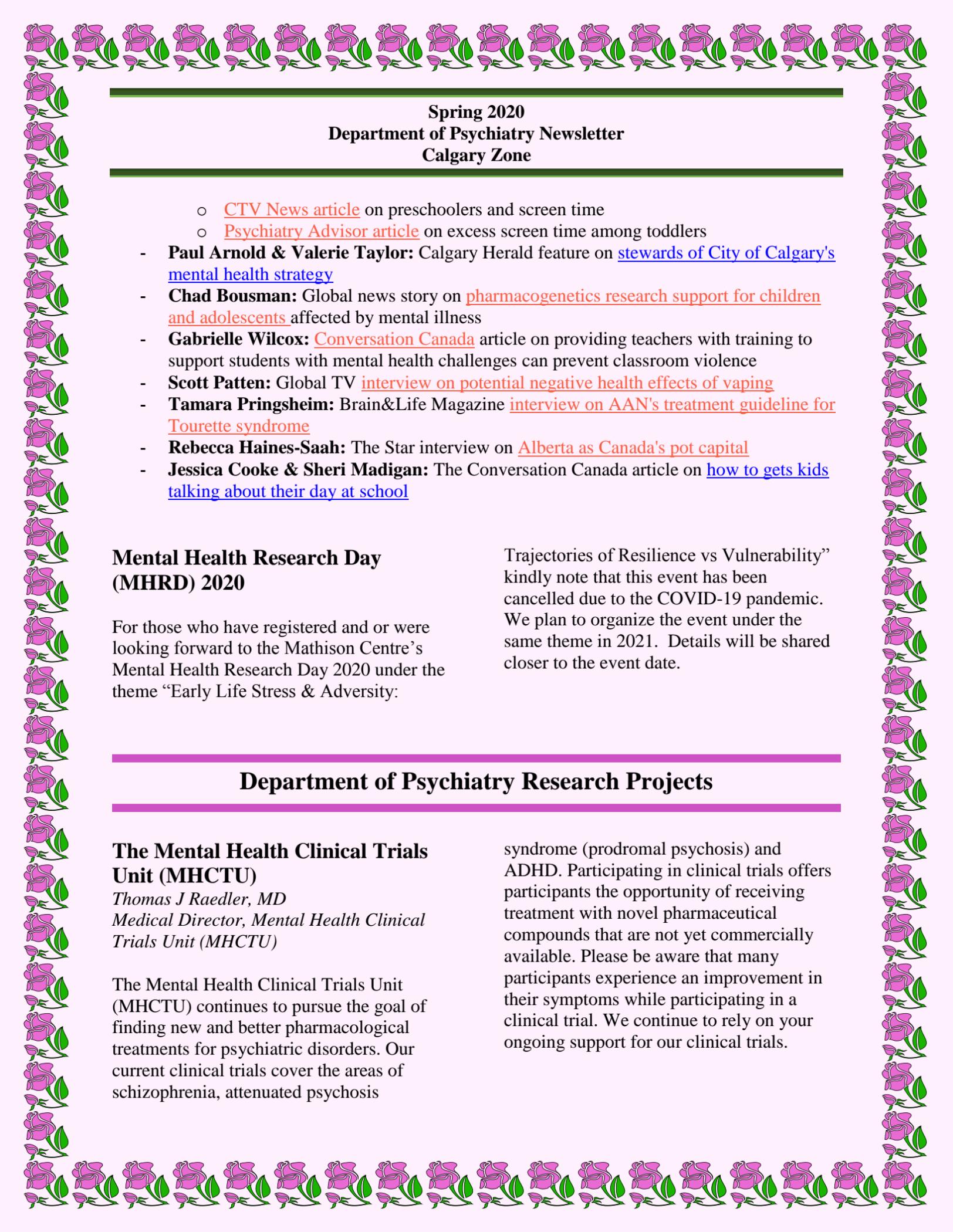
stipends, participant fees etc.). Funds may not be used for travel or as supplementary/top-up funding to an existing, pending or proposed project. All expenses must be justified.

[Application details!](#)

**Mathison Centre in the News**

A number of researchers of the Mathison Centre have been featured recently in the news including the following:

- **Rajamannar Ramasubbu:** CTV news - [DBS can help those living with treatment-resistant depression](#)
- **Beverly Adams, Zelma Kiss:** CTV News Calgary - [Pioneering patient with extreme OCD sees success with new psychosurgery](#)
- **Gina Dimitropoulos:**
  - o CTV News Calgary - [Developing and testing new interventions for emerging adults](#)
  - o CTV interview on [youth activism](#)
  - o CTV interview on [ADHD in girls](#)
- **Valerie Taylor:**
  - o Global news - [Don't comment on someone's weight loss - even if you mean well](#)
  - o CBC Homestretch [interview on poop transplants & mental health](#)
  - o National Post interview on [motivations behind eating](#)
- **Matthew Hill:**
  - o The New Yorker - [A world without pain](#)
  - o Global News interview on [Marijuana myths](#)
- **Sheri Madigan:**
  - o CTV - [Physical activity guidelines for kids](#)



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

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- [CTV News article](#) on preschoolers and screen time
- [Psychiatry Advisor article](#) on excess screen time among toddlers
- **Paul Arnold & Valerie Taylor:** Calgary Herald feature on [stewards of City of Calgary's mental health strategy](#)
- **Chad Bousman:** Global news story on [pharmacogenetics research support for children and adolescents](#) affected by mental illness
- **Gabrielle Wilcox:** [Conversation Canada](#) article on providing teachers with training to support students with mental health challenges can prevent classroom violence
- **Scott Patten:** Global TV [interview on potential negative health effects of vaping](#)
- **Tamara Pringsheim:** Brain&Life Magazine [interview on AAN's treatment guideline for Tourette syndrome](#)
- **Rebecca Haines-Saah:** The Star interview on [Alberta as Canada's pot capital](#)
- **Jessica Cooke & Sheri Madigan:** The Conversation Canada article on [how to gets kids talking about their day at school](#)

### **Mental Health Research Day (MHRD) 2020**

For those who have registered and or were looking forward to the Mathison Centre's Mental Health Research Day 2020 under the theme "Early Life Stress & Adversity:

Trajectories of Resilience vs Vulnerability" kindly note that this event has been cancelled due to the COVID-19 pandemic. We plan to organize the event under the same theme in 2021. Details will be shared closer to the event date.

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## **Department of Psychiatry Research Projects**

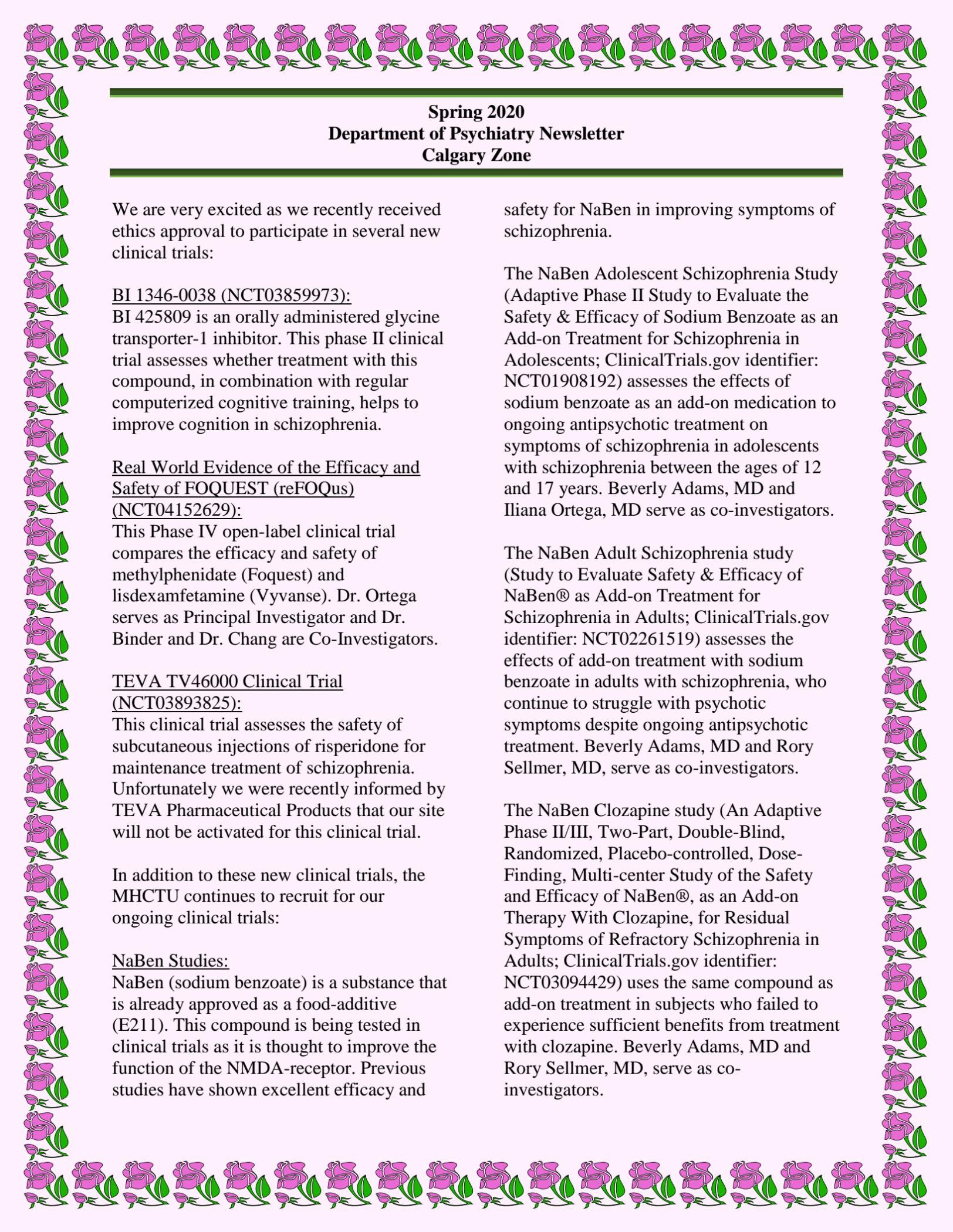
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### **The Mental Health Clinical Trials Unit (MHCTU)**

*Thomas J Raedler, MD*  
*Medical Director, Mental Health Clinical Trials Unit (MHCTU)*

The Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of finding new and better pharmacological treatments for psychiatric disorders. Our current clinical trials cover the areas of schizophrenia, attenuated psychosis

syndrome (prodromal psychosis) and ADHD. Participating in clinical trials offers participants the opportunity of receiving treatment with novel pharmaceutical compounds that are not yet commercially available. Please be aware that many participants experience an improvement in their symptoms while participating in a clinical trial. We continue to rely on your ongoing support for our clinical trials.



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

---

We are very excited as we recently received ethics approval to participate in several new clinical trials:

BI 1346-0038 (NCT03859973):

BI 425809 is an orally administered glycine transporter-1 inhibitor. This phase II clinical trial assesses whether treatment with this compound, in combination with regular computerized cognitive training, helps to improve cognition in schizophrenia.

Real World Evidence of the Efficacy and Safety of FOQUEST (reFOQus) (NCT04152629):

This Phase IV open-label clinical trial compares the efficacy and safety of methylphenidate (Foquest) and lisdexamfetamine (Vyvanse). Dr. Ortega serves as Principal Investigator and Dr. Binder and Dr. Chang are Co-Investigators.

TEVA TV46000 Clinical Trial (NCT03893825):

This clinical trial assesses the safety of subcutaneous injections of risperidone for maintenance treatment of schizophrenia. Unfortunately we were recently informed by TEVA Pharmaceutical Products that our site will not be activated for this clinical trial.

In addition to these new clinical trials, the MHCTU continues to recruit for our ongoing clinical trials:

NaBen Studies:

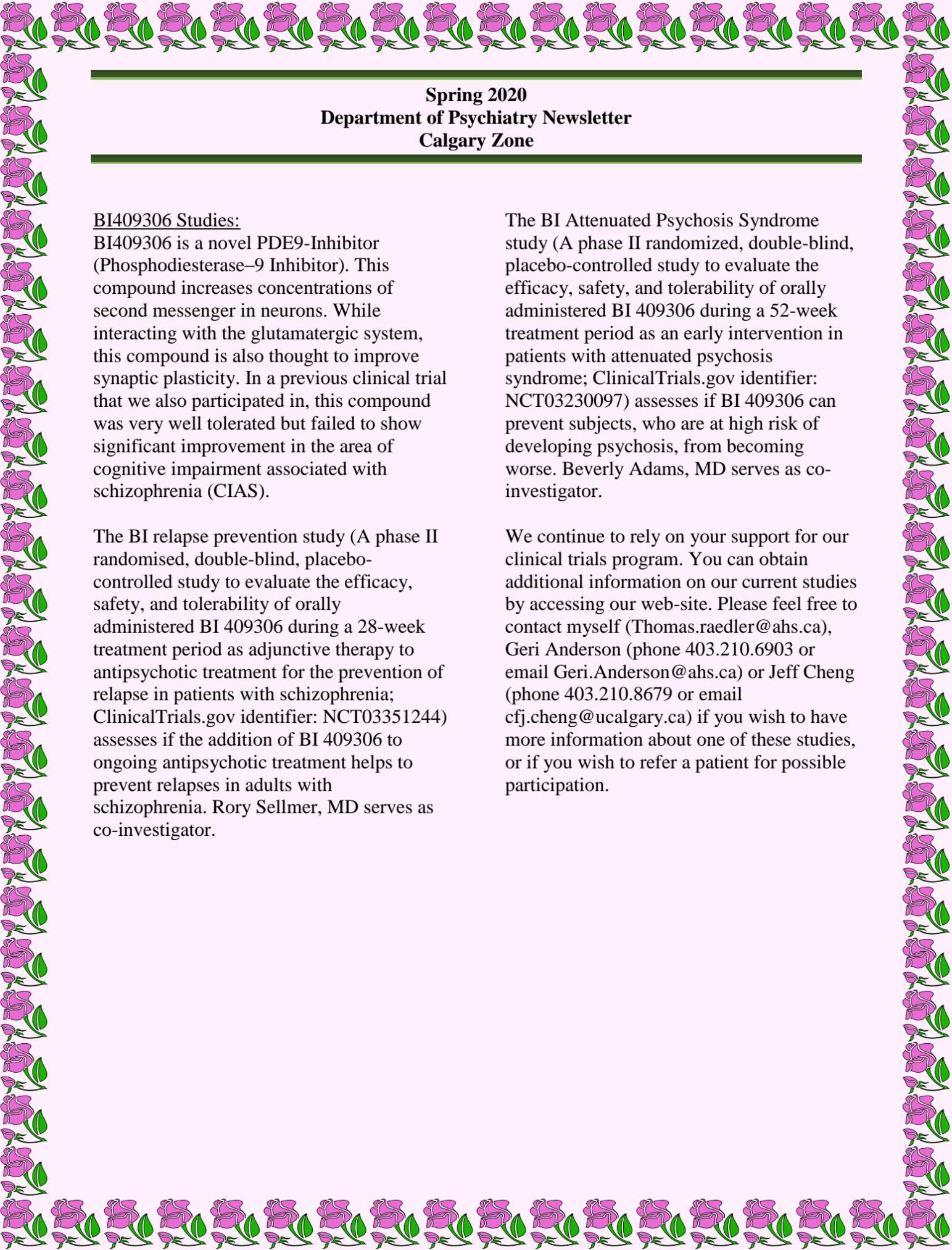
NaBen (sodium benzoate) is a substance that is already approved as a food-additive (E211). This compound is being tested in clinical trials as it is thought to improve the function of the NMDA-receptor. Previous studies have shown excellent efficacy and

safety for NaBen in improving symptoms of schizophrenia.

The NaBen Adolescent Schizophrenia Study (Adaptive Phase II Study to Evaluate the Safety & Efficacy of Sodium Benzoate as an Add-on Treatment for Schizophrenia in Adolescents; ClinicalTrials.gov identifier: NCT01908192) assesses the effects of sodium benzoate as an add-on medication to ongoing antipsychotic treatment on symptoms of schizophrenia in adolescents with schizophrenia between the ages of 12 and 17 years. Beverly Adams, MD and Iliana Ortega, MD serve as co-investigators.

The NaBen Adult Schizophrenia study (Study to Evaluate Safety & Efficacy of NaBen® as Add-on Treatment for Schizophrenia in Adults; ClinicalTrials.gov identifier: NCT02261519) assesses the effects of add-on treatment with sodium benzoate in adults with schizophrenia, who continue to struggle with psychotic symptoms despite ongoing antipsychotic treatment. Beverly Adams, MD and Rory Sellmer, MD, serve as co-investigators.

The NaBen Clozapine study (An Adaptive Phase II/III, Two-Part, Double-Blind, Randomized, Placebo-controlled, Dose-Finding, Multi-center Study of the Safety and Efficacy of NaBen®, as an Add-on Therapy With Clozapine, for Residual Symptoms of Refractory Schizophrenia in Adults; ClinicalTrials.gov identifier: NCT03094429) uses the same compound as add-on treatment in subjects who failed to experience sufficient benefits from treatment with clozapine. Beverly Adams, MD and Rory Sellmer, MD, serve as co-investigators.



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

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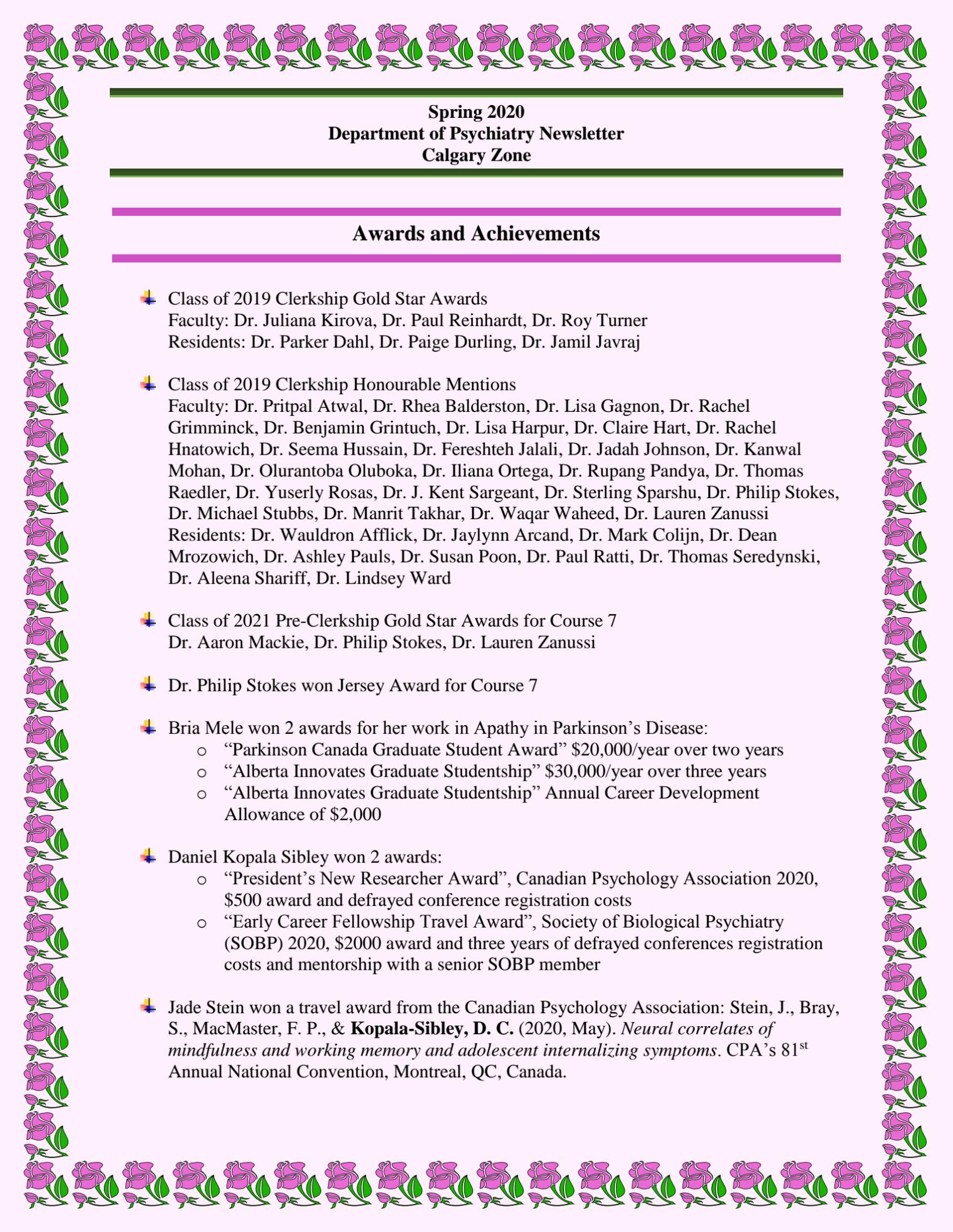
**BI409306 Studies:**

BI409306 is a novel PDE9-Inhibitor (Phosphodiesterase-9 Inhibitor). This compound increases concentrations of second messenger in neurons. While interacting with the glutamatergic system, this compound is also thought to improve synaptic plasticity. In a previous clinical trial that we also participated in, this compound was very well tolerated but failed to show significant improvement in the area of cognitive impairment associated with schizophrenia (CIAS).

The BI relapse prevention study (A phase II randomised, double-blind, placebo-controlled study to evaluate the efficacy, safety, and tolerability of orally administered BI 409306 during a 28-week treatment period as adjunctive therapy to antipsychotic treatment for the prevention of relapse in patients with schizophrenia; ClinicalTrials.gov identifier: NCT03351244) assesses if the addition of BI 409306 to ongoing antipsychotic treatment helps to prevent relapses in adults with schizophrenia. Rory Sellmer, MD serves as co-investigator.

The BI Attenuated Psychosis Syndrome study (A phase II randomized, double-blind, placebo-controlled study to evaluate the efficacy, safety, and tolerability of orally administered BI 409306 during a 52-week treatment period as an early intervention in patients with attenuated psychosis syndrome; ClinicalTrials.gov identifier: NCT03230097) assesses if BI 409306 can prevent subjects, who are at high risk of developing psychosis, from becoming worse. Beverly Adams, MD serves as co-investigator.

We continue to rely on your support for our clinical trials program. You can obtain additional information on our current studies by accessing our web-site. Please feel free to contact myself (Thomas.raedler@ahs.ca), Geri Anderson (phone 403.210.6903 or email Geri.Anderson@ahs.ca) or Jeff Cheng (phone 403.210.8679 or email cfj.cheng@ucalgary.ca) if you wish to have more information about one of these studies, or if you wish to refer a patient for possible participation.



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

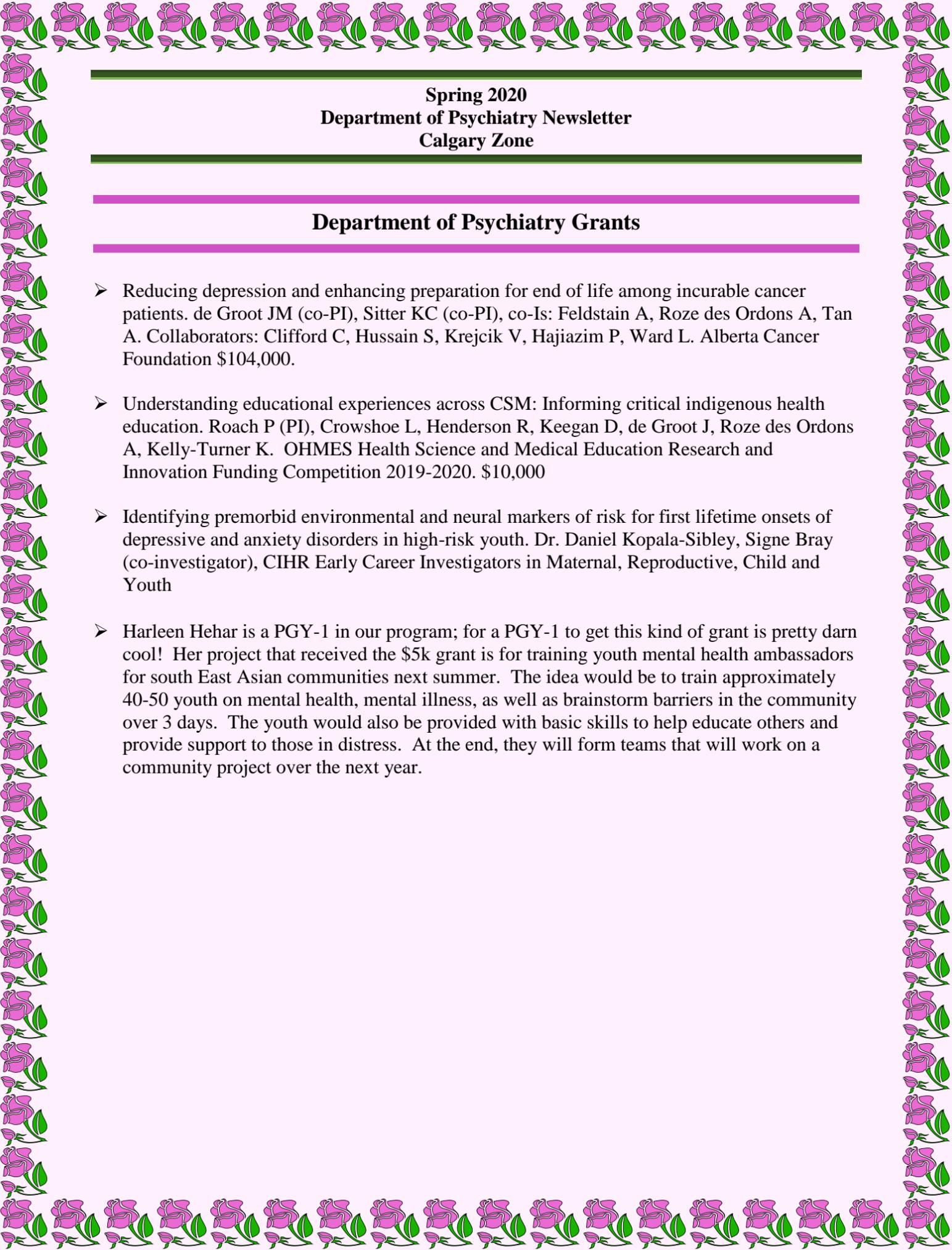
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**Awards and Achievements**

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- ✚ Class of 2019 Clerkship Gold Star Awards  
Faculty: Dr. Juliana Kirova, Dr. Paul Reinhardt, Dr. Roy Turner  
Residents: Dr. Parker Dahl, Dr. Paige Durling, Dr. Jamil Javraj
  
- ✚ Class of 2019 Clerkship Honourable Mentions  
Faculty: Dr. Pritpal Atwal, Dr. Rhea Balderston, Dr. Lisa Gagnon, Dr. Rachel Grimminck, Dr. Benjamin Grintuch, Dr. Lisa Harpur, Dr. Claire Hart, Dr. Rachel Hnatowich, Dr. Seema Hussain, Dr. Fereshteh Jalali, Dr. Jadah Johnson, Dr. Kanwal Mohan, Dr. Olurantoba Oluboka, Dr. Iliana Ortega, Dr. Rupang Pandya, Dr. Thomas Raedler, Dr. Yuserly Rosas, Dr. J. Kent Sargeant, Dr. Sterling Sparshu, Dr. Philip Stokes, Dr. Michael Stubbs, Dr. Manrit Takhar, Dr. Waqar Waheed, Dr. Lauren Zanussi  
Residents: Dr. Wauldron Afflick, Dr. Jaylynn Arcand, Dr. Mark Colijn, Dr. Dean Mrozowich, Dr. Ashley Pauls, Dr. Susan Poon, Dr. Paul Ratti, Dr. Thomas Seredynski, Dr. Aleena Shariff, Dr. Lindsey Ward
  
- ✚ Class of 2021 Pre-Clerkship Gold Star Awards for Course 7  
Dr. Aaron Mackie, Dr. Philip Stokes, Dr. Lauren Zanussi
  
- ✚ Dr. Philip Stokes won Jersey Award for Course 7
  
- ✚ Bria Mele won 2 awards for her work in Apathy in Parkinson's Disease:
  - "Parkinson Canada Graduate Student Award" \$20,000/year over two years
  - "Alberta Innovates Graduate Studentship" \$30,000/year over three years
  - "Alberta Innovates Graduate Studentship" Annual Career Development Allowance of \$2,000
  
- ✚ Daniel Kopala Sibley won 2 awards:
  - "President's New Researcher Award", Canadian Psychology Association 2020, \$500 award and defrayed conference registration costs
  - "Early Career Fellowship Travel Award", Society of Biological Psychiatry (SOBP) 2020, \$2000 award and three years of defrayed conferences registration costs and mentorship with a senior SOBP member
  
- ✚ Jade Stein won a travel award from the Canadian Psychology Association: Stein, J., Bray, S., MacMaster, F. P., & **Kopala-Sibley, D. C.** (2020, May). *Neural correlates of mindfulness and working memory and adolescent internalizing symptoms*. CPA's 81<sup>st</sup> Annual National Convention, Montreal, QC, Canada.



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**Spring 2020**  
**Department of Psychiatry Newsletter**  
**Calgary Zone**

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**Department of Psychiatry Grants**

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- Reducing depression and enhancing preparation for end of life among incurable cancer patients. de Groot JM (co-PI), Sitter KC (co-PI), co-Is: Feldstain A, Roze des Ordon A, Tan A. Collaborators: Clifford C, Hussain S, Krejcik V, Hajiazim P, Ward L. Alberta Cancer Foundation \$104,000.
- Understanding educational experiences across CSM: Informing critical indigenous health education. Roach P (PI), Crowshoe L, Henderson R, Keegan D, de Groot J, Roze des Ordon A, Kelly-Turner K. OHMES Health Science and Medical Education Research and Innovation Funding Competition 2019-2020. \$10,000
- Identifying premorbid environmental and neural markers of risk for first lifetime onsets of depressive and anxiety disorders in high-risk youth. Dr. Daniel Kopala-Sibley, Signe Bray (co-investigator), CIHR Early Career Investigators in Maternal, Reproductive, Child and Youth
- Harleen Hehar is a PGY-1 in our program; for a PGY-1 to get this kind of grant is pretty darn cool! Her project that received the \$5k grant is for training youth mental health ambassadors for south East Asian communities next summer. The idea would be to train approximately 40-50 youth on mental health, mental illness, as well as brainstorm barriers in the community over 3 days. The youth would also be provided with basic skills to help educate others and provide support to those in distress. At the end, they will form teams that will work on a community project over the next year.

Spring 2020  
Department of Psychiatry Newsletter  
Calgary Zone

Publications

- ❖ **Krystyna Banas** and Brett Sawchuk. (in press) “Clonidine as a treatment of behavioural disturbances in autism spectrum disorder: a systematic literature review” JCACAP.
- ❖ Delgado J, de Groot J, McCaffrey G, Dimitropoulos G, Sitter KC, Austin W. “Communities of practice: acknowledging vulnerability to improve resilience in healthcare teams”. J Med Ethics January 24. Pii: medethics-2019-105865. Doi: 10.1136/medethics-2019-105865 (Epub ahead of print).
- ❖ **Kopala-Sibley, D.C.**, Chartier, G.B., Bhanot, S., Cole, C., Chan, P.Y., Berlim, M.T., & McGirr, A. (in press). “Personality trait predictive utility and stability in transcranial magnetic stimulation (rTMS) for major depression: dissociation of neuroticism and self-criticism”. Canadian Journal of Psychiatry.
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