



Breaking Through

The newsletter of the University of Ottawa Institute of Mental Health Research

“Out of the Shadows through Science”



(from left to right) Dr. Zul Merali, Romie Christie, Austin Mardon, Sabrina Hammer, Dr. Robert Ouellet, Dr. Bruce link, Andre Picard & Dr. Heather Stuart

To coincide with **Mental Illness Awareness Week** (October 5-11, 2008), on October 8, 2008, the IMHR, in partnership with the **Mental Health Commission of Canada**, proudly hosted a public panel discussion on the pervasiveness and impact of stigma on those battling mental illness. **André**

Picard, *Globe & Mail* reporter, led the distinguished panelists who included **Romie Christie**, Manager of Communications, Mental Health Commission of Canada, **Dr. Heather Stuart**, Department of Community Health & Epidemiology, Queen’s University, **Austin Mardon**, Researcher & Mental Health Advocate, **Dr. Robert Ouellet**, President, Canadian Medical Association, **Sabrina Hammer**, Miss Ontario 2008 & **Dr.**

Bruce Link, Professor of Epidemiology & Sociomedical Sciences, Mailman School of Public Health, though discussions on increasing awareness of the impact of stigma on mental illness in general, and the role of science and research in alleviating stigma.

Following opening remarks by each of the panelists, a question and answer discussion ensued on how we can all help to eliminate the stigma of mental illness with strong participation from individuals affected by mental illness, health care providers and other professionals within the community, as well as health care professionals locally.

This event was attended by over 200 people, with over 100 more viewing the panel discussion through live broadcasts to locations within the **Ontario Telemedicine Network** including **Brockville Mental Health Centre**, **Community Living Huronia Children’s Treatment Network**, **Whitby Mental Health Centre**, **Penetanguishene Mental Health Centre** and the **Centre for Addiction and Mental Health**.

First Friday Lecture: Neuroscience of Tinnitus



Dr. Roberts

On October 3, 2008, **Dr. Larry Roberts**, Professor Emeritus in the Department of Psychology, Neuroscience, and Behaviour at **McMaster University**, presented a lecture titled “**The Neuroscience of Tinnitus**”. In 2002, **Dr. Roberts** organized a consortium of five laboratories in Canada and three abroad which combined their expertise in physiological, psychoacoustic, brain imaging, and computational methods to investigate the neural

basis of tinnitus. Tinnitus (chronic ringing of the ears) is at present a medically untreatable disorder affecting approximately 360,000 Canadians. Many of these existing cases find that tinnitus impairs quality of life leading to distress, adjustments in work and family living. The learning objectives for this lecture were to update listeners on current thinking and evidence concerning the causes of tinnitus, consider the bearing of this evidence on treatment options for tinnitus and finally, consider links between tinnitus and psychiatric disorder.

The 29th Annual Research Day

The **29th Annual Research Day** of the Department of Psychiatry, University of Ottawa and **12th Annual Y.D. Lapierre Resident Research and Academic Day** will take place conjointly on **December 5, 2008**, in the **Associates in Psychiatry Auditorium** of the **Royal Ottawa Mental Health Centre (ROHMC)**. Both scientific papers and poster presentations will be included in the Program. All faculty members, Psychiatry Residents and Fellows of the Department

of Psychiatry, graduate students as well as all disciplines involved in mental health care and research at all affiliated institutions are encouraged to participate. Presentations will encompass a wide variety of topics. Winner of the first annual **IMHR Young Investigator Award** will also be announced on the Research Day. This award will be officially presented to the award recipient at the **Royal Ottawa Foundation for Mental Health Inspiration Awards**.

In This Issue...

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APORIA



Led by [David Holmes](#), Ph.D. R.N, [Professor of Health Science \(Department of Nursing\)](#) and researcher in the [IMHR Forensic Research Unit](#), *Aporia* is dedicated to scholarly debates in nursing and the health sciences. The journal is committed to a pluralistic view of science and to the blurring of boundaries between disciplines. Therefore the editorial

[team](#) welcomes critical manuscripts in the fields of nursing and the health sciences that include (but not limited to) critique of dominant discourses related to the evidence-based movement, best practice guidelines, knowledge translation, managerialism, nursing and health care practices, ethics, politics of health care and policies, technology, bioethics, biopedagogies, biopolitics, etc. Cutting-edge research results in nursing and health-

related disciplines are also welcome. *Aporia* encourages the use of a wide range of epistemologies, philosophies, theoretical perspectives and research methodologies. In the critical analyses of health-related matters, *Aporia* advocates and embraces a wide range of epistemologies, philosophies and theories including but not limited to: cultural studies, feminism(s), neo-marxism, postmodernism, poststructuralism, postcolonialism and queer studies.



QARE Program

Rooted in its core values, the [University of Ottawa Institute of Mental Health Research \(IMHR\)](#), in collaboration with the [Royal Ottawa Health Care Group \(ROHCG\)](#) and [ROHCG Research Ethics Board \(REB\)](#), is committed to conducting health research that meets the highest standards of excellence, integrity, and ethics. The [Quality Assurance for Research Excellence \(QARE\)](#) program strive to promote excellence in all aspects of human subject research through facilitation and verification that standards, policies, and regulations are achieved.

Using a comprehensive internal monitoring mechanism, the [Research Quality Associate \(Dr. Keith Busby\)](#) will oversee

this program, ensuring that research is being conducted according to requirements and will identify opportunities for improvement. Findings will be subsequently used to guide quality improvement efforts and system enhancements.

The [Research Quality Associate](#) will provide leadership and support for matters related to quality to ensure that a) research complies with local, national, and international policies and regulations; b) researchers, research staff, and the [Research Ethics Board](#) have access to internal expertise and support regarding research quality; c) best practices are identified and shared; and d) quality improvement is promoted, facilitated, and celebrated.

IMHR in the Media



Dr. Merali

On August 18, 2008, [Dr. Zul Merali](#), President and CEO of the [University of Ottawa IMHR](#) appeared on [CJOH](#) to discuss a survey which suggested nearly one in two Canadians believe mental illness is merely an excuse for bad behaviour and personal failings. The survey, part of the [Canadian Medical Association's](#) annual national report card on health care, suggested Canadians are more comfortable admitting to cancer than mental illness.

In May [Dr. Paul Fedoroff](#), Research Unit Director of the [IMHR Forensic Unit](#) gave an invited presentation to Britain's Home Office in London, England in which he reviewed research done in the [IMHR Forensic Unit](#) that has influenced the assessment and treatment of men with problematic sexual behaviors both in Canada and abroad. The presentation resulted in a reporter from the [London Times](#) flying to Ottawa to see first hand how research, teaching and clinical care have been integrated in the [Sexual Behaviors Clinic](#).



Dr. Fedoroff

News of the [Integrated Forensic Programs](#) dramatic success in safely treating sex offenders and the decrease in sex offender recidivism rates to below 15% after 5 years release into the community was published in a Feature presentation

in the [London Times](#) and can be accessed online here:http://www.timesonline.co.uk/tol/life_and_style/health/article4591091.ece.

On September 7, [Dr. Fedoroff](#) also appeared on [CBC News-world](#) to do an interview concerning Sex addictions, which was broadcast across Canada and was repeated numerous times throughout the day.

Recent Publications, Presentations, Workshops & Awards



Blier, P., (2008). Do antidepressants really work? *Journal of Psychiatry and Neuroscience* 33,89-90,

Blier, P., (2008). Resiliency of monoaminergic systems: the 80% rule and its relevance to drug development. *Journal of Psychopharmacology* 22, 587-589

Chenu, F., El Mansari, M., & Blier, P. (2008). Long-term administration of monoamine oxidase inhibitors alters the firing rate and pattern of dopamine neurons in the ventral tegmental area. *International Journal of Neuropsychopharmacology* (Epub: August 13), PMID: 18700056

Chernoloz, O., El Mansari, M., & Blier, P. (2008). Sustained administration of pramipexole modifies the spontaneous firing of dopamine, norepinephrine and serotonin neurons in the rat brain. *Neuropsychopharmacology* (Epub: August 6), PMID: 18688211.

El Mansari, M., Ghanbari, R., Janssen, S., Blier, P. (2008). Sustained administration of bupropion alters serotonin and norepinephrine but not dopamine firing activity in the rat brain. *Neuropharmacology* (Epub: July 30), PMID: 18708076

El Mansari, M. & Blier, P., (2008). *In vivo* electrophysiological assessment of the putative antidepressant Wf-516 in raphe dorsalis, locus coeruleus and hippocampus in the rat brain. *Naunyn-Schmiedeberg's Archives of Pharmacology* 376, 351-361

Fisher, D.J., Labelle, A., & Knott, V. (2008). Auditory hallucinations and the mismatch negativity: Processing speech and non-speech sounds in schizophrenia. *International Journal of Psychophysiology*, 70, 3-15.

Ghanbari, R., El Mansari, M., Blier, P., (2008). Effects of the co-administration of bupropion and escitalopram on rat monoaminergic neuronal firing. *Journal of Psychopharmacology* (Epub: August 21), PMID: 18719044

Guiard, B.P., El Mansari, M., Merali, Z., & Blier, P., (2008). Functional interactions between dopamine, serotonin and norepinephrine neurons: An *in vivo* electrophysiological study in rats with monoaminergic lesions. *International Journal of Neuropsychopharmacology* 11, 625-639

Guiard B.P., El Mansari M., Blier P. (2008). Overlapping of function between dopaminergic and noradrenergic systems in the rat locus coeruleus, ventral tegmental area and dorsal hippocampus. *Mol Pharmacol* (Epub: Aug 14) PMID: 18703671

Holmes, D., Murray, S., Perron, A., & Jacob, JD. (2008). Le mouvement sur les données probantes: état de la situation. *Santé Mentale*, 130, 2-4.

Murray, S., Holmes, D., Perron, A., & Jacob, JD. (2008). Données probantes et pratiques exemplaires : vers une éthique de la résistance. *Santé Mentale*, 130, 5-8.

O'Byrne, P. & Holmes, D. (2008). Researching Marginalized Populations: Ethical Concerns for Ethnography. *Canadian Journal of Nursing Research*, 40 (3), 144-159.

O'Byrne, P., Holmes, D., & Woodend, K. (2008). Understanding Human Sexual Networks outside the Promiscuity Paradigm. *Critical Public Health*, 18 (3), 333-345.

Poulter, MO, Du, L, Weaver, IC, Palkovits, M, Faludi, G, Merali, Z, Szyf, M, Anisman, H. (2008). GABA(A) Receptor promoter hypermethylation in suicide brain: Implications for the involvement of epigenetic processes. *Biol Psychiatry*, 64, 645-52.

Saleh, F.M., Fedoroff, J.P., Ahmed, A.G., Pinals, D.A. "Treatment of violent behavior" Chapter 127 Allan Tasman, Jerald Kay, Jeffrey A. Lieberman, Michael B. First, Mario Maj (Eds) *Psychiatry Third Edition* John Wiley & Sons, pp 2602-2615, 2008

Trivedi, M.H., Hollander, E., Nutt, D., & Blier, P., (2008). Clinical Evidence and Potential Neurobiologic Underpinnings of Unresolved Symptoms of Depression. *Journal of Clinical Psychiatry* 69, 246-248.



Fisher, D., & Knott, V. (2008). Source localization (sLORETA) of mismatch negativity to across phoneme deviants. Presented at the 5th joint meeting of the International Society for Neuroimaging in Psychiatry (ISNIP) and EEG & Clinical Neuroscience Society (ECNS), Frankfurt DE, Sept 10th-13th.

Gagnon, M., Jacob, J.D., & Holmes, D. (2008). Cultivating fear: A critical analysis of Quebec's 2006-2007 STIs and HIV prevention campaigns (P285). *Canadian Journal of Infectious Disease & Medical Microbiology*, 19 (supp A), 95A.

Publications, Presentations, Workshops & Awards Cont'd

Holmes, D. (2008). ESRC Seminar Series: Abjection and Alterity in the Workplace – Methodologies of Workplace Abjection. Loughborough University, Loughborough, United Kingdom.

Jaworska, N., McIntosh, J., Villeneuve, C., Thompson, A., Fisher, D., Milin, R., & Knott, V. (2008). The moderating effects of nicotine on EEG activity and mood in adolescent major depressive disorder: A pilot study. Presented at the 5th Joint Meeting of the International Society for Neuroimaging in Psychiatry (ISNIP) and EEG & Clinical Neuroscience Society (ECNS), Frankfurt DE, Sept 10th-13th.

Villeneuve, C. M., Fisher, D. J., Shah, D. K., Labelle, A., & Knott, V. J. (2008). Auditory Hallucinations and the Cortical Response to Auditory Stimulation and Speech in Schizophrenia: an Electrophysiological Imaging (LORETA) study. Presented at the 14th World Congress of Psychophysiology, St. Petersburg RUS, Sept 8th-13th.



Awards
& Notes

Dr. Diana Koszycki, Research Unit Director of the [University of Ottawa Institute of Mental Health Research Stress and Anxiety Clinical Research Unit](#), has been invited to sit on the CIHR internal committee for Behavioural Science B for another year.

[Amélie Perron](#), successfully defended her PhD on August 13 2008 (Exploration de la construction identitaire de détenu par le biais des discours infirmiers dans un milieu de psychiatrie correctionnelle). Dissertation recommended for a prize at FGPS, Supervisor: [Dr Dave Holmes](#), RN. [Amélie Perron](#), RN, PhD is now Assistant Professor, School of Nursing, Faculty of Health Sciences, University of Ottawa

[Isabelle St-Pierre](#), RN, PhD (cand), formerly from School of Nursing, Faculty of Medicine, McGill University joins [Dr Dave Holmes](#), RN at the School of Nursing, Faculty of Health Sciences, University of Ottawa (as of August 20) to pursue her doctoral work under [Dr Holmes](#)' supervision (Understanding the Management of Intra/Inter Professional Aggression: A Critical Nursing Ethnography).

Welcome!



[Ulrika Drevniok](#) has joined the [IMHR Stress and Anxiety Clinical Research Unit](#) as Research Coordinator. She holds a Bachelor of Science in Psychology and a Master of Science in Nursing, both from [McGill University](#). She has rowed at the national level and is currently rowing for the Ottawa Rowing Club.

Grant Opportunities & Deadlines

A reminder that anyone wanting to improve their chances of having a successful review of their grant/funding application is invited to submit their protocol for review to the Scientific Review Committee. Interested applicants must allow 3-4 weeks for the review to be completed. Please submit 6 copies of your proposal to the attention of [Dr. Keith Busby](#), Research Ethics Coordinator, in room 5425 of the Research Tower if you are interested in this service.



Ontario Psychiatric Association

The Ontario Psychiatric Association offers the [Dr. Ann Thomas Award for Best Resident Presentation](#).

It is presented at the [OPA Annual Conference](#) as a way to honour [Dr. Ann Thomas](#) for her extensive efforts over a six year period in planning the [OPA Annual Conference](#). The award is a plaque and cheque for \$250.00.

Vanier Canada Graduate Scholarship Program

The [Department of Industry](#) has announced the implementation of two new and prestigious programs that will position Canada as a global centre of excellence in research and education: the [Canada Excellence Research Chairs \(CERC\) Program](#) and the [Vanier Canada Graduate Scholarship Program](#) (Vanier CGS).

The [CERC program](#) will award 20 Chair holders and their research teams with up to \$10M over seven years to establish ambitious research programs at Canadian universities. When fully operational, the [Vanier CGS Program](#) will support 500 Canadian and international doctoral students each year with three year scholarships valued at up to \$50,000 per annum. Both programs are a tri-agency initiative of the [Social Sciences and Humanities Research Council \(SSHRC\)](#), [Natural Sciences and Engineering Research Council \(NSERC\)](#) and [Canadian Institutes for Health Research \(CIHR\)](#). The CERC program is administered by the [Canada Research Chairs Secretariat](#), which is housed within SSHRC. The [Vanier CGS program](#) is administered by each granting agency and coordinated by the [Canada Research Chairs Secretariat](#).

Comments & Suggestions

The University of Ottawa IMHR welcomes any suggestions on improving our newsletter and making it more informative. To submit suggestions or material to appear in future editions of [Breaking Through](#), please contact [Dr. Owen Kelly](#), Research Associate, at 613.722.6521, ext. 6727, or by email at okelly@rohcg.on.ca.