



LETTER FROM THE EDITOR

Greetings Psychology Faculty, Staff and Students,
 My name is Megan Clark and I am a third year HBSc Psychology student, acting editor for the psychology departmental newsletter. I hope to encompass all of the happenings in the psychology department for the winter term. This spring issue will include some research that has been conducted by undergraduate students, publications, news from PALS, PsiChi and NeuRIG, and awards undergraduate and graduate students have received. Since exam season is thankfully over, I invite you to sit back, relax, and review all that has taken place in the department this term. If any of you have any questions, comments or criticisms I would be happy to hear them. Please email me at mjclark@lakeheadu.ca. I wish you all a safe and relaxing summer!



Submitted by Megan Clark, Third Year HBSc Student

IN THIS ISSUE:

- ❖ Research and Innovation Week.....Page 2
- ❖ Publications and Emerging Findings.....Page 4
- ❖ Honours Thesis Poster Presentations.....Page 5
- ❖ Awards.....Page 6
- ❖ A Word from NeuRIGPage 7
- ❖ A Word from PsiChiPage 9
- ❖ A Word from PALSPage 12
- ❖ Dr. Stones' Retirement.....Page 13
- ❖ Psychology JokesPage 14

R&I Week is Lakehead University's annual celebration of our research and innovation achievements. During R&I week, there were undergraduate and graduate students that conducted oral and poster presentations. Maggie Prenger, an HBSc Psychology student, received an award for her presentation.

WINNING POSTER FOR RESEARCH & INNOVATION (R&I) ORAL PRESENTATIONS FOR THE FACULTY OF HEALTH AND BEHAVIOURAL SCIENCES - MAGGIE PRENGER

"Connecting the Physiological Electromyographic Patterns of Facial Mimicry to the Behaviorally-Determined Holistic Processing of Perceived Emotions"

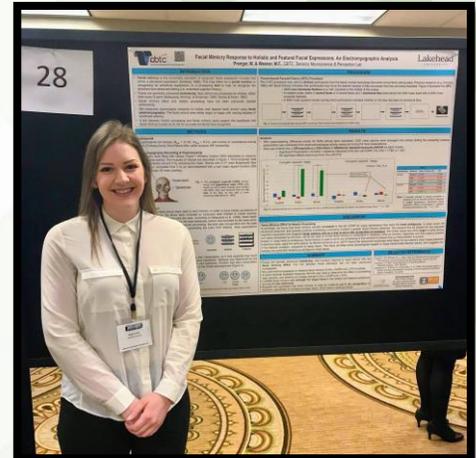
The perception of facial emotions is critical for gathering motivationally-relevant information in changing social contexts. As this is a complex task, there are several levels of processing involved in interpreting facial information, which likely contribute to one another in ways yet to be elucidated. The aim of Maggie's thesis was to determine the connection between two widely known properties of facial emotion perception: facial mimicry (an involuntary congruent contraction of facial expression muscles upon observing an emotional face) and holistic

processing of faces (the automatic integration of facial features such as the eyes and mouth into a whole). Surprisingly, the results of this study demonstrated that for angry faces, the greatest facial mimicry was displayed during the most subtle angry expressions for both holistically- and featurally-presented faces. This supports the idea that humans are very sensitive to angry faces, and suggests that facial mimicry may function as a bottom-up processing component to aid in the detection of potentially threatening emotional stimuli when they are most ambiguous.

Maggie felt so honoured to be chosen by her peers as a winner of the R&I Oral Presentations. Maggie and the other winners were invited to lunch with the Interim President and the Vice President of Research and Innovation, where they were given the opportunity to share their current research and provide suggestions for improving undergraduate research at Lakehead University.



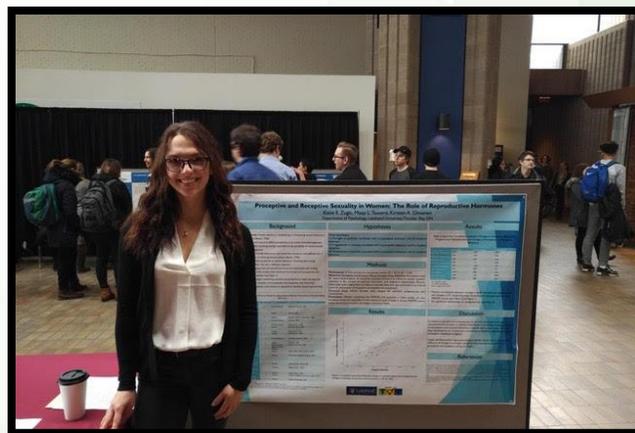
Maggie also presented "Facial Mimicry Response to Holistic and Featural Facial Expressions: An Electromyographic Analysis" at the 2018 Midwestern Psychological Association Annual Meeting in Chicago, Illinois.



Lastly, Maggie will also be presenting "Facial Mimicry as a Bottom-Up Aid to Facial Emotion Processing is Strongly Dependent on Task, Emotion, and Saliency" at the 30th Annual Association for Psychological Science Convention in San Francisco, California this August.

As for future endeavours, Maggie has been accepted into the MSc Neuroscience program at Western University next year. She will be working alongside Dr. Adrian Owen, Canada Excellence Research Chair in Cognitive Neuroscience and Imaging at The Brain and Mind Institute.

Other students that presented are pictured below:





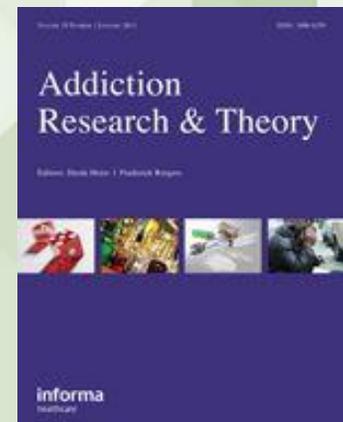
PUBLICATIONS AND EMERGING FINDINGS

DO TRAIT ANTICIPATORY PROCESSING, SELF-FOCUSED ATTENTION, AND POST-EVENT PROCESSING EXPLAIN THE RELATIONSHIP BETWEEN SOCIAL ANXIETY AND NEGATIVE DRINKING MOTIVES IN UNDERGRADUATES?

Pitura, V. A. & Maranzan, K. A.

Published May 2018 in *Addiction Research and Theory*, Volume 26, Issue 3, pp. 212-220.

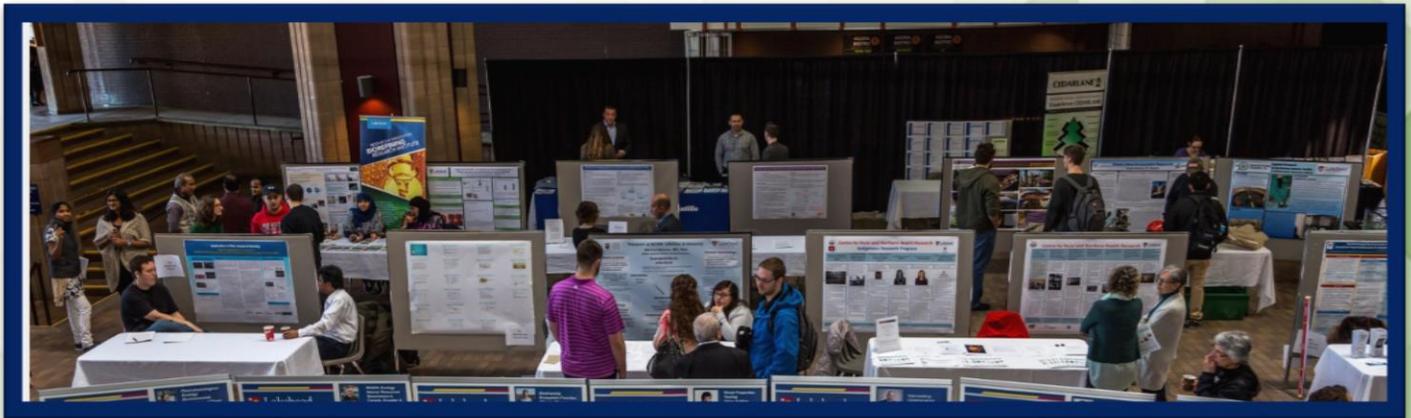
Despite an established relationship between social anxiety (SA) and negative reinforcement drinking motives (NRDMs), relatively little is known about the factors that explain this relationship. This study explored whether three processes implicated in cognitive models of SA (anticipatory processing, self-focused attention, and post-event processing) mediated the relationship between SA and NRDMs in undergraduates. Participants ($N = 180$) completed self-report measures of social interaction and evaluation anxiety, anticipatory and post-event processing, self-focused attention, drinking motives, and depression. Analyses were conducted using parallel multiple-mediation analyses, which employed bootstrapping tests of significance. Most notably, results showed that the relationships between interaction/evaluation anxiety and drinking to cope with anxiety were explained by trait tendency to experience anticipatory processing and self-focused attention. The relationship between interaction anxiety and drinking to cope with depression was also explained by a tendency to engage in self-focused attention. Conversely, evaluation anxiety directly predicted drinking to cope with depression, while both interaction and evaluation anxiety directly predicted drinking to conform to peers. Overall, these findings further elucidate these relationships by suggesting that anticipatory processing and self-focused attention, but not post-event processing, explain the relationship between SA and drinking to cope with negative affect. Alternatively, these cognitive processes do not appear relevant to SA and conformity-motivated drinking.



Pitura, V. A. & Maranzan, K. A. (2018). Do cognitive processes explain the relationship between social anxiety and negative drinking motives among undergraduates? *Addiction Research and Theory*, 26(3), 212-220. DOI: 10.1080/16066359.2017.1347

HONOURS THESIS POSTER PRESENTATIONS

On April 6th, 2018, the honours thesis students (PSYC 4901-YA) valiantly presented their research to the public and students in the Agora at Lakehead University. The honours students did an unbelievable job creating intriguing and aesthetically pleasing scientific posters to present their thesis projects. The diversity among the chosen research topics was expansive, with topics spanning from manipulating food consumption in an incidental eating paradigm through handgrip exercises to the relationship between the frequency of text messaging and academic achievement. Congratulations to all of the honours thesis students for accomplishing such remarkable work to display to the public, as well as faculty and students.



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AWARDS

Dr. Amanda Maranzan received an **Honourable Mention** for the **Journal of Interprofessional Care Baldwin Award**.

The Baldwin Award is awarded to the best article in a single volume based upon five criteria for scholarly quality. Her paper, "Interprofessional education in mental health: An opportunity to reduce mental illness stigma" was recognized as one of the very best published in

volume 30 of the journal. More information about the Baldwin Award and winners can be found on the journals' blog: <http://jicareblog.org/journal-of-interprofessional-care-baldwin-award-winner/>



Kristy Kowatch was recipient of the **best poster award** at the **Alberta Gambling Research Institute's** annual conference in Banff, Alberta April 12-14, 2018. Her poster was titled: "Review of gambling behaviours in Indigenous populations within Canada" and discussed the relevance of the Standard Life Reinforcer's theory as an explanation for increased risk of problematic gambling among Canadian on-reserve First Nations populations.



Kristy Kowatch and **Elaine Toombs** were awarded **Canadian Institutes of Health Research Doctoral Scholarships**. This scholarship is awarded to candidates who are expected to have an exceptionally high potential for future research achievement and productivity.



Victoria Ewen was awarded the **Canadian Psychological Association Grant for Student Research and Knowledge Dissemination** for her research focusing on the association between cannabis use, affect and psychiatric symptoms using ecological momentary assessments. This award recognizes exceptional student research and knowledge dissemination efforts in all areas of psychology.



Congratulations to all award recipients!

A Message from the NeuRIG President

Although it was our first year as a student-led club, Neuroscience Research Interest Group (NeuRIG) had an action-packed year! Founded in 2015 by a number of faculty members, NeuRIG has been promoting the field of neuroscience at Lakehead and in the community with the goal of making neuroscience accessible to all for the past 3 years.

This year, we continued to host our popular *Talks on the Basics of Neuroscience* lecture series, in which we invite a speaker to discuss their research or work related to the field of neuroscience. These are designed to be accessible for listeners who may not have a background in the field, so everyone is welcome! Our lectures this semester were **Being Still: The Science and Traditions of Meditation**, by family physician Dr. Jen Lailey; **The Prospect of Artificial General Intelligence**, by Dr. Richard Maundrell of the Philosophy Department; **Neuroimaging Applications of Hyperpolarized Noble Gas MRI** by Dr. Mitchell Albert of the Thunder Bay Regional Health Sciences Research Institute; **Picturing the Brain**, by researcher Dr. Jane Lawrence-Dewar; **Compulsions and Obsessions**, by student researchers Ashley Salamon and Nancy Cummings; and **AI Revolution: Why Brain Architecture is Suddenly Changing Your Life**, by Dr. Sabah Mohammed of the Computer Science Department. NeuRIG thanks all of our presenters this semester for sharing your time and knowledge with us.

Our fundraising endeavors this year included a very successful event at Shooter's Tavern in January, along with two bake sales throughout the year. Thank you to everyone who supported these events! NeuRIG has fundraised enough money to invite a researcher from out of town to present at our lecture series next year.

Once again, we participated in Lakehead's annual **Research & Innovation Showcase** at Intercity Mall in March. This is always such a fun event as we get to interact with members of the public and show them different aspects of neuroscience research. Thank you so much to everyone who volunteered at this event!

Throughout the year we have also reached out to high school students, to encourage them to consider studies in Neuroscience as a post-secondary option. In December, we presented a



Megan Clark and Mikayla Klassen at R&I Day



Abbey Radford and Liam Hopkins-Beaupre at R&I Day

mock Neuroscience lecture at the **Grade 12 Preview Day**. In January, we hosted a **field trip** at Lakehead for two classes from St. Ignatius High School, showing them the neuroscience research facilities at Lakehead and encouraging some discussion about the current issues in the field. In the upcoming month, we hope to host a similar field trip again!

Our success this year could not have been possible without the support of our great executive team:

- **Megan Clark** (3rd year HBSc Psychology) as Secretary
- **Alex Macey** (2nd year HBSc Biology with Neuroscience Concentration) as Treasurer
- **Sean Carter** (4th year HBKin) as our Events Coordinator
- **Cameo Sameshima** (2nd year HBSc Biology with Neuroscience Concentration) as our Community Outreach Coordinator
- **Dylan Chopp** (2nd year HBSc Biology with Neuroscience Concentration) as our High School Outreach Coordinator
- **Katy Michon-Crnkovic** (4th year HBSc Psychology) as our Recruitment Director

As President, I would like to thank this team for all of their hard work this year. Each of you brought something unique to this team and should be very proud of your accomplishments. NeuRIG has truly made its mark on the community this year and it is all thanks to you.

If you would like to learn more about NeuRIG or are interested in keeping up with our events next year, please email us at neurig.biology@lakeheadu.ca, or check out our website at <https://neurig.lakeheadu.ca>. We can also be found on Facebook at <https://facebook.com/neurig>. We are so excited for next year and hope that you will join us!

Sincerely,

Maggie Prenger - NeuRIG President





A Word from Psi Chi...

For those who are not familiar with Psi Chi, we are an international honour society organization that seeks to recognize and promote excellence in scholarship, leadership, and the science and application of psychology. Our Lakehead Chapter received charter status in April 2013 and we were the third chapter to be established in all of Canada.

Psi Chi experienced another great year, filled with academic excellence, community involvement, leadership, and networking in both professional and social settings. Every year since its inception, our Psi Chi chapter has become stronger and more present on campus, and this passing year has been no exception. In fact, we are incredibly excited to announce that our 2018 induction ceremony was a huge success. On March 23, 2018, we proudly welcomed 19 new members into the Lakehead Psi Chi Chapter! On behalf of Psi Chi, we congratulate all new inductees on their achievement, representing hard work and dedication to the field.



Our Year at a Glance...

Scholarship Excellence

This year has been exceptional in regards to scholarship and professional development. A couple of our executives have been accepted to present posters of their research at the 2018 Midwestern Psychological Association (MPA) conference. Congratulations Steph and Maggie! They will be travelling to Chicago, Illinois in the middle of April to present their research and network with people from other Psi Chi Chapters. Huge congratulations are also given to Dani and Maggie, as they have both been accepted to present posters at the Association for Psychological Science (APS) conference in San Francisco, California at the end May.

Community Involvement

Shelter House

One of our most successful volunteer initiatives this year has been our ongoing volunteer work at the Shelter House. The Psi Chi executive team, along with Psi Chi members, psychology students, students from other disciplines at Lakehead University, and community members came together once a month to engage in preparing and serving hot meals to community members in need. We have also aided in organizing and stocking items donated to The Shelter House and assisting in clean up following meals. On average we served approximately 200 community members at each volunteer event.

Psi Chi also hosted its first annual **Paint Nite fundraiser**. We are excited to announce that this event was a great success. Psi Chi raised a total of \$420 and will be donating half of the proceeds to Shelter House. A big thank you to everyone who attended this event. We can hardly wait to host again next year!



From left: Maggie Prenger (Secretary), Stephanie Campbell (President), and Dani Adduono (Vice President)

Operation Red Nose

Over the Christmas holidays, Psi Chi entered a team to volunteer with Operation Red Nose, a local program that offers a free, safe ride home for those who have been drinking. We are proud to have collaborated with a St. Johns Ambulance, a local organization, to ensure our Thunder Bay citizens had a safe and reliable ride home over the holiday season.



From left: Aaron Craig (Treasurer), Maggie Prenger (Secretary), Daniel Dooley (Member at Large), and Dani Adduono (Vice President)

Random Acts of Kindness

To celebrate the New Year, we assembled care packages made up of winter essentials and basic needs such as gloves, toothbrushes, toothpaste, soap, and coffee vouchers and distributed them to local people in need.

We would like to take this opportunity to thank Megan Clark for inviting us to write a piece for this newsletter, allowing us to connect with students and faculty as we share our past accomplishments. As chapter representatives, the executive team are incredibly thankful for the support we have received from students and faculty members thus far.

Interested in becoming an executive member during the 2018-2019 year? This is a great opportunity to gain leadership experience and help Psi Chi in our goal to enrich the student experience at Lakehead University. We would love to have you join our team! Time commitments are minimal and flexible. If you are interested, please email psichi@lakeheadu.ca for more information. **Graduate students are strongly encouraged to apply.**



PSYCHOLOGY ASSOCIATION OF LAKEHEAD STUDENTS

Now that the year is coming to an end, I have wrapped up my role as President. It has been an amazing experience working with such a dedicated group of executives. PALS had a phenomenal team of executives that worked so hard all year. We had a great turn out fundraising for our bake sale, movie night, pictures with Santa, and our Psych social. Our faculty showed so much support for our club at the psych social, it meant a lot to our students. PALS has already started planning for next year. Students in psychology are greatly encouraged to get involved. The executive positions for 2018/2019 are as follows:

- Dani Rose - President
- Mary McDonagh - Vice President
- Dylan Chopp - Events Coordinator
- Daniel Dooley - Treasurer
- Aaron Craig - Secretary

Best wishes for a safe and happy summer!

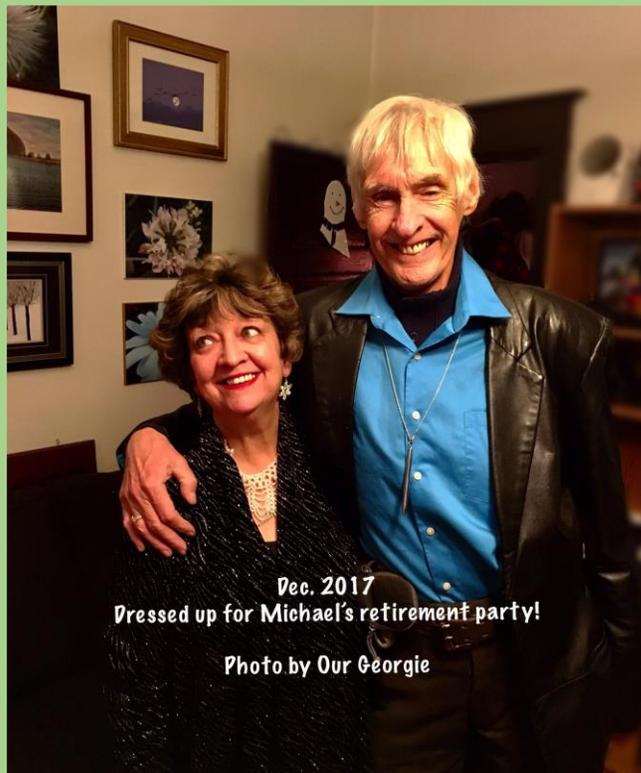
- Sierra Spicer, past President for PALS



Dr. Michael Stones' Retirement

In December 2017, after 44 years in academia (19 years at Lakehead University) Dr. Michael J. Stones retired. Family, friends, and colleagues celebrated his retirement on December 10 at the Sleeping Giant Brewery. I had the opportunity to sit down with his partner, Lee, as they reflected on his accomplishments within academia and beyond. What resulted is a story about his early training, graduate school experiences and research, impacts on the fields of psychology and gerontology, career trajectory, and personal and family life. A distinguished career cannot be summarized in a few paragraphs – [so click here](#) to read Mike's story.

- Amanda Maranzan



JOKES

