

## Message from the Guest Editor

from page 4

## References, links and resources

- <sup>1</sup> The Conference Board of Canada. Working Through COVID-19 – Return to Work Survey (May 2020). Available at: [https://www.conferenceboard.ca/focus-areas/human-resources/2020/working-through-covid-19/return-to-work-survey?utm\\_source=PRESSRELEASE&utm\\_medium=social&utm\\_campaign=COMMS](https://www.conferenceboard.ca/focus-areas/human-resources/2020/working-through-covid-19/return-to-work-survey?utm_source=PRESSRELEASE&utm_medium=social&utm_campaign=COMMS).
- <sup>2</sup> Mental Health Commission of Canada. New Nanos poll reveals people in Canada are more stressed in the era of COVID-19 (May 2020). Available at: <https://www.mentalhealthcommission.ca/English/news-article/13958/new-nanos-poll-reveals-people-canada-are-more-stressed-era-covid-19>.
- <sup>3</sup> Angus Reid Institute. COVID-19: Those least equipped to endure economic downturn bearing the brunt of layoffs (March 2020). Available at: <http://angusreid.org/covid-19-economic-impact-canada/>.
- <sup>4</sup> Wu, P., Styra R., and Gold, W. Mitigating the psychological effects of COVID-19 on health care workers. *CMAJ*. April 27, 2020 192 (17) E459-E460. Available at: <https://www.cmaj.ca/content/192/17/E459>.

## Mental health consequences and interventions for COVID-19: What we know and where we need to go

from page 10

## References, links and resources

- <sup>1</sup> Asmundson, G. J. G., & Taylor, S. (2020). Coronaphobia: Fear and the 2019-nCoV outbreak. *Journal of Anxiety Disorders*, 70, 102196-102196. doi:10.1016/j.janxdis.2020.102196
- <sup>2</sup> Wheaton, M. G., Abramowitz, J. S., Berman, N. C., Fabricant, L. E., & Olatunji, B. O. (2012). Psychological predictors of anxiety in response to the H1N1 (swine flu) pandemic. *Cognitive Therapy and Research*, 36(3), 210-218. doi:10.1007/s10608-011-9353-3
- <sup>3</sup> Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The Lancet Psychiatry*, 395(10227), 912-920. doi:10.1016/S0140-6736(20)30460-8
- <sup>4</sup> Herrera-Valdez, M. A., Cruz-Aponte, M., & Castillo-Chavez, C. (2011). Multiple outbreaks for the same pandemic: Local transportation and social distancing explain the different "Waves" of AH1N1PDM cases observed in México during 2009. *Mathematical Biosciences and Engineering*, 8(1), 21-28. doi:10.3934/mbe.2011.8.21
- <sup>5</sup> Kilgo, D. K., Yoo, J., & Johnson, T. J. (2019). Spreading Ebola Panic: Newspaper and Social Media Coverage of the 2014 Ebola Health Crisis. *Health Communication*, 34(8), 811-817. doi:10.1080/10410236.2018.1437524
- <sup>6</sup> Peng, E. Y. C., Lee, M. B., Tsai, S. T., Yang, C. C., Morisky, D. E., Tsai, L. T., Weng, Y. L., & Lyu, S. Y. (2010). Population-based post-crisis psychological distress: An example from the SARS outbreak in Taiwan. *Journal of the Formosan Medical Association*, 109(7), 524-532. doi:10.1016/S0929-6646(10)60087-3
- <sup>7</sup> Cheng, C. (2004). To be paranoid is the standard? Panic responses to SARS outbreak in Hong Kong. *Asian Perspective*, 28(1), 67-98.
- <sup>8</sup> Washer, P. (2004). Representations of SARS in the British newspapers. *Social Science & Medicine*, 59(12), 2561-2571. doi:10.1016/j.socscimed.2004.03.038
- <sup>9</sup> Gardner, P. J., & Moallef, P. (2015). Psychological impact on SARS survivors: Critical review of the english language literature. *Canadian Psychology*, 56(1), 123-135. doi:10.1037/a0037973
- <sup>10</sup> Asmundson, G. J. G., & Taylor, S. (2020). How health anxiety influences responses to viral outbreaks like COVID-19: What all decision-makers, health authorities, and health care professionals need to know. *Journal of Anxiety Disorders*, 71, 102211. doi:10.1016/j.janxdis.2020.102211
- <sup>11</sup> World Health Organization. (n.d.). *Ten threats to global health in 2019*. <https://www.who.int/news-room/feature-stories/ten-threats-to-global-health-in-2019>
- <sup>12</sup> Taylor, S. (2019). The Psychology of Pandemics: Preparing for the next Global Outbreak of Infectious Disease. Newcastle upon Tyne, UK: Cambridge Scholars Publishing
- <sup>13</sup> Lee, M., & You, M. (2020). Psychological and behavioral responses in South Korea during the early stages of coronavirus disease 2019 (COVID-19). *International Journal of Environmental Research & Public Health*, 17(9), 2977-2991. <https://doi.org/10.3390/ijerph17092977>
- <sup>14</sup> Bish, A., Michie, S. (2010). Demographic and attitudinal determinants of protective behaviours during a pandemic: A review. *British Journal of Health Psychology*, 15(4), 797-824. doi:10.1348/135910710X485826
- <sup>15</sup> Harper, C. A., Satchell, L. P., Fido, D., & Latzman, R. D. (2020). Functional fear predicts public health compliance in the COVID-19 pandemic. *International Journal of Mental Health & Addiction*. <https://doi.org/10.1007/s11469-020-00281-5>
- <sup>16</sup> Lee, S. A., Jobe, M. C., Mathis, A. A. (2020). Mental health characteristics associated with dysfunctional coronavirus anxiety. *Psychological Medicine*. <https://doi.org/10.1017/S003329172000121X>
- <sup>17</sup> Simpson, S. A., Dumas, A., McDowell, A. K., & Westmoreland, P. (2020). Novel coronavirus and related public health interventions are negatively impacting mental health services. *Psychosomatics*. <https://doi.org/10.1016/j.psym.2020.04.004>
- <sup>18</sup> Zhang, W. R., Wang, K., Yin, L., Zhao, W. F., Xe, Q., Peng, M., Min, B. Q., Tian, Q., Leng, H. X., Du, J. L., Chnag, H., Yang, Y., Wei, L., Shangguan, F. F., Yan, T. Y., Dong, G. Q., Han, Y., Wang, Y. P., Cosci, F., & Wang, H. X. (2020). Mental health and psychosocial problems of medical health workers during the COVID-19 epidemic in China. *Psychotherapy & Psychosomatics*. <https://doi.org/10.1159/000507639>
- <sup>19</sup> Lu, W., Wang, H., Lin, Y., & Li, L. (2020). Psychological status of medical workforce during the COVID-19 pandemic: A cross-sectional study. *Psychiatry Research*, 288, 112936-112941. <https://doi.org/10.1016/j.psychres.2020.112936>
- <sup>20</sup> Lai, J., Ma, S., Wang, Y., Cai, Z., Hu, J., Wei, N., Wu, J., Du, H., Chen, T., Li, R., Tan, H., Kang, L., Yao, L., Huang, M., Wang, H., Wang, G., Liu, Z., & Hu, S. (2020). Factors Associated With Mental Health Outcomes Among Health Care Workers Exposed to Coronavirus Disease 2019. *JAMA Network open*, 3(3), e203976. DOI:10.1001/jamanetworkopen.2020.3976
- <sup>21</sup> Wu, W., Zhang, Y., Wang, P., Zhang, L., Wang, G., Lei, G., Xiao, Q., Cao, X., Bian, Y., Xie, S., Huang, F., L., Zhang, J., & Luo, M. (2020). Psychological stress of medical staffs during outbreak of COVID-19 and adjustment strategy. *Journal of Medical Virology*. <https://doi.org/10.1002/jmv.25914>
- <sup>22</sup> Zhang, C., Yang, L., Liu, S., Ma, S., Wang, Y., Cai, Z., Du, H., Li, R., Kang, L., Su, M., Zhang, J., Liu, Z., & Zhang, B. (2020). Survey of insomnia and related social psychological factors among medical staff involved in the 2019 novel coronavirus disease outbreak. *Frontiers in Psychiatry*, 11. <https://doi.org/10.3389/fpsyg.2020.00306>

## REFERENCES

- <sup>23</sup> Hu, X., & Huang, W. (2020). Protecting the psychological well-being of healthcare providers affected by the COVID-19 outbreak: Implications for the psychological rescue work of international community. *Nursing & Health Sciences*. <https://doi.org/10.1111/nhs.12727>
- <sup>24</sup> Spoorthy, M. S. (2020). Mental health problems faced by healthcare workers due to the COVID-19 pandemic-A review. *Asian Journal of Psychiatry*, 51, 102119–102123. <https://doi.org/10.1016/j.ajp.2020.102119>
- <sup>25</sup> Cai, H., Tu, B., Ma, J., Chen, L., Fu, L., Jiang, Y., & Zhuang, Q. (2020). Psychological impact and coping strategies of frontline medical staff in Hunan between January and March 2020 during the outbreak of coronavirus disease 2019 (COVID-19) in Hubei, China. *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research*, 26, e924171-1–e924171-16. <https://doi.org/10.12659/MSM.924171>
- <sup>26</sup> Watkins, A., Rothfeld, M., Rashbaum, W. K., & Rosenthal, B. M. (2020, April 27). Top E.R. doctor who treated virus patients dies by suicide. *The New York Times*. <https://www.nytimes.com/2020/04/27/nyregion/new-york-city-doctor-suicide-coronavirus.html>
- <sup>27</sup> McFarlane, A. C., Williams, R. (2012). Mental health services required after disasters: Learning from the lasting effects of disasters. *Depression Research and Treatment*, 2012, 970194-13. doi:10.1155/2012/970194
- <sup>28</sup> Katz C. L. (2017). Mental health response to disasters and other critical incidents. *BMJ Best Practice*. Retrieved from: <https://bestpractice.bmjjournals.com/topics/enus/1065>.
- <sup>29</sup> Bryant, R. A., Creamer, M., Forbes, D., Raphael, B., Gordon, R., & Coghlann, A. (2009). Scoping document for mental health response to Victorian bushfires. Discussion paper prepared for Victorian Bushfire Cross-Professional Education and Training Working Group.
- <sup>30</sup> Bao, Y., Sun, Y., Meng, S., Shi, J., & Lu, L. (2020). 2019-nCoV epidemic: Address mental health care to empower society. *The Lancet Psychiatry*, 395(10224), e37-e38. doi:10.1016/S0140-6736(20)30309-3
- <sup>31</sup> Chen, Q., Liang, M., Li, Y., Guo, J., Fei, D., Wang, L., He, L., Sheng, C., Cai, Y., Li, X., Wang, J., & Zhang, Z. (2020). Mental health care for medical staff in China during the COVID-19 outbreak. *The Lancet Psychiatry*, 7(4), e15-e16. [https://doi.org/10.1016/S2215-0366\(20\)30078-X](https://doi.org/10.1016/S2215-0366(20)30078-X)
- <sup>32</sup> Duan, L., & Zhu, G. (2020). Psychological interventions for people affected by the COVID-19 epidemic. *The Lancet Psychiatry*, 7(4), 300-302. doi:10.1016/S2215-0366(20)30073-0
- <sup>33</sup> Liu, S., Yang, L., Zhang, C., Xiang, Y. T., Liu, Z., Hu, S., & Zhang, B. (2020). Online mental health services in China during the COVID-19 outbreak. *The Lancet Psychiatry*, 7(4), e17-e18. [https://doi.org/10.1016/S2215-0366\(20\)30077-8](https://doi.org/10.1016/S2215-0366(20)30077-8)
- <sup>34</sup> Li, W., Yang, Y., Liu, Z. H., Zhao, Y. J., Zhang, Q. G., Zhang, L., Cheung, T., & Xiang, Y. T. (2020). Progression of mental health services during the COVID-19 outbreak in China. *International Journal of Biological Science*, 16(10), 1732-1738. <https://doi.org/10.7150/ijbs.45120>
- <sup>35</sup> Zhang, J., Wu, W., Zhao, X., & Zhang, W. (2020). Recommended psychological crisis intervention response to the 2019 novel coronavirus pneumonia outbreak in China: a model of West China Hospital. *Precision Clinical Medicine*, 3(1), 3-8. doi:10.1093/pcmedi/pbaa006
- <sup>36</sup> Jiang, X., Deng, L., Zhu, Y., Ji, H., Tao, L., Liu, L., Yang, D., & Ji, W. (2020). Psychological crisis intervention during the outbreak period of new coronavirus pneumonia from experience in Shanghai. *Psychiatry Research*, 286, 112903. doi:10.1016/j.psychres.2020.112903
- <sup>37</sup> Rose, S. C., Bisson, J., Churchill, R., & Wessely, S. (2001). Psychological debriefing for preventing post traumatic stress disorder (PTSD). *The Cochrane Database of Systematic Reviews*, 3, CD000560. DOI:10.1002/14651858.cd000560
- <sup>38</sup> Bisson, J. I., Tavakoly, B., Witteveen, A. B., Ajdukovic, D., Jehel, L., Johnson, V. J., Nordanger, D., Garcia, F. O., Punamaki, R. L., Schnyder, U., Sezigen, A. U., Wittman, L., & Olff, M. (2010). TENTS guidelines: Development of postdisaster psychosocial care guidelines through a Delphi process. *The British Journal of Psychiatry*, 196, 69-74. DOI:10.1192/bj.p.109.066266
- <sup>39</sup> Pfefferbaum, B., & Shaw, J. A. Practice parameter on disaster preparedness. *Journal of the American Academy of Child and Adolescent Psychiatry*, 52(11), 1224-1238. DOI:10.1016/j.jaac.2013.08.014
- <sup>40</sup> Shultz, J., & Forbes, D. (2014). Psychological First Aid: Rapid proliferation and the search for evidence. *Disaster Health*, 2(1), 3-12. doi:10.4161/dish.26006
- <sup>41</sup> Snider, L., Van Ommeren, M., & Schafer, A. (2011). *Psychological first aid: Guide for field workers*. World Health Organization.
- <sup>42</sup> The National Child Traumatic Stress Network. (n.d.). *Psychological First Aid (PFA)*. <https://www.nctsn.org/treatments-and-practices/psychological-first-aid-and-skills-for-psychological-recovery/about-pfa>
- <sup>43</sup> Albott, C. S., Wozniak, J. R., McGlinch, B. P., Wall, M. H., Gold, B. S., & Vinogradov, S. (2020). Battle buddies: Rapid deployment of a psychological resilience intervention for healthcare workers during the COVID-19 pandemic. *Anesthesia & Analgesia*, 24. <https://doi.org/10.1213/ANE.0000000000004912>
- <sup>44</sup> Ripp, J., Peccorino, L., & Charney, D. (2020). Attending to the emotional well-being of the health care workforce in a New York City health system during the COVID-19 pandemic. *Academic Medicine*, 10. <https://doi.org/10.1097/ACM.0000000000003414>.
- <sup>45</sup> Agyapong, V. I. O. (2020). Coronavirus disease 2019 pandemic: Health system and community response to a text message (Text4Hope) program supporting mental health in Alberta. *Disaster Medicine & Public Health Preparedness*, 22, 1-2. <https://doi.org/10.1017/dmp.2020.114>
- <sup>46</sup> Altena, E., Baglioni, C., Espie, C. A., Ellis, J., Gavrilloff, D., Holzinger, B., Schlarb, A., Frase, L., Jernelöv, S., & Riemann, D. (2020). Dealing with sleep problems during home confinement due to the COVID-19 outbreak: Practical recommendations from a task force of the European CBT-I Academy. [Review]. *Journal of Sleep Research*, e13052-e13059. <https://doi.org/10.1111/jsr.13052>
- <sup>47</sup> Myers, U. S., Birks, A., Grubaugh, A. L., Axon, R. N. (2020). Flattening the curve by getting ahead of it: how the VA healthcare system is leveraging telehealth to provide continued access to care for rural veterans. *Journal of Rural Health*. <https://doi.org/10.1111/jrh.12449>
- <sup>48</sup> Riva, G., & Wiederhold, B. K. (2020). How cyberpsychology and virtual reality can help us to overcome the psychological burden of coronavirus. *Cyberpsychology Behavior and Social Networking*, 23(5), 277-279. <https://doi.org/10.1089/cyber.2020.29183.gri>
- <sup>49</sup> Hau, Y. S., Kim, J. K., Hur, J., & Chang, M. C. (2020). How about actively using telemedicine during the COVID-19 pandemic? *Journal of Medical Systems*, 44(6), 107-108. <https://doi.org/10.1007/s10916-020-01580-z>
- <sup>50</sup> Ćosić, K., Popović, S., Šarlija, M., & Kesedžić, I. (2020). Impact of human disasters and COVID-19 pandemic on mental health: Potential of digital psychiatry. *Psychiatria Danubina*, 32(1), 25-31. <https://doi.org/10.24869/psyd.2020.25>
- <sup>51</sup> Kannarkat, J. T., Smith, N. N., & McLeod-Bryant, S. A. (2020). Mobilization of telepsychiatry in response to covid-19-moving toward 21st century access to care. *Administration and Policy in Mental Health and Mental Health Services Research*. <https://doi.org/10.1007/s10488-020-01044-z>

- <sup>52</sup> Bäuerle, A., Skoda, E., Dörrie, N., Böttcher, J., & Teufel, M. (2020). Psychological support in times of COVID-19: the Essen community-based CoPE concept. *Journal of Public Health*. <https://doi.org/10.1093/pubmed/fdaa053>
- <sup>53</sup> Nagata, J. M. (2020). Rapid scale-up of telehealth during the COVID-19 pandemic and implications for subspecialty care in rural areas. *Journal of Rural Health*. <https://doi.org/10.1111/jrh.12433>
- <sup>54</sup> Choi, K. R., Heilemann, M. S. V., Fauer, A., & Mead, M. (2020). A second pandemic: mental health spillover from the novel coronavirus (COVID-19). *Journal of the American Psychiatric Nurses Association*. <https://doi.org/10.1177/1078390320919803>
- <sup>55</sup> Massaad, E., & Cherfan, P. (2020). Social media data analytics on telehealth during the COVID-19 pandemic. *Cureus*, 12(4). <https://doi.org/10.7759/cureus.7838>
- <sup>56</sup> Horesh, D., & Brown, A. D. (2020). Traumatic stress in the age of COVID-19: A call to close critical gaps and adapt to new realities. *Psychological Trauma: Theory, Research, Practice and Policy*, 12(4), 331–335. <https://doi.org/10.1037/tra0000592>
- <sup>57</sup> Forneris, C. A., Gartlehner, G., Brownley, K. A., Gaynes, B. N., Sonis, J., Coker-Schwimmer, E., Jonas, D. E., Greenblatt, A., Wilkins, T. M., Woodell, C. L., & Lohr, K. N. (2013). Interventions to prevent post-traumatic stress disorder: A systematic review. *American Journal of Preventive Medicine*, 44(6), 635-650. doi:10.1016/j.amepre.2013.02.013
- <sup>58</sup> Cohen, G. H., Tamrakar, S., Lowe, S., Sampson, L., Ettman, C., Linas, B., Ruggiero, K., & Galea, S. (2017). Comparison of simulated treatment and cost effectiveness of a stepped care case-finding intervention vs usual care for posttraumatic stress disorder after a natural disaster. *JAMA Psychiatry*, 74(12), 1251-1258. doi:10.1001/jamapsychiatry.2017.3037
- <sup>59</sup> Heintzelman, S. J., Kushlev, K., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., . . . Diener, E. (2020). ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote subjective well-being. *Journal of Experimental Psychology: Applied*, 26(2), 360-383. doi:10.1037/xap0000254
- <sup>60</sup> Berkowitz, S., Bryant, R., Brymer, M., Hamblen, J., Jacobs, A., Layne, C., Macy, R., Osofsky, H., Pynoos, R., Ruzeck, J., Steinberg, A., Vernberg, E., & Watson, P. (2010). *Skills for Psychological Recovery*. National Center for PTSD & National Child Traumatic Stress Network. [https://www.ptsd.va.gov/professionals/treat/type/SPR/SPR\\_Manual.pdf](https://www.ptsd.va.gov/professionals/treat/type/SPR/SPR_Manual.pdf)
- <sup>61</sup> Reifels, L., Pietrantoni, L., Prati, G., Kim, Y., Kilpatrick, D. G., Dyb, G., Halpern, J., Olff, M., Brewin, C. R., & O'Donnell, M. (2013). Lessons learned about psychosocial responses to disaster and mass trauma: An international perspective. *European Journal of Psychotraumatology*, 4(1), 22897-9. doi:10.3402/ejpt.v4i0.22897
- <sup>62</sup> National Health Commission of the People's Republic of China. Guiding Principles for Emergency Psychological Crisis Intervention for Outbreak of Novel Coronavirus Outbreak. 2020.
- <sup>63</sup> Xiang, Y. T., Yang, Y., Li, W., Zhang, L., Zhang, Q., Cheung, T., & Ng, C. H. (2020). Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed. *The Lancet Psychiatry*, 7(3), 228-229. doi: 10.1016/S2215-0366(20)30046-8
- <sup>64</sup> Griffin, B. J., Purcell, N., Burkman, K., Litz, B.T., Bryan, C.J., Schmitz, M., Villierme, C., Walsh, J., & Maguen, S. (2019). *Moral Injury: An Integrative Review*. *Journal of Traumatic Stress*, 32(3), 350-362. doi:10.1002/jts.22362
- <sup>65</sup> Gray, M. J., Schorr, Y., Nash, W., Lebowitz, L., Amidon, A., Lansing, A., Maglione, M., Lang, A. J., & Litz, B. T. (2012). Adaptive Disclosure: An Open Trial of a Novel Exposure-Based Intervention for Service Members with Combat-Related Psychological Stress Injuries. *Behaviour Therapy*, 43(2), 407-415. doi:10.1016/j.beth.2011.09.001
- <sup>66</sup> Pan, P. J. D., Chang, S. H., & Yu, Y. Y. (2005). A support group for home-quarantined college students exposed to SARS: Learning from practice. *The Journal for Specialists in Group Work*, 30(4), 363-374. doi:10.1080/01933920500186951
- <sup>67</sup> News Release (2020, March 23). Canada's plan to mobilize science to fight Covid-19. <https://pm.gc.ca/en/news/news-releases/2020/03/23/canadas-plan-mobilize-science-fight-covid-19>
- <sup>68</sup> Kates, N. (2017). Mental health and primary care: Contributing to mental health system transformation in Canada. *Canadian Journal of Community Mental Health*, 36(4), 33-67. doi:10.7870/cjcmh-2017-033

## The psychological effects of COVID-19 on Canada's aging population

from page 12

### References, links and resources

- Woods, B., Aguirre, E., Spector, A.E., & Orrell, M. (2012). Cognitive stimulation to improve cognitive functioning in people with dementia. *Cochrane Database of Systematic Reviews*, 2, CD005562, DOI: 10.1002/14651858.CD005562.pub2.
- Fratiglioni, L., Pallard-Borg, S., & Windblad, B. (2004). An active and socially integrated lifestyle in late life might protect against dementia. *Lancet Neurology*, 3, 343-53.
- Mushtaq, R., Shoib, S., Shah, T., & Mushtaq, S. (2014). Relationship between loneliness, psychiatric disorders and physical health? A review on the psychological aspects of loneliness. *Journal of Clinical and Diagnostic Research*, 8, WE01-WE4. <https://doi.org/10.7860/JCDR/2014/10077.4828>
- Holt-Lunstad, J., Smith, T.B., Baker, M., Harris, T. & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspectives on Psychological Science*, 10, 227-237.
- Zou, J.B., Dear, B.F., Titov, N., Lorian, C.N., Johnson, L., Spence, J., et al. (2012). Brief internet-delivered cognitive behavioral therapy for anxiety in older adults: A feasibility trial. *Journal of Anxiety Disorders*, 26, 650-655.
- Carlbring, P., Andersson, G., Cuijpers, P., Riper, H., & Hedman-Lagerlöf, E. (2018) Internet-based vs. face-to-face cognitive behavior therapy for psychiatric and somatic disorders: an updated systematic review and meta-analysis. *Cognitive Behaviour Therapy*, 47, 1-18, DOI: 10.1080/16506073.2017.1401115

## Wellness Together Canada: Psychologists leading Canada's COVID-19 mental health response

from page 14

### References, links and resources

- Cornish, P. A. (2014, November). *A Stepped Care Model for the Delivery of Mental Health Services on a College Campus*. Paper presented at the Annual Conference of the Association of University and College Counseling Center Directors, Chicago, IL
- Andrews, G., Basu, A., Cuijpers, P., Craske, M. G., McEvoy, P., English, C. L., & Newby, J. M. (2018). Computer therapy for the anxiety and depression disorders is effective, acceptable and practical health care: An updated meta-analysis. *Journal of Anxiety Disorders*, 55, 70-78.
- Miller, S. D., Hubble, M. A., Chow, D., & Seidel, J. (2015). Beyond measures and monitoring: Realizing the potential of feedback-informed treatment. *Psychotherapy*, 52(4), 449-457. <https://doi.org/10.1037/pst0000031>

- <sup>4</sup> Batterham, P. J., Sunderland, M., Calear, A. L., Davey, C. G., Christensen, H., Teesson, M., & Herrman, H. (2015). Developing a roadmap for the translation of e-mental health services for depression. *Australian & New Zealand Journal of Psychiatry*, 49, 776-784
- <sup>5</sup> MHCC (2020). *Stepped Care 2.0 Implementation Guide* (2nd Ed.). MHCC: Ottawa.
- <sup>6</sup> Ellis, L. A., Augustsson, H., Grødahl, A. I., Pomare, C., Churruca, K., Long, J. C., Ludlow, K., Zurynski, Y. A., & Braithwaite, J. (2020). Implementation of e-mental health for depression and anxiety: A critical scoping review. *Journal of Community Psychology*, 48(3), 904-920. <https://doi.org.qe2a-proxy.mun.ca/10.1002/jcop.22309>
- Social inequities highlighted in the crux of the COVID-19 pandemic: A wake up call to our profession**  
from page 17
- References, links and resources**
- <sup>1</sup> Henrique, M. (2020, May 27). Will COVID-19 have a lasting impact on the environment? *BBC*. <https://www.bbc.com/future/article/20200326-covid-19-the-impact-of-coronavirus-on-the-environment>
  - <sup>2</sup> Kabilgo, L. (2020, March 18). We may be separated, but COVID-19 is bringing us closer. *Montreal Gazette*. <https://montrealgazette.com/opinion/opinion-we-may-be-separated-but-covid-19-is-bringing-us-closer/>
  - <sup>3</sup> Martel, M. E. (2020, March 20). Des arcs-en-ciel porteurs d'espoir. *La Tribune*. <https://www.latribune.ca/covid-19/des-arcs-en-ciel-porteurs-despoir-23022fb5f1c2ed8ca18fcfd3176e0b2a>
  - <sup>4</sup> Fielding, S. (2020, April 3). In quarantine with an abuser: Surge in domestic violence reports linked to coronavirus. *The Guardian*. <https://www.theguardian.com/us-news/2020/apr/03/coronavirus-quarantine-abuse-domestic-violence>.
  - <sup>5</sup> Renzetti, E. (2020, April 3). For some women, home is as dangerous as the virus. *The Globe and Mail*. <https://www.theglobeandmail.com/opinion/article-for-some-women-home-is-as-dangerous-as-the-virus/>.
  - <sup>6</sup> Taub, A. (2020, April 6). A new Covid-19 crisis: Domestic abuse rises worldwide. *The Guardian*. <https://www.nytimes.com/2020/04/06/world/coronavirus-domestic-violence.html>.
  - <sup>7</sup> Randall, M. (2010). Sexual assault law, credibility, and “ideal victims”: Consent, resistance, and victim blaming. *Canadian Journal of Women and the Law*, 22(2), 397-433. <http://dx.doi.org/10.3138/cjwl.22.2.397>
  - <sup>8</sup> Shariff, S. (2015). *Sexting and cyberbullying*. Cambridge: Cambridge University Press. <https://doi.org/10.1017/CBO9781139095891>
  - <sup>9</sup> Bruemmer, R. (2020, April 4). Don't make us the COVID-19 ‘scapegoats’: Quebec Jewish leader. *Montreal Gazette*. <https://montrealgazette.com/news/local-news/dont-make-us-the-covid-19-scapegoats-quebec-jewish-leader/>
  - <sup>10</sup> Ontario Human Rights Commission (2020). *Policy statement on a human rights-based approach to managing the COVID-19 pandemic*. <http://www.ohrc.on.ca/en/policy-statement-human-rights-based-approach-managing-covid-19-pandemic-0>
  - <sup>11</sup> Douglas, T. (2002). *Scapegoats: Transferring blame*. Routledge.
  - <sup>12</sup> Levy, J. S. (1988). Domestic politics and war. *The Journal of Interdisciplinary History*, 18(4), 653-673. <https://www.jstor.org/stable/204819>
  - <sup>13</sup> Volpato, C., Andrijhetto, L., & Baldissari, C. (2017). Perceptions of low-status workers and the maintenance of the social class status quo. *Journal of Social Issues*, 73(1), 192-210. <https://doi.org/10.1111/josi.12211>
  - <sup>14</sup> Armitage, R., & Nellums, L. B. (2020). COVID-19 and the consequences of isolating the elderly. *The Lancet Public Health*. [https://doi.org/10.1016/S2468-2667\(20\)30061-X](https://doi.org/10.1016/S2468-2667(20)30061-X)
  - <sup>15</sup> Usher, K., Bhullar, N., Durkin, J., Gyamfi, N., & Jackson, D. (2020). Family violence and COVID-19: Increased vulnerability and reduced options for support. *International Journal of Mental Health Nursing*. <https://doi.org/10.1111/inm.12735>
  - <sup>16</sup> Bascaramurti, D. (2020, May 23). New data show that immigrants and low-income earners are more susceptible to COVID-19. *The Globe and Mail*. <https://www.theglobeandmail.com/canada/article-how-covid-19-is-exposing-canadas-socioeconomic-inequalities/>
  - <sup>17</sup> Sheppard, C. (2010). *Inclusive equality: The relational dimensions of systemic discrimination in Canada*. McGill-Queen's Press-MQUP.
  - <sup>18</sup> Gollom, M. (2020, March 13). ‘We can't flip a switch’: E-learning unlikely solution for all Canadian students if COVID-19 closes schools. *CBC News*. <https://www.cbc.ca/news/coronavirus-school-closures-canada-1.5495075>
  - <sup>19</sup> Council of Ministers of Education Canada (2018). *Quality education for all*. <https://www.cmec.ca/Publications/Lists/Publications/Attachments/382/Canadian-report-on-anti-discrimination-in-education-EN.pdf>
  - <sup>20</sup> Hsu, A.T. & Lane, N. (2020). *Impact of COVID-19 on residents of Canada's long-term care homes - ongoing challenges and policy response*. Article in LTCCovid.org, International Long-Term Care Policy Network, CPEC-LSE. <https://ltccovid.org/2020/04/15/impact-of-covid-19-on-residents-of-canadas-long-term-care-homes-ongoing-challenges-and-policy-response/>

## Substance use and COVID-19: What do psychologists need to know and how can they Help?

from page 18

### References, links and resources

- <sup>1</sup> Government of Canada (2020). *Opioid-related harms in Canada*. Retrieved from <https://health-infobase.canada.ca/substance-related-harms/opioids/>
- <sup>2</sup> Canadian Substance Use Costs and Harms Scientific Working Group. (2018). *Canadian substance use costs and harms (2007-2014)*. Retrieved from <https://www.ccsa.ca/sites/default/files/2019-04/CSUCH-Canadian-Substance-Use-Costs-Harms-Report-2018-en.pdf>
- <sup>3</sup> Health Canada. (2015). *Canadian Tobacco Alcohol and Drugs (CTADS): 2015 Summary*. Retrieved from <https://www.canada.ca/en/health-canada/services/canadian-tobacco-alcohol-drugs-survey/2015-summary.html>
- <sup>4</sup> Canadian Centre on Substance Use and Addiction (2020). *25% of Canadians (aged 35-54) are drinking more while at home due to COVID-19 pandemic; cite lack of regular schedule, stress and boredom as main factors*. Retrieved from <https://ccsa.ca/sites/default/files/2020-04/CCSA-NANOS-Alcohol-Consumption-During-COVID-19-Report-2020-en.pdf>
- <sup>5</sup> Government of Canada (2020). *Government of Canada takes action on COVID-19*. Retrieved from <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-reponse/government-canada-takes-action-covid-19.html>
- <sup>6</sup> Canadian Centre on Substance Use and Addiction (2018). *Canada's Low Risk Drinking Alcohol Guidelines*. Retrieved from <https://ccsa.ca/sites/default/files/2019-09/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en.pdf>
- <sup>7</sup> Fischer, B., Russell, C., Sabioni, P., van den Brink, W., Le Foll, B., Hall, W., Rehm, J. & Room, R. (2017). Lower-risk cannabis use guidelines (LRCUG): A comprehensive update of evidence and

- recommendations. *American Journal of Public Health*, 107(8). <https://doi:10.2105/AJPH.2017.303818>.
- <sup>8</sup> Canadian Centre on Substance Use and Addiction (2020). *COVID-19 and cannabis: How to reduce your risk*. Retrieved from <https://www.ccsa.ca/sites/default/files/2020-04/CCSA-COVID-19-and-Cannabis-Reduce-Risks-Infographics-2020-en.pdf>
- <sup>9</sup> Canadian Centre on Substance Use and Addiction (2020). *Coping, stress, anxiety, and substance use during COVID-19*. Retrieved from <https://www.ccsa.ca/coping-stress-anxiety-and-substance-use-during-covid-19-infographic>
- <sup>10</sup> Corace, K. (2020). *The Royal Mental Health Care and Research - COVID-19 Q & A: Coping with a substance use disorder*. Retrieved from <https://www.theroyal.ca/news/covid-19-qa-coping-substance-use-disorder>
- <sup>11</sup> Saunders, J.B.; Aasland, O.G.; Babor, T.F.; de la Puente, J.R.; and Grant, M. (1993). Development of the Alcohol Use Disorders Screening Test (AUDIT). WHO collaborative project on early detection of persons with harmful alcohol consumption. *II. Addiction*, 88,791-804.
- <sup>12</sup> Berman, A. H., Bergman, H., Palmstierna, T., & Schlyter, F. (2005). Evaluation of the Drug Use Disorders Identification Test (DUDIT) in criminal justice and detoxification settings and in a Swedish population sample. *European Addiction Research*, 11(1), 22-31.
- <sup>13</sup> Bell, S., Overington, L., & Arès, I. (2018). Psychology in the opioid crisis: Breaking out of the 50-minute hour. *Psynopsis*, 40(2), 10, 12.
- <sup>14</sup> American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Arlington, VA: American Psychiatric Publishing.
- <sup>15</sup> Substance Abuse and Mental Health Services Administration. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health* (HHS Publication No. SMA 17-5044, NSDUH Series H-52). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from <https://www.samhsa.gov/data/>
- <sup>16</sup> Centre for Addiction and Mental Health. (2012). *What is Addiction?* Retrieved from: [http://www.camh.ca/en/hospital/health\\_information/a\\_z\\_mental\\_health\\_and\\_addiction\\_information/drug-use-addiction/Pages/addiction.aspx](http://www.camh.ca/en/hospital/health_information/a_z_mental_health_and_addiction_information/drug-use-addiction/Pages/addiction.aspx)
- <sup>17</sup> Yang, L., Wong, L.Y., Grivel, M. M., & Hasin, D. S. (2017). Stigma and substance use disorders: An international phenomenon. *Current Opinion in Psychiatry*, 30(5), 378-388. <https://doi:10.1097/YCO.0000000000000351>
- <sup>18</sup> Canadian Centre on Substance Use and Addiction (2019). *Overcoming stigma through language*. Retrieved from <https://ccsa.ca/sites/default/files/2019-09/CCSA-Language-and-Stigma-in-Substance-Use-Addiction-Guide-2019-en.pdf>
- <sup>19</sup> Miller, W. R. & Rollnick, S. (2012). *Motivational Interviewing* (3rd ed.). New York, NY: Guilford Press.

## Social distancing emotions: A new kind of (mal)adaptive shyness resulting from COVID-19

from page 20

### References, links and resources

- <sup>1</sup> Schmidt, L. A., & Poole, K. L. (Editors). (2020). *Adaptive shyness: Multiple perspectives on behavior and development* (pp. xvii-327). Cham, Switzerland: Springer Publishers.
- <sup>2</sup> Schmidt, L.A., & Schuklin, J. (Editors). (1999). *Extreme fear, shyness, and social phobia: Origins, biological mechanisms, and clinical*

*outcomes* (pp. x-311) (Series in Affective Science). New York: Oxford University Press.

## Supporting children, teens, and families with telehealth interventions

from page 24

### References, links and resources

- <sup>1</sup> New research shows two-thirds of Ontarians feel that the mental health impacts of COVID-19 are going to be serious and lasting. (2020, May 6). Retrieved May 28, 2020, from <https://amho.ca/mhw-poll/>
- <sup>2</sup> Perle, J. G. (2013). *Attitudes toward psychological tele-health: Current and future psychologists' opinions of internet-based interventions* [Ph.D., Nova Southeastern University]. <http://search.proquest.com/docview/1434876384/abstract/FC1B1DEA2B394CBAPO/1>
- <sup>3</sup> Wade, S. L., Gies, L. M., Fisher, A. P., Moscato, E. L., Adlam, A. R., Bardoni, A., Corti, C., Limond, J., Modi, A. C., & Williams, T. (2020). Telepsychotherapy with children and families: Lessons gleaned from two decades of translational research. *Journal of Psychotherapy Integration*, 30(2), 332. <https://doi.org/10.1037/int0000215>
- <sup>4</sup> Comer, J. S., Furr, J. M., Kerns, C. E., Miguel, E., Coxe, S., Elkins, R. M., Carpenter, A. L., Cornacchio, D., Cooper-Vince, C. E., DeSerisy, M., Chou, T., Sanchez, A. L., Khanna, M., Franklin, M. E., Garcia, A. M., & Freeman, J. B. (2016). Internet-delivered, family-based treatment for early-onset OCD: A pilot randomized trial. *Journal of Consulting and Clinical Psychology*, 85(2), 178-186. <http://dx.doi.org.proxy.library.carleton.ca/10.1037/ccp0000155>
- <sup>5</sup> Comer, J. S., Furr, J. M., Miguel, E. M., Cooper-Vince, C. E., Carpenter, A. L., Elkins, R. M., Kerns, C. E., Cornacchio, D., Chou, T., Coxe, S., DeSerisy, M., Sanchez, A. L., Golik, A., Martin, J., Myers, K. M., & Chase, R. (2017). Remotely delivering real-time parent training to the home: An initial randomized trial of Internet-delivered parent-child interaction therapy (I-PCIT). *Journal of Consulting and Clinical Psychology*, 85(9), 909-917. <http://dx.doi.org.proxy.library.carleton.ca/10.1037/ccp0000230>
- <sup>6</sup> Sibley, M. H., Comer, J. S., & Gonzalez, J. (2017). Delivering parent-teen Therapy for ADHD through videoconferencing: A preliminary investigation. *Journal of Psychopathology and Behavioral Assessment*, 39(3), 467-485. <https://doi.org/10.1007/s10862-017-9598-6>
- <sup>7</sup> Heinicke, B. E., Paxton, S. J., McLean, S. A., & Wertheim, E. H. (2007). Internet-Delivered Targeted Group Intervention for Body Dissatisfaction and Disordered Eating in Adolescent Girls: A randomized controlled trial. *Journal of Abnormal Child Psychology; New York*, 35(3), 379-391. <http://dx.doi.org.proxy.library.carleton.ca/10.1007/s10802-006-9097-9>

## Bending the Family Violence Curve

from page 25

### References, links and resources

- <sup>1</sup> Statistics Canada, 2018, <https://www150.statcan.gc.ca/n1/en/pub/85-002-x/2019001/article/00018-eng.pdf?st=HOFARVR7>
- <sup>2</sup> McTavish, J.R., MacGregor, J.C.D., Wathen, N. & MacMillan, H.L. (2016). Children's exposure to intimate partner violence: an overview. *International Review of Psychiatry*, 28, 504-518. <http://dx.doi.org/10.1080/09540261.2016.1205001>
- <sup>3</sup> Public Health Agency of Canada. *Canadian incidence study of reported child abuse and neglect* (2010). Ottawa (ON), <https://>

- cwpr.ca/sites/default/files/publications/en/CIS-2008-rprt-eng.pdf
- <sup>4</sup> McLean, Linda. (May 16, 2020). Restrictions take a toll on kids at women's shelter. *Calgary Herald*, Calgary (AB), A5.

## Supporting parent healthcare workers and their children during COVID-19

from page 26

### References, links and resources

- <sup>1</sup> Xiang, Y. T., Yang, Y., Li, W., Zhang, L., Zhang, Q., Cheung, T., & Ng, C. H. (2020). Timely mental health care for the 2019 novel coronavirus outbreak is urgently needed. *The Lancet Psychiatry*, 7(3), 228-229.
- <sup>2</sup> Lancet, T. (2020). COVID-19: Protecting health-care workers. *Lancet (London, England)*, 395(10228), 922.
- <sup>3</sup> Souadka, A., Essangri, H., Benkabbou, A., Amrani, L., & Majbar, M. A. (2020). COVID-19 and healthcare worker's families: Behind the scenes of frontline response. *EClinicalMedicine*.

## At a loss for words: Responding to language barriers in mental health care

from page 32

### References, links and resources

- <sup>1</sup> Statistics Canada. (2017). An Increasingly Diverse Linguistics Landscape: Highlights from the 2016 Census. Retrieved from <http://www.statcan.gc.ca/daily-quotidien/170802/dq170802b-eng.htm?HPA=1>
- <sup>2</sup> Statistics Canada (2020, May) COVID-19 pandemic: People unable to converse in English or French. Retrieved from <https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020001/article/00014-eng.htm>
- <sup>3</sup> Government of Canada. Canada Health Act. R.S.C., 1985, c. C-6. Retrieved from, <https://laws-lois.justice.gc.ca/eng/acts/c-6/fulltext.html>
- <sup>4</sup> Statistics Canada (2019). Mental health care needs, 2018. Retrieved from, <https://www150.statcan.gc.ca/n1/en/pub/82-625-x/2019001/article/00011-eng.pdf?st=gQ8ryV-C>
- <sup>5</sup> Farooq, S., & Fear, C. (2003). Working through interpreters. *Advances in psychiatric treatment*, 9(2), 104-109.
- <sup>6</sup> Devakumar, D., Shannon, G., Bhopal, S. S., & Abubakar, I. (2020). Racism and discrimination in COVID-19 responses. *The Lancet*, 395(10231), 1194.
- <sup>7</sup> Bowden, O., (2020, April). These Asian Canadians are concerned as hate crimes spike in the coronavirus pandemic. Global News.
- <sup>8</sup> Bowles, R. (2001). Social work with refugee survivors of torture and trauma. *Social work's fields of practice*, 249-267.
- <sup>9</sup> Ying, Y. W. (2001). Psychotherapy with traumatized Southeast Asian refugees. *Clinical Social Work Journal*, 29(1), 65-78.
- <sup>10</sup> Hunsley, J., Ronson, A., & Cohen, K. R. (2013). Professional psychology in Canada: A survey of demographic and practice characteristics. *Professional Psychology: Research and Practice*, 44(2), 118-126. <https://doi.org/10.1037/a0029672>
- <sup>11</sup> Canadian Psychological Association (2001). Guidelines for Non-Discriminatory Practice. Retrieved from, <https://cpa.ca/cpasite/UserFiles/Documents/publications/NonDiscPractrev%20cpa.pdf>
- <sup>12</sup> Leanza, Y., Boivin, I., & Rosenberg, E. (2010). Interruptions and resistance: a comparison of medical consultations with family and trained interpreters. *Social science & medicine*, 70(12), 1888-1895.

- <sup>13</sup> Trickett, E. J., & Jones, C. J. (2007). Adolescent culture brokering and family functioning: A study of families from Vietnam. *Cultural Diversity and Ethnic Minority Psychology*, 13(2), 143-150.

- <sup>14</sup> Jacobs, B., Kroll, L., Green, J., & David, T. J. (1995). The hazards of using a child as an interpreter. *Journal of the Royal Society of Medicine*, 88(8), 474P.

- <sup>15</sup> American Psychiatric Association. (2013). Appendix E, Cultural Formulation in *Diagnosis and Cultural Concepts of Distress in Diagnostic and statistical manual of mental disorders* (5th ed.). Washington, D.C: American Psychiatric Association.

- <sup>16</sup> Healthcare Interpretation Network (2007). National Standard Guide for Community Interpreting Services. Retrieved from, <https://ailia.ca/resources/Documents/National%20Standard%20Guide%20for%20Community%20Interpreting%20Services.pdf>

- <sup>17</sup> Canadian Psychological Association (2020) *Providing Psychological Services via Electronic Media*. Retrieved from, <https://cpa.ca/aboutcpa/committees/ethics/psychserviceselectronically/>

- <sup>18</sup> Mann, D. M., Chen, J., Chunara, R., Testa, P. A., & Nov, O. (2020). COVID-19 transforms health care through telemedicine: evidence from the field. *Journal of the American Medical Informatics Association*.

- <sup>19</sup> Butler, CA 2008, 'Speaking the unspeakable: Female interpreters' response to working with women who have been raped in war', *Clinical Psychology Forum*, vol. 192, pp. 22-26.

- <sup>20</sup> Miller, K. E., Martell, Z. L., Pazdirek, L., Caruth, M. and Lopez, D. (2005). The role of interpreters in psychotherapy with refugees: An exploratory study. *American Journal of Orthopsychiatry*, 75, 27-39.

- <sup>21</sup> Schank, J. A., & Skovholt, T. M. (1997). Dual-relationship dilemmas of rural and small-community psychologists. *Professional Psychology: Research and Practice*, 28(1), 44.

- <sup>22</sup> de Jong, K. (2016). Deriving implementation strategies for outcome monitoring feedback from theory, research and practice. *Administration and Policy in Mental Health and Mental Health Services Research*, 43(3), 292-296.

## The global voice for science, including psychology: The International Science Council

from page 36

### References, links and resources

- <sup>1</sup> McBean, G., & Martinelli, A. (2017). Blurring disciplinary boundaries. *Science*, 358(6366), 975. <https://doi.org/https://doi.org/10.1126/science.aar4320>.
- <sup>2</sup> International Science Council: ISC Committee for Freedom and Responsibility in Science. Freedoms & Responsibilities of Scientists. Available at: <https://council.science/what-we-do/freedoms-and-responsibilities-of-scientists/>.

- <sup>3</sup> International Development Research Centre website. What we do. Available at: <https://www.idrc.ca/en/what-we-do>.