ICP ΨΨ CIP

INTERDISCIPLINARY CONFERENCE IN PSYCHOLOGY **CONFÉRENCE INTERDISCIPLINAIRE EN PSYCHOLOGIE**

11TH ANNUAL MEETING OF THE INTERDISCIPLINARY CONFERENCE IN PSYCHOLOGY

May 12 - 13th, 2022

Mental Health in Healthcare and Law Enforcement

Abstract Booklet

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11E CONGRÈS ANNUEL DE LA CONFÉRENCE INTERDISCIPLINAIRE EN PSYCHOLOGIE

12 - 13 mai 2022

La santé mentale dans les systèmes de soins de santé et les forces de l'ordre

Livret de conférence

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uOttawa

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ICP 2022
CIP 2022

A WORD FROM THE ICP 2022 CO-CHAIRS	MOT DES CO-PRÉSIDENTES DE LA CIP 2022

On behalf of the organizing committee, we would like to extend a warm welcome to the attendees and speakers at the 2022 Interdisciplinary Conference in Psychology (ICP|CIP). Previously known as *Psychology Outside the Box* (POTB), the conference has grown and flourished since its beginning in 2011.

Under the continued global circumstances, ICP has kept a virtual format to make this conference a reality and to continue to promote research and disseminate knowledge, all the while ensuring the health and safety of our community. In these uncertain times, our committee wishes to express its unwavering support to our community.

ICP's accomplishments over the years would not have been possible without the continuous dedication of its committed members. We would thus like to thank our members, volunteers, and board of directors for their commitment to making this conference a success. We would also like to thank ICP's numerous collaborators and sponsors for their support over the years. In particular, we would like to highlight the unwavering and warm support from the School of Psychology at the University of Ottawa. This year, ICP is supported by the Brown Murray Fund, Campus Vibez uOttawa, the INSPIRE Lab, uOttawa's School Spirit Council, Institute of Mental Health Research, uOttawa's Graduate Association of Students in Psychology, and CUPE 2626.

Finally, our special thanks go out to all of *you* for once again joining ICP 2022. We sincerely hope that this year's conference will serve as an opportunity for enrichment and reflection on the amazing advances in the diverse field of psychology, as well as on the benefits of open scientific communication. We look forward to learning with and from you!

Olivia Gardam and Maud Chouinard

Chairs, ICP|CIP 2022

Au nom du comité organisateur, nous aimerions accueillir chaleureusement les participant(e)s et présentateur(trice)s à l'édition 2022 de la Conférence interdisciplinaire en psychologie (ICP|CIP). Précédemment connue sous le nom de *Psychologie hors des sentiers battus* (POTB), la conférence n'a cessé de croitre depuis ses débuts en 2011.

Dans les circonstances mondiales continues auxquelles nous faisons face, la CIP a conservé un format virtuel pour faire de cette conférence une réalité et continuer de promouvoir la recherche et la dissémination des connaissances, tout en assurant la santé et la sécurité de notre communauté. En ces temps incertains, notre comité souhaite exprimer son soutien indéfectible envers la communauté.

Les accomplissements de la CIP au fils des ans n'auraient pas été possibles sans le dévouement continu de ses membres. Nous aimerions ainsi remercier nos membres, bénévoles et notre conseil des directeur(trice)s pour leur engagement à faire de cette conférence un succès. Nous aimerions également remercier les nombreux collaborateurs et commanditaires de la CIP pour leur soutien au fils des ans. Plus particulièrement, nous voulons souligner la contribution de l'École de psychologie de l'Université d'Ottawa pour son appui chaleureux et continu. Cette année, la CIP est soutenue par les fonds Brown Murray, Campus Vibez uOttawa, le laboratoire INSPIRE, le Conseil d'esprit de corps d'uOttawa, l'Institut de recherche en santé mentale, l'Association des étudiant(e)s diplômé(e)s en psychologie de l'uOttawa et la SCFP 2626.

Finalement, nous tenons à *vous* remercier de vous joindre à nous pour la CIP 2022. Nous espérons sincèrement que la conférence de cette année servira d'occasion d'enrichissement et de réflexion sur les avantages du domaine varié qu'est la psychologie ainsi que sur les atouts d'une communication scientifique ouverte. Il nous tarde d'en apprendre davantage à vos côtés et grâce à vous !

Olivia Gardam et Maud Chouinard

Présidentes, ICP|CIP 2022

ABOUT ICP 2022	**À PROPOS DE LA CIP 2022**

The Interdisciplinary Conference in Psychology (ICP|CIP) is a peer-reviewed conference organized by students at the University of Ottawa.

Our missions are to:

1) Promote interdisciplinary research related to the field of psychology;
2) Promote knowledge mobilization and make research more accessible to the general public and;
3) Cultivate, strengthen, and diversify the understanding of the applications of science among young researchers.

Every year, we welcome future and established researchers from all over Canada and abroad, as well as delegations of high school students interested in science and academia. By leveraging the perspectives of diverse disciplines and their link to psychology, we strive to open up spaces of investigation in the search for a holistic understanding of the human mind, behaviours, and emotions, and the way these are embedded in a web of broader social contexts.

La Conférence interdisciplinaire en psychologie (ICP|CIP) est une conférence évaluée par les pairs organisée par les étudiant(e)s de l'Université d'Ottawa.

Notre mission est de :

1) Promouvoir la recherche interdisciplinaire en psychologie ;
2) Promouvoir l'application des connaissances et rendre la recherche plus accessible au grand public et ;
3) Cultiver, renforcer et diversifier la compréhension des applications de la science chez les jeunes chercheur(e)s.

Chaque année, nous recevons de futur(e)s chercheur(e)s et des chercheur(e)s établi(e)s de partout au Canada et d'ailleurs, ainsi que des délégations d'étudiant(e)s du secondaire intéressé(e)s par la science et le monde académique. En tirant avantage des perspectives de diverses disciplines et de leur lien avec la psychologie, nous cherchons à créer de nouveaux espaces d'investigation en vue d'une compréhension globale de l'esprit, des émotions et des comportements humains, ainsi que de la façon dont ceux-ci s'intègrent dans un réseau de contextes sociaux plus larges.

ACKNOWLEDGEMENTS	REMERCIEMENTS

Codirecteurs du comité d'évaluation par les pairs, CIP 2022

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Jenny (Van) Pham-Ho	High School Liaison	Liaison avec les écoles secondaires
Kenza El Machkour	Translator	Traductrice

SCHEDULE OF EVENTS	HORAIRE DES ÉVÈNEMENTS

WEDNESDAY MAY 11th, 2022 PRE-CONFERENCE WORKSHOPS	LE MERCREDI 11 MAI 2022 ATELIERS PRÉ-CONFÉRENCE

Time | Heure	Activity | Activité
9:30 - 11:30	**MatLab** Tutorial for Data Analysis in Psychology Tutoriel sur l'analyse de données en psychologie
12:30 - 14:30	Choosing Where to Publish Comment choisir où publier
15:00 - 16:00	CV Workshop Atelier CV

THURSDAY MAY 12th, 2022	LE JEUDI 12 MAI 2022

Time | Heure	Activity | Activité
9:00 – 9:15	Welcome Addresses Mot de bienvenue
9:15 – 10:15	Keynote Lecture Conférencière invitée **Mary Desrocher**
10:15 – 10:30	Break | Pause
10:30 – 12:15	Oral Presentations Présentations orales

12:15 – 13:00	Lunch | Diner
13:00 – 14:00	Community Panel Panel communautaire
14:00 – 14:30	Break | Pause
14:30 – 15:15	Symposium Symposium
15:15 – 15:30	Break | Pause
15:30 – 17:00	Poster Presentations Présentations par affiches

FRIDAY MAY 13th, 2022 | LE VENDREDI 13 MAI 2022

Time | Heure	Activity | Activité
9:00 – 9:15	Welcome Addresses Mot de bienvenue
9:15 – 10:15	Keynote Lecture Conférencière invitée **Mélanie Fox**
10:15 – 10:30	Break | Pause
10:30 – 12:15	Oral Presentations Présentations orales
12:15 – 13:15	Lunch | Diner
13:15 – 14:00	Symposium Symposium

14:00 – 14:30	Break | Pause
14:30 – 15:30	Scientific Panel Panel de chercheures
15:30 – 17:00	Poster Presentations Présentations par affiches
17:00 – 17:30	Break | Pause
17:30 – 19:00	Virtual Networking Event and Award Ceremony Événement de réseautage virtuel et remise de prix

KEYNOTE LECTURE	**CONFÉRENCIÈRES INVITÉES**

Thursday May 12th, 2022 **Time: 9:15 a.m. – 10:15 a.m.**	**Le jeudi 12 mai 2022** **Heure : 9 h 15 à 10 h 15**

Mary Desrocher, PhD

Associate Professor | Professeure agrégée
Department of Psychology, York University | Département de psychologie, Université de York

The Vital Role of Psychologists in Community and Hospital Health Settings

Dr. Desrocher's training is in neuropsychological assessment and neurorehabilitation. Her current research explores autobiographical memory, executive functions, and social cognition, as well as mental health correlates of cognitive difficulties.

La formation de Dre Desrocher est en évaluation neuropsychologique et en neuroréadaptation. Ses recherches actuelles explorent la mémoire autobiographique, les fonctions exécutives et la cognition sociale ainsi que les corrélats des difficultés cognitives liés à la santé mentale.

Friday May 13ᵗʰ, 2022 Time: 9:15 a.m. - 10:15 a.m.	Le vendredi 12 mai 2022 Heure : 9 h 15 à 10 h 15

Mélanie Fox, PhD
Clinical Psychologist | Psychologue clinicienne
Correctional Service Canada | Service correctionnel Canada

Dr. Fox is a clinical psychologist working with Correctional Service Canada. She received her PhD in clinical psychology from the University of Ottawa in 2020. Clinically, Mélanie has had experience in various forensic settings. In addition to her current position at the Ottawa Parole Office, she has also worked at the Ottawa-Carleton Detention Centre, the Regional Psychiatric Centre in Saskatoon, as well as with the Saskatoon Police. In regards to research, Mélanie's PhD thesis looked at the relationship between paraphilias and mental health disorders. Her talk focuses on the role of psychology in Canadian correctional services, more specifically in regional treatment centres and within the community.

Dre Fox est une psychologue clinicienne travaillant chez Service correctionnel Canada. Elle a obtenu son doctorat en psychologie clinique de l'Université d'Ottawa en 2020. Du côté clinique, Mélanie a acquis de l'expérience dans divers contextes de la psychologie légale/correctionnelle. En plus de son poste actuel au Bureau de libération conditionnelle d'Ottawa, elle a également travaillé au Centre de détention d'Ottawa-Carleton, au Centre psychiatrique régional de Saskatoon ainsi qu'au sein de la police de Saskatoon. En ce qui concerne la recherche, la thèse doctorale de Mélanie a examiné la relation entre les paraphilies et les troubles de santé mentale. Sa présentation porte sur le rôle de la psychologie au sein des services correctionnels du Canada, plus spécifiquement dans les centres de traitement régionaux ainsi que dans la communauté.

COMMUNITY PANEL	PANEL COMMUNAUTAIRE

Thursday May 12ᵗʰ, 2022 Time: 1 – 2 p.m.	Le jeudi 13 mai 2022 Heure : 13 à 14 h

Psychology in Health Care and Law Enforcement
Health care workers and law enforcement personnel work closely with many vulnerable populations. As such, awareness of mental health in these fields is essential, but is psychology sufficiently discussed in

these workplaces? This panel will focus on the role of psychology and mental health in law enforcement and health care settings. Furthermore, the gaps and possible improvements regarding mental health in these spaces will also be discussed. A special focus will be on the challenges of providing mental health services in indigenous populations living in remote communities.

La psychologie dans les systèmes de soins de santé et les forces de l'ordre
Les travailleurs de la santé et des forces de l'ordre font étroitement affaire à de nombreuses populations vulnérables. Ainsi, la sensibilisation à la santé mentale dans ces domaines est essentielle, mais est-ce que la psychologie y est suffisamment discutée ? Ce panel se concentrera sur le rôle de la psychologie et de la santé mentale dans les systèmes de soins de santé et les forces de l'ordre. De plus, les lacunes et les aspects qui restent à améliorer dans ces milieux seront aussi discutés. Une attention particulière sera portée aux défis d'offrir des services en santé mentale aux populations des Premières Nations vivant dans des communautés éloignées.

Gabrielle Gauthier, MA
Youth Mental Health Social Worker | Travailleuse sociale en santé mentale jeunesse
Ungava Tulattavik Health Centre | Centre de santé Tulattavik de l'Ungava

Valérie Lock
Interim Manager of the Wellness Program | Gérante intérim du programme de bien-être
Ungava Tulattavik Health Centre | Centre de santé Tulattavik de l'Ungava

Nicholas Lavoie
Operations Manager | Gestionnaire des opérations
Protection Services | Service de la protection
University of Ottawa | Université d'Ottawa

About our speakers | À propos de nos conférenciers

Gabrielle Gauthier is currently working as a youth mental health social worker and is the team leader of community activities for the Ungava Tulattavik Health Centre. She graduated from the University of Ottawa with her bachelor's and master's in Social Work. Based in Kuujjuaq, a small community in Nunavik, she works with youth who have a diagnosis of mental illness. Her role is to work with the youth and their parents to achieve their goals. Gabrielle has been working for three years in Kuujjuaq. Her role is also to promote mental wellness and health, through different initiatives such as the beading and art group, the Sivumuarnik week (which means going forward), and other projects in the communities of the Ungava Coast.

Gabrielle Gauthier est présentement travailleuse sociale en santé mentale jeunesse et meneuse de groupe des activités communautaires au Centre de santé Tulattavik de l'Ungava. Gabrielle a obtenu un baccalauréat et une maitrise en service social de l'Université d'Ottawa. Située à Kuujjuaq, une petite communauté au Nunavik, elle travaille avec des jeunes ayant des troubles de santé mentale. Son rôle est de travailler avec les jeunes et leurs parents afin d'atteindre leurs objectifs. Gabrielle travaille à Kuujjuaq depuis trois ans. Son rôle est également de promouvoir la santé mentale et le bien-être grâce à différents programmes tels que le groupe d'art et de « *beading* », la semaine Sivumuarnik (qui signifie aller de l'avant), ainsi que d'autres projets dans les communautés de la côte Ungava.

Valérie Lock is an Inuk from Kuujjuaq. She works for the Wellness Program, previously as the Suicide Prevention Officer, now as the interim manager for the Wellness Program, a program by and for Inuit, which is part of the CLSC and the Ungava Tulattavik Health Centre. The Wellness program offers different services such as training, accompaniment and prevention activities. They have workers present in all communities of the Ungava Coast.

Valérie Lock est une Inuk de Kuujjuaq. Elle travaille dans le programme de bien-être, précédemment en tant qu'agente de prévention du suicide, maintenant en tant que gérante intérim du programme de bien-être. Il s'agit d'un programme bâti par des Inuits pour des Inuits qui fait partie du CLSC et du Centre de santé Tulattavik de l'Ungava. Le programme de bien-être offre différents services tels que la formation, l'accompagnement et des activités de prévention. Ils ont des intervenants présents dans toutes les communautés de la côte Ungava.

Nicholas Lavoie is currently the Operations Manager for the safety division of Protection Services at the University of Ottawa. He has been working at the University of Ottawa for 17 years, starting out as a patrol member and working his way up the ranks through the years. His experience within Protection Services is really diversified and he has had the opportunity to do bike patrol, investigations, and team coordination. In his years of service, he has had the opportunity to experience a wide variety of calls for service to assist the University of Ottawa community.

Nicholas Lavoie est présentement gestionnaire des opérations du Service de la protection de l'Université d'Ottawa. Il travaille à l'Université d'Ottawa depuis 17 ans, ayant débuté en tant que membre du service de patrouille pour ensuite monter dans la hiérarchie. Son expérience avec le Service de la protection est très diversifiée et il a eu l'opportunité de faire de la patrouille à vélo, des enquêtes et de la coordination d'équipe. Durant ses années de service, il a eu la chance de répondre à une grande variété d'appels pour aider la population de l'Université d'Ottawa.

SCIENTIFIC PANEL	PANEL DE CHERCHEURES
Friday May 13th, 2022 **Time: 2:30 p.m. – 3:30 p.m.**	**Le vendredi 13 mai 2022** **Heure : 14 h 30 à 15 h 30**

Changing Behaviours and Training for a Healthier Future
In the past decade, there has been an increasing focus on the importance of mental health and psychological well-being, both in the general population and in specialized fields, such as first responders. This panel will focus on the importance of incorporating psychology and mental health awareness when designing training programs for first responders, as well as the unique challenges faced by these populations. This discussion will also touch on psychology in health care, as well as the importance of mental health when trying to change behaviours.

Les formations et les changements de comportements pour un futur sain
Depuis la dernière décennie, de plus en plus d'importance est accordée à la santé mentale et le bien-être psychologique, autant au sein de la population générale que dans les domaines spécialisés, tels que les intervenants de première ligne. Ce panel portera sur l'importance d'incorporer la psychologie et la santé mentale lors de la conception de programmes de formation pour les intervenants de première ligne, ainsi que les défis uniques vécus par ces populations. Cette discussion abordera également la psychologie dans les soins de santé ainsi que l'importance de la psychologie pour guider les changements de comportements.

Rachel Burns, PhD
Assistant Professor | Professeure adjointe
School of Psychology, Carleton University | École de psychologie,
Université Carleton

Andrée-Ann Deschênes, PhD
Regular Professor | Professeure régulière
School of Management, Université du Québec à Trois-Rivières | École
de gestion, Université du Québec à Trois-Rivières

Annie Gendron, PhD
Associate Professor | Professeure agrégée
Department of Psychoeducation, Université du Québec à Trois-Rivières
| Département de psychoéducation, Université du Québec à
Trois-Rivières

Julie Maheux, PhD
Regular Professor | Professeure régulière
School of Psychology, Université du Québec à Trois-Rivières |
Département de psychologie, Université du Québec à Trois-Rivières

About our speakers | À propos de nos conférencières

Rachel Burns, PhD, holds a PhD in Psychology from the University of Minnesota. Her research focuses on health behaviour change and health outcomes. She leverages theory to identify the social and cognitive processes that shape how people manage their health behaviour and examine how these processes unfold over time. This knowledge is used to inform, implement, and/or evaluate interventions, which, in turn, provide an evidence base to inform theory. Currently, her work examines habits for self-management behaviour, the influence of close others on health behaviour, and the application of theory to existing health behaviour change interventions.

Rachel Burns, Ph.D., est détentrice d'un doctorat en psychologie de l'Université du Minnesota. Sa recherche se concentre sur les changements de comportements liés à la santé et ses impacts sur l'état de santé. Elle s'appuie sur des concepts théoriques pour identifier les processus sociaux et cognitifs qui façonnent la manière dont les gens gèrent leurs comportements liés à la santé et elle examine comment ces processus se déroulent au fil du temps. Ces connaissances sont utilisées pour éclairer, mettre en œuvre et/ou évaluer les interventions, qui, à leur tour, fournissent une base pour éclairer les concepts théoriques. Présentement, ses travaux examinent les habitudes de comportements d'autorégulation, l'influence des proches sur les comportements liés à la santé, et l'application de concepts théoriques aux comportements liés à la santé pour changer les interventions.

Andrée-Ann Deschênes, **PhD,** holds a PhD in psychology. As a professor at the School of Management of the Université du Québec à Trois-Rivières, she trains future managers in public safety management. She is also a regular researcher at the International Centre for Comparative Criminology. Her research focuses on the psychology of management in public safety organizations, particularly in the awareness of mental health in the police force.

Andrée-Ann Deschênes, **Ph.D.,** est détentrice d'un doctorat en psychologie. Professeure à l'École de gestion de l'Université du Québec à Trois-Rivières, elle forme dans le cadre des programmes en gestion en sécurité publique les gestionnaires d'aujourd'hui et de demain. Elle est également chercheuse régulière au Centre international de criminologie comparée. Ses travaux de recherche concernent la psychologie de la gestion dans les organisations de la sécurité publique, particulièrement la prévention de la santé psychologique au travail dans le milieu policier.

Annie Gendron, PhD, holds a PhD in psychology. She is a researcher at the Centre of Research and Strategic Development of l'École nationale de police du Québec, an associate professor in the Department of Psychoeducation at the Université du Québec à Trois-Rivières, a regular researcher at the International Centre of Comparative Criminology, and a collaborator at the Forensic Psychology laboratory of the Université du Québec à Trois-Rivières. Her research interests focus on questions pertaining to the selection of police candidates, as well as training and police interventions in Québec. Her work looks at academic and professional trajectories of police officers, screening tests, prevention of mental health problems among first respondents, practises related to use of force, and situations of suicide in police presence. She is also interested in the issues pertaining to police interventions in First Nations communities.

Annie Gendron, Ph.D., est détentrice d'un doctorat en psychologie. Elle est chercheuse au Centre de recherche et de développement stratégique de l'École nationale de police du Québec, professeure associée au département de psychoéducation de l'Université du Québec à Trois-Rivières, chercheuse régulière au Centre international de criminologie comparée – centre interuniversitaire et collaboratrice au Laboratoire de psychologie légale de l'UQTR. Ses intérêts de recherche ciblent des questions touchant la sélection des candidats à la profession policière, la formation et l'intervention policière au Québec. Ses travaux portent entre autres sur les trajectoires académiques et professionnelles des policiers, les tests de sélection, la prévention des problèmes de santé psychologique des premiers répondants, les pratiques reliées à l'emploi de la force et les situations de suicide en présence policière. Elle s'intéresse également aux enjeux de l'intervention policière en contexte autochtone et auprès de clientèles autochtones.

Julie Maheux, PhD, is a regular professor at the School of Psychology at the Université du Québec à Trois-Rivières. She is a regular researcher at the Forensic Psychology Laboratory. Her work focuses on the training and supervision of mental health workers as well as the ethical components of the professional practice. Her expertise is in the role of emotional and interpersonal competencies involved in helping behaviours, such as mentalisation, empathy, and emotion regulation, in various mental health professionals (psychologists, community workers) as well as police officers and first respondents. She studies the role of mentalisation in the maintenance of well-being in these workers as well as the effectiveness of these interventions. Her projects also look at the impact of interpersonal trauma, both in clients and in mental health workers.

Julie Maheux, Ph.D., est professeure régulière au département de psychologie de l'Université du Québec à Trois-Rivières. Elle est chercheuse régulière au Laboratoire de psychologie légale. Ses travaux portent sur la formation et la supervision des intervenants en santé mentale ainsi que sur les composantes éthiques de la pratique professionnelle. Son expertise porte sur le rôle des compétences émotionnelles et interpersonnelles impliquées dans la relation d'aide, telles que la mentalisation, l'empathie et la régulation émotionnelle, chez divers professionnels de la santé mentale (psychologues, intervenants communautaires) ainsi que chez les policiers et premiers répondants. Elle étudie le rôle de la mentalisation dans le maintien du bien-être des intervenants et l'efficacité de leurs interventions. Ses projets portent également sur l'impact des traumatismes interpersonnels à la fois chez les clientèles et les intervenants.

POSTERS	**AFFICHES**

1.	**Wellness of first-years transitioning to undergraduate studies during COVID-19** Tabeer Afzal[1], Laura Jin[1] *[1]McMaster University* Background: The COVID-19 pandemic produces many challenges for mental health including reduced mental wellbeing in the general population and limited access to mental health supports (Campion et al., 2020). These challenges are especially concerning for undergraduate students as the beginning of university is shown to be a time of increased strain on student wellbeing (Bewick et al., 2010); impaired student mental wellbeing can be associated with

worse academic performance (Moilanen et al., 2021). Objectives: This exploratory study aims to capture the wellbeing (e.g., environmental and social factors) of students transitioning into undergraduate studies from high school during the COVID-19 pandemic. Methods: 165 undergraduate students completed a questionnaire through the McMaster LimeSurvey platform. This questionnaire measured wellbeing using pre-validated measures (i.e., Oxford Happiness Questionnaire, Intolerance to Uncertainty Scale Short-Form, and Pittsburgh Sleep Quality Index) and other metrics. Results: Significant findings include: 1) Male undergraduate students felt more prepared for their first year of university by their high schools compared to female undergraduate students (p=.01); 2) Current second-year students felt more prepared for their first year of university by their high schools compared to first-year students (r=0.213, p=.006); 3) Greater intolerance of uncertainty was correlated with worse sleep quality (r=0.333, p<.001) and lower happiness scores (r=-0.428, p<.001). Conclusions: Measuring the wellbeing of students during their transition to undergraduate studies can reveal various facets of mental health and support that may be influenced by COVID-19. Future research should qualitatively evaluate the influence of COVID-19 on student wellbeing and compare measures pre- and post-pandemic.

Keywords | Mots clés : student wellbeing ; university ; undergraduate students ; COVID19

Room│Salle : B
Poster number│Numéro d'affiche : 1

2.

Effects of probiotics on depression-like behaviour and glucocorticoid receptor expression following LPS and antibiotic treatments

Sara Al Sharani[1], Kevin B. Smith[2], Nafissa Ismail[2,3]
[1]NISE Laboratory, Faculty of Science, University of Ottawa; [2]NISE Laboratory, School of Psychology, University of Ottawa; [3]University of Ottawa Brain and Mind Research Institute, University of Ottawa

Puberty is a critical period of neuronal development. Pubertal stress exposure results in enduring hypothalamic-pituitary-adrenal (HPA) axis dysfunction resulting in depression- like behaviour in adulthood. However, pubertal probiotic consumption mitigates the enduring effects negative effects of stress in male and female mice. This suggests that the gut microbiome regulates HPA- axis development and mitigates the negative effects of stress on mental health. However, the mechanism underlying this effect remains unclear. We investigated the effects of pubertal probiotics, lipopolysaccharide (LPS), and antibiotic treatments on glucocorticoid receptor (GR) expression in the paraventricular nucleus (PVN) and in the basolateral amygdala (BLA). At 5 weeks of age, male and female mice were treated with probiotics (Probio'Stick or Lacidofil) or placebo, for two weeks, as well as either antibiotics or vehicle for one week. At 6 weeks of age, mice received a single treatment of LPS or saline. At 10 weeks of age (adulthood) mice were subjected to the tail suspension test to measure depression-like behaviors. So far, our results show that probiotic treatment mitigated stress-induced depression-like behavior in male and female mice. We expect the probiotic treatment to also mitigate LPS- and antibiotic-induced downregulation of GR expression in the PVN and in the amygdala, in a sex-specific manner. We also expected to see greater protective effects of probiotics in males than in females. The current study highlights a critical role of the gut microbiome in pubertal neurodevelopment.

Keywords | Mots clés : puberty ; stress ; LPS ; probiotics ; glucocorticoid receptors ; HPA axis ; gut microbiota ; antibiotics.

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Poster number│Numéro d'affiche : 2

3.	**uOttawa psychology students' experiences of discrimination, safety, and mental health support on campus**

Raina Barara[1], Erin Maloney[1]
[1]*University of Ottawa*

Discrimination (particularly racism and ableism) and mental distress have been on the rise in universities. The COVID-19 pandemic has exacerbated these phenomena, leading to a decline in students' sense of safety and wellbeing. This study aimed to discover uOttawa psychology students' experiences of discrimination, sense of safety on campus, perceptions about mental health support, and their suggestions for reducing discrimination within the university community. The study employed a mixed methods design and collected data from a survey that was completed by 113 undergraduate psychology students. Approximately 1/3 of respondents had experienced racism and/or ableism at uOttawa, with a majority expressing that the incident wasn't handled appropriately. 62% of participants with mental health problems expressed disappointment with the mental health support offered by uOttawa. 39% of participants reported having felt unsafe/scared on campus. Their suggestions included implementing mandatory EDI training for students and staff, increasing minority representation in faculty and administration, and improving the reporting system and handling of discrimination issues. The survey revealed gaps in preventing and effectively resolving EDI-related issues. The preliminary findings highlight the importance of examining the student experience around issues of EDI, to create a safer and more inclusive learning environment for all. Such findings give access to information that can support the improvement of mental health services and the overall climate of the university. Expanding such studies to different departments is recommended to gain a more complete view of these issues.

Keywords | Mots clés : racism ; ableism ; mental health ; uOttawa ; psychology

Room│Salle : A
Poster number│Numéro d'affiche : 1

4.	**The impacts of motivation on women's stress responses to mirror exposure in different social contexts**

Kheana Barbeau[1], Kayla Boileau[1], Leila Desir[3], Britney Hammell[1], Jennifer Humphreys[2], Shannon Kelly[1], Laila Kokenberg-Gallant[1], Buki Makinde[2], Maxine Montpetit[1], Victoria Mordvinova[2], Abigail Szczepanski[2], Eva Sutera[1], Georgina Walsh[2], Luc Pelletier[1]
[1]*University of Ottawa;* [2]*Carleton University*

Background: Women who regulate their eating behaviours for less self-determined reasons (e.g., due to pressure or avoiding guilt vs due to personal importance) experience more

negative affect and body dissatisfaction following exposure to thin-ideal images. Objective: The objective was to expand our knowledge of how women's motivation orientation toward regulating their eating behaviour is associated with the appraisal, experience, and recovery from body image threats, such as mirror exposure, as indicated by their stress levels. Method: Undergraduate women were allocated to mirror exposure in the presence (n = 55; social-evaluative) or absence (n = 52; non-social-evaluative) of other women while speaking about their bodies. Perceived stress was measured at 4 time points: at baseline, after revealing the task (anticipation), post-mirror exposure, and 20 minutes following the exposure (recovery). Results: A repeated measures ANOVA revealed an interaction between stress and condition and between stress and motivation. Simple main effects analyses revealed that women in the social-evaluative condition were more stressed at anticipation and following the mirror exposure. Women who were more self-determined exhibited a steeper incline in stress levels from baseline to anticipation; however, they also demonstrated a quicker recovery from the mirror exposure as demonstrated by steeper declines in stress between anticipation and recovery and between post-exposure and recovery. Conclusion: Body exposure in a public setting may have more negative impacts on women's wellbeing. Women who are more self-determined may be less impacted by body image threats, rendering them resilient to affective fluctuations caused by these threats.

Keywords | Mots clés : motivation ; body image threats ; women ; mirror exposure ; stress response

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5.

Moral distress in essential workers due to COVID-19-related difficult moral decisions
Kirstin Beaudet[1], Ryan Aberback[1], Stephanie Houle[1], Leanne Kane[1], Andrea Ashbaugh[1]
[1]University of Ottawa

The COVID-19 pandemic has changed societies and added stress for the Canadian population. In particular, essential workers are faced with a multitude of moral decisions. If such decisions transgress an individual's moral beliefs, it may lead to negative mental health outcomes. Our study investigated if moral distress is elevated in essential workers, and whether level of moral distress is predicted by frequency of exposure to difficult moral decisions. We hypothesized that the frequency of exposure to moral decisions would mediate the relationship between essential worker status and moral distress. Additionally, we hypothesized that a workplace exposure to a distressing event would increase the amount of moral distress. We recruited 355 Canadian adults, including 257 essential workers. We collected sociodemographic information, and participants' self-reported frequency of exposure to moral decisions. Lastly, we assessed the level of moral distress caused by the most distressing moral decision using Moral Injury Appraisals Scale. There was a significant direct effect between being an essential worker and increased moral distress (b=1.18, 95% CI [0.05, 2.31], t=2.05, p=.041). However, the frequency of exposure to moral decisions did not mediate the relationship (b=1.18, 95% CI [0.05, 2.31], t=2.05, p=.041, r2= 0.012). Factorial ANOVA demonstrated a small significant main effect on increased moral distress when the index event occurred in person, at work (F(1,300) = 4.21, p=.014, η2p=0.014). Being an essential worker is linked with increased moral

distress, particularly in the workplace, but further research is required to determine the cause of this increase.

Keywords | Mots clés : moral injury ; moral distress ; essential workers ; COVID 19 pandemic

Room│Salle : B
Poster number│Numéro d'affiche : 4

6.

Les effets du sexe et des endocannabinoïdes sur la réponse au stress des rats prépubères
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[1]*University of Ottawa;* [2]*Cerebro-Vascular Accidents and Behavioural Recovery Laboratory, School of Psychology, University of Ottawa*

La prépuberté et la puberté sont des périodes critiques du développement caractérisées par une sensibilité accrue au stress pouvant mener à divers effets négatifs à long terme. Cette réponse au stress est influencée différemment par la stimulation du système endocannabinoïde en fonction du sexe de l'animal. L'objectif de la présente étude est donc d'analyser les effets du sexe, d'un stress répété hétérotypique administré en jeune âge et de l'antagoniste AM251 des récepteurs cannabinoïde 1 sur la réponse au stress des rats prépubères de type Wistar (N = 64; 32 femelles). La moitié des animaux a été assignée aléatoirement à la condition de stress juvénile hétérotypique (10 jours d'alternance entre un stress par la contrainte ou par la nage forcée; jours postnataux [PND]30 à 39) ou à la condition sans stress. La moitié de chaque groupe a ensuite reçu une dose de AM251 (1mg/kg; ip) avant chaque test comportemental. La densité des récepteurs glucocorticoïdes (GR) dans le noyau paraventriculaire de l'hypothalamus (PVN) des rats et leur concentration sanguine de corticostérone (CORT) à divers moments (PND30, PDN35, PND39, PND42 et PND46) ont été analysées. Les résultats illustrent une interaction significative entre le taux de CORT au fils des jours et le sexe, mais sans influence significative du stress ou de AM251. De même, l'expression de GR dans le PVN n'a pas été influencée significativement par ces variables. Cela suggère que la réponse au stress des rats prépubères serait liée au sexe, les mâles s'étant davantage habitués aux conditions expérimentales.

Keywords | Mots clés : stress ; système endocannabinoïde ; sexe ; corticostérone ; noyau paraventriculaire

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Poster number│Numéro d'affiche : 5

7.

Linguistic patterns on a story recall episodic memory task in individuals with mild cognitive impairment
Angela Boland[1], Vanessa Taler[1]
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Background: Mild cognitive impairment (MCI) involves declines in language and episodic memory. Episodic memory is often assessed using language tasks. To prevent linguistic factors from confounding recall scores, memory and language should be jointly examined. Objectives: We explored linguistic patterns on a story recall task to identify features of spoken language

associated with MCI and episodic memory. Methods: Cognitively healthy adults aged 65+ (n=18) and people with amnestic MCI (n=18) completed immediate and delayed (20-30-minute) recall on a set of novel story recall materials (six pairs, i.e., 12 stories total). Stories were coded using a propositional scoring scheme (where a proposition refers to the smallest unit of meaning), as well as a unit scoring scheme (i.e., individual words). Responses were coded as veridical (word-for-word), gist (general idea), and distortion (error). Linguistic features of the output were coded using the Linguistic Inquiry and Word Count (LIWC) program. Results: Overall, people with MCI produced more verbs, fewer time-related words, and fewer total words than control participants. In the MCI group, delayed unit- and proposition-based veridical and gist recall scores were positively correlated with certainty and causation words. Total words were positively correlated with all immediate and delayed recall scores. Time-related words were positively correlated with immediate unit-based veridical recall. Conclusion: Certainty about events and their causal links, more linguistic output, and more words denoting time may signal better memory for story events and details among people with MCI. Examining linguistic features of verbal output in memory tasks could improve detection of MCI.

Keywords | Mots clés : episodic memory ; mild cognitive impairment (MCI) ; spoken language ; story recall ; Linguistic Inquiry and Word Count (LIWC)

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Poster number│Numéro d'affiche : 2

8.

Patients atteints de cancer du poumon : besoins non satisfaits et étiquettes préconisées
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Contexte : La médecine de précision, y compris les traitements d'immunothérapie et les thérapies ciblées, a permis d'augmenter le taux de survie à cinq ans chez des patients atteints de cancer du poumon. Objectif : Cette étude explore les besoins non satisfaits des patients atteints de cancer du poumon avancé ou métastatique qui reçoivent ces nouveaux traitements et examine les étiquettes utilisées par ceux-ci pour se décrire. Méthodologie : En utilisant une approche qualitative, des entrevues individuelles semi-structurées sont effectuées en français sur Zoom auprès d'un échantillon composé de 4-5 participants atteints de cancer du poumon afin d'être ensuite transcrites et analysées à l'aide de NVivo. Résultats : Bien que l'étude soit toujours à la phase préliminaire, les besoins non satisfaits sont en lien avec la peur, l'incertitude et l'anxiété reliées à la progression de la maladie. De plus, les termes « personne vivant avec le cancer » et « patient atteint de cancer » sont préférés au terme « survivant du cancer » qui peut être perçu comme étant un terme erroné de survie face à cette maladie au pronostic incertain. Conclusion : Déterminer les besoins et les étiquettes que les patients atteints de cancer du poumon choisissent d'utiliser pour se décrire peut non seulement avoir d'importantes implications sociales et politiques menant à une amélioration des soins et à une augmentation du financement de la recherche, mais permet également de promouvoir le bien-être chez ce groupe de personnes, tout en veillant à défendre leurs intérêts.

Keywords | Mots clés : cancer du poumon ; médecine de précision ; besoins non satisfaits ; étiquettes

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Poster number│Numéro d'affiche : 6

9.

Memory for emotional videos: The potential interaction of divided attention and emotional valence

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Background: Events and stimuli which are emotionally loaded typically exhibit an emotional memory enhancement effect, in which they are better remembered than neutral stimuli. Divided Attention (DA) at encoding tends to reduce memory. We are exploring the potential interaction between emotional memory enhancement and attention, where under DA encoding conditions, memory for positively valanced information may be more significantly inhibited over negatively valanced information. Objectives: The objective of this study is to analyze the memory effects of DA and emotional valence (i.e., positive, negative, and neutral) on the accuracy of memory for video content — to analyse how information is variably recalled with respect to the attentional condition during which it is encoded and the emotional valence of the information. Methodology: The within-subjects memory testing paradigm is a counterbalanced free-recall task for video stimuli of differing emotional valences, applying a DA manipulation. In the full attention and DA versions, participants view a series of 32 video stimuli, featuring 8 positive, 8 negative, and 16 neutral video clips, presented in a randomized order, with primacy and recency control buffers. Afterwards, participants are asked to recall what videos they remember. Results: In preliminary results, participants (n = 32) recalled 41% positive, 41% negative, and 29% neutral videos from the full attention encoding condition and 25% positive, 28% negative, and 13% neutral videos from the DA encoding condition. Qualitatively, it appears that the emotional videos are more likely to be remembered, and that memory overall is reduced by divided attention at encoding.

Keywords | Mots clés : divided attention ; emotional memory enhancement

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Poster number│Numéro d'affiche : 3

10.

Examining how attributional explanations are offered to men and women expressing pain

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[1]*University of Ottawa;* [2]*Université du Québec en Outaouais*

Women's reports of pain are taken less seriously than those of men, where women ultimately receive less effective pain relief, and are less likely to be prescribed opioids. It is also found that the intensity of the facial expression of pain is underestimated in women. We tested the hypothesis that women's pain is underestimated because observers informed by gender-based stereotypes believe that women have a dispositional tendency to react more emotionally to nociceptive stimulation, similar to what is seen in other emotional stimulation (e.g., anger, sadness, and fear). We investigated this by measuring how perceivers

spontaneously engage in the inferring of the cause of the pain by having them rate the emotionality (disposition) and how bad of a day (situation) face models across four conditions were having: true female models, true male models, androgynous female models, and androgynous male models. Androgynous models were created by morphing male and female faces and adding gender stereotypical hair and clothing. Preliminary results show that participants offer more dispositional and situational attributions for true males compared to true females. The difference between the offering of dispositional and situational attributions between the male and female androgynous models is very small. These results do not support the hypothesis that women's pain is underestimated because of gender-based stereotypes regarding the emotionality of women. Rather, it may be the case that sex specific features of the expression of pain are responsible.

Keywords | Mots clés : facial expression of pain ; sex differences ; attribution bias ; gender bias

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Poster number│Numéro d'affiche : 4

11.	**Depression, suicidal ideation, and racial microaggressions in Black communities in Canada: A moderated mediation model**

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[1]University of Ottawa; [2]University of Carleton

Background: Suicidal ideation constitutes a major concern in Black communities in the United States. However its prevalence and related factors among Black individuals in Canada are undocumented. Objectives: This study aimed to: 1) assess the prevalence of suicidal ideation in Black communities in Canada; 2) analyze the specific association between depression and suicidal ideation; 3) examine the mediating role of racial microaggressions in the association between depression and suicidal ideation; and 4) assess the moderating role of gender in the latter association. Methods: Eight hundred and sixty participants (predominantly women, 75.6%) aged 15–40 years (M = 24.96, SD = 6.29) completed an online questionnaire assessing depression, suicidal ideation, racial microaggressions and a sociodemographic form. Results: Findings revealed that 25.7% of participants reported having suicidal ideation, of which 26.46% were women and 22.65% were men ($x2 = 1.08$, p = .299). Depression was positively correlated with suicidal ideation, as people with depression had more suicidal ideation. The moderated mediation model showed that racial microaggressions mediated the relation between depression and suicidal ideation and that gender moderated the association. Conclusion: Findings from this study underline the need to understand the factors associated with the development of suicidal ideation in Black communities in Canada and will provide insight on them. Ultimately, the implementation of evidence-based suicide prevention programs for Black communities in Canada should be emphasized.

Keywords | Mots clés : microaggressions ; suicidal ideations ; Black communities ; depression ; Canada

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12.	**Executive function and episodic memory composite scores in older adults: Relations with sex, mood, and subjective sleep quality**

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Background: Neuropsychological perspectives on aging suggest that executive function (EF) and episodic memory (EM) processes are particularly vulnerable. Objectives: We sought to learn the degree to which three variables (i.e., sex, mood, and subjective sleep quality) might be related to composite scores of EF and EM in a sample of community-dwelling older adults. Methods: We used Glisky et al.'s (1995, 2001) established neuropsychological battery of tasks assessing EF and EM across several previous studies of typical older adult research volunteers (Ns = 263 and 151 for the EF and EM tasks, respectively). Results: Using factor analysis and measurement invariance, we replicated Glisky and colleagues' two-factor (i.e., EF versus EM) structure and found that it did not significantly differ between males and females. Moderation analyses revealed no interactions between sex, mood, and sleep in predicting either the EF or the EM composite score. Females significantly outperformed males on the EM composite, and on all the individual tests that comprise it. These findings suggest that in our samples of older adults, mood and sleep quality do not significantly moderate the relation between sex and EF or EM. Conclusion: Ours is the first study to look at sex differences in Glisky and colleagues' neuropsychological battery and in its potential relations with mood and sleep. Future longitudinal studies using measures of sleep, mood, sex, and gender in both healthy and clinical populations will help us further probe the influence of these variables on EF and EM in aging.

Keywords | Mots clés : aging ; depression ; episodic memory ; executive function ; mood ; neuropsychology ; sex differences

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Poster number│Numéro d'affiche : 10

13.	**La prédiction de la fiabilité à l'aide d'un système d'intelligence artificielle**

Yasmine Derdour[1], Sylvain Chartier[1]
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Pouvoir prédire le niveau de fiabilité d'un individu, à partir de ses habilités à différencier le mensonge de la vérité et faire en sorte de diminuer les conséquences qu'un mensonge peut avoir sur leurs bien-être, est l'intérêt premier de cette recherche. Or, rien ne garantit que l'interaction de ces habilités soit linéaire. Par conséquent, un système à base de réseau de neurones artificiels sera utilisé. La banque de données contient diverses mesures, emmenant de 320 vidéos faites par 80 étudiants provenant de l'Université de Miami. Les vidéos narraient un mensonge et une vérité positifs et négatifs. Après chaque vidéo les participants devaient répondre à quatre questions dans un ordre précis, demandant leurs opinions sur le niveau d'attraction, de fiabilité et d'anxiété de la personne filmée. Ainsi un RNA fut entrainé à prédire le niveau de fiabilité à partir de cette banque de données. Les résultats montrent que les variables telles que le Critère et la Moyenne de Vérité sont environ deux fois supérieur.

Keywords | Mots clés : identification de déception ; système à base de réseau de neurones artificiels ; perception multicouche ; identification de la fiabilité

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Poster number│Numéro d'affiche : 6

14.

A study on the influence of emojis on communication in a professional setting

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Emojis play a significant role in conveying non-verbal emotional cues in digital communication, mirroring the role of facial expressions in face-to-face interactions. Previous research shows that emojis can influence our first impressions of the sender, and our interpretation of the emotional tone of accompanying text-messages. However, most studies have focused on friendly interactions. In the present study, we examined reactions to text messages-emoji pairings in a professional setting. We also examined how sex of the sender might affect participants' responses. Using a 3X3X2 mixed-factorial design, Sentence tone (positive, negative, neutral) and Emoji valence (positive, negative, neutral) were paired as repeated-measures variables, and Sender gender (male, female) was manipulated as an independent-groups variable. Participants rated the emotional tone of the text-messages, the perceived competence of the sender, and the extent to which the sender was violating norms for this setting. In agreement with past research, preliminary results revealed that messages with a negative emoji were perceived as more negative across all sentence tones. Moreover, participants perceived the sender as more competent and less norm violating when messages displayed no emojis or positive emojis. Finally, displays of negative emotions, whether via emojis or message tone, were perceived as less competent and more norm violating. The sender gender variable did not affect the results, although more participants are needed to confirm this conclusion. Hence, it appears that users should be careful when using emojis in their professional digital interactions as they influence how they will be perceived by co-workers.

Keywords | Mots clés : emojis ; digital communication ; professional setting ; first impressions ; sender gender

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Poster number│Numéro d'affiche : 7

15.

The COVID-19 pandemic's impact on informal volunteering in university students

Jillian French[2,1], Emma Grant[1,2], Stuart Hammond[1,2]
[1]University of Ottawa; [2]School of Psychology

Background and objectives: This study looked at university students' informal volunteering during the COVID-19 pandemic, volunteering that occurs outside of formal institutions, and examined, using social domain theory, students' justification for engaging in informal volunteering or not. Social domain theory classifies justifications for actions as personal, social, moral, or prudential (health and well-being). The pandemic provides a unique opportunity to examine students' use of prudential reasoning, which has not been studied in

as great depth in past research. Methods: Four hundred fifty-five undergraduate students aged between 18 and 29 filled out a survey on past and present volunteering activity during and before COVID-19, which included forced choice and free response questions on informal volunteering and justifications for engaging in volunteering or not. Results: One-hundred and six students engaged in informal volunteering during the pandemic (e.g., grocery shopping for neighbours). There were no significant difference between genders or age in rates of informal volunteering. Preliminary analyses (ongoing) suggest that many students used the prudential domain to justify avoiding informal volunteering (e.g., citing safety), however, a small number used that same domain to justify engaging in volunteering (e.g., noting that they were able to volunteer while maintaining distance). Conclusion: The present study is one of the few to examine informal volunteering, and the first to link informal volunteering to domain theory. Although the present study examines an exceptional emergency, the findings will have implications for our larger understanding of social domain theory.

Keywords | Mots clés : informal volunteering ; COVID19 ; social domain theory ; prudential domain ; university students

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Poster number│Numéro d'affiche : 8

16.	**Influence of gut microbial dysbiosis on acute immune responsivity in pubertal male and female CD-1 mice** Michelle Gandelman[1], Pasquale Esposito[1], Jacky Liang[1], Nafissa Ismail[1,2] *[1]NISE Laboratory, School of Psychology, Faculty of Social Sciences, University of Ottawa; [2]Brain and Mind Research Institute, University of Ottawa*

The relationship between the gut microbiota and the host plays an integral role in biological homeostasis. Microbial dysbiosis during critical periods of development, including puberty, disrupts brain function and immune responsivity. Furthermore, microbial dysbiosis contributes to various pathologies such as inflammatory bowel disease, irritable bowel syndrome and coeliac disease. Currently, the mechanisms underlying the effects of gut dysbiosis on immune responsivity are poorly characterized. Therefore, the objective of this study was to further elucidate the impact of pubertal microbial dysbiosis (induced by antimicrobial consumption) on acute lipopolysaccharide (LPS)-induced immune response in male and female mice. At five weeks of age, male and female CD-1 mice were treated with a combination of antimicrobial agents or water, twice a day for seven days. At six weeks of age, the mice received an intraperitoneal injection of LPS or saline, and were euthanized 8 hours later. Following euthanasia, blood samples were collected for plasma extraction and analysis with multiplex bead-based Luminex immunoassay. Plasma concentrations of cytokines granulocyte-macrophage-colony-stimulating-factor (GM-CSF), interleukin-2 (IL-2), interleukin-23 (IL-23), interleukin-12p70 (IL-12p70), interleukin-17A (IL-17A), and interleukin-10 (IL-10) were analyzed. Results revealed that antimicrobial treatment increased LPS-induced plasma cytokine concentrations in a sex-dependent manner. Specifically, male mice displayed greater pro-inflammatory cytokine concentrations, while female mice exhibited increased anti-inflammatory cytokines. These findings show important modulatory effects of antimicrobial-induced gut dysbiosis on immune responsivity, demonstrating that

microscopic alterations to the gut composition during puberty may have macro-level effects on brain development and function.

Keywords | Mots clés : neuro ; immune system ; inflammation ; sexual dimorphism ; gut microbiome ; puberty ; LPS ; dysbiosis

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Poster number│Numéro d'affiche : 8

17.

A behavioural and electrophysiological investigation of the impact of age on lexical ambiguity processing

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[1]University of Ottawa

According to previous research, older adults have reduced cognitive control abilities such as reduced inhibition skills compared to younger adults. It has been suggested that this impacts the ability of older adults to accomplish tasks that require inhibitory control. The main objective of this study is to investigate how age impacts lexical ambiguity processing. We are interested in detecting potential behavioural and electrophysiological differences in semantic priming (i.e., facilitation in the processing of semantically related words) exhibited in the form of reaction times and the N400 event-related brain potential (ERP). Younger and older adult participants completed a lexical ambiguity task while their electroencephalogram was recorded. They were presented with a series of context sentences ending with an ambiguous word (e.g. The doctor asked her to step onto the scale.). Participants were then shown a target word and asked to make a relatedness judgement on words that were related to the appropriate (e.g. balance) or inappropriate meaning (e.g. skin), or unrelated to either meaning (e.g. shoe) of the ambiguous terminal word. Preliminary data analyses in young adults show the expected semantic priming effects. Analyses are ongoing for age group effects, but we expect to see processing differences between the two age groups. Specifically, we expect older adults to show smaller semantic priming effects than young adults, reflecting reduced inhibitory control in ambiguous language processing. The results will shed light on the effect of age-related changes in inhibitory control on lexical ambiguity processing.

Keywords | Mots clés : aging ; language processing ; event related brain potentials (ERPs) ; N400 ; semantic priming ; inhibitory control

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Poster number│Numéro d'affiche : 9

18.

Effects of selective GPER agonist G-1 on stress-induced corticosterone secretion following global cerebral ischemia in ovariectomized rats

Jessica Hursti[1], Alexandre Morin[1], Marilou Poitras[1], Makenzie Lauzon[1], Cora Cushman[1], Alexandra Doiron[1], Emmanuelle Person[1], Hélène Plamondon[1]
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Dysregulation of the hypothalamic-pituitary-adrenal (HPA) axis and stress-induced corticosterone (CORT) secretion has been reported following global cerebral ischemia (GCI). It is known that estrogens are neuroprotective and may provide protection for menopausal women who are at higher risk of GCI. Research has found that activation of classical estrogen receptors (α and β) increases the risk of cancer. However, activation of non-classical G protein-coupled estrogen receptor 1 (GPER) does not seem to lead to such effects. This study aimed to assess effects of acute or repeated pretreatment with the selective GPER agonist G-1 on ischemia-induced HPA hyperreactivity following stress exposure. To do so, ovariectomized female Wistar rats (n=44) were acutely (1 h pre-ischemia) or repeatedly (daily injections for 7 days) treated with G-1 (50 µg/kg) or saline prior to 10-min GCI by four-vessel occlusion or sham surgery. Blood samples were collected 24 h prior (baseline), immediately after (short-term), and 24 h after (long-term) exposure to the Forced Swim Test. Serum CORT concentrations were determined using an enzyme-linked immunosorbent assay (ELISA). Preliminary data revealed increased CORT secretion immediately after stressor with a decrease 24 h later in all rats. These results are intriguing as no effects of GCI or G-1 on CORT response were noted. In this context, most literature has focused on the stress response of males with intact gonads. This study emphasizes the need to better understand ovariectomized female reaction to acute stress after ischemia.

Keywords | Mots clés : global cerebral ischemia ; hypothalamic pituitary adrenal axis ; G protein coupled estrogen receptor ; menopause ; G1

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Poster number│Numéro d'affiche : 9

19.

Effects of probiotic on glucose and lactate in pubertal mice exposed to chronic sleep disruption

Anthony Kadamani[1], Michael Murack[1], Alexi Guindon-Riopel[1], Olivia Traynor[1], Nafissa Ismail[1]
[1]University of Ottawa

Puberty is a critical period of development during which an organism achieves sexual maturity. Puberty increases the body's energy demand but concomitantly impairs glucose tolerance. Thus, puberty limits cellular glucose absorption resulting in a transient increase of peripheral blood glucose levels that normalizes in adulthood. Increased basal blood glucose is similarly observed in chronically sleep disrupted humans. Interestingly, chronic sleep disruption commonly occurs during puberty. Lactic acid probiotics within the Lactobacillus genus increase cellular glucose uptake while producing alternate energy sources like lactate. We investigated whether administration of lactic acid probiotics can improve peripheral and central glucose tolerance and lactate levels in chronically sleep disrupted pubertal mice. CD-1 mice underwent bilateral cannula implantation in the dorsal hippocampus and received either water, Lacidofil, or Cerebiome for 2 weeks. During the last week of treatment, mice were chronically sleep disrupted daily for the first 4 hours of their rest phase. Peripheral and central blood was then analyzed. Male mice displayed greater increases to peripheral glucose than female mice regardless of treatment. Male and female mice treated with Lacidofil or Cerebiome displayed lower peripheral glucose than their water treated counterparts. Lacidofil reduced weight gain in female and male mice. We expect probiotic treatment to increase

glucose tolerance and lactate availability in the hippocampus. Lactic acid probiotic treatment may be used to improve brain metabolism in chronically sleep disrupted adolescents.

Keywords | Mots clés : probiotics ; adolescence ; glucose ; lactate ; sleep

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Poster number│Numéro d'affiche : 10

20.	**Dynamic self-organizing map**

Nicholas Kassabri[1], Kinsey Church[1], Matthew Ross[1], Sylvain Chartier[1]
[1]University of Ottawa

Humans are constantly confronted with circumstances in which they must either discriminate or regroup perceptual patterns. This is captured by the ability to cluster information. A pervious study has shown that a dynamic self-organizing map is able to regroup similar patterns in a similar space. In addition, the model was able to maintain its capacity to filter noise and reconstruct original patterns from the representation. In the simulations, patterns were represented as bipolar arrays. Consequently, even though a small region was positive, most of it was negative. This caused every topological representation to be highly correlated. A sparse representation would not only be more plausible in terms of neuroscience, but it could be used as a gating to subsequent processes. Therefore, the transmission function was modified to allow binary arrays. This modification could allow orthogonalization once in spatial representation, where only small region would be positive while the rest remain at zero. The modified network was tested using three different tasks: clustering, reconstruction and topology constrained. Results indicated that the network was able to perform clustering smoothly and consistently. Similarly, when the topology is constrained, the network was able to find the optimal topology. However, the reconstruction task showed inconsistent results. The network was able to reconstruct the patterns only if optimal parameters were found through trial and error. In short, orthogonalization of the topological map can be achieved but at the cost of losing reconstruction. Further modifications are needed if reconstruction must be kept.

Keywords | Mots clés : dynamic ; self organizing map ; topology ; bipolar ; binary

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Poster number│Numéro d'affiche : 11

21.	**Sleep architecture and emotional inhibition processing in adolescents hospitalized with acute suicidal behaviour – Preliminary findings**

Malika Lanthier[1,2], Paniz Tavakoli[3], Meggan Porteous[1,2], Addo Boafo[4,5], Kenneth Campbell[2], Joseph De Koninck[1,2], Rébecca Robillard[1,2]
[1]Sleep Research Unit, University of Ottawa Institute of Mental Health Research at the Royal; [2]School of Psychology, University of Ottawa; [3]ARiEAL Research Centre, McMaster University; [4]Mental Health Research Unit, Children's Hospital of Eastern Ontario; [5]Department of Psychiatry, University of Ottawa

Suicide is the second most common cause of death for adolescents. Suicidal adolescents have more light sleep compared to healthy adolescents, a phenomenon that could influence cognitive resources. This study aimed to determine how sleep architecture in suicidal adolescents may relate to inhibition processing in response to stimuli with different emotional valence. Nine adolescents (77.8% females, 12-17 y.o., Mean+SD = 15.0+1.7 y.o.) who attempted suicide were recruited while hospitalized for a suicidal crisis. All had a diagnosis of depression based on DSM-V criteria. Polysomnography and event-related potentials (ERPs) were recorded in patients' bedrooms. ERPs were recorded during a Go/NoGo task involving pictures of emotionally neutral, sad, and happy faces. Pearson correlations evaluated potential associations between sleep architecture parameters and the P3d, a brain response thought to reflect inhibition processing (i.e. difference waveform calculated as NoGo minus Go trials). All participants had significant suicidal symptoms on the adolescent version of the Suicidal Ideation Questionnaire (range: 32-82, Mean+SD = 46.3+16.6), and 88.9% were taking psychotropic medications. The amplitude of the P3d in response to sad faces was significantly negatively correlated with NREM2 sleep (r=-.82, p = .007) and positively correlated with NREM3 sleep (r=.68, p=.043). No such association reached significance for happy or neutral stimuli. These preliminary findings suggest that shallower sleep is associated with fewer neural resources mobilized by inhibitory processes in contexts of negative emotional valence in adolescents with acute suicidal risk. Thus, addressing sleep disturbances while managing suicidal crises in adolescents is important.

Keywords | Mots clés : sleep ; inhibition ; suicidal crisis ; emotions ; adolescents

Room⏐Salle : B
Poster number⏐Numéro d'affiche : 11

22.

Development and validation of the Five-Factor Social-Emotional Learning Skills Questionnaire

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Social-emotional learning (SEL) has recently become an essential component of elementary and secondary school-based curriculum due to the immense amount of research demonstrating improved academic and mental health outcomes. The social-emotional competence acquired through SEL programs has been empirically supported to extend benefits across the lifespan. Despite there being upwards of 200 questionnaires of SEL available, overwhelming few measures have been designed to assess the SEL skills of young adults and those attending college or university. The current study developed and validated an equitable and balanced five-domain measure of SEL skills for university students. Participants (N=338) completed a 35-minute online survey assessing SEL skills, as well as various psychological wellbeing and academic performance variables. Results of a principal components analysis assessing the structural validity of the questionnaire were favourable and demonstrated five factors with most items loading well onto their respective factors. Intercorrelations were assessed and provided results demonstrating significant distinctiveness and lack of redundancy between domains. Self-awareness, self-management, and responsible decision-making were most strongly associated with both mental wellbeing and academic outcomes, whereas relationship skills and social awareness resulted in fewer significant

associations overall. The present study is among the first to attempt to develop an equitable assessment of SEL skills, examine the unique effect of each SEL domain, and design a SEL measure for college and university-aged students. These findings have important implications for theoretical models of SEL and the assessment of SEL in individuals over the age of 18.

Keywords | Mots clés : social emotional learning (SEL) ; wellbeing ; academic performance ; college and university students

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Poster number│Numéro d'affiche : 12

23.

Associations of perfectionism and excellencism with savoring academic experiences
Brianna MacPherson[1], Patrick Gaudreau[1]
[1]*University of Ottawa*

Background. Perfectionism is the relentless pursuit of unrealistic personal standards and the need to meet these formidable expectations to feel good about oneself. Excellencism and perfectionism are distinct because the pursuit of excellence is not only a realistic pursuit, but one that tends to produce healthier outcomes without requiring additional resources (i.e. time and effort) and adding unnecessary pressure. Perfectionists receive less returns on their "investments'' and they tend to underestimate the value of their achievement. Objectives. Savoring positive events is pivotal in maintaining high levels of well-being and self-esteem. The attempt to sustain positive emotions by relishing such events can boost academic satisfaction and the intent to persevere in school (Schellenberg & Gaudreau, 2019). In this study, we tested the hypothesis that perfectionism relates to a lower likelihood of savoring, whereas students with high levels of excellencism will savor their accomplishments (Gaudreau, 2019). Methodology. We performed a secondary data analysis of 552 undergraduate students (403 female; 139 male; M = 19.92 years) who completed an online survey in a cross-sectional study (Schellenberg & Gaudreau, 2019). Participants completed the Scale of Perfectionism and Excellencism and the Savoring Beliefs Inventory. Results. Four multiple linear regressions revealed that excellencism and perfectionism positively and negatively predicted all three of the Savoring Beliefs Inventory's subscales, respectively. Promotion of excellencism is consistent with values of the school system and is a healthy pursuit that can preserve many students' mental health by allowing them to focus on processes, rather than being consumed by potential outcomes.

Keywords | Mots clés : perfectionism ; excellencism ; savoring ; passions ; satisfaction

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Poster number│Numéro d'affiche : 12

24.

Analgesic effects of cell penetrant mGluR5 antagonists
Bianca Matthews[1]
[1]*McGill University*

Chronic pain (a condition that affects millions of Canadians) has been characterized as pain that persists beyond the usual recovery period. Despite the high prevalence of the condition,

there still remain limited options for effective treatment. Antagonists of metabotropic glutamate receptors (mGluRs) can potentially act as analgesic drugs that may help alleviate chronic pain. The aim of this study was to observe the rewarding properties of the mGluR5 drug fenobam compared to the effects of morphine (not a mGluR drug), in a conditioned-place preference task. In each trial, one group of mice had a spared nerve injury (SNI) to model chronic pain while the other group received a control sham surgery. Each drug was also paired with one chamber in the model. The treatment of fenobam displayed a preference in the SNI mice, meaning that SNI mice spent significantly more time in the mGluR5 antagonist-paired chamber compared to a vehicle-paired chamber. No similar preference developed for sham mice (who do not have a chronic pain injury). Morphine induced a preference in both the SNI and sham groups. The results showed that fenobam likely reduced on-going distress in the SNI mice, causing them to prefer the chamber paired with the mGluR drug compared to the vehicle-paired chamber. Since sham animals did not prefer the drug-paired chamber, these data demonstrate that mGluR5 antagonism is non-rewarding in the absence of pain-like injury.

Keywords | Mots clés : pain ; rewarding ; fenobam ; place ; preference

Room│Salle : B
Poster number│Numéro d'affiche : 13

25.

Trajectories of post traumatic stress disorder symptoms following crime victimisation

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Background: Post Traumatic Stress Disorder is a debilitating disorder that can be treated through psychotherapy. However, variation has been seen in patient outcomes. It would be significant to understand the progression of the disorder after treatment and determine what factors are related to different outcomes. Objectives: The first objective of this study is to determine the trajectories of post traumatic stress disorder symptoms in victims of violent crime. The second objective is to assess the patient factors that characterise the trajectories of post traumatic stress disorder symptoms. Method: Participants in the study were 186 victims of violent crime recruited at the Trauma Study Centre in Montréal. The control group continued with treatment as usual, and the treatment group received four weekly sessions of cognitive behavioural therapy. The patients' PTSD symptoms as well as other relevant psychological data were measured within two weeks of their traumatic event, as well as two months, six months and twelve months after their traumatic event. Results: Three trajectories were found. A low initial symptoms trajectory with moderate improvement, one with high initial symptoms that showed significant improvement, and one with high initial symptoms that showed no improvement. Variables related to trajectory membership were treatment type, low education, ASD diagnosis, unemployment, low quality of life, low overall health, and comorbid anxiety and depression. Conclusion: The majority of patients' PTSD symptoms improve following treatment. Treatments should be developed that target characteristics present in members of the non-responding trajectory.

Keywords | Mots clés : post traumatic stress disorder ; trajectory analysis ; cognitive behavioural therapy

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26.

Beware of blind spots!: Implicit racial bias and its devastating impacts on Black infant mortality

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[1]University of Ottawa, School of Psychology; [2]University of Ottawa, School of Psychology & Cellular and Molecular Medicine

Black communities face higher rates of mental health-related mortality compared to their White counterparts. This is partially attributed to implicit racial biases, which are unconscious, automatically activated attitudes and stereotypes that may result in harmful, racist behaviours. However, little is known about the impacts of this bias on the physical health of Black communities. Using infant mortality as a health indicator, this study examined whether implicit racial biases within physicians and the general population impact the health outcomes of Black Americans. We collected state-level mean Black White-Implicit Association Test (BW-IAT) Bias Scores and controlled for explicit bias scores for over 1.7 million American participants across ten different ethnoracial groups between 2018 and 2020. State-level infant mortality data was collected from Centers for Disease Control and Prevention's Wide-ranging OnLine Data for Epidemiologic Research (CDC WONDER). Hierarchical regressions were conducted to determine whether BW-IAT scores could predict state-level infant mortality rates within Black Americans. We found that anti-Black implicit bias predicted poor health outcomes within Black Americans and accounted for eight to nine percent of the additional variance seen in Black infant mortality rates in each year analyzed, above and beyond explicit bias and White infant mortality. Among physicians there are similar levels of implicit biases compared to the general American population. Findings suggest that unconscious racial prejudice is a risk factor for Black American mortality. Authors urge the public and physicians to practice reflexivity by understanding their implicit biases and the deleterious impacts said bias can have on Black lives.

Keywords | Mots clés : implicit bias ; explicit bias ; Black Americans ; infant mortality ; anti Black racism

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Poster number│Numéro d'affiche : 13

27.

A behavioural and electrophysiological investigation of age and lexical ambiguity processing in bilinguals

Maxine Montpetit[1], Shanna Kousaie[1]
[1]University of Ottawa

Previous studies have investigated the processing of intralingual homonyms in young adults, specifically, which of the meaning(s) of a homonym were activated after reading a biasing sentence context. These studies have found that bilingual young adults show similar activation

of both meanings of the homonym, even when the context biases toward one meaning. This experiment is being conducted to determine if bilingual older adults show the same activation pattern as their young adult counterparts, since other studies have demonstrated that age-related changes in inhibitory control can affect ambiguous language processing. Bilingual younger and older adults read sentences that biased the reading of a terminal homonym toward its dominant or subordinate meaning (e.g., The doctor asked her to step onto the scale.). Participants made relatedness judgements to the target word that was either related to the contextually appropriate meaning (e.g., balance), related to the contextually inappropriate meaning (e.g., skin), or unrelated to either meaning (e.g., shoe), while their electroencephalogram was recorded. Preliminary results in younger adults show significant priming effects. Analyses comparing younger adults to older adults are ongoing. We expect longer reaction times and smaller N400 priming effects in older than young adults, reflecting age related differences in inhibitory control. This study will increase our understanding of changes in language processing associated with aging in bilinguals. A parallel study is examining a similar question in monolinguals and together these studies will shed light on the effects of aging and bilingualism on lexical ambiguity processing.

Keywords | Mots clés : lexical ambiguity processing ; homonyms ; event ; related potentials (ERPs) ; N400

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28.

Effects of selective G protein-coupled estrogen receptor agonist G-1 on depressive-like behaviours following global cerebral ischemia in ovariectomized Wistar rats

Alexandre Morin[1], Cora Cushman[1], Laura Mardiros[1], Marilou Poitras[1], Alexandra Doiron[1], Makenzie Lauzon[1], Jessica Hursti[1], Emmanuelle Person[1], Hélène Plamondon[1]
[1]*University of Ottawa*

Global cerebral ischemia (GCI) has been associated with dysregulation of the hypothalamic-pituitary-adrenal (HPA) axis, leading to depressive-like symptomatology. Women face an increased risk of developing cardiovascular disease after menopause. Knowing that cardioprotective hormonal replacement therapy has been linked to an increased incidence of cancers, non-carcinogenic alternatives, such as modulation of non-classical G protein-coupled estrogen receptors (GPER) using selective agonist G-1, has recently gained scientific attention. Here, the main objective was to assess whether acute or repeated selective GPER agonist G-1 pretreatment to GCI could mitigate post-ischemic depressive-like behaviours. For seven consecutive days, 44 ovariectomized female Wistar rats were intraperitoneally injected with either control saline, acute G-1 (6 days of saline and 1 day of G-1; 50 µg/kg) or repeated G-1 (G-1 injections for 7 days) with the last injection taking place one hour before 10-min GCI using the four-vessel occlusion model, or sham surgery. Post-ischemic depressive-like behaviours were assessed using the Sucrose Preference Test (SPT), Novelty-Suppressed Feeding Test (NSFT), and Forced Swim Test (FST). Preliminary data show ischemic surgery tended to decrease sucrose preference in the SPT and significantly lowered post-test food intake in the NSFT. Repeated G-1 exposure reduced post-NSFT food intake in rats regardless of surgery. FST immobility was increased by ischemia in acute exposure groups while the opposite was observed in repeated G-1 conditions. For sham-operated rats, immobility was

increased by repeated G-1 exposure, compared to acute G-1 exposure. These results highlight differential effects of G-1 exposure length on depressive-like behaviours following global ischemia.

Keywords | Mots clés : global cerebral ischemia ; depressive like behaviours ; G protein coupled estrogen receptor ; menopause ; G1

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29.

Representation of women's mental health during perimenopause: A Pinterest content analysis
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[2]*School of Psychology, Faculty of Social Sciences, University of Ottawa ;* [3]*University of Ottawa Brain and Mind Research Institute*

Background: Perimenopause is comprised of the periods prior to, during, and following menopause. It is characterized by a number of biological, psychological, and social changes, which vary in degree of severity for women in their midlife and implicate future health outcomes. There lacks sufficient evidence pertaining to the interplay between psychosocial elements and their resulting impact on mental health, the consideration of which would allow the broader experience of perimenopause to be further understood. Studying Pinterest shows great potential for understanding mental health during this transition. Objectives: The aims of this study are to investigate attitudes towards women during perimenopause through critical analysis of prominent themes of posts on Pinterest and to examine the level of support available for women through this platform. Methods: Media content analysis was conducted on Pinterest. 250 posts met the inclusion criteria. To reduce bias, a random number generator was used to select a sample of 111. Posts were manually categorized and analyzed using an excel spreadsheet. Results: Based upon preliminary evidence, the most common theme was "Surviving anxiety and depression (during perimenopause)". Very few posts included self-disclosure, indicating that Pinterest is more commonly used by creators to share advice rather than personal experience. Conclusion: Pinterest is a platform through which women can congregate and share their experiences throughout perimenopause. Its level of popularity and accessibility makes Pinterest a positive and powerful source of information and support, through which women can educate themselves at the community level.

Keywords | Mots clés : perimenopause ; mental health ; Pinterest ; social media ; stigmatization

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30.

What could help? Examining recommendations for psychosocial supports for women with endometriosis and their partners
Mackenna Pattison[1], Malika Chenny[1], Jonathan Huber[2], Serena Corsini-Munt[1]
[1]*University of Ottawa;* [2]*Practicing Physician at Sound Care and Imaging Centre*

Background: Endometriosis is a chronic gynecological pain condition that can deplete the psychosocial wellbeing of diagnosed individuals and their partners (Aerts et al., 2018), yet there is no standard practice of psychosocial care for this population. Objectives: In this study, we asked couples coping with endometriosis to identify the types of psychosocial supports they believe would benefit their own and others' ability to cope with endometriosis. Methods: Our line of enquiry was framed by the Communal Coping Model, which proposes that pain expression is used to elicit support from others (Sullivan et al., 2001). Couples (N=49) provided responses during a semi-structured interview. Mean ages were 32.9 years (23-43) for women with endometriosis and 34.8 years (24-59) for partners. Mean relationship duration was 7.4 years and average time since diagnosis was 6.2 years. Thematic analyses (Terry et al., 2017) were conducted in NVivo (QSR International, 2020) by two independent coders and reviewed by a third coder. Preliminary Results: Themes emerged through comparison of consistencies and discrepancies between these separate code sets. Emerging themes from the ongoing analysis include the desire for increased empathy and awareness from close others and society, focused support groups for couples and partners, and directed partner education. Conclusion: In identifying the specific supports that would benefit couples' capacity to cope with endometriosis and its impact, we will be able to enrich current recommendations, focus future intervention research, and improve both psychosocial and physical pain symptoms for affected couples.

Keywords | Mots clés : endometriosis ; couples ; psychosocial support

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31.

Exploring the links between social anxiety, alcohol use, and drinking motives among undergraduate students

Laura Polakova[1], Robert Coplan[1]
[1]*Carleton University*

Alcohol use is ubiquitous among adolescents and on university campuses. Previous research has identified social anxiety as a potential risk factor for alcohol use, but the mechanisms linking these variables remain underexplored. This research examined associations between social anxiety, drinking motives, and alcohol consumption among a university sample (N= 463). As anticipated, the results yielded a positive and significant correlation between social anxiety and alcohol consumption, as predicted by the tension reduction model. Among the results, there was a positive association between social anxiety and drinking for conformity and coping motives. Upon further investigation, an interaction effect was found with participant gender indicating that conformity motives were a stronger predictor of social anxiety in females than in males. These results are discussed in terms of our understanding of social anxiety as a risk factor for alcohol consumption, along with implications for ameliorating preventive interventions.

Keywords | Mots clés : alcohol use ; drinking motives ; social anxiety ; self medication ; tension reduction theory

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Poster number│Numéro d'affiche : 17

32.

Is it more anxiety provoking to pursue perfection than it is to pursue excellence?
Patrick Racine[1], Patrick Gaudreau[1]
[1]University of Ottawa

Excellencism refers to the tendency to strive toward very high but attainable standards in an effortful, engaged, determined yet flexible manner. Perfectionism refers to the tendency to strive toward flawless and excessively high standards in a relentless manner (e.g., Gaudreau, 2019). In previous studies, after differentiating perfectionism from excellencism, perfectionism was positively and significantly associated with fear of failure at school, a cognitive manifestation that is frequently associated with performance anxiety. The first goal of this study was to investigate if the associations of excellencism and perfectionism with performance anxiety would be similar to those previously observed for fear of failure. The second goal was to examine if performance moderated the associations of excellencism and perfectionism with performance anxiety, depending on whether participants had bad, average, or good performances. A total of 330 undergraduate level students were recruited through Prolific Academic. The participants completed the Scale of Perfectionism and Excellencism (SCOPE), the Anxiety Test Inventory (TAI), and their hypothetical levels of anxiety in different performance scenarios using six items from the PANAS-X. Multiple linear regression revealed that perfectionism (but not excellencism) was positively associated with levels of test anxiety. Perfection strivers were more anxious than excellence strivers. Furthermore, the association between perfectionism and anxiety was at its strongest when students earned average performances. In sum, all analyses suggested that excellencism was a more adaptive alternative when compared to perfectionism.

Keywords | Mots clés : anxiety ; test anxiety ; perfectionism ; excellencism

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33.

Parental belief of productive struggle as a mediating factor between math anxiety and mathematical learning
Fraulein Retanal[1], Erin Maloney[1], Anthony Whelan-Cox[1]
[1]University of Ottawa

Math anxiety is characterised by the fear, tension, and nervousness one feels when encountering math-related situations. Research has shown that Parental math anxiety negatively impacts their children's math anxiety and mathematical performance, including when parents assist their children with math (Retanal et al., 2021). Productive struggle is characterised as putting effort towards understanding concepts that surpass the current understanding of the individual. Research has shown that productive struggle is necessary in learning mathematics (Hiebert & Grouws, 2007). Research also shows that productive struggle is shown to positively impact mathematical learning in children (Hiebert & Grouws, 2007). The main research question of the study is "does parental belief in productive struggle mediate the relationship between parent's math anxiety and children's math ability. The 429

Participants of the study were parents of children who were in grade 6 to grade 8. Participants came from North America. Participants were recruited through social media as well as from a database from a university in Canada and Amazon's Mechanical Turk. Data was collected through an online questionnaire that measured parental belief in productive struggle in mathematics, parental math ability, parental generalized anxiety, parental math anxiety, and their child's math achievement. No significant relationship of parental belief in productive struggle as a mediating factor between parents' math anxiety and children's math ability was found. As prior research has shown that parental anxiety affects children's math performance, it's important that continued research is conducted to find potential mediating factors between the two.

Keywords | Mots clés : productive struggle ; mathematics homework ; math anxiety ; parental homework help ; mathematical understanding

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34. Novel and traditional food banks, food insecurity, and health: a longitudinal study in Ottawa, Canada

Anita Rizvi[1], Elizabeth Kristjansson[1]
[1]School of Psychology, University of Ottawa

Background: Food insecurity is strongly associated with poor mental and physical health, especially chronic conditions. Traditional food banks provide pre-packed hampers, which often do not meet recipients' cultural, religious or medical requirements. Some food banks use novel approaches, including choice models of food selection, additional onsite programming, or integration within Community Resource Centres. Objectives: To examine self reported changes in food security and physical and mental health over time while accessing traditional and novel food banks. Methods: Participants who accessed one of eleven food banks in Ottawa, Ontario, Canada were surveyed at four time points over 18 months using validated surveys. Statistical analyses included: pairwise paired t-tests between the mean perceived physical and mental health scores across the four waves of data collection, and longitudinal mixed effects regression models to understand how food security changed over time. Results: The majority of people who were food insecure at baseline remained food insecure at the 18-month follow-up, although we found statistically significant reductions in food insecurity for people who accessed food banks that offered a choice model or were integrated within a Community Resource Centre. Conversely, there was a small but significant increase in the mean perceived mental health score at the 18-month follow-up compared to baseline. Conclusion: Food banks alleviate food insecurity to some extent, depending on the food bank approach used; however, they don't eliminate the problem of food insecurity and are not able to address its underlying causes.

Keywords | Mots clés : food insecurity ; food banks ; mental health ; physical health ; longitudinal study

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Poster number│Numéro d'affiche : 19

35.	**The role of fear and trust in COVID-19 vaccination in Canada** Michela Rodriguez[1], Zeinab Hagi-Aden[1], Levi Schlachter[1] *[1]University of Ottawa*
	Background: COVID-19 has caused more illness and deaths than any other pandemic in the last century (Muhajarine et al., 2021). One of the most effective ways known to fight communicable diseases are vaccines (Omer et al., 2009). Higher levels of fear of COVID-19 (Scrima et al., 2022) and of trust in science (Giuliani et al., 2021) have been associated with increased vaccine intention. Objectives: We examine whether the average of fear of COVID-19 and of trust in science varies between vaccinated (VG) vs unvaccinated groups (UVG), as well as the most prevalent reasons for adoption and refusal of the vaccine. We hypothesize that the UVG will show a lower average of fear of COVID-19 and a higher average of distrust in science, with the main reason for refusal being concerns about vaccine safety and the main reasons for adoption being social duty and self-protection, based on previous literature. Methods: Participants are adults living in Canada and complete an online survey consisting of: demographics, vaccination status and reasons, the Fear of COVID-19 Scale, and the Trust in Science and Scientists Inventory. Preliminary Results: The UVG has a slightly higher average of distrust in science (M=60.8) and of fear of COVID-19 (M=15) then the VG (M=59.9, M=14.5) The most prevalent reason for receiving the vaccine was to protect one's loved ones and the most prevalent reason to refuse the vaccine was due to potential long-term effects. Conclusions will be drawn once the full dataset has been collected. Keywords | Mots clés : COVID19 ; vaccination ; trust ; fear Room|Salle : B Poster number|Numéro d'affiche : 20
36.	**The outdoors: An Indigenous perspective** Hussein Samhat
	Literature shows that connecting to the land and being outdoors has tremendous psychological and physiological benefits. However, the question of whether the concept of the outdoors as therapy is sustainable remains to be answered. The purpose of this research is to understand the notion of outdoors through Indigenous knowledge and reflect upon land-based pedagogies; practices that have existed for millennia and that have valuable teachings for healing. After reviewing the work of Indigenous scholars that explain how connection with the land is at the heart of knowledge production and wellbeing, this research project presents a case study of a bottom-up youth development initiative. By analyzing secondary data, this study shows how youth learn the way of the land that help them reconnect with their Cree traditions. The overall reflection in this research also highlights the importance of Indigenous postcolonial struggles and shows how resurgence through a land-based pedagogy is key in re-establishing that bond, way-of-life, as well as reconciliation. Furthermore, this work suggests new principles guiding research on wilderness/outdoor or green therapy. Settlers could learn about more holistic visions of wellbeing where the health of the land and our commitment to protecting and respecting it is at the core of a Western collective therapy. By explaining and defining the Indigenous lifestyle that is connected to the

land, the Western world, students, and researchers in this field will be informed and provided with practical guidelines for a land-dependent lifestyle.

Keywords | Mots clés : Indigenous ; outdoors ; holistic ; reconciliation ; land-dependent

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37.

Associations between parents' and self-reports of children's social adaptation, and the CARTS in middle childhood

Harshita Seal[1], Michael Yee[1], Rosalie Lemay[1], Audrey-Ann Deneault[2], Jean-François Bureau[1]
[1]Université d'Ottawa; [2]University of Calgary

The characterization of relationships within the family from the perspective of children and the use of multiple informants reporting on children's social adaptation is limited in literature. The objective of the present study is to explore the associations between children's representations (e.g. positive or negative) of the relationships with mother, father, the family as a whole, and of the self in middle childhood, and parents' and self-reports of children's social adaptation. Eighty-three children (mean age = 8.4 years) completed the CARTS (Frewen et al., 2015) to assess family representations, and the DI (Bergeron, 2013) to report on their own social adaptation. Parents completed the SDQ (Goodman 1997) to report on their child's social adaptation. The results, according to parent-reported social adaptation, revealed that positive representations of both mother and father were significantly and positively associated with prosocial behaviour. Additionally, positive representation of the mother was negatively associated with externalizing behaviour. In terms of self-reported social adaptation, results indicated that negative feelings towards the self were negatively associated with social competencies, but were positively associated with internalizing/externalizing behaviours. Moreover, positive representations of the self were negatively associated with social competencies. Finally, positive representations of the family as a whole were associated with less internalizing/externalizing behaviours, whereas negative representations resulted in the opposite. This study highlights (1) the importance of child's perspective in assessing family dynamics and child's social adaptation, and (2) the significant influence of family relationships at a time where children are considerably influenced by peers.

Keywords | Mots clés : self report ; middle childhood ; child social adaptation

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38.

The variability of repeated piano performance: a scoping review
Nicholas Séguin[1], Gilles Comeau[1]
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Background: When a movement is repeated several times, subtle differences can be observed between repetitions. While this movement variability has traditionally been viewed as unwanted noise, it is now accepted that variability is inherent and that its study provides insight into the complex functioning of the neuromuscular system (Glazier & Davids, 2009;

Latash et al., 2002). Although researchers have advocated for the interdisciplinary study of movement variability in various specialized skills (Bartlett et al., 2007), it has received little attention in the context of music performance. Objectives: This document aimed to consolidate the existing evidence regarding movement variability in repeated piano performances with a focus on three significant issues: a) how this variability has been measured; b) what is the influence of expertise on this variability and c) what are challenges specific to the study of variability in this context. Methods: A scoping review following the methodological framework proposed by Arksey and O'Malley (2005) was conducted. A total of 47 documents were included in the final qualitative synthesis. Results: A summary of the methods that have been employed to study variability in piano performance and our current knowledge on the phenomenon is provided. Additionally, the gaps in our understanding of movement variability in this context are identified and several methodological recommendations are offered. Conclusion: This paper demonstrates the importance of conducting more investigations into the variability of music performance, which will contribute to our understanding of the neuromuscular system and of cognitive processes.

Keywords | Mots clés : piano performance ; variability ; expertise ; neuromuscular system ; cognition

Room│Salle : A
Poster number│Numéro d'affiche : 17

39.

Time to tweak the tweets: A Twitter content analysis on borderline personality disorder
Sarah Syed[1], Anne Konkle[2,3]
[1]Interdisciplinary School of Health Sciences, University of Ottawa; [2]School of Psychology, University of Ottawa; [3]University of Ottawa Brain and Mind Research Institute

Background: In DSM-5, borderline personality disorder (BPD) is characterized by instability in interpersonal relationships, mood, and behaviour. BPD is one of the most stigmatized mental disorders, which is more prevalent in young females. People with BPD tend to have greater importance of social media in their lives, thus it's important to analyze the representation of BPD on social media platforms like Twitter. Objectives: This study aims to assess how BPD is portrayed on Twitter. Specifically, it analyzed themes, tones, stigma and the use of person-centric language in the tweets. Methods: Media content analysis was conducted on Twitter. 65 tweets met the inclusion criteria. To reduce bias, a random number generator was used to select a sample of 45. Tweets were analyzed using NVIVO software. Results: After analyzing the tweets, the two most common themes found were personal experiences/feelings (49%), and awareness and knowledge (22%). Most tweets had a negative sentiment (47%). From 45 tweets, 16 were stigmatizing. Person centric language was used in 16% of the tweets. Conclusion: Twitter allows individuals with BPD to share their personal experiences, and to seek help when they find themselves struggling. Thus, before posting, Twitter users should tweak/modify the tweets to be more accurate, and present positive messages to enhance resilience and hope. Analysis of BPD, on Twitter, can be used to implement awareness and social support programs to reduce misinformation and stigma surrounding BPD on social media. For future research, platforms like YouTube should be explored to identify if data is consistent.

Keywords | Mots clés : Borderline personality disorder (BPD) ; emotionally unstable personality disorder (EUPD) ; stigma ; Twitter ; social media

Room│Salle : B
Poster number│Numéro d'affiche : 22

40.

A meta-analysis of the associations between father and child anxiety and depression
Thomas Trepiak[1], Philip Trepiak[1], Camille Guerin Marion[1], Anna Kristen[1], Audrey-Ann Deneault[2]
[1]University of Ottawa; [2]University of Calgary

Historically, studies have shown that anxiety and depressive symptoms in mothers are associated with an increased risk of such symptoms developing in offspring (Connell & Goodman, 2002; Goodman et al., 2011). Fewer studies have been conducted with fathers, even if many researchers emphasize the importance of fathers in shaping child development (Cabrera et al., 2018). Among existing research on fathers, results show that paternal anxiety and depression symptoms relate to an increased risk of internalizing psychopathology in children (Connell & Goodman, 2002; Kane & Garber, 2004). However, these results are dated and do not distinguish between anxiety and depression. In order to provide updated estimates of father-specific effect sizes, this study uses a systematic review and meta-analytic techniques to determine the associations between father and child anxiety and depression symptoms. Five electronic databases were searched for terms related to paternal and child anxiety and depression and screened for inclusion on pre-determined criteria. Two hundred and nine studies met inclusion criteria and were used in the meta-analysis. The results revealed a significant positive association between father and child depression (r = .15, 95% CI [.12, .17]) and father and child anxiety (r = .13, 95% CI [.07, .18]). The effect sizes for these associations did not differ significantly from each other or as a function of study characteristics or methodological moderators. Our findings show the importance of fathers in the development of child psychopathology and support the need for intervention programs targeted to fathers specifically to help increase their well-being.

Keywords | Mots clés : anxiety ; depression ; fathers ; intergenerational transmission ; children

Room│Salle : A
Poster number│Numéro d'affiche : 18

41.

Evaluation of simulator driving behaviour in healthy drivers and drivers with cognitive impairment
Elora Wales[1], Sylvain Gagnon[1]
[1]University of Ottawa

BACKGROUND: Determining whether elderly individuals are fit to drive is essential for their safety and the safety of others on the road. Whether professionals in the areas of driving assessment and/or cognitive decline can accurately rate the driving safety of elderly individuals based on their performance in a driving simulator has yet to be thoroughly evaluated in research. OBJECTIVES: The main objective of this study was to explore the ability of health professionals (i.e., occupational therapists, psychologists, professors, researchers),

who have experience with cognitive decline and/or driving assessment, to classify the safety of elderly drivers based on short video clips of their performance in a driving simulator. METHODS: Participants (n=7) rated the safety of 6 drivers (3 cognitively healthy, 3 cognitively impaired) on a scale of 0-100 (0 being very unsafe and 100 being very safe) upon reviewing 5 video clips for each driver in an online survey format. PRELIMINARY RESULTS: A one-tailed t-test and a significance level of 0.05 was used for this study. Further recruitment of participants is expected. Based on the data of 7 participants, safety ratings for cognitively healthy drivers (M=58.52, SD=24.31) were significantly higher than safety ratings for cognitively impaired drivers (M=8.95, SD=7.09), $t(12)=5.179$, $p=<.001$. CONCLUSION: Reviewing the driving simulator performance of elderly individuals can provide professionals with relevant information about driver safety. Further trials are needed before incorporating this method in the clinical determination of fitness-to-drive for patients with cognitive decline.

Keywords | Mots clés : driver safety ; simulator ; cognitive decline

Room│Salle : A
Poster number│Numéro d'affiche : 19

42.

Preschoolers' use of previously observed confidence cues when evaluating conflicting object labels

Monica Wharton[1], Patricia Brosseau-Liard[1], Aimie-Lee Juteau[1]
[1]University of Ottawa

Previous research has shown that preschoolers refer to their social partners' attributes when deciding whether or not to learn from them. The present study aims to investigate whether preschoolers use previously observed confidence cues to evaluate the knowledgeability of informants. We hypothesised that children will prefer to learn from someone who was previously confident rather than hesitant, even if confidence cues are no longer available at test. Participants included 25 children ages 49-71 months (12 male, 13 female). Children watched a video in which one informant labelled five objects confidently, and the other subsequently labelled five objects with uncertainty. Afterwards, children were shown a sequence of five novel objects alongside two different written label options provided by each informant, and were asked to select which label they believed to be correct. Finally, the children were given a short memory test to determine whether they correctly remembered the informant that displayed confidence. A directional one sample t-test for the total experimental trial scores yielded a non-significant result (M=2.08; SD=1.41; p=0.075), suggesting that children do not refer to previously observed confidence cues when evaluating conflicting object labels. A subsequent independent t-test comparing children who saw the first versus the second informant display confidence also yielded non-significant results (p=0.278), suggesting that there was no systematic preference for either informant. These findings have implications for our understanding of the relationship between early childhood cognitive abilities, encoding and retrieval of different social cues, and biases in knowledge acquisition during selective social learning.

Keywords | Mots clés : confidence ; cues ; selective social learning ; preschoolers ; object labels ; semantic information

	Room│Salle : A Poster number│Numéro d'affiche : 20
43.	**Cannabis use and loneliness in the COVID-19 pandemic** Ben Yeoh[1] , Heather Orpana[1,2], Eva Graham[1,2] *[1]University of Ottawa; [2]Public Health Agency Canada* Background. Heightened loneliness among the Canadian population has been reported during the COVID-19 pandemic. Previous research suggests an association between loneliness and cannabis use; however, this relationship has yet to be explored in a nationally representative sample within the pandemic context. Objectives. This study aims to investigate whether self-reported loneliness is a predictor of two dimensions of cannabis use (frequency and change in use) among Canadians (15 and older) during the pandemic. Methods. Data from the Canadian Perspectives Survey Series 6 by Statistics Canada conducted from January 25, 2021, to January 31, 2021, were analyzed. This nationally representative sample includes 3,941 participants (49.4% male). ANCOVA was conducted to examine differences in loneliness scores from a three-item scale by cannabis frequency or change in use, while controlling for sociodemographic characteristics. Results. A significant effect of frequency $F(3, 3881) = 20.06$, $p < .0001$ and change in use $F(22, 768) = 8.38$, $p < .0001$ is indicated. Post hoc comparisons show that daily users of cannabis are significantly lonelier than weekly, monthly, and non-users. Similarly, individuals who increased their cannabis use during the pandemic are lonelier than individuals who decreased or reported no changes in use. Conclusion. Greater frequency and reported increases in cannabis use during the pandemic are related to higher levels of loneliness. Understanding the influence of pandemic-linked changes in loneliness on substance use is important for developing public health interventions to address substance related harms. Keywords | Mots clés : COVID 19 ; loneliness ; cannabis ; substance related harm Room│Salle : B Poster number│Numéro d'affiche : 23
44.	**How the addition of error bars influence viewers' perception of differences on bar graphs: A framework of anchors** Shuo Zang[1], Denis Cousineau[1] *[1]University of Ottawa* Graph distortions are common in articles, and bar graphs can easily become misleading by changing the starting point. When the starting point is bigger than the original value 0, viewers tend to perceive larger differences between bars, which exaggerate their ratings. Herein, we propose a model based on visual anchors to explain the cognitive mechanism that judges differences between bars in bar graphs; we also refine a framework for quantifying graph distortions, expanding on the Graph Discrepancy Index formulas, to match and quantify levels of graph discrepancy. In Study 1 and Study 2, we manipulate the y-axis starting point to positions higher than 0; we also examine the effect of error bars to test how it interacts with one measure of graph distortion. In Study 3, the model of anchors was tested. The results show that viewers had higher ratings when there was a positive level of graph distortion seen

by a higher value of anchors. As for the error bars, they served as an additional anchor that reduce exaggerated ratings in a high level of one measure of graph distortion condition. The overall results support the model of anchors as an explanation for graph distortion. We then discussed the results of other relevant research based on the model of anchors, and we argue that the model of anchors can be generalized to other data visualization and provides a way to use bar graphs to represent inferential statistics by shifting the value of anchors.

Keywords | Mots clés : bar graph ; graph distortion ; anchors ; error bars

Room│Salle : A
Poster number│Numéro d'affiche : 22

| **ORAL PRESENTATIONS** | **PRÉSENTATIONS ORALES** |

1.

Exploring sports addiction. A critical perspective

Mariam Apilli[1], Nicolas Moreau[1]

[1]*University of Ottawa*

Background: Sports addiction remains an under-explored area in psychology, psychiatry, and sociology. If regular sport involves invigorating physical activity and good health, sport-addiction involves excessive engagement in sports and possible harm to health. Objectives: This study endeavors to gain theoretical knowledge of sports addiction from the perspective of the international key-actors specialist of this field. Methods: The study of Professor Moreau is qualitative. For my presentation, I've analyzed four semi-structured interviews of international key-actors conducted via ZOOM in 2021from an inductive perspective. Results: Several themes have emerged. First, for several key-actors, sport-addiction allows sports-addicts to personify their idealized body image. Second, key-actors observed some unhealthier aspects of sport-addiction, like negative impact on social lives of sport-addicts. Third, sport-addicts had overly structured sport schedules with excessive amounts of time spent in exercising. Four, key-actors also found that sport-addiction seemed to be consistent with behavioral addictions which are driven by psychological factors. Five, several key-actors observed that sport-addicts also used sport as a copying mechanism to underlie issues like stress. Six, one of the positive aspects of sport-addiction identified by the key actors was the passionate sport engagement. Conclusion: Sport-addiction is interesting because of the paradox of its outcomes. Key-actors are saying the experience of sport-addict can be positive, because sports-addicts have a positive body image. Nevertheless, sport-addiction can also be negative, like poor social lives for several sport-addicts. There is still no consensus how exercise dependence can be characterized. Further studies are required to gain further understanding of sport-addiction.

Keywords│Mots-clés : sport addiction ; exercise dependence ; behavior addictions ; qualitative ; body image

	Room│Salle : F
2.	**Parental reactions and family stress impacts on young people in out-of-home care during Covid-19** Abby Cenerini[1], Sarah Zak[1], Elisa Romano[1] *[1]University of Ottawa* Background: Covid-19 has negatively impacted families' well-being. This study focuses on parents caring for young people in out-of-home care. We examine how Covid-related stress and resource parents' (foster/kinship) reactions to young people's emotions are linked with conduct and emotional outcomes. Methods: A sample of 42 resource parents from Ontario caring for children and youth 4-17 years completed online questionnaire that measured different parenting reactions for coping with challenging child emotions, Covid-related family stress, and young people's emotional and conduct symptoms. Results: Regression analyses showed that greater supportive parental reactions (B=-.038, p<0.003) and lower family covid stress (B = .117, p<0.047) predicted a significant decrease in young people's emotional symptoms. Also, greater Covid-19 related stress (B =.187, p<0.002) predicted a significant increase in young people's conduct problems. Conclusions: Parents who are more supportive of their child's challenging emotions indicated fewer emotional difficulties in their young person, and parents who reported more pandemic-related family also indicated greater child emotional and conduct symptoms during the pandemic. Impacts: This research further expands the parental emotional socialization model by including young people in out-of-home care and considering the pandemic context. Keywords│Mots-clés : trauma ; COVID ; 19 ; fostercare ; parenting Room│Salle : F
3.	**Prevalence and factors related to substance use among Black individuals in Canada** Elisabeth Dromer[1], Jude Mary Cénat[1], Emmanuelle Auguste[1], Wina Paul Darius[1], Rose Darly Dalexis[1], Cary Kogan[1], Mireille Guerrier[1] *[1]University of Ottawa* Despite evidence that Black individuals are confronted with many types of racial discrimination that put them at risk for substance use disorders, no study in Canada has assessed the prevalence and factors related to substance use in Black communities. The aim of this study was to fill this knowledge gap. Black individuals in Canada completed questionnaires assessing substance use, everyday racial discrimination, resilience, religious involvement, and sociodemographic information. Multivariable regression analyses were used to determine factors related to substance use. The findings showed that 12.3% of the participants met the criteria for a substance use disorder in the past 12 months. Men and participants aged 15 to 24 experienced higher prevalence of substance use disorders compared to women and participants aged 25 and older. High everyday racial discrimination and being born in Canada positively predicted substance use disorders, whereas religiosity, resilience, and being female were negative predictors. Racial discrimination is associated with substance use among Black individuals in Canada, and other risk and protective factors relate to substance use in this population. Taking potential risk and protective factors into account may help mental health

professionals provide culturally appropriate and antiracist healthcare and substance use interventions to Black people.

Keywords│Mots-clés : substance Use ; racial discrimination ; Black individuals in Canada

Room│Salle : F

4.	**The effect of emotional expression on face recognition: Image Similarity or Emotional Enhancement of Memory?** Maegan Dymarski[1], Charles Collin[1], Megan Leblanc[1] *[1]Department of psychology, University of Ottawa* The Emotional Enhancement of Memory (EEM) Effect refers to the phenomenon wherein individuals tend to remember emotional stimuli better than neutral stimuli. However, it remains unclear how this effect extends to face recognition, as past research shows memory advantages for faces learned with varying expressions. This inconsistency motivated the Image Similarity hypothesis, which proposes that superior face recognition is attributable to a closer similarity in physical characteristics between expressions displayed at learning and testing. To find evidence in support of either the perceptual Image Similarity hypothesis or the higher-order EEM hypothesis, we introduced a cue condition to an old-new recognition design that would modify any higher-order processes at play and thus impact recognition performance. Three blocks of face stimuli were presented to participants, each with a learning and test phase. Before each stimulus, participants in the cue condition were briefly notified of the emotional expression of the upcoming face. Results show a congruency effect across all emotions, whereby faces learned and tested with the same expression were better recalled. Contrary to our predictions and prior results, there was an advantage for faces learned with neutral and happy expressions compared to angry. A qualitative comparison between mean human performance data and the three quantitative image-similarity indices showed a strongly correlated pattern of results. This correlation, taken in combination with the lack of a significant main effect between face recognition performance in the cue and no cue condition, shows support for the Image Similarity hypothesis. Keywords│Mots-clés : face recognition ; image similarity analysis ; emotional expressions ; congruency effects Room│Salle : F
5.	**Perceived work stress, burnout and psychological distress in university teachers during online teaching** Adnan Farooq, Farwa Chaudhary Background: In recent years, COVID-19 pandemic has emerged as a world health issue. It has affected the world in many ways including the education system (Zhang, 2020). Objectives: The present research aimed to investigate the mediating role of burnout (exhaustion and disengagement) between perceived work stress and psychological distress (depression, anxiety and stress) in university teachers during online education during COVID-19 lockdown. Method: Correlational research design was used. Total 100 participants were recruited in the research.

Workplace Stress Scale, Oldenburg Burnout Inventory and Depression Anxiety Stress Scale-21 were used. Results: The results indicated that exhaustion mediated relationship between perceived work stress and all the subscales of psychological distress. This suggests that as the work stress increased, the participants started to feel exhausted which eventually lead them to experience symptoms of depression, anxiety and stress. The present research has a number of clinical implications which are discussed in the paper.

Keywords│Mots-clés : perceived workstress ; exhaustion ; psychological distress

Poster│Affiche : F

6.	**Effects of probiotic supplementation on depression-like behaviour in chronically sleep disrupted male and female mice**

Alexi Guindon-Riopel[1], Michael Murack[1], Anthony Kadamani[1], Olivia Traynor[1], Nafissa Ismail[1]
[1]University of Ottawa

Puberty is a critical period of development during which an organism achieves sexual maturity. The onset of many lifelong psychiatric disorders like depression starts during puberty, due to hormonal changes, but also to numerous other factors. An increase of chronic sleep disruption has been observed during puberty. Chronic sleep disruption during puberty leads to increased depression-like behaviour in mice. Consumption of lactic acid probiotics such as microorganisms belonging to the Lactobacillus genus can reduce stress-induced depression-like behaviour. However, it is unclear whether probiotic consumption can reduce depression-like behavior following chronic sleep disruption. We hypothesized that chronic sleep disruption during puberty would cause depression-like behaviour in male and female mice. We predicted that probiotic treatment will mitigate the effect of chronic sleep disruption by reducing depression-like behavior. Thirty-three days old male and female CD-1 mice were administered a probiotic treatment (either Lacidofil or Cerebiome) or water for 18 days. From post-natal day 40 – 50, mice underwent chronic sleep disruption from 11:00AM - 3:00PM. Immobility during forced swim test (FST) and tail suspension test (TST) were used to assess depression-like behaviour on days 49 and 50 respectively. Water-treated female mice showed greater durations of immobility than water-treated males following chronic sleep disruption. Probiotics reduced immobility duration in male and female mice, with Lacidofil-treated mice displaying greater decreases in immobility duration. Our results show that probiotics may reduce depression-like behaviour induced by pubertal chronic sleep disruption.

Keywords│Mots-clés : puberty ; depression ; sleep ; probiotics ; sex

Room│Salle : F

7.	**A scoping review of gender differences in emotion regulation strategies: Cognitive reappraisal and suppression**

Bashaer Hussein[1], Arghavan Nepton[2], Allison J. Ouimet[3]
[1]Department of psychology, University of Ottawa; [2]Department of Cellular and Molecular Medicine, University of Ottawa ; [3]Department of psychology, University of Ottawa

There is a growing recognition that individuals use a wide range of emotion regulation (ER) strategies to influence which emotions they have, how intense they are, and when they have them. Although there is evidence that gender impacts ER, the current models of ER do not have gender as a focus. Additionally, there is a lack of clarity regarding how gender is related to specific ER strategies. The main objective of this Scoping Review is to provide an overview of the available research related to gender differences in the two most commonly studied ER strategies: cognitive reappraisal and emotional suppression. This review can be used as a rich reference for developing a gender-informed model of ER. This review is part of a larger Scoping Review focused on key cultural factors in ER, following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Covidence was used to complete phase 1 (title and abstract screening) and phase 2 (full-text screening).Twenty-six published articles were identified for data extraction, which included: study objective, area of study, year of publication, method used, findings, and limitations. Extracted data were recorded in a Microsoft Excel spreadsheet in phase 3 and analyzed in phase 4. We found that (1) ER has been studied in diverse domains (e.g., sport, mental health); (2) there were no studies related to ER and genders other than women/men (e.g., transgender, non-binary), highlighting an important gap in the literature. We will discuss other findings in terms of gender-informed models of ER.

Keywords│Mots-clés : emotion regulation ; gender differences ; emotional suppression ; expressive suppression ; cognitive reappraisal

Room│Salle : F

8.

A national survey of evidence-based psychotherapy education in Canada across multiple disciplines

Ella Narraway[1]

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Evidence-based psychotherapy, especially cognitive-behavioural therapy (CBT), is an effective treatment for mental health problems. However, evidence suggests an inconsistency in the delivery of psychotherapy resulting in suboptimal patient outcomes. One reason for this is the therapist's lack of adherence and competence in evidence-based treatment (EBT) which is influenced by the therapist's past training. Our objective is to understand the degree of psychotherapy training in mental health related post-secondary programs in Canada. We examined if: 1) psychotherapy training is required or optional; 2) psychotherapy exposure is course-based or included in practical clinical training and 3) psychotherapy courses are general or focused on specific theoretical orientations (i.e. CBT). We reviewed the websites of 25% of accredited programs in psychology (CPA), counselling (CCPA), social work (CASWE), occupational therapy (CAOT), nursing (CASN), and medicine (CACMS) were randomly selected by discipline as participants in a survey (n = 95). We found CPA programs have the most required courses and clinical training in psychotherapy and CBT. Comparatively, CCPA programs show about half the amount of clinical training, a similar number of required courses, but few courses in CBT; nursing and MD programs have required clinical practica (sometimes including general psychotherapy), but no courses in psychotherapy; CASWE and CAOT programs show no clinical training in psychotherapy and few required specific courses. These results suggest rigorous training in EBT is more likely to be found in psychology and counselling programs than other

health disciplines that provide psychotherapy in Canada. Implications and limitations are discussed.

Keywords│Mots-clés : education and training ; psychotherapy training ; CBT ; evidence based treatment (EBT) ; evidence based psychotherapy

Room│Salle : F

9. **Higher body satisfaction predicts lower thin-ideal internalization: Evidence from an ecological momentary assessment study**
Juliana Nicoletta[1], Sarah Enouy[1], Gail Mcmillan[1], Nassim Tabri[1]
[1]Carleton University

Background: Thin-ideal internalization and low body satisfaction are two distinct core psychopathologies of eating disorders. A recent systematic review and meta-analysis of the literature found a moderately positive zero-order cross-sectional association between thin-ideal internalization and body dissatisfaction. There is also preliminary support for a bi-directional association between thin-ideal internalization and low body satisfaction from three longitudinal studies. A common feature of these studies was the 7-8 months gap between measurement occasions. Objectives: Nonetheless, thin-ideal internalization and body dissatisfaction may influence each other on a daily basis because attractiveness ideals are ubiquitous in people's daily lives. We examined this possibility in the current research. Methods: 20 undergraduate women—a vulnerable population to eating disorders—completed an ecological momentary assessment study in which they reported on their momentary levels of thin-ideal internalization and body satisfaction at three random points between 9am and 9pm over seven days (N=420 responses). An autoregressive cross-lagged dynamic structural equation model with Bayesian estimation was used to analyze the data. Noninformative priors were also used. Results: Greater thin-ideal internalization on a given assessment was not associated with body satisfaction on the subsequent assessment. However, higher body satisfaction on a given assessment was associated with lower thin-ideal internalization on the subsequent assessment β = -.21 [-.34, -.054]. Conclusion: The findings shed new light on the temporal dynamics underlying eating disorder psychopathology and suggest that their interplay may occur within and across days. The findings also suggest that increased body satisfaction may help undermine the development of thin-ideal internalization.

Keywords│Mots-clés :   body satisfaction ; thin ideal internalization ; disordered eating

Room│Salle : F

10. **Sexual motivation among couples coping with endometriosis: Dyadic associations with sexual wellbeing and pain**
Ryan Pecore[1], Elisa Stragapede[1], Erin Mcclung[1], Serena Corsini-Munt[1], Jonathan Huber[2]
[1]School of Psychology, University of Ottawa; [2]Practicing physician in private practice

Background: Endometriosis is a prevalent chronic pain condition involving the growth of endometrial-like tissue outside of the uterus that causes lesions. The condition has deleterious effects on sexual functioning and satisfaction for affected individuals and their partners,

potentially impacting relational quality. Despite the pain and consequences to sexuality, couples maintain sexual activity, making conscious shifts to their priorities and reasons for having sex. Among non-clinical samples, autonomous sexual motivation (i.e., having sex for its inherent pleasure) is associated with decreased pain during sex and higher sexual functioning. Objectives: Informed by self-determination theory (SDT), this study examined the associations of autonomous and controlled sexual motivations with sexual functioning and satisfaction, and relationship satisfaction for persons with endometriosis (PWE) and their partners, and pain during sex for PWE. Methods: Clinically diagnosed PWE and their partners (N=54 couples) completed online measures for pain, sexual motivation, sexual functioning, sexual satisfaction, and relationship satisfaction. Analyses were guided by the Actor Partner Interdependence Model. Results: When partners reported greater controlled sexual motivation, they and PWE reported lower sexual functioning. When PWE reported higher controlled sexual motivation, they had more pain during sex, and they and their partners were less sexually satisfied. When having sex for autonomous reasons, PWE were more relationally and sexually satisfied. Conclusion: Understanding how sexual motivation endorsed by couples with endometriosis is associated with sexual wellbeing, relational wellbeing, and pain may help clinicians develop targeted interventions facilitating autonomous sexual motivation to help with pain management and promote sexual and relational health.

Keywords│Mots-clés : endometriosis ; sexual functioning ; sexual motivation ; self determination theory ; relationship satisfaction

Room│Salle : F

11.

Effect of pubertal gut dysbiosis and LPS treatment on neuroinflammation and dopaminergic markers in male and female mice

Cloudia Rodriguez[1], Pasquale Esposito[1], Jacky Liang[1], Nafissa Ismail[1]
[1]NISE Laboratory, School of Psychology, Faculty of Social Sciences, University of Ottawa

During puberty, the central system is vulnerable to stressors that may have long-term consequences, impacting the immune system, cognitive functioning, and behaviours later in life. An area of interest is the gut microbiome. Gut dysbiosis is suggested to alter the immune response, increasing susceptibility to neurodegeneration. The goal of this study is to examine the effect of pubertal gut dysbiosis (induced by antimicrobials) and lipopolysaccharide (LPS) treatment on cellular mechanisms of neurodegeneration, which was assessed by examining the expression of Complement 3 (C3) and tyrosine hydroxylase (TH) in the caudate-putamen (CP) and substantia nigra (SN). C3 is a protein with a critical role in the complement system and contributes to innate immunity. The enzyme TH converts tyrosine to DOPA, a dopamine precursor. Dopamine is involved in motor coordination, and memory and deficits in dopamine levels are associated with neurodegenerative diseases. At 5 weeks of age, male and female CD1 mice were administered mixed antimicrobial solution or water. At 6 weeks (pubertal sensitive period), mice received an intraperitoneal injection of LPS or saline. Western blot was used to examine C3 and TH expression in the CP and SN. Contrary to our hypothesis, the results show decreased C3 expression in the SN of males treated with LPS. These results suggest that C3 expression is reduced in the SN of LPS-treated male mice which can indicate reduced synaptic pruning that occurs during adolescence and is associated with neurological disorders such as Alzheimer's disease, autism, or schizophrenia.

Keywords│Mots-clés : neurodegeneration ; microbial dysbiosis ; puberty ; immunity ; tyrosine hydroxylase ; complement 3

Room│Salle : F

12.	**An overview of differences between racialized and white patients with severe mental illness in community mental health programs in symptoms, substance use, and traumatic experiences**

Noor Sharif[1]
[1]University of Ottawa

Background: The literature on severe mental illness (SMI), trauma, substance use, and SMI symptoms is vast but there is very little research looking at the differences between white and racialized peoples in these areas. This is important to look at because those with more marginalized identities may be differently impacted by trauma and SMI and access to quality mental health care may be compromised. Objectives: To examine these variables in relation to differences between white and racialized patients being serviced by community mental health programs. Methods: We employed retrospective chart reviews to extract information on trauma histories, substance use, and specific SMI symptoms in a sample of 254 clients from four community mental health programs (183 white; 71 racialized) to assess the differences in types of trauma, substances of choice, and specific SMI symptoms. Results: Results indicated that the use of alcohol, opioids, and the presence of physical abuse was higher among white patients compared to racialized patients. Furthermore, having been incarcerated, migration trauma and war/political trauma were higher among racialized patients. Finally, in terms of specific SMI symptoms, difficulty in abstract thinking, blunted affect, hallucinations, and decreased communication skills were found to be significantly higher in racialized patients. Conclusion: The results suggest that there needs to be more consideration for the racial and ethnic identities of those with SMI being treated in the community and the quality of treatment that they receive. Furthermore, a more trauma-informed, anti-oppressive, and anti-racist approach needs to be implemented more in community programs.

Keywords│Mots-clés : severe mental illness ; racial and ethnic differences ; substance use ; trauma ; symptoms

Room│Salle : F

13.	**Probiotic consumption mitigates gut dysbiosis-induced neuroinflammation in a sex-specific manner**

Meghan Stevens[1], Kevin Smith[2], Nafissa Ismail[3]
[1]NISE Laboratory, Faculty of Science, University of Ottawa; [2]NISE Laboratory, School of Psychology, University of Ottawa; [3]University of Ottawa Brain and Mind Research Institute, University of Ottawa

During puberty, the brain undergoes sex-dependent remodeling that is sensitive to stress exposure. Pubertal stress, such as the bacterial endotoxin lipopolysaccharide (LPS), causes gut dysbiosis, leading to maladaptive changes in the immune system. Gut dysbiosis increases gut

permeability, enhancing the immune reactivity, and causing neuroinflammation by activating microglia cells, the resident immune cells of the central nervous system. Neuroinflammation causes enduring negative changes to memory via hippocampal degradation. Whereas antibiotic usage increases gut dysbiosis, probiotics prevent it by fortifying the gut with short chain fatty acid (SCFA) producing bacteria that reinforce intestinal permeability and prevent translocation of harmful bacteria into the bloodstream. However, it is unclear whether probiotics can mitigate the effects of stress on neuroinflammation and cognition. The current study will elucidate the sex-specific enduring effects of probiotic consumption on LPS- and antibiotic-induced neuroinflammation, on memory deficits as measured by microglial quantification and the object location test. Male and female mice received either vehicle or antibiotic and probiotic treatment or placebo starting at 5 weeks of age for one and two weeks, respectively. Mice were treated with LPS or saline at 6 weeks of age and later underwent OLT behavioural testing in adulthood at 10 weeks of age. Current results show that LPS- and antibiotic-treated mice experienced poorer OLT performance. These findings indicate that the disruption of gut homeostasis contributes to neuroinflammation and memory deficits, and suggests possible therapeutic effects of probiotic consumption.

Keywords│Mots-clés : neuroinflammation ; probiotics ; dysbiosis ; sex differences ; puberty

Room│Salle : F

14.	**Using diffusion densor tmaging to investigate the neurophysiological impact of childhood sexual abuse in men**

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[1]University of Ottawa

Childhood sexual abuse (CSA) can cause lasting neurodevelopmental changes. One area of CSA that remains heavily stigmatized and lacks research is its effect on men. This article aims to look at a community-based male sample and outline neurophysiological changes associated with a history of CSA. Males who had experienced CSA (n = 15) and a control group without CSA history (n = 13) were recruited and underwent various MRI scans in a 3.0T PET-MR scanner. This included a Diffusion Tensor Imaging (DTI) sequence for each individual. DTI is an MRI-based scan that allows for the white matter tracts of the brain to be analyzed, providing information regarding their integrity and structure. It was hypothesized that compared to the controls, negative structural changes for CSA would be observed in areas like what has been noted in child abuse and neglect research. This includes areas like the longitudinal fasciculus, prefrontal cortex, corpus callosum, and other parts of the cerebral cortex. This study found that the CSA group had significantly less white matter integrity and organization in the right posterior cingulum gyrus, left anterior cingulum gyrus, right superior frontal gyrus, right anterior thalamic radiation, right forceps minor, and right superior longitudinal fasciculus when compared to controls. These findings provide empirical evidence pointing to the long-lasting neurophysiological impact that CSA can have on men. We hope these results can help destigmatize male CSA, provide insight for clinicians, and highlight the behavioural and cognitive issues that these structural changes could affect.

Keywords│Mots-clés : diffusion tensor imaging ; childhood sexual abuse ; neurophysiological changes ; men

	Room│Salle : F

	SYMPOSIUM
1.	**Portrait des personnes âgées et des résidences façonnées par les médias québécois pendant la COVID-19** Ghizlene Sehabi[1], Sarah Fraser[2] [1]*Département de Psychologie, Université d'Ottawa;* [2]*École interdisciplinaire des Sciences de la Santé, Université d'Ottawa* Contexte : L'année 2020 a été marquée par la pandémie de coronavirus. Cette crise sanitaire a entraîné une surmortalité : 90 % du total des décès étaient reliés aux aînés vivants en résidence publique (Santé-Canada, 2021).Cette « hécatombe » a ainsi eu le plus de pouvoir médiatique. Objectif : L'étude s'inscrit dans une approche qualitative et cible les journaux québécois francophones. L'objectif est d'effectuer une analyse critique du discours médiatique sur les aînés et les CHSLD[1] en temps de COVID-19. Méthodologie: Les articles devaient inclure: personne âgée, résidence ou CHSLD, et COVID-19. Un échantillon regroupant 220 articles répond aux critères d'inclusion. Dans un processus de codage itératif, chaque article a été codé. Des thèmes émergents du discours ont été bâtis sur ses codes. Résultats : Un sous-échantillon de 60 articles a été inclus. Les thèmes saillants traduisent le manque flagrant de ressource en CHSLD et de l'âgisme. Ces failles ont entraîné des résultats de santé négatifs. Cette problématique plongée dans l'ombre depuis des décennies a été mise en lumière par la pandémie et a élevé de nombreuses voix. Conclusion : Le portrait connotatif dépeint par les médias renforce certains stigmas populaires et façonne les comportements à l'égard des personnes âgées. L'étude ci-contre permet une compréhension holistique de la construction sociale entourant le vieillissement et comment cela se reflète dans notre société. Keywords│Mots-clés : personnes âgées ; CHSLD ; Covid ; 19 ; âgisme ; analyse critique Room│Salle : E
2.	**Critiques of Housing First: A systematic review of the grey-literature** Markus Yanakoulias[1] [1]*University of Ottawa* This study is a systematic review of the negative critiques for Housing First. Specifically, this article complements an ongoing review of peer-reviewed literature and focuses exclusively on the grey-literature. Housing First is an evidence-based housing intervention for people who have been chronically homeless and have serious mental illness. Despite the extensive evidence of its success, Housing First has drawn criticism from a number of perspectives. The examination of grey-literature adds to our understanding of these criticisms outside of peer-reviews. The main benefit of its inclusion is to provide a broader scope of the criticisms of Housing First, serving as a valuable resource containing perspectives of relevant

information widely accessible for partitioners or policy makers. The systematic review search strategy involved the use of two customized search engines, one including intergovernmental organizations (IGO) and the other non-governmental organizations (NGO), along with targeted websites and Google searches being used as well. Key search terms included Housing First, Pathways to Housing, Supported Housing, and Independent Supportive Housing. A total of 281 non-duplicate articles were collected and screened. The systematic review gives insight into possible limitations of Housing First for governments and organizations as its apparent success has led to its consideration for adoption as an intervention for homelessness in Europe, Australia, and other parts of the world.

Keywords│Mots-clés : homelessness ; Housing First ; Pathways to Housing ; Supported Housing ; critiques

Room│Salle : E

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