

The Urban Psychologist

Ryerson Department of Psychology Newsletter

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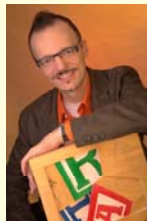
RYERSON UNIVERSITY

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Chair's Corner

by Dr. Jean-Paul Boudreau,
Department of Psychology Chair



Welcome to the latest issue of the *Urban Psychologist*. Life in the department continues at an extremely busy pace with our ambitious

team effort.

On February 26th, close to 200 visitors attended our Open House and official launch of the Psychology Research and Training Centre at 105 Bond St., with President Levy addressing the audience. Faculty and students featured their work to the university community and general

public. Dedicated to science, health, and discovery, our 23 labs currently support 40 graduate students, 50 research assistants, with another 16 MA/PhD recruits en route.

There was additional excitement with Discovery Channel featuring the SMART lab on March 9th.

Our undergraduate and graduate programs are having record years. We launched a new pilot collaboration with Nursing, the Chang School, and Sunnybrook Hospital to establish an Inter-professional Certificate in Advanced Neuroscience-Stroke Care.

Our faculty are pushing the boundaries of publications, grants, citations, editorships, and media representation to the world; our graduate students are making a

mark. In fact, faculty and student accolades exceeded the space available in *UP*. Thus, we only print feature accolades with the comprehensive list posted on our website at ryerson.ca/psychology.

A collective spirit continues to shape this department with a focus on excellence. I wish to thank Wade Pickren and Lisa Vuong for their hard work on this issue of the *Urban Psychologist*.

- Jean-Paul

Sadly, on March 13th, Prof. Isaac Smith, a long-time colleague and friend of Psychology passed away. We'll miss his gentle caring. Ψ

Remembering the Good: A Study of Emotional Memory and Aging

by Dr. Julia Spaniol, Director,
Memory & Decision Processes Lab



Which do you think you will remember more accurately – a joyous family occasion, an unpleasant medical exam, or your recent

trip to Canadian Tire? The answer may depend on your age.

Most of us find that emotional events – both positive and negative – are more memorable than non-emotional events. Recent research suggests, however, that younger and older adults differ when it comes to recall of emotional information: Younger adults excel at remembering negative information, whereas older adults tend to remember a relatively greater proportion of positive information. What causes the age-related shift

towards positive memories? Does negative information really become more forgettable, and positive information more memorable, as we get older? Or are older adults merely reluctant to *report* negative memories, for fear of being stereotyped as the elderly curmudgeon?

A study in my laboratory, recently published in the journal *Psychology and Aging*, investigated this question in an experimental setting. Younger and older research participants viewed pictures, faces, and words that were either positive, neutral, or negative. After a brief delay, participants received a surprise memory test in which they were asked to identify the previously viewed stimuli, now intermixed with new stimuli. Accuracy and speed of participants' responses were entered into a mathematical model that estimates the influence of different cognitive processes on the response patterns.

The model results showed that there was no age difference in response bias. That is, older adults did not simply under-report negative memories, or over-report positive memories. Rather, they genuinely experienced positive stimuli as particularly familiar and memorable.

Along with other recent findings, this study suggests that we may indeed be disposed to "remember the good" as we grow older. Considering the strong links between cognition, emotion, and health, older adults' positive memory may serve as protective buffer. In the words of one of my participants: "The bad stuff, I don't even think about it. What for?" Ψ

Spaniol, J., Voss, A., & Grady, C. L. (2008). Aging and emotional memory: cognitive mechanisms underlying the positivity effect. *Psychology and Aging*, 23, 859-72.

Advancing Interdisciplinary Research in Singing: AIRS

by Dr. Frank Russo



Ryerson's Department of Psychology is a critical partner in a new Major Collaborative Research Initiative funded by the Social Science and Humanities Research

Council. I will serve as a research theme leader and as geographic liaison for Central Canada and USA.

Singing, like speaking, is a natural human expressive ability. Yet, in comparison to speaking, less scholarly inquiry has been directed to it. Recognizing a need for a comprehensive framework for such investigations, an international team of 75 scholars (with representation from all continents) will work collaboratively to study singing from the

perspectives of psychology, music, linguistics, sociology, anthropology, and education, assisted by computer science and audio engineering. The research will centre around three basic themes: Development, Education, and Well-being.

An interactive web-based virtual research environment, already in development (vre.upei.ca/AIRS) is supporting the research team, enabling discussion forums and information sharing across Canada and throughout the world. The site is hosting a one-of-a-kind comprehensive digital library database of singing that will accelerate progress on each research theme. The concept of such a research database has a successful precedent in language research, where the CHILDES repository of transcribed

spontaneous speech has supported over 2000 publications in developmental linguistics since 1984 (MacWhinney, 2000). The AIRS database will represent singing of individuals and groups across ages, ethnicities, skills and geographies.

Over 40 students will receive training opportunities through involvement in all intellectual aspects of the work and through participation in videoconferences, workshops, and annual meetings.

To gain more information about the research and to see a glimpse of the virtual research environment in its current state, please visit:

<http://vre.upei.ca/airs/> Ψ

B.A. Honours: Thesis Stream

by Dr. Michelle Dionne, Undergraduate Thesis Coordinator



We have had many exciting "first-ever" announcements in the Department of Psychology over the past few years. Now we

have another of which we are particularly proud. This year, three of our students will complete the first-ever undergraduate psychology thesis course at Ryerson.

These adventurous souls are learning the joys and the challenges of doing independent research from the conceptualization of an idea, through data collection and analysis, to the presentation of their findings at academic conferences. Working from Ryerson's traditional perspective of solving real-world

problems, these students are developing an excellent set of research skills that will serve them well whether they go on to medical, law or graduate school, or just want to 'hit the ground running' in finding a job right after their B.A. Their chosen thesis topics are as interesting as they are practical and important. For example, Anna Webster will use a grounded theory approach to explore the therapeutic role of the debriefing that occurs after the physical restraint of a child in a residential treatment program. Anna is getting excellent supervision from Dr. David Day whose key connections with community service providers makes this societally-relevant work possible. Joseph Donia is studying post-traumatic growth and fear of recurrence

in colorectal cancer survivors under the direction of Dr. Tae Hart. This is an exceptional opportunity for Joe, and is part of an exciting line of research funded by multiple granting agencies, including the Lance Armstrong Foundation. Adina Berindean-Coroiu has been working on her thesis as part of the crucially important and internationally-recognized research that is happening in Dr. Trevor Hart's HIV Prevention lab. Adina has taken on the challenge of learning some rather sophisticated statistical techniques in order to investigate the psychometric properties of a scale that is used to measure AIDS anxiety. All of these exciting projects will be presented to the department at the end of this term. Ψ

Teaching Tips!

by Dr. John Turtle



What's unique about Ryerson? That's a question often asked by prospective students, and their parents, as well as by our own Admissions/Recruitment people at Ryerson (who do a fantastic job,



teaching super-size classes if we had the space to do it. And, who's to say when a class gets "big"? Perhaps anything over 50 or 70 students is qualitatively different from Ryerson's pre-reformation definition of a class as exactly 36 students, so that there's a diminishing marginal difference when the numbers get to multiples of 100. My frequent attempt at a joke when people ask how I teach a class of 400 vs. 100 goes something like, "I just turn up the microphone volume and wave my hands in wider arcs." I always laugh quietly to myself, because there's a version of *Spinal Tap's* "This one goes to 11" bit in there somewhere, but mostly people just get this concerned look at their face about unfortunate students getting shafted by an uncaring institution.

by the way) to help them promote our school and its programs. I often fumble for a quick reply, always fail to come up with something pithy, and usually end up saying something to the effect that on average we have smaller classes than many other universities. It's fairly easy to get people nodding in agreement that a class/lecture/mob of 1500 students is inherently bad, so that our largest classes of around 500 seem like positively intimate affairs. The word "boutique" might even be uttered at some point in the conversation.

But size isn't everything, as I'm often reminded by my real estate agent regarding my condo, so perhaps it's not fair play to suggest that bigger is necessarily *badder*. Also, I'm not sure that we wouldn't be

Really, though, are there things to do differently in very large classes? I think a quick pace is important, as opposed to contemplative moments or rhetorical questions that can work in smaller settings. A quick pace in turn probably requires more preparation, to minimize the "Now, where was I going with this?" phenomenon. And it's probably a good idea not to teach a course for the first time to a very large group, because a quick pace is of course facilitated by experience with the material, at-hand examples, and canned jokes that sound like they just came to you. Finally, I think it's important not to convey to students that they are somehow suffering a cattle-call experience that they wouldn't have to endure if their school cared about them more.

Financial factors might lead us to have more supersize classes in the near future. It's likely not ideal, and it can certainly sound bad when it comes to promoting Ryerson, but I don't think we should assume that it's necessarily a bad thing. And there's always the argument that having large classes in 1st - and 2nd-year courses paves, and pays, the way for smaller classes for senior students, who might be most likely to benefit from them. Ψ

LAB FEATURE: PSYCHOLOGY & LAW LAB

by Dr. Tara Burke



The Psychology and Law lab studies many different issues at the intersection of social psychology and the law.

While social psychology is often focused at the group level, the legal system tends to focus more narrowly on individual cases. These two approaches can sometimes be at odds with one another and so we endeavor to find ways to bridge the gaps between them. Currently, the PAL lab is examining cases involving wrongful convictions – some individuals have spent more than 20 years in prison for crimes they did not commit. As news of such tragic cases become public, it has forced the justice

system to examine the factors that lead to these erroneous convictions in the first place; this is where our own research begins. For example, it appears that many of those wrongly convicted presented an alibi indicating they were somewhere else at the time the crime they were accused of committing occurred. Thus – they provided a truthful alibi that was ignored or refuted,



and instead inaccurate evidence (such as that provided by an eyewitness) was included and believed – why one type of evidence is believed by jurors more than another type is an issue being explored by 2nd year Master's student Sami El Sibae. Stéphanie Marion and Kathleen Reynolds, both in their first year of the Master's program, are also pursuing research related to wrongful convictions; Stéphanie is looking at who we are willing to lie for (perhaps going so far as to provide a false alibi for someone) while Kathleen is looking at what happens if you initially provide the police with one alibi and later change your story. Finally, in a somewhat different vein, Poonam Raina, a 4th year thesis student, is examining how jurors react to pretrial publicity in cases involving young offenders. Ψ

Academic Updates

Undergraduate Program Update (B.A.)

by Dr. John Turtle, Undergraduate Program Director



At the top of my list, I first want to announce that we officially have eight students ready to graduate from our undergraduate program this spring! These students are among the small cohort who came into our program with about a year's worth of courses under their belts when we launched in 2006. They have been especially patient, as we created our program from scratch and sometimes didn't know how to deal with issues that it turns out are common for program departments, so I think they are to be especially congratulated for making it though "on time." Convocation Day for them is Tuesday afternoon, June 16, so I hope as many faculty members as possible from psychology turn out for this momentous occasion. It doesn't hurt that it's also the same time when our first class of MA students will graduate, so I think it won't be a surprise that the stage will be crowded with people from our department. Now, it's possible I have cynically suggested in the past that we just hire actors to dress up in gowns, hoods, and

those stylish hats to take up space on the dais at convocation, but that was just born of my frustration at watching only students from other programs walk across the stage during my 15 years at Ryerson so far. Actually, I'll have to admit that even that was always a moving experience, but now with our own undergraduate and graduate students walking the walk, it is the start of a whole new reason to parade around in the academic costume for a day.

Of course there's lots going on for our undergraduates who are not leaving for good in a couple of months, anxious to start receiving invitations to donate to Ryerson as successful alumni. For example, more student exchange opportunities are becoming available, as Ryerson establishes partnerships with an increasing number of universities around the world. We currently have a few students officially studying abroad, more have applied for next year, and we have the good fortune to be hosting a few right now. Our current bilateral partnerships are with Curtin University of Technology in Perth and the University of South Australia in Adelaide, as well as Umea University in Swe-

den. Students need to have a good GPA to be eligible, and must also demonstrate that they are well suited and prepared for the experience. Helping students get ready to go is almost as much fun as going myself, and Jill Careless from the Faculty of Arts Experiential Learning team does a fantastic job organizing the whole thing.

Finally, the Discover Ryerson event occurred March 19, during spring break for high school students. This was our opportunity to show off Ryerson, mostly to applicants who have either already received an offer of acceptance for next year, or who are likely to get an offer soon. The day started with a general booth-based information session for all programs and services in the morning, and then program-specific sessions in the afternoon. I asked a few people to help with the afternoon event, and we had some of our current students there to provide their (heavily coached) positive views on our program. I'm kidding, of course; turns out money and grade boosts are the best motivators.

See you at convocation! Ψ

Graduate Program Update (M.A., Ph.D.)

by Dr. Martin M. Antony, Graduate Program Director



To start, I want to highlight a few recent accomplishments by our graduate students. Congratulations to **Stephanie Quigg** (2nd year MA student, Psychological Science), who was recently awarded a \$6000 SSHRC Canada Graduate Scholarship-Michael Smith Foreign Study Supplement (CGS-MSFSS). Stephanie will be traveling to Flinders University in Adelaide, Australia to work with Dr. Marika Tiggemann in the Media and Body Image Lab, where she will study the process of self-objectification in girls. The four month placement starts in May 2009. **Stephanie Quigg** was also recently elected as Campus Representative for the Association for Psychological Science. Congratulations as well to **Heather Hood** (2nd year MA student, Clinical Psychology), who was elected as Campus Representative for the American Psychological Association.

On another note, in January 2009, our Clinical Psychology graduate program was approved for membership in the Council of University Directors in Clinical Psychology!

Next, an update on our admissions process for Fall 2009, which is almost complete. We received over 200 applications this year to Ryerson's graduate programs in psychology – the highest number since launching our MA program in Fall 2007. The quality of the applications is impressive. Fall 2009 will mark an important milestone for our program. In addition to welcoming our third group of MA students, we will be admitting our first cohort of Ph.D. students. Ryerson's second year MA psychology students are busy collecting their thesis data, completing their Winter courses, and finishing up their practicum placements. In September, they will return to continue their training in our brand new Ph.D. program.

In other news, the department extends a warm welcome **Dr. Michael Seto**, who recently joined us as adjunct faculty in the School of Graduate Studies. He will primarily be involved in graduate student supervision in psychology. Dr. Seto is one of Canada's leading experts in forensic psychology, and he currently works in the Integrated Forensic Program at the Royal Ottawa Health Care Group. He has published one book and more than 60 scientific papers and book chapters, mostly on issues related to paraphilias, sex offenders, and related topics. His work is funded by the Ontario Mental Health Foundation (OMHF) and the Social Sciences and Humanities Research Council of Canada (SSHRC).

Finally, I want to acknowledge all of our graduate students for continuing to impress us with their hard work, keen minds, and outstanding contributions to the field of psychology! Ψ

"All work...and play!"

by Ronak Patel, MA Student & PGSA President



No one ever said graduate school was going to be easy. Our "To Do" lists seem to be endless, and for most students, they typically include preparing thesis proposals, writing ethics applications, designing experiment materials, working on class presentations and assignments, preparing practicum applications, marking, and writing scholarship applications - these are just some of our responsibilities! Some might even be quick to point out that this list doesn't include attending practicum, committee meetings, research seminars, and countless hours of data analysis. In the midst of all this activity, there comes a point where every grad student stops and asks themselves, "Is it all worth it?!" When we debate this question, I argue that the worth of grad school is not solely measured by the end products of all our efforts, but the many and varied learning experiences encountered along the way. In addition, I have come to appreciate those with whom I share these experiences as invaluable. Indeed, this social sphere is the cornerstone of the PGSA.

Over the past year, the PGSA has grown to 40 members encom-

passing students from both the Psychological Science and Clinical Psychology fields. In spite of our hectic schedules, it amazes me how we always make the time to come together and have fun, take a break, and de-stress. Some of the social events the PGSA has organized this past year include the Welcome Back BBQ, venturing out of the downtown core to play Whirlyball, laser tag, and Rock Band at E-zone, the Holiday potluck, and our awesome monthly pub nights! Photos from these events, as well information on other upcoming PGSA events, are on our website at:

www.psych.ryerson.ca/pgsa

"No one ever said graduate school was going to be easy."

In terms of academic endeavours, the PGSA executive, in collaboration with the Psychology Department, is currently planning and organizing a Research Symposium, to take place Fall 2009. This event will showcase the first set of completed MA projects and other research projects that have been undertaken since the inception of our graduate program. So needless to say, we are very busy! And as for the question of whether it's all worth it or not, one only needs to examine the close bonds that exist among our students to find the answer. Ψ

Taking a Stand!

by Anne Wagner



January 2009 marked my second trip to the Darfur/South Sudan border. As an anti-genocide advocate, and as Principal Director of Stand Canada, I see my trips as being the catalyst and the "why" of what we do each year – the "why" because my purpose on these trips is to collect the stories of the Internally Displaced Persons (IDPs) I meet in the camps, and share these stories with Canadians and Canadian decision-makers to try to spur action to stop the genocide. Our overarching goal at Stand is to make stopping genocide a cornerstone of Canadian foreign policy.



Photo credit: Justin Brake, courtesy of Stand Canada.

My work in the camps is not unlike the skills I am learning within the Clinical Psychology program and within my research at Ryerson – in essence, both require a compassion and receptiveness to learn about the individual's situation in order to better advocate for their needs. Likewise between my work in anti-genocide advocacy and within psychology, I really feel it is necessary to be global citizens to uphold the rights of people who may not have the same opportunities, and particularly freedoms, that I feel privileged to hold.

Anne Wagner is a 2nd year Master's student in Clinical Psychology at Ryerson. She is part of the HIV Prevention Lab, which examines prevention and quality of life for HIV+ and HIV-persons. Ψ

Psychology Graduate Students' Association (PGSA) Executive Team 2008~2009

Ronak Patel, President

Holly Bowen, Vice President/Social-Coordinator

Rachel Strimas, Secretary/Treasurer

Brian Mainland, Representative-at-Large (Clinical Psychology)

Lisa Chan, Representative-at-Large (Psychological Science)

Lab Feature: Media & Social Development Lab

by Dr. Stephen Want



Research in the Media and Social Development lab seeks to understand what and how we learn from other people, both from the people that we directly interact with, such as our friends or parents, and the people that we are presented with via television, video games, and the internet. Current research in the lab focuses on the effects of media presentations of people on our perceptions of ourselves, including our feelings about our body size and shape, but also on the effect of media biases on people's thoughts and feelings. In recent research, we have shown that the idealized images of beauty that are prevalent in the portrayal of women on television can have detrimental effects on

female viewers' perceptions of their own attractiveness (Want, Vickers & Amos, in press). However, encouragingly, it seems that such detrimental effects can be reduced, and perhaps even eliminated, by highlighting how unrealistic the presentation of women on television really is (e.g. the extent to which actors are "made up" to appear more attractive on television than in real life). Providing people with information about the extent to which the appearance of people in the mass media is manipulated seems to help people to maintain a more realistic perception of beauty and to be more satisfied with their own appearance. In research that is ongoing in the lab, MA student Stephanie Quigg is investigating the



effectiveness of different ways of presenting people with information about the unrealistic nature of media images of beauty. One aim of this research is to find effective ways to disseminate information about the extent to which media images are unrealistic or biased representations of people to wider audiences outside the laboratory setting. Ψ

by Dr. Ben Dyson



It was time for me to leave Ryerson. The decision had been a difficult one: the pros and cons weighed up time and time again, but in every evaluation, there were more reasons for me to go than for me to stay. Nevertheless, the question remained: could I really manage a whole weekend without work? As with most historical events, the sense of monumental occasion is difficult to convey in words, but as a result of a music festival in Knoxville a few weekends ago I was witness, like the recipient of an out-of-body-experience, to the voluntarily separation between myself and JOR 1033 (as it has come to be affectionately known). My first natural response to packing for a weekend sojourn was to insert as many articles and half-written manuscripts into my carry-on as my flight provider would allow. Unbeknownst to me at the time, I had selected these papers with the additional caveat of having abso-

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lutely no intention of reading them whatsoever. The difficulties of extrication continued well into Friday night, and without going into too much detail, involved with my misunderstanding of the term 'hour' as part of the phrase 'departmental happy hour' (I have since come to the conclusion that anything constituting a meeting of the department imbibes the event with certain cosmic time stretching capabilities). You'll have to read my other (slightly better paid) column to find what the festival highlights were, but the weekend appeared to pass work-free apart from one potentially catastrophic moment where I caught my fiancé in the 'Business Centre' of the hotel (read: a computer with dial-up internet in a cupboard) checking her e-mail. Yet despite sewing shut any lip service given to the idea of reading articles, I couldn't help but see echoes of my teaching and research everywhere: spotting ourselves in a crowd photograph in the local paper accompanying Neil Hamburger on his Architectural Tour of Downtown Knoxville became an exam-

ple of how familiar items pop-out of complex visual scenes; the question and answer session with Philip Glass showed how others think about the interaction between repetition and change, memory and time, and, the late-night round-robin concert organized by Dan Deacon demonstrated how the integration of sound and vision leads to a communal aesthetic experience that can't be created with either in isolation. This wasn't the feeling of a paper-based millstone I had chosen to bring with me, but rather the feeling of scientific fascination that had arrived all by itself. Perhaps all of this is just a polite way of saying I'm a nerd. But sure enough, at the end of the weekend, when I found my papers as fresh and unfettered as the day I packed them, I had an odd feeling that when I get round to reading them (tentatively penciled in for two weeks next Tuesday), they will have somehow benefited from the break too. Ψ

Feature Accolades

For a full listing, see ryerson.ca/psychology/accolades.html

RED: Psychology Faculty Members **GREEN: Psychology Graduate Students**

Books

Glassman, W.E., & Hadad, M. (2009). *Approaches to Psychology* (5th ed.) UK: Open University Press/McGraw-Hill Education.

Awards, Honours, & Appointments

Jean-Paul Boudreau has been elected to the Board of Directors of the Canadian Psychological Association (2009-2011). Dr. Boudreau will fill the Francophone seat for Member-at-Large and will serve as Chair of the CPA Publications Committee.

Maria Gurevich was appointed as Associate Editor (5-year term starting 2009), *Psychology of Women Quarterly*.

Wade Pickren was appointed Editor, *History of Psychology*, for the term 2010-2015.

Psychology Faculty Grants



Colleen Carney (Principal Investigator). National Institutes of Health, National Institute of Mental Health, *Behavioral Insomnia Therapy for those with Insomnia and Depression*, \$1,448,475 (2008-2012).

Frank Russo, Co-Investigator (with Annabel Cohen, UPEI) and Theme Leader (Comparison of Singing and Speaking): Advancing International Interdisciplinary Research in Singing. Social Science and Humanities Research Council (Major Collaborative Research Initiative), \$2,498,500 (2009-2016).

Recent Publications

Dyson, B.J. & Alain, C. (2008). It all sounds the same to me: Behavioural and ERP correlates of repeating and changing complex acoustic stimuli. *Cognitive, Affective and Behavioral Neuroscience*, 8, 329-343.



Cheyne, J.A. & **Girard, T. A.** (2009). The body unbound: Vestibular-motor hallucinations and out-of-body experiences. *Cortex*, 45, 201-215.

Easa, S., **Reed, M.J.**, and **Russo, F.** (2008). What do psychology and civil engineering have in common to promote well-being and excellence? *Canadian Civil Engineering*, Fall 2008, 14-18.

Gros, D.F., **Antony, M.M.**, McCabe, R.E., & Swinson, R.P. (2009). Frequency and severity of the symptoms of irritable bowel syndrome across the anxiety disorders and depression. *Journal of Anxiety Disorders*, 23, 290-296.

Hart, S.L., & Bowen, D.J. (2009). Sexual orientation and intentions to obtain breast cancer screening. *Journal of Women's Health*, 18, 177-185.



Smylie, J. K., **McShane, K. E.**, Crengle, S., Taulii, M., Freemantle, J., Macaulay, D., Gallaher, G., & Adomako, P. (In Press). *Indigenous Children's Health*. Health Canada.

Turtle, J. & Want, S.C. (2008). Logic and research vs. intuition and past practice as guides to gathering and evaluating eyewitness evidence. *Criminal Justice and Behavior*, 35, 1241-1256.



Paleja, M., Girard, T. A., Christensen, B. K., & **Spaniol, J.** (2008). Diffusion model analysis of episodic memory retrieval in Schizophrenia. *Canadian Journal of Experimental Psychology*, 62, 287.

(Pictured: Paleja, M)

Patel, R., Girard, T. A., Green, R. E. A. (2008). Emotional enhancement of conscious recollection is suppressed by direct vs. indirect encoding of faces. *Canadian Journal of Experimental Psychology*, 62, 287-288.

Conference Presentations

Belanger, J, Hart, S.L., Berian, J., Del Rosaio, A., Lee, J., Varma, M.G. (2008, November). *Constipation and Quality of Life: Psychological Symptoms Mediate the Relationship Between Constipation Severity and Mental Health Related Quality of Life*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Orlando, FL.



Gurevich, M. (2009, March). Desiring subjects: Situating sexuality and youth research within feminist critical psychology. Symposium: Association for Women in Psychology conference. Critical Feminist Psychology: New theory and research, activism and practice. Newport, RI.

Koerner, N., Antony, M.M., McCabe, R.E., & Young, L. (2008, November). *Cognitive change as a predictor of outcome following cognitive-behavioral treatment for social anxiety disorder*. Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Maksimowski, M. & Russo, F. A. (2008). Cross-modal integration in music perception. Proceedings of Acoustics Week in Canada, Canadian Acoustics, 36, 102-103, Vancouver, Canada.



Radtke, S. (2009, February). *Homosexual versus heterosexual males in mating strategies: An evolutionary perspective*. Poster presented at the meeting of the Society for Personality and Social Psychology, Tampa, FL.

Spaniol, J., Bowen, H. J., Blackwood, S., Allami, H., Voss, A., & Grady, C. L. (2008, November). *Asymmetric effects of age on perception of neutral and emotional stimuli*. Paper presented at the 49th Annual Meeting of the Psychonomic Society, Chicago, IL.

Vettese, L.C. (2008, November). *Do mindfulness meditation participants do their homework? And does it make a difference? A review of the empirical evidence*. Paper presented at the 42nd Annual Convention of the Association for Behavioural and Cognitive Therapies, Orlando, FL.

Wagner, A.C., Hart, T.A., Ivanova, E., **Schwartz, D.R.,** Mohammed, S., Wong, J., Loutfy, M. (2008, November). *Correlates of Psychological Distress in HIV Positive (HIV+) Women*. Poster presented at the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Our Grads on the road!

Personality & Social Psychology Conference

by Gillian Sandstrom



I presented a poster, titled "Musical Valence and Arousal in the Regulation of Stress", at the Society for Personality and Social Psychology conference in Tampa, Florida. This work has empirically shown that music can help relieve the subjective feeling of and physiological reactivity of stress, and examines the contribution of musical characteristics (valence and arousal) and individual differences. Absorption, the tendency to experience emotional events intensely, was found to be a strong predictor of physiological recovery, while the musical characteristics, especially valence, were strong predictors of the subjective recovery. Ψ

Behavioral & Cognitive Therapies Convention

by Danielle Culp



In November I attended the 42nd Annual Convention of the Association for Behavioral and Cognitive Therapies, where I presented a poster on the relationship of colorectal cancer symptoms and cognitive appraisals to depression with Dr. Stacey Hart, Laura Katz, and Dr. Madhulika Varma. Colorectal cancer (CRC) is the third most common cancer worldwide. However, research has not examined the degree to which physical symptoms of CRC (e.g., fatigue, bowel changes) and negative appraisals of cancer (e.g., helplessness) impact depression. Our study found that symptoms of fatigue and helplessness were significantly correlated with depression, suggesting that future research should consider these factors as targets in treating depression for CRC patients. Ψ

Canadian Acoustical Association Conference

by Mike Maksimowski



On October 6-8th, 2008, at the annual Canadian Acoustical Association Conference in Vancouver, British Columbia, I presented thesis research on audio-tactile integration in music perception. Music is an ideal domain through which to study issues concerning cross-modal integration because it is a complex stimulus that is often understood using visual and vibrotactile information in addition to auditory information. Accuracy of interval size was significantly greater in both the auditory-visual and auditory-vibrotactile conditions compared to audio-alone. I suggested that this questions the role of learning in cross-modal music integration. Ψ

Health Psychology Conference

by Jenna Belanger & Rachel Strimas



The Psychology Department at Ryerson University emphasizes interdisciplinary and collaborative research aimed at real-world problems. Recent efforts on the part of 2nd year Clinical Psychology Master's students, Rachel Strimas (a member of the Health and Sport Psychology Lab) and Jenna Belanger (a member of the Psychosocial Medicine Lab), under the supervision of Dr. Tae Hart, embodies this philosophy. Their research project examined the impact of undergoing a radical cystectomy, the most common type of surgery for invasive bladder cancer, on

psychosocial well-being. The aim of this study was to examine psychological distress as a mediator of the relationship between body image and dyadic adjustment. Their results suggest that emotional distress is one mechanism by which body image dissatisfaction is associated with worse dyadic adjustment and highlight the importance of targeting the prevention and treatment of emotional distress among these individuals. This research was an ideal collaboration for Rachel and Jenna because each student was able to contribute their unique knowledge from their own research areas. These findings will be presented at the 30th Annual Meeting of the Society of Behavioural Medicine in Montreal on April 25th, 2009 and a manuscript is currently in preparation. Ψ

In Memoriam



Isaac Smith

(1947—2009)

Professor Isaac Smith —
Long time colleague in
Psychology and in the
G. Raymond Chang
School will be missed for
his wisdom, humanity,
and love of the
classroom.

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