

Curriculum Vitae

Natasha L. Gallant

Regina, SK

(306) 585-4219

Natasha.Gallant@uregina.ca

ACADEMIC APPOINTMENTS

Lecturer in Clinical Psychology, 2020 – present

Department of Psychology, University of Regina, Regina, SK

EDUCATION

Doctor of Philosophy in Clinical Psychology, 2016 – (2021)

CPA-Accredited Program, University of Regina, Regina, SK

Dissertation: Facilitators & barriers to technology adoption: An automated pain detection system for LTC

Expected Defence of Dissertation: March 2021

Pre-Doctoral Internship in Clinical Psychology, 2019 – 2020

CPA-Accredited Program, The Ottawa Hospital, Ottawa, ON

Tracks: Health & Rehabilitation Psychology

Rotations: Psychological Consultation for Inpatient Services; Psychosocial Oncology Program; Chronic Pain Management Program; General Outpatient Services at The Rehabilitation Centre

Master of Arts in Clinical Psychology, 2014 – 2016

CPA-Accredited Program, University of Regina, Regina, SK

Thesis: Experiencing pain alone and in the presence of others: A study of older adults

Bachelor of Arts in Psychology & Media, Information, and Technoculture, 2009 – 2013

University of Western Ontario, London, ON

Honours Thesis: Contribution of mood states and stimulus type on pain perceptions

PEER-REVIEWED JOURNAL ARTICLES

Bouchard, K., Gareau, A., **Gallant, N. L.**, Greenman, P. S., Sztajerowska, K., & Tulloch, H. (submitted). Anxiety, depression, and quality of life among cardiac patients and their partners: An actor-partner interdependence model (APIM) analysis. *Annals of Behavioral Medicine*.

Gallant, N. L., Peckham, A., Marchildon, G., Hadjistavropoulos, T., Roblin, B., & Stopyn, R. J. N. (2020). Provincial legislative and regulatory standards for pain assessment and management in long-term care homes. *BMC Geriatrics*, 20, 458.

Ghandehari, O., **Gallant, N. L.**, Hadjistavropoulos, T., Williams, J., & Clark, D. A. (2020). The relationship between the pain experience and emotion regulation in older adults. *Pain Medicine*, 1-11.

Zahid, M., **Gallant, N. L.**, Hadjistavropoulos, T., & Stroulia, E. (2020). Behavioral pain assessment implementation in long-term care using a tablet app: Case series and quasi experimental design. *Journal of Medical Internet Research mHealth and uHealth*, 8(4), e17108.

Newton, C., Hadjistavropoulos, T. & **Gallant, N. L.**, MacNab, Y. C. (2019). Age differences in attitudes about older adults with dementia. *Ageing & Society*, 1-16.

Gallant, N. L. & Hadjistavropoulos, T. (2017). Experiencing pain alone and in the presence of others: A laboratory experiment of older adults. *The Journal of Pain*, 18(4), 456-467.

BOOK CHAPTERS

- Hadjistavropoulos, T., **Gallant, N. L.**, & Gagnon, M. (2018). Chronic pain in adults. In John Hunsley & Eric J. Mash (Eds.), *A guide to assessments that work (2nd ed.)* (pp. 608-627). New York, NY: Oxford University Press.
- Hadjistavropoulos, T., & **Gallant, N. L.** (2018). Pain in older adults: Caregiver challenges. In Karos, K., Prkachin, K., Trost, Z. & Vervoort, T. (Eds.), *Social and interpersonal dynamics in pain: We don't suffer alone* (pp. 415-429). New York, NY: Springer.

REPORTS

- Gallant, N. L.** (2020). *Key barriers faced by older adults staying in the workforce or returning to the workforce once they have exited*. Fredericton, New Brunswick: AGE-WELL National Innovation Hub—Advancing Policies & Practices in Technology & Aging. Retrieved from <https://bit.ly/3jjVTNi>
- Gallant, N. L.** (2019). *Psychologists in integrated health care: Policy recommendations*. Fredericton, New Brunswick: AGE-WELL National Innovation Hub—Advancing Policies & Practices in Technology & Aging.
- Gallant, N. L.**, Berry, W., Imeah, B., & Paluck, E. (2019). *An assessment of a subsidized assisted living pilot program for clients already in long term care facilities*. Regina, Saskatchewan: Saskatchewan Health Authority.

CLINICAL ASSESSMENT PROTOCOLS

- Gallant, N. L.**, Stewart, S.L., Theall, L., Arbeau, K., Marshman, M.E., Liebenberg, L., & MacLeod, K. (2016). Strengths CAP. In S.L. Stewart, L.A. Theall, J.N. Morris, et al. *interRAI ChYMH-DD Collaborative Action Plans (CAPs): For use with the interRAI ChYMH-DD Assessment Instrument, Version 9.3* (pp. 153-157). Washington, DC: interRAI.
- Stewart, S.L., **Gallant, N. L.**, Theall, L., Carter, J., Mathias, K., McKnight, M., Beharry, P., Rielly, N., Eckel, L., & Hirdes, J.P. (2016). Support Systems for Discharge CAP. In S.L. Stewart, L.A. Theall, J.N. Morris, et al. *interRAI ChYMH-DD Collaborative Action Plans (CAPs): For use with the interRAI ChYMH-DD Assessment Instrument, Version 9.3* (pp. 169-175). Washington, DC: interRAI.
- Arbeau, K., Liebenberg, L., Stewart, S.L., Marshman, M.E., MacLeod, K., Theall, L., & **Gallant, N. L.** (2015). Strengths CAP. In S.L. Stewart, L.A. Theall, J.N. Morris, et al. *interRAI ChYMH Collaborative Action Plans (CAPs): For use with the interRAI ChYMH Assessment Instrument, Version 9.3* (pp. 163-167). Washington, DC: interRAI.

NEWSLETTERS

- Gallant, N. L.** (2020). Early Career Award Winner: Dr. Meghan McMurtry. In Jennifer Gordon (Ed.), *Health Notes* (p. 4-5). Ottawa, ON: Canadian Psychological Association.
- Gallant, N. L.** (2019). Senior Investigator Award Winner: Dr. Wolfgang Linden. In Jennifer Gordon (Ed.), *Health Notes* (p. 4). Ottawa, ON: Canadian Psychological Association.

CONFERENCE PRESENTATIONS

- Gallant, N. L.** (2020, June). Key barriers faced by older adults staying in the workforce or returning to the workforce once they have exited. Virtual paper session presented at AGE-WELL's EPIC Conference, Toronto, ON.
- Gallant, N. L.**, Taylor, E., & Hadjistavropoulos, T. (2019, October). Understanding facilitators and barriers to technology adoption: An automated pain detection system for long-term care. Poster session presented at AGE-WELL's Annual Conference, Moncton, NB.

CONFERENCE PRESENTATIONS (CONTINUED)

- Zahid, M., **Gallant, N. L.**, Hadjistavropoulos, T., & Stroulia, E. (2019, October). Pain assessment in long-term care facilities using a tablet app. Poster session presented at Canadian Association in Gerontology's Annual Conference, Moncton, NB.
- Gallant, N. L.** & Hadjistavropoulos, T. (2019, May). The influence of personality factors on intentions to use a computer vision system to automatically detect and monitor pain behaviour in long-term care residents. Poster session presented at the Canadian Association for Health Services and Policy Research's Scientific Conference, Halifax, NS.
- Lawrence, L., Rice, D., Aboueid, S., Lopatina, E., **Gallant, N. L.**, Tate, K., Kandola, D., Recsky, C., Roher, S., Yu, T., Avdagovska, M., & Trowbridge, J. (2019, May). Integrating professional and academic development. Panel session presented at the Canadian Association for Health Services and Policy Research's Scientific Conference, Halifax, NS.
- Lopatina, E., Trowbridge, J., Rice, D., Kandola, D., Aboueid, S., **Gallant, N. L.**, Recsky, C., Muller, M., Rab, F., Roher, S., Yu, T., Avdagovska, M., & Lawrence, L. (2019, May). Experiences of the inaugural cohort of PhD Health System Impact fellows. Poster session presented at the Canadian Association for Health Services and Policy Research's Scientific Conference, Halifax, NS.
- Gallant, N. L.**, Hadjistavropoulos, T., & Wickson-Griffiths, A. (2018, October). Improved pain assessments following implementation of an online training program and standardized protocol in rural long-term care facilities. Poster session presented at AGE-WELL's Annual Conference, Vancouver, BC.
- Browne, M. E., **Gallant, N. L.**, Hadjistavropoulos, T. (2018, September). Readiness for change and evaluations of an online pain assessment/management training program in rural long-term care: A linguistic analysis. Poster session presented at the World Congress on Pain, Boston, MA.
- Gallant, N. L.**, Hadjistavropoulos, T., & Wickson-Griffiths, A. (2017, May). Attitudes toward the possibility of an online pain assessment/management training program in rural long-term care facilities. Poster session presented at Canadian Pain Society Annual Scientific Meeting, Halifax, NS.
- Gallant, N. L.**, Hadjistavropoulos, T., Taati, B., Prkachin, K., Marchildon, G., Browne, E., Ashraf, A., & Asgarian, A. (2016, October). Technology adoption readiness in long-term care. Poster session presented at AGE-WELL's Annual Conference, Montreal, QC.
- Ashraf, A., Taati, B., Hadjistavropoulos, T., Prkachin, K., Browne, E., Asgarian, A., Marchildon, G., & **Gallant, N. L.** (2016, October). Computer vision based facial expression analysis for recognizing pain in older adults. Poster session presented at AGE-WELL's Annual Conference, Montreal, QC.
- Gallant, N. L.**, & Hadjistavropoulos, T. (2016, May). Pain alone vs. in the presence of another. Poster session presented at Canadian Pain Society Annual Scientific Meeting, Vancouver, BC.
- Gallant, N. L.**, Hadjistavropoulos, T., Delbaere, K., Ammaturo, D., Dever Fitzgerald, T., & Scudds, R. (2015, June). Activities of daily living questionnaire scores and indices of functional ability. Poster session presented at Canadian Psychological Association's Annual Convention, Ottawa, ON.
- Ammaturo, D., Hadjistavropoulos, T., **Gallant, N. L.**, Alfano, D., Delbaere, K., Dever Fitzgerald, T. (2015, June). Relationship of frontal lobe dysfunction to gait performance in older LTC residents. Poster session presented at Canadian Psychological Association Annual Convention, Ottawa, ON.
- Gallant, N. L.**, Arbeau, K., Liu, C., & Stewart, S. (2015, May). An examination of the association between pain and family functioning using the interRAI ChYMH instrument. Poster session presented at Canadian Pain Society Annual Scientific Meeting, Charlottetown, PEI.

INVITED COMMUNITY PRESENTATIONS

- Gallant, N. L.** (2020, February). Key barriers faced by older adults staying in or returning to the workforce: Policy recommendations. Invited presentation for AGE-WELL's APPTA National Innovation Hub, Montreal, QC.
- Gallant, N. L.** (2019, December). Aging with chronic diseases: What can we learn from experiences of pain among older adults? Invited presentation for University of Regina's Department of Psychology, Regina, SK.
- Gallant, N. L.** (2019, June). Psychologists in integrated health care: Policy recommendations. Invited presentation for AGE-WELL's APPTA National Innovation Hub, Regina, SK.
- Gallant, N. L.,** Hadjistavropoulos, T., & Wickson-Griffiths, A. (2019, March). A web-based training program for long-term care staff. Invited presentation for Regina Brain Awareness Week, Regina, SK.
- Zahid, M., **Gallant, N. L.,** Hadjistavropoulos, T., & Stroulia, E. (2019, March). The Pain Assessment Checklist for Seniors with Limited Ability to Communicate-II App. Invited presentation for Regina Brain Awareness Week, Regina, SK.
- Gallant, N. L.** (2019, February). Harnessing the power of technology to address pain in long-term care. Invited presentation for the Saskatchewan Health Authority, Regina, SK.
- Gallant, N. L.** (2016, March). La douleur physique chez les personnes âgées. Invited presentation for the Fédération des aînés fransaskois, Regina, SK.
- Gallant, N. L.** (2015, October). Pain in Canadian older adults. Invited presentation for the Power Pioneers Association of Saskatchewan, Regina, SK.

MEDIA APPEARANCES

- Shaw Spotlight. (2020, November). Aging with Attitude: Episode #13: https://youtu.be/4IPvCB_gjJw
- ICI Saskatchewan (2020, October). COVID-19: Les répercussions sur les Canadiens ayant un problème de santé de longue durée : <https://ici.radio-canada.ca/premiere/emissions/pour-faire-un-monde/segments/entrevue/203954/sante-mentale-coronavirus-statistique-canada-enquete>
- ICI Saskatchewan (2020, March). Diminuer son anxiété pendant la pandémie de COVID-19: <https://ici.radio-canada.ca/premiere/emissions/pour-faire-un-monde/segments/entrevue/162223/isolement-anxiete-depression-psychologie-saskatchewan-solitude>
- ICI Saskatchewan (2019, November). Anxiété de performance, l'isolement et manque de soutien chez les universitaires: <https://ici.radio-canada.ca/premiere/emissions/pour-faire-un-monde/segments/entrevue/142783/etudiants-universites-depression-sante-mentale>
- ICI Saskatchewan (2019, July). L'activité physique peut améliorer la santé de personnes atteintes de cancer: <http://www.radio-canada.ca/util/postier/suggerer-go.asp?nID=4403686>
- AGE-WELL NCE (2019, June). Improving older adults' quality of life through user-friendly advanced technologies: <https://www.youtube.com/watch?v=LGo7bw8VXTQ&feature=youtu.be>
- Centre on Aging and Health (2019, Spring). Improving older adults' quality of life through user-friendly advanced technologies: An epic knowledge translation event. Centre on Aging and Health Newsletter, Issue 29, 1-7: <https://www2.uregina.ca/cah/uploads/media/5cf5a0c2e7032.pdf?v1>
- ICI Saskatchewan (2018, March). Un outil en ligne de formation pour le personnel infirmier: <http://www.radio-canada.ca/util/postier/suggerer-go.asp?nID=4404499>

RESEARCH GRANTS

Strengthening Pandemic Preparedness in Long-Term Care (2020 – 2021) [\$149,772]

<i>Title:</i>	Presence of family and other informal caregivers in long-term care during COVID-19: A feasibility study
<i>Funding Agencies:</i>	Canadian Institutes of Health Research (\$99,772) Saskatchewan Health Research Foundation (\$50,000)
<i>Nominated Principal Applicant:</i>	Natasha L. Gallant (University of Regina)
<i>Principal Applicants:</i>	Malcolm Doupe (University of Manitoba) Thomas Hadjistavropoulos (University of Regina) Walter Wodchis (University of Toronto)
<i>Co-Applicants:</i>	Atul Jaiswal (Université de Montréal) Chi-Ling Sinn (University of Waterloo) Duyen Nguyen (University of New Brunswick) El Kebir Ghandour (Université Laval) Heather Finnegan (University of Manitoba) Ivy Cheng (University of Toronto) Iwona Bielska (McMaster University) Katie Aubrecht (St. Francis Xavier University) Sara Shearkhani (University of Toronto)
<i>Collaborators:</i>	Adrienne Chan (Sunnybrook Research Institute) Aislinn Conway (CHEO Research Institute) Gina Agarwal (McMaster University) Jacqueline Gahagan (Dalhousie University) Logan Lawrence (Health Association Nova Scotia) Merrick Zwarenstein (Institute for Clinical Evaluative Sciences)
<i>Trainees:</i>	Emily Moore (McGill University)
<i>Knowledge Users:</i>	Kate Ellis (Horizon Health Network) Janice Letson (Horizon Health Network) Leland Sommer (Saskatchewan Health Authority) Lismi Kallan (City of Hamilton) Barbara Sargeant (City of Hamilton) Joan Glover (City of Hamilton)
<i>Lay Abstract:</i>	Our Implementation Science Team is partnering with six long-term care and retirement home units in Saskatchewan, Ontario, and New Brunswick to support the reintegration of family caregivers. Furthermore, our team is also supporting the reintegration of other informal caregivers who play an important social role for residents who have no or less involved family caregivers. Using an implementation research logic model approach, we will examine resident, caregiver, and staff outcomes prior to and following the intervention. Components of the intervention will include the identification of caregivers and a point of contact for caregivers, development of a consistent screening process and safety protocols for caregivers, establishment of a rapid appeals process, pre-entry preparation of caregivers, and staff education to understand the essential roles of caregivers.

RESEARCH GRANTS (CONTINUED)

Start-Up Research Grant (2020 – 2022) [\$12,000]

<i>Title:</i>	Psychosocial stressors in the development chronic diseases across the lifespan
<i>Funding Agencies:</i>	Dean of Arts Office (\$10,000) Office of the Vice-President of Research (\$2,000)
<i>Principal Applicant:</i>	Natasha L. Gallant (University of Regina)
<i>Lay Abstract:</i>	The incidence of chronic diseases in Canada is rising at a time when its population is aging at an unprecedented rate. Thus, with aging being one of the strongest risk factors for chronic diseases, Canada's healthcare system will be met with increasingly complex challenges in providing care for this population. Allostatic load—or the price paid by the body for adapting to chronic exposure to psychosocial stressors—has been shown to influence on the development and maintenance of risk factors and conditions and, in turn, chronic diseases. Thus, the aim of this project is to better understand the role of two psychosocial stressors—ACEs and ageism—among middle-aged and older adults living with chronic diseases. Using a mixed-methods design, a cross-sectional study will be conducted to compare experiences of ACEs, ageism, and chronic diseases across middle-aged and older adults. Based on these findings, an intervention to promote resilience in this population will be developed.

AWARDS, HONOURS, & FELLOWSHIPS

Alzheimer Society Research Program Award (2018–2021) [\$76,000] (Declined)

Title: Harnessing the power of technology to assist older adults in long-term care

Funding Agency: Alzheimer Society of Canada

Health System Impact Fellowship (2018–2019) [\$50,000]

Title: Harnessing the power of technology to assist older adults in long-term care

Funding Agency: Canadian Institutes of Health Research

Tri-Council Enhancement Award (2018) [\$7,000]

Title: Harnessing the power of technology to assist older adults in long-term care

Funding Agency: University of Regina's Faculty of Graduate Studies & Research

Certificate of Academic Excellence (2017)

Agency: Canadian Psychological Association

C. Jillings Award for Excellence in Clinical Psychology (2016) [\$2,500]

Funding Agency: University of Regina's Faculty of Graduate Studies & Research

Member Spirit Award (2016)

Funding Agency: University of Regina's Psychology Graduate Students' Association

Canada Graduate Scholarship (2015–2016) [\$17,500]

Title: Pain-mitigating effects of social support among older adults

Funding Agency: Canadian Institutes of Health Research

Tri-Council Enhancement Award (2015) [\$3,000]

Title: Pain-mitigating effects of social support among older adults

Funding Agency: University of Regina's Faculty of Graduate Studies & Research

RESEARCH EXPERIENCE

- 2020 – present** Director
Health, Illness, and Disease Research Unit, Regina, SK
- 2020 – present** Co-Lead
Aging, Older Adults, and Long-Term Care Learning Collaborative, Toronto, ON
- 2016 – 2020** Highly Qualified Personnel
AGE-WELL Networks of Centres of Excellence, Toronto, ON
- 2015 – 2020** Research Assistant
Health Psychology Laboratory, University of Regina, Regina, SK
- 2018 – 2019** Health System Impact Fellow
Long-Term Care Service Line, Saskatchewan Health Authority, Regina, SK

SERVICE EXPERIENCE

- 2020 – present** Faculty Representative for Faculty of Arts Internship Program
Faculty of Arts, University of Regina
- 2020 – present** Faculty Representative for the University of Regina
Canadian Psychological Association
- 2016 – 2019** Graduate Student Representative
Ph.D. Committee, University of Regina
- 2015 – 2019** Trainee Representative
Centre on Aging and Health Steering Committee, University of Regina
- 2017 – 2018** President
Psychology Graduate Students' Association, University of Regina
- 2016 – 2017** Graduate Student Representative
Senate Appeals Committee, University of Regina
- 2016 – 2017** Graduate Student Representative
Council Discipline Committee on Student Appeals, University of Regina
- 2016 – 2017** Coordinator
Three Minute Thesis (3MT) Conference, University of Regina
- 2016 – 2017** President
Graduate Students' Association, University of Regina

TEACHING EXPERIENCE

- 2021** PSYC 850: Psychological Assessments I
Department of Psychology, University of Regina, Regina, SK
- 2021** PSYC 383: Health Psychology
Department of Psychology, University of Regina, Regina, SK
- 2020** PSYC 102: Introductory Psychology: Biological & Cognitive Focus
Department of Psychology, University of Regina, Regina, SK

CLINICAL EXPERIENCE

- 2019 – 2020** Pre-Doctoral Intern in Clinical Psychology
Health & Rehabilitation Track, The Ottawa Hospital, Ottawa, ON
- 2019** Registered Psychologist (Provisional)
Adult Rehabilitation Program, Wascana Rehabilitation Centre, Regina, SK
- 2018 – 2019** Ph.D. Practicum Student
Neuropsychological Assessments, The Owens Group Prof. Corp., Regina, SK
- 2018** Ph.D. Practicum Student
Adult Therapies, Mental Health Clinic, Regina, SK
- 2018** Ph.D. Practicum Student
Adult Clinic, Sun Life Financial Psychology Training Clinic, Regina, SK
- 2017** Ph.D. Practicum Student
Counselling Services, University of Regina, Regina, SK
- 2017** Ph.D. Practicum Student
Complex Diagnosis Assessment Team, Child and Youth Services, Regina, SK
- 2015** Master's Practicum Student
Functional Rehabilitation Program, Wascana Rehabilitation Centre, Regina, SK

PROFESSIONAL TRAINING

- 2019 – 2020** Visions for Change Policy Challenge Winner, AGE-WELL's APPTA Innovation Hub
- 2019** Summer Institute: Staying Connected and Strengthening Social Networks, AGE-WELL
- 2019** Policy Education Program Certificate, AGE-WELL's APPTA Innovation Hub
- 2019** Distinguished Toastmaster Award, Toastmasters International
- 2017** Innovators of Tomorrow Certificate, AGE-WELL
- 2015** Using a Policy Lens to Develop Recommendations, Canadian Evaluation Society

PROFESSIONAL AFFILIATIONS

- 2019 – present** Canadian Association for Health Services & Policy Research
- 2017 – present** International Association for the Study of Pain
- 2014 – present** Centre on Aging and Health
- 2014 – present** Canadian Pain Society
- 2014 – present** Canadian Psychological Association