

Jennifer L. Gordon, Ph.D., R. Psych.
Department of Psychology
University of Regina
Regina, Saskatchewan, Canada, S4S 0A2

Research interests: My research program broadly aims to understand the ways in which biological and psychosocial factors interact to influence mood and wellbeing across the female lifespan, particularly during reproductive events (e.g. the perinatal period, the menopause transition and during fertility treatments). I'm also interested in developing new behavioural interventions for reproductive mood disorders.

EDUCATION

Postdoctoral Fellowship in Women's Reproductive Mood Disorders 2012-2015

The University of North Carolina at Chapel Hill

Department of Psychiatry

Mentor: Dr. Susan S. Girdler

Research focus: The hormonal basis of perimenopausal depression

Ph.D. in Clinical Psychology 2007-2012

McGill University

Mentors: Drs. Blaine Ditto & Simon L. Bacon

Dissertation: The mechanisms linking depression and cardiovascular disease

B.Sc. in Psychology 2004-2007

McGill University

Minor concentration: Women's Studies

EMPLOYMENT

Assistant Professor 2015-current

The University of Regina

Department of Psychology

Merit increments awarded: 2016, 2018

RESEARCH FUNDING

External Funding: Total = \$1.55 million

2018-2023 *Tier II Canada Research Chair in the Biopsychosocial Determinants of Women's Mental Health.* Canadian Institutes of Health Research, \$600,000.

2018-2021 *Improving women's mental health in Saskatchewan.* Saskatchewan Health Research Foundation Patient-Oriented Leader Award, \$249,660. PI: **Gordon, J.L.**

2017-2020 *Testing the efficacy of mindfulness-based stress reduction as a prophylactic intervention in the prevention of perimenopausal depression: a pilot study.* Saskatchewan Health

- Research Foundation Sprout Grant, \$159,630. PI: **Gordon, J.L.** Co-Is: Eisenlohr-Moul T.A., Scollan A., Campbell T.S., Beshai B.
- 2017-2019 *HPA axis dysregulation in the etiology of perimenopausal depression.* Banting Research Foundation Discovery Award. \$24,830. PI: **Gordon, J.L.**
- 2016-2019 *Estradiol variability and the emergence of depressive symptomatology during the menopause transition.* Saskatchewan Health Research Foundation Establishment Grant, \$119, 985. PI: **Gordon J.L.** Co-Is: Sykes-Tottenham L., Eisenlohr-Moul T.A., Scollan A.
- 2012-2015 *The role of stress reactivity in predicting the affective and cardiovascular benefits of estrogen replacement therapy during the perimenopause.* Fond de la Recherche du Québec - Santé (FRQS) Postdoctoral Fellowship, \$135,000.
- 2009-2012 *The mechanisms linking depression to cardiovascular disease.* Canadian Institutes of Health Research Vanier Canada Graduate Scholarship, \$150,000.
- 2009-2012 *The mechanisms linking depression to cardiovascular disease.* Fond de la Recherche du Québec - Santé (FRQS) Doctoral Award, \$63,000, offered but declined.
- 2007-2009 *Sex differences in the relationship between depression and cardiovascular disease.* Fond de la Recherche du Québec - Santé (FRQS) Master's Award, \$30,000.
- 2007 Summer Bursary from the GENESIS ICE Team, \$5,000
- 2007 Canadian Hypertension Society Summer Studentship, \$3,500
- 2006 Fond de la Recherche du Québec - Santé (FRQS) Summer Research Award, \$5,366.

Internal Funding: Total = 22,418

- 2017-2019 *Estrogen, cortisol and cognitive functioning in the menopause transition,* University of Regina President's Research Seed Grant, \$4,979. PI: **Gordon, J.L.** Co-Is: Grummisch J. & Sykes Tottenham L.
- 2017-2019 *Hormonal fluctuation and smoking cravings in the menopause transition.* University of Regina Cluster Grant. University of Regina Research Cluster Grant \$5,000. PI: **Gordon J.L.** Co-Is: Sykes Tottenham L. & Ethier A.
- 2015-2016 *Estradiol fluctuation, the cortisol awakening response and mood in the menopause transition.* The North Carolina Translational & Clinical Sciences Institute Pilot Grant, \$2,000. PI: Girdler S.S. Co-Is: **Gordon J.L.**
- 2015-2016 *Cortisol stress reactivity in the perimenopause: a pilot study.* University of Regina President's Research Seed Grant, \$4,939. PI: **Gordon J.L.**
- 2015-2016 *Estrogen fluctuation and mood in the menopause transition: a pilot study.* University of Regina Dean's Research Award, \$3,500. PI: **Gordon J.L.**

2014-2015 *Salivary estradiol and mood in the perimenopause: a pilot study*. The North Carolina Translational & Clinical Sciences Institute Pilot Project Grant, \$2,000. PI: **Gordon, J.L.**
Co-As: Schiller C., Johnson J., Girdler S.S. (2014)

RESEARCH CONTRIBUTIONS

Publications

1. Chernoff A, Balsom AA, Gordon JL. (In submission). Psychological coping strategies associated with improved mental health in the context of infertility. *Archives of Women's Mental Health* (IF = 2).
2. Bright K, Dube L, Hayden KA, **Gordon JL**. (In submission). The Effectiveness of Psychological Interventions on Mental Health, Quality of Life, and Relationship Satisfaction for Individuals and/or Couples Undergoing Fertility Treatment: A Systematic Review and Meta-Analysis. *BMJ Open* (IF = 2).
3. Ethier A., Sykes Tottenham L, Singh J, Neary PJ, Piskorski J, **Gordon JL**. (Revisions requested). The influence of hormonal fluctuation on stress-induced smoking cravings in women. *Psychophysiology* (IF = 3).
4. **Gordon JL**, Sander B, Eisenlohr-Moul TA, Sykes Tottenham L. (Revisions requested). Sensitivity to estradiol fluctuation predicts clinically significant depressive symptoms in the menopause transition. *Psychological Medicine* (IF = 5).
5. Schweizer S, **Gordon JL**, Eisenlohr-Moul TA, Meltzer-Brody A, Schmaleberger KM, Slopien R, Zietlow AL, Ehlert U, Ditzen B. (In submission following revision). Steroid hormone sensitivity in reproductive mood disorders: on allopregnanolone as a central mediator in the face of stress. *Frontiers in Psychology* (IF = 2).
6. **Gordon JL**, Rubinow DR, Watkins L, Hinderliter AL, Caughey MC, Girdler SS. (in press). The effect of transdermal estradiol and micronized progesterone on markers of risk for arterial disease in peri- and early postmenopausal women. *Journal of Clinical Endocrinology and Metabolism* (IF = 5)
7. Geiger PJ, Eisenlohr-Moul, **Gordon JL**, Rubinow DR, Girdler SS. (2019). Effects of perimenopausal estradiol on self-reported sleep, independent of its effect on vasomotor bother and depressive symptoms. *Menopause* (IF = 3). 26(11), 1318-1323.
8. **Gordon JL**, Peltier A, Grummisch JA, Sykes Tottenham L. (2019). Estradiol fluctuation, sensitivity to stress, and depressive symptoms in the menopause transition: a pilot study. *Frontiers in Psychology* (IF = 2). 10:1319.
9. Rubinow DR, **Gordon JL**, Girdler SS. (2018). Safety of estradiol treatment in perimenopausal asymptomatic women – Reply. *JAMA Psychiatry* (IF = 16). 75(5), 529.
10. **Gordon, JL**, Rubinow, DR, Eisenlohr-Moul, TA, Xia, K, Schmidt, PJ, Girdler, SS. (2018). Efficacy of transdermal estradiol and micronized progesterone in the prevention of depressive symptoms in the menopause transition: a randomized clinical trial. *JAMA Psychiatry* (IF = 16). 75(2), 149-157.

11. Stébenne, P., Bacon, S.L., Austin, A., Paine, N.J., Arsenault, A., Laurin, C., Meloche, B., **Gordon, J.L.**, Dupuis, J., Lavoie, K.L. (2017). The association between positive and negative affect and chest pain perception in relation to ischemia during exercise stress testing. *Psychosomatic Medicine* (IF = 4). 79(4), 395-403.
12. **Gordon JL**, Johnson J, Nau S, Mechlin B, Girdler SS. (2017). The role of chronic psychosocial stress in explaining racial differences in stress reactivity and pain sensitivity. *Psychosomatic Medicine* (IF = 4). 79(2), 201-212.
13. **Gordon JL**, Eisenlohr-Moul TA, Rubinow DR, Schrubbe L, Girdler SS. (2016). Naturally occurring changes in estradiol concentrations in the menopause transition predict morning cortisol and negative mood in perimenopausal depression. *Clinical Psychological Science* (IF = 3). 4(5), 919-935.
14. **Gordon JL**, Rubinow DR, Thurston RC, Paulson J, Schmidt PJ, Girdler SS. (2016). Cardiovascular, hemodynamic, neuroendocrine, and inflammatory markers in women with and without vasomotor symptoms *Menopause* (IF = 3). 23(11), 1189-1198.
15. **Gordon JL**, Rubinow DR, Eisenlohr-Moul TA, Leserman J, Girdler SS. (2016). Estradiol variability, stressful life events and the emergence of depressive symptomatology during the menopause transition. *Menopause* (IF = 3). 23(3), 257-266.
16. **Gordon JL**, Girdler SS, Meltzer-Brody S, Stika CS, Thurston RC, Clark CT, Prairie BA, Moses-Kolko E, Joffe H, Wisner KL. (2015). Depression and insulin resistance: additional support for the novel heuristic model in perimenopausal depression – Reply. *American Journal of Psychiatry* (IF = 13). 172(8): 797-797.
17. **Gordon JL**, Girdler SS, Meltzer-Brody S, Stika CS, Thurston RC, Clark CT, Prairie BA, Moses-Kolko E, Joffe H, Wisner KL. (2015). Ovarian hormone fluctuation, neurosteroids and HPA axis dysregulation in perimenopausal depression: a novel heuristic model. *American Journal of Psychiatry* (IF = 13). 172(3), 227-236.
18. Eskenasi N, Girdler SS, **Gordon JL**. (2015). Sleep quality, depressive symptoms and altered stress reactivity in perimenopausal women. *Journal of Psychology and Behavioral Sciences*. 24: 43-48.
19. **Gordon JL**, Girdler SS. (2014). Hormone replacement therapy in the treatment of perimenopausal depression. *Current Psychiatry Reports* (IF = 4). 16(12), 517-520.
20. Brandon AR, Crowley SK, **Gordon JL**, Girdler SS. (2014). Non-pharmacologic treatments for depression related to reproductive events. *Current Psychiatry Reports* (IF = 4). 16 (12), 526-529.
21. Austin AW, **Gordon JL**, Lavoie KL, Arsenault A, Dasgupta K, Bacon SL. (2014). Differential association of insulin resistance with cognitive and somatic symptoms of depression. *Diabetic Medicine* (IF = 3). 31 (8), 994-1000.
22. **Gordon JL** & Girdler SS. (2014). Mechanisms underlying hemodynamic and neuroendocrine stress reactivity at different phases of the menstrual cycle. *Psychophysiology* (IF = 3). 51(4): 309-18.

23. Rossi A, Davies E, Lavoie KL, Arsenault A, **Gordon JL**, Meloche B, Bacon SL. (2013). The impact of metabolic syndrome and endothelial dysfunction on exercise-induced cardiovascular changes. *Obesity (IF = 4)*. 21, E143-148.
24. **Gordon JL**, Ditto B, D'Antono, B. (2012). Cognitive depressive symptoms associated with delayed heart rate recovery following interpersonal stress in healthy men and women. *Psychophysiology (IF = 3)*, 49, 1082-1089.
25. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Campbell TS, Bacon, SL. (2012). The relationship between multiple health behaviours and brachial artery reactivity. *International Journal of Hypertension (IF = 2)*. 2012: 1-9.
26. **Gordon JL**, Ditto B, Lavoie KL, Pelletier R, Campbell, TS, Arsenault A, Bacon SL. (2011). The effect of major depression on post-exercise cardiovascular recovery. *Psychophysiology (IF = 3)*. 48, 1605-1610.
27. Bacon SL, Lavoie KL, Arsenault A, Dupuis J, Pilote L, Laurin C, **Gordon JL**, Gauthrin D, Vadeboncoeur A. (2011). The research on endothelial function in women and men at risk for cardiovascular disease (REWARD) Study: Methodology. *BMC Cardiovascular Disorders (IF = 2)*. 11, 1-9.
28. Ditto B, Lavoie KL, Campbell TS, **Gordon JL**, Arsenault A, Bacon SL. (2010). Negative association between resting blood pressure and chest pain in people undergoing exercise stress testing for coronary artery disease. *Pain (IF = 6)*. 149(3): 501-505.
29. Pelaez S, Lavoie KL, **Gordon JL**, Arsenault A, Bacon SL. (2010). Social networks and exercise in coronary heart disease patients. *Journal of Cardiopulmonary Rehabilitation and Prevention (IF = 2)*. 30(5): 324-328.
30. Pelletier R, Lavoie KL, **Gordon JL**, Arsenault A, Campbell TS, Bacon SL. (2009). The role of mood disorders in exercise-induced cardiovascular reactivity. *Psychosomatic Medicine (IF = 4)*. 71: 301-307.
31. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon, SL. (2008). Health behaviors and endothelial function. *Journal of Behavioral Medicine (IF = 3)*. 31:5-21.

Book Chapter

1. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2012). Mood disorders and cardiovascular disease. In M. Juruena (Ed.), *Mood disorders*, Croatia: Intech.

Peer-Reviewed Abstracts (*Accepted as an oral presentation)

1. *Sauer T, Sykes Tottenham L, Gordon JL. The relationship between vasomotor symptoms and the cortisol awakening response during the menopause transition. (Accepted for presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)
2. Grummisch JA, Sykes Tottenham L, Gordon JL. The between and within-person effects of testosterone on cognitive performance in the menopause transition. (Accepted for presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)

3. *Sander B, Muftah A, Sykes Tottenham L, **Gordon JL**. The testosterone-to-estradiol ratio and depressive symptoms during the menopause transition. (Accepted for presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)
4. *Balsom A, Sykes Tottenham L, Grummisch JA, **Gordon JL**. Lifetime trauma exposure and hormonal sensitivity in the menopause transition. (Accepted for presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)
5. **Gordon JL**, Chernoff A, Balsom A, Dube L. Psychological coping strategies, mood, and chances of conceiving in women struggling with infertility. (Accepted for poster presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)
6. Dube L, Chernoff A, Balsom A, **Gordon JL**. Intolerance of uncertainty as a moderator of the psychological benefits of various emotional coping strategies among women struggling with infertility (Accepted for poster presentation at the Annual Meeting of the American Psychosomatic Society in Long Beach, CA, October 2020)
7. Ethier A, Sykes Tottenham L, Singh J, Neary JP, **Gordon JL**. The influence of menstrual phase and hormonal fluctuation on stress-induced smoking cravings in women. (Presented at the annual meeting of the Canadian Psychological Association, Halifax, July 2019)
8. Grummisch JA, Sykes Tottenham L., Wozniak R, Ziemer J, **Gordon, JL**. (2019). The effects of estradiol on memory and attention in the menopause transition. (Presented at the Annual Conference of the American Academy of Clinical Neuropsychology (AACN), Chicago, IL)
9. Vaisar T, **Gordon JL**, Wimberger J, Rubinow DR, Girdler SS, Rubinow KB. (2019). Perimenopausal transdermal estrogen replacement therapy reduces serum high-density lipoprotein cholesterol efflux capacity but improves cardiovascular risk factors. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 39 (Suppl 1), A342.
10. Geiger PJ, Eisenlohr-Moul TA, **Gordon JL**, Girdler SS. (2019). Examining the benefits of estradiol on self-reported sleep quality in the menopause transition. *Psychosomatic Medicine*. 81(4), A44.
11. ***Gordon JL**, Eisenlohr-Moul TA, Sauer T, Sykes Tottenham L. (2018). The role of sensitivity to estrogen change in the development of perimenopausal depressive symptoms. (Presented at the Annual Meeting of the International Society of Psychoneuroendocrinology, Irvine, CA, USA, September 2018)
12. Grummisch JA, Wozniak R, Sykes Tottenham L, Ziemer J, **Gordon JL**. (2018). Estradiol fluctuation in the menopause transition predicts perceived cognitive function in daily activities. *Canadian Psychology*. (Presented at the annual meeting of the Canadian Psychological Association, Montreal, July 2018)
13. Wozniak R, Grummisch JA, Sykes Tottenham L, Peltier A, **Gordon JL**. (2018). Early life abuse as a predictor of increased mood sensitivity to estrogen fluctuation in the menopause transition. *Canadian Psychology*. (Presented at the annual meeting of the Canadian Psychological Association, Montreal, July 2018)

14. ***Gordon JL**, Rubinow DR, Eisenlohr-Moul TA, Xia K, Girdler SS. (2017) Antidepressant effects of transdermal estradiol in the menopause transition are moderated by reproductive stage and stressful life events: a randomized clinical trial. *Menopause*. 124(12), 1433-1434.
15. **Gordon JL**, Rubinow DR, Girdler SS. (2014). Estradiol fluctuation, stress sensitivity and depressed mood in the menopause transition. *Menopause*. 21(12), 1341.
16. ***Gordon JL**, Rubinow DR, Watkins LL, Leserman J, Girdler SS. (2014). Characteristics of an abuse history predict different stress reactivity phenotypes in perimenopausal women. *Psychosomatic Medicine*. 76:A22.
17. Austin, AW, **Gordon JL**, Lavoie KL, Arsenault AA, Bacon SL. (2013). Are the somatic and cognitive symptoms of depression differentially associated with insulin resistance? *Psychosomatic Medicine*. 75:A26.
18. **Gordon JL**, Lavoie KL, Ditto B, Arsenault A, Bacon SL. (2012). Depression and Antidepressant Use Interact to Affect Cortisol Response to Stress. *Psychosomatic Medicine*. 74:A32.
19. ***Gordon JL**, Lavoie KL, Pelletier R, Arsenault A, Ditto B, Bacon SL. (2011). Sex differences in the relationship between mood disorders and C-reactive protein. *Psychosomatic Medicine*. 73:A113.
20. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2010). The effect of anxiety sensitivity on post-exercise cardiovascular recovery in men and women. *Psychosomatic Medicine*. 72:A106.
21. Rossi A, Lavoie KL, **Gordon JL**, Bacon SL. (2010). The association of brachial flow and metabolic syndrome with cardiovascular responses to physical stress. *Psychosomatic Medicine*. 72:A37.
22. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2009). Sex differences in the effect of anxiety sensitivity on post-exercise cardiovascular recovery. Presented at the Canadian Cardiovascular Congress.
23. Rossi A, Davies E, Lavoie KL, **Gordon JL**, Arsenault A, Pelletier R, Bacon SL. (2009). The impact of metabolic syndrome and endothelial dysfunction on exercise induced cardiovascular changes. Presented at the Canadian Cardiovascular Congress.
24. Tsai B, **Gordon JL**, Lavoie KL, Laurin C, Arsenault A, Bacon SL. (2009). Gender identity as a predictor of C-reactive protein. Presented at CIHR's Young Investigators Forum.
25. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2009). The effect of sex and depression on physical activity, smoking, obesity and alcohol consumption. Presented at CIHR's Young Investigators Forum.
26. ***Gordon JL**, Loucks EB, Lavoie KL, Ditto B, Arsenault A, Bacon SL. (2008). Health behaviors mediate the relationship between depressive symptoms and CVD and all-cause mortality: the Framingham Heart Offspring Study. *Psychosomatic Medicine*. 70:A103.
27. Bekkouche N, Laurin C, Lavoie KL, Arsenault A, Ditto B, Stébenne P, Meloche B, Pelletier R, **Gordon JL**, Pélaez S, Bacon SL. (2008). Impact of menopause and hormone therapy on exercise-induced myocardial ischemia and chest pain. *Psychosomatic Medicine*. 70:A16.

28. Pelletier R, Lavoie KL, Stébenne P, **Gordon JL**, Pelaez S, Laurin C, Meloche B, Arsenault A, Bacon SL. (2008). Relationship between inflammatory processes and depressive disorders. *Psychosomatic Medicine*. 70:A54.
29. Jolicoeur L, Arsenault A, Meloche B, Bekkouche NS, Laurin C, Lavoie KL, Ditto B, Stébenne P, Pelletier R, **Gordon JL**, Pélaez S, Zhao X, Bacon SL. (2008). Are there sex differences in the relative contribution of classic cardiac risk factors to the metabolic syndrome? *Psychosomatic Medicine*. 70:A76.
30. Meloche B, Arsenault A, Jolicoeur L, Bekkouche NS, Laurin C, Lavoie KL, Ditto B, Stébenne P, Pelletier R, **Gordon JL**, Pélaez S, Zhao X, Bacon SL. (2008). The effect of C-reactive protein and sedimentation on vascular and metabolic reactivity according to sex and metabolic syndrome status. *Psychosomatic Medicine*. 70:A77.
31. ***Gordon JL**, Lavoie KL, Arsenault A, Pelletier R, Stebenne P, Bekkouche N, Ditto B, Bacon SL. (2007). The Effect of Depression on Cardiovascular Recovery After Exercise in Men and Women. *Canadian Journal of Cardiology*. 23:C35.
32. **Gordon JL**, Lavoie KL, Arsenault A, Pelletier R, Stebenne P, Ditto B, Bacon SL. (2007). The effect of depression on cardiovascular recovery after exercise in men and women. *Psychosomatic Medicine*. 69:A48.
33. Arsenault A, Lavoie KL, Dupuis J, Meloche B, Veldhuijzen van Zanten J., Pelletier R, Stébenne PR, **Gordon JL**, Bacon SL. (2007). Sex differences in endothelial dysfunction and the metabolic syndrome. *Psychosomatic Medicine*. 69:A80.
34. Lavoie KL, Bacon SL, Pelletier R, Stébenne PS, **Gordon JL**, Meloche B, Veldhuijzen van Zanten J, Arsenault A. (2007). The differential impact of depressive and anxiety disorders on a novel measure of endothelial function. *Psychosomatic Medicine*. 69:A50.
35. Meloche B, Bacon SL, Lavoie KL, Pelletier R, Stébenne PR, **Gordon JL**, Arsenault A. (2007). Psychiatric disorders, psychological distress and the metabolic syndrome. *Psychosomatic Medicine*. 69:A82.
36. Stébenne PR, Lavoie KL, Pelletier R, **Gordon JL**, Pelaez S, Laurin C, Meloche B, Arsenault A, Bacon SL. (2007). The influence of positive and negative affect on ischemia and chest pain. *Psychosomatic Medicine*. 69:A70.
37. Pelletier R, Lavoie KL, Arsenault A, Meloche B, Stebenne P, **Gordon JL**, Bacon SL.(2007). Effects of mood disorders and endothelial dysfunction on exercise induced blood pressure and heart rate changes. *Canadian Journal of Cardiology*. 23:C91.
38. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Campbell TS, Bacon, SL. (2006). The effects of alcohol consumption, smoking, exercise, and obesity on endothelial function. *Psychophysiology*. 43:S42-S43.

HONORS AND AWARDS

Saskatchewan Health Research Foundation (2018)

Excellence Award for Top-Ranked Leader Award Application

Canadian Institutes of Health Research (2018)

Tier II Canada Research Chair in the Biopsychosocial Determinants of Women's Mental Health

Saskatchewan Health Research Foundation (2018)

Patient-Oriented Research Leader Award

Saskatchewan Health Research Foundation (2016)

Excellence Award for Top-Ranked Establishment Grant

The North American Menopause Society (2014)

Top Poster Presentation

The North American Menopause Society (2014)

New Investigator Award

The University of North Carolina at Chapel Hill (2014)

Outstanding research day abstract

American Psychosomatic Society (2014)

"Rising Stars" Young Investigator Colloquium Scholar

Canadian Cardiovascular Society (2009)

Have a Heart Bursary

American Psychosomatic Society Scholar Award (2008)

Outstanding abstract

ADVISING/ SUPERVISION

Graduate Research Supervisor

In Progress

Ashley Balsom, Clinical Psychology, University of Regina, M.A. Thesis:
Coping and quality of life in women struggling with infertility

Julia Grummisch, Clinical Psychology, University of Regina, Ph.D. Thesis:
Estrogen, the HPA axis and cognition in the menopause transition

Completed

Ashley Ethier, Clinical Psychology, University of Regina, M.A. Thesis:
Estrogen fluctuation and nicotine cravings in perimenopausal smokers

Undergraduate Research Supervisor

In Progress

Bethany Sander, Department of Psychology, University of Regina: *The cognitive mechanisms underlying estradiol's effects on emotion*

Completed

2019

Andie Chernoff, Department of Psychology, University of Regina: *Coping's Influence on Daily Distress in Women Trying to Conceive*

2018

Julie Ziemer, Department of Psychology, University of Regina: *Reproductive health history predictors of sensitivity to estradiol fluctuation in the menopause transition*

2018

Tianna Sauer, Department of Psychology, University of Regina: *Vasomotor symptoms, sleep disturbance and cortisol in the menopause transition.*

2017

Rashell Wozniak, Department of Psychology, University of Regina: *Does a history of abuse predict greater sensitivity to estradiol fluctuation in the menopause transition?*

2016

Alexis Peltier, Department of Psychology, University of Regina: *Estradiol fluctuation, stress sensitivity and depressed mood in the menopause transition*

2014

Andrea Ramirez, Department of Psychiatry, University of North Carolina at Chapel Hill: *Characterization of the stress response in the perimenopausal woman: interrelationships among physiological and emotional measures*

2013

Nicole Eskenasi, Department of Psychology, University of North Carolina at Chapel Hill: *Sleep quality, depressive symptoms, and altered stress reactivity in perimenopausal women*

Undergraduate Research Co-Supervisor

2010

Samantha Eidinger, Department of Psychology, McGill University: *The effect of somatic and cognitive depressive symptoms on myocardial ischemia*

2009

Beatrice Tsai, Department of Psychology, McGill University: *Gender identity as a predictor of C-reactive protein*

Awards for Supervised Students

SSHRC Canada Graduate Scholarship – Master’s (Ashley Balsom)

CIHR Doctoral Award (Julia Grummisch)

CPA Research Award (Julia Grummisch)

CPA Section on Women and Psychology Student Paper Award (Julia Grummisch)

Top Poster presentation at the University of Regina Psychology Research Symposium (Alexis Peltier)

Top Poster presentation at CIHR’s Young Investigator’s Forum (Beatrice Tsai)

External Examiner

Emily Fawcett, Department of Psychology, Lakehead University, Ph.D. thesis, *Anxiety symptoms and precautionary behaviour across the menstrual cycle: the role of hormones*

Katelyn Duchene, Department of Psychology, Lakehead University, Ph.D. thesis, *Variability in women’s perception of potential female rivals: effects of fertility, mating orientation and revealing dress biases*

TEACHING

Women’s Reproductive Mood Disorders

University of Regina, 2018

Health Psychology

University of Regina, 2015, 2016, 2017 & 2018

Introductory Psychology

University of Regina, 2015

ADMINISTRATIVE SERVICE

University of Regina

Department of Psychology Curriculum Committee (2019)

Department of Psychology Undergraduate Honours Committee (2017-2018)

URFA Equity Committee (2016-2018)

Department of Psychology Clinical Admissions Committee (2018)

Undergraduate Summer Research Award Selection Committee (2017)

Canada Wide Science Fair Judge (2017)

CIHR Master’s Awards Selection Committee (2016)

Ad hoc reviewer for: Annals of Behavioral Medicine, International Journal of Hypertension, Journal of Behavioral Medicine, Journal of Women’s Health, Psychophysiology, Psychosomatic Medicine, PLOS One, BMC Women’s Health, Health Psychology, Clinical Psychologist

Reviewer for CIHR Early Career Investigator Awards Committee (Fall 2017)

External reviewer for NSERC Discovery Grant (Winter 2018)

CIRCUMSTANCES AFFECTING PRODUCTIVITY

Parental Leaves:

- January-July 2013
- November 2015-June 2016
- July 2018-April 2019