



John E. Krzeczowski, Ph.D.
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Academic Positions

Postdoctoral Research Fellow Department of Psychology, York University Supervisor: Dr. Christine Till	October 2021-Present
Sessional Instructor Department of Psychology, York University	January 2022-May 2022
Sessional Instructor Department of Health Sciences, Brock University	January 2021-May 2021
Postdoctoral Research Fellow McCain Centre for Child, Youth & Family Mental Health-Centre for Addictions and Mental Health Supervisor: Dr. Brendan Andrade	September 2020-2021

Education

Doctor of Philosophy, Neuroscience Vanier Scholar, McMaster University, Hamilton, ON. Supervisor: Dr. Ryan J. Van Lieshout Thesis Title: <i>Perinatal determinants of mental disorders, identifying risk factors and testing the effectiveness of early interventions on infant and child emotion regulation</i>	September 2015-2020
Honours Bachelor of Science, Neuropsychology Brock University, St. Catharines, ON. Supervisor: Dr. Dawn Good Thesis Title: <i>Investigating the benefits of trait or acquired mindfulness in persons with mild head injury</i> *Distinguished Graduating Student Award-Awarded to the student with the highest graduating average	September 2012-2015

Grants

Awarded

Canadian Institutes of Health Research (CHIR)-Project Grant Co-Applicants: Ryan Van Lieshout; Brendan Andrade; Emma Duerden; Mark Ferro; Steve Hanna \$650,000	2022-2025
Daymark Foundation-Learning Grant Co-Applicant: Ryan Van Lieshout \$450,000	2022-2025
CIHR- Human Development, Child and Youth Health Priority Announcement Funding Co-Applicants: Ryan Van Lieshout; Brendan Andrade; Emma Duerden; Mark Ferro; Steve Hanna \$100,000	20221-2022
Brock University Explore and Exchange Grant Co-Applicants: Brendan F. Andrade; Dillon Brown; Karen Patte; Terrance Wade; Negin Riazi; Busra Yalcinoz \$7000	2021-2022
Science in the Community Grant, Southern Ontario Neuroscience Society (SOMA) Co-Applicant: Lisa Dyce \$500	2018-2019

In Preparation

Social Sciences and Humanities Research Council (SSHRC)

Insight Grant

Co-Applicants: Karen A. Patte, Terrance Wade, Brendan F. Andrade, Dillon Brown., Busra Yalcinoz-Ucan, Negin A. Riazi, Elizabeth Yates, Andrea, Tagalakis, Shannon Scratch
\$150,000

Ontario Trillium Fund Grant

Co-Applicants: Brendan F. Andrade, Nadine Wallace (Contact Niagara), Thomas Coyne (Youth Wellness Hubs Niagara),
\$250,000

Peer Reviewed Publications

Krzeczowski, J.E., Wade, T., Andrade, B.A., Brown, D., Yalcinoz-Ucan, B., Raizi, N.A., Yates, E., Tagalakis, A., Patte, K. (2022). Examining the mental health of siblings of children with a mental disorder: A scoping review protocol. *PLoS ONE*.

Krzeczowski, J.E., Schmidt, L.A., Ferro, M., Van Lieshout, R.J. (2022). Follow the leader: Maternal transmission of physiological regulatory support to distressed infants in real-time. *Psychopathology and Clinical Science*.

Goodman, C.V., Hall, M., Chevrier, J... **Krzeczowski, J.E.**, Lanphear, B., Till, C., (2022). Iodine status modifies the association between fluoride exposure in pregnancy and preschool boys' intelligence. *Nutrients*. 14(14): 2920.

Schmidt, L.A., Poole K., **Krzeczowski, J.E.**, et al. (2022). Long-term stability of frontal electroencephalogram alpha power and asymmetry at rest in adults born at extremely low or normal birth weight: A 10-year longitudinal study. *Developmental Psychobiology*.

Krzeczowski J.E., Schmidt, L.A., Van Lieshout, R.J. (2021). Changes in Infant Emotion Regulation Following Maternal Cognitive Behavioral Therapy for Postpartum Depression. *Depression & Anxiety*, 1-10. <https://doi.org/10.1002/da.23130>

Mortaji, N., **Krzeczowski, J.E.**, Boylan, K., Arbuckle, T., Van Lieshout, R.J., (2021). Maternal pregnancy diet, postnatal home environment and executive function and behavior in 3- to 4-y-olds. *American Journal of Clinical Nutrition*. <https://doi.org/10.1093/ajcn/nqab202>

Ntow, K., **Krzeczowski, J.E.**, Amani, B., Savoy, C.A., Schmidt, L.A., Van Lieshout, R.J., (2021). Maternal and Infant Performance on the Face-to-Face Still-Face Task Following Maternal Cognitive Behavioral Therapy for Postpartum Depression. *Journal of Affective Disorders*, 1(278), 583-591.

Faltyn, M., Savoy, C., **Krzeczowski, J.E.**, Colman I., Ferro, M., Van Lieshout, R.J., (2021). Exploring Links Between Prenatal Adversity and Adolescent Psychiatric Risk in a Canadian Population-Based Sample. *Journal of Developmental and Behavioural Pediatrics*. 1(42): 457-462.

Krzeczowski, J.E., Schmidt, L.A., Van Lieshout, R.J., (2020). Transacting Brains: Testing an Actor-Partner Model of Frontal EEG Activity in Mother-infant Dyads. *Development and Psychopathology*, 27, 1-12.

Van Lieshout, R.J., Savoy, C., Ferro, M., **Krzeczowski, J.E.**, Coleman, I. (2020). Macrosomia and psychiatric risk in adolescence. *European Journal of Psychiatry*, 29(11), 1537-1545.

Krzeczowski, J.E., Boylan, K., Arbuckle, T.E., Poliakova, N., Muckle, G., Seguin, J., Favotto, L.A., et.al. (2019). Maternal pregnancy diet quality is directly associated with autonomic nervous system function in 6-month-old offspring. *Journal of Nutrition*, 150(2), 267-275. doi: 10.1093/jn/nxz228.

Mehta, T., **Krzeczowski, J.E.**, Van Lieshout, R.J. (2019) Maternal pre-pregnancy body mass index and offspring temperament at 3 months. *University of Western Ontario Medical Journal*. doi.org/10.5206/uwomj.v88i1.6518.

Krzeczowski, J.E., Lau, J., Fitzpatrick, J., Tamana, S., Smithson, L., de Souza, R., Kozyrskyj, A.L., et al. (2019). Maternal metabolic complications in pregnancy and offspring behavior problems at 2 years of age. *Maternal and Child Health Journal*, 23(6), 746-755.

Krzeczowski, J.E., Boylan, K., Arbuckle, T.E., Dodds, L., Muckle, G., Fraser, W., Favotto, L.A., et.al. (2018). Neurodevelopment in 3-4 year-old children exposed to maternal hyperglycemia or adiposity in utero. *Early Human Development*, 125, 8-16.

Krzeczowski, J.E., Schmidt, L.A., Savoy, C., Van Lieshout, R.J. (2018). Frontal EEG alpha asymmetry among extremely low birth weight survivors in the fourth decade of life: Links to antenatal corticosteroid exposure and contemporaneous behavioral problems. *Clinical Neurophysiology*, 129(9), 1891-1898.

Krzeczowski, J.E., Van Lieshout, R.J. (2018). Prenatal influences on the development and stability of personality. *New Ideas in Psychology*, 53, 22-31.

Van Lieshout, R.J, Boyle, M., Favotto, L.A., **Krzeczowski, J.E.**, Savoy, C., Saigal, S., Morrison, K, Schmidt, L.A. (2017). Impact of Extremely Low Birth Weight Status on Risk and Resilience for Depression and Anxiety in Adulthood. *Journal of Child Psychology and Psychiatry*, 59(5), 596-603.

Savoy, C., Mathewson, K., Schmidt, L.A., Morrison, K., **Krzeczowski, J.E.**, Van Lieshout, R.J. (2017). Respiratory sinus arrhythmia in the fourth decade of life depends on birth weight and the DRD4 gene: Implications for understanding the development of emotion regulation. *Developmental Psychobiology*, 59(6), 767-775.

Krzeczowski, J.E., Robb, S.A., Good, D. (2017). Trait mindfulness associated with lower post-injury psychological symptoms following a mild head injury. *Mindfulness*, 8(6), 1594-1602.

Van Lieshout, R.J., **Krzeczowski, J.E.** (2016). Just DO(HaD) It! Testing the Clinical Potential of the DOHaD Hypothesis to Prevent Mental Disorders using Experimental Study Designs. *Journal of Developmental Origins of Health and Disease*, 7(6), 565-573.

Under Review

Owais, S., Burak, J., **Krzeczowski, J.E.**, Van Lieshout, R.J., Determinants of socioemotional and behavioral outcomes among First Nations children living off-reserve in Canada. Revised and resubmitted to *Child Development*.

Krzeczowski, J.E., Sibalis, A., Kil, H., Andrade, B.A., Associations between mother-child synchrony and child psychological outcomes. Elucidating adaptive patterns. Revised and resubmitted to *Advances in Mental Health*.

Chang, O., Huh, K., Savoy, C., **Krzeczowski, J.E.**, Van Lieshout, R.J., Postpartum Depression and Offspring Temperament and Behavior Before and During the COVID-19 Pandemic. Revised and resubmitted to *Development and Psychopathology*.

Krzeczowski, J.E., Hall, M., McGukin, T.... Till, C., Iodine status of pregnant Canadian women and associations with child neurodevelopment. Under Review at *the American Journal of Obstetrics and Gynecology-Maternal and Fetal Medicine*.

Krzeczowski, J.E. Mortaji, N., Van Lieshout, R.J., Prenatal exposure to obesity and offspring flexibility deficits: A novel theoretical framework. Under Review at *Molecular Psychiatry*.

Kil, H., **Krzeczowski, J.E.**, Andrade, B., Heterogeneity in parent mindfulness and its parent-reported correlates. Under Review at *The Journal of Family Psychology*.



Karunagoda, T., Amani, B., **Krzeczowski, J.E.**, Schmidt, L.A., Van Lieshout, R.J., Changes in Maternal Psychophysiology Occurring in Response to Peer-Delivered Cognitive Behavioural Therapy for Postpartum Depression. Under review at *Maternal and Child Health Journal*.

Faltyn, M., **Krzeczowski, J.E.**, Cummings, M., Anwar, et. al., Coding the Face-to-Face Still-Face Paradigm Using Deep Neural Networks. Under Review at *Infant Behavior and Development*.

Amani, B., **Krzeczowski, J.E.**, Savoy, C., Schmidt, L.A., Van Lieshout. R.J., The Impact of Peer-Delivered Cognitive Behavioral Therapy for Postpartum Depression on Infant Emotion Regulation. Under Review at *Psychiatry Research*.

Amani, B., **Krzeczowski, J.E.**, Savoy, C., Schmidt, L.A., Van Lieshout. R.J., Public Health Nurse-Delivered Cognitive Behavioral Therapy for Postpartum Depression and Infant Emotion Regulation. Under Review at *Translational Psychiatry*.

Mortaji, N., **Krzeczowski, J.E.**, Atkinson, S. Perrault, M., Van Lieshout R.J., Children exposed to a maternal diet+exercise intervention exhibit improved expressive language scores. Evidence from the Be Healthy in Pregnancy Randomized Controlled Trial. Under Review at *Pediatrics*.

Mortaji, N., **Krzeczowski, J.E.**, Atkinson, S. Perrault, M., Van Lieshout R.J., Improved emotion regulation in children of mothers that participated in a diet+exercise intervention: A brief report. Under Review at *Developmental Psychobiology*.

Blog Posts and Newsletter Publications

Krzeczowski, J.E., (2022). Can babies tell right from wrong? *Stuffbabiescando*.www.stuffbabiescando.com

Krzeczowski, J.E., (2022). How do babies learn so fast? *Stuffbabiescando*.www.stuffbabiescando.com

Krzeczowski, J.E. (2019). Stimulating research & helpful career-building talks at the Society for Research in Child Development conference. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/srkd-2019-july-2019.html>

Krzeczowski, J.E. (2018). Buying a New Laptop: A Guide for Neuroscience Graduate Students. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/buying-a-new-laptop-september-2018.html>

Krzeczowski, J.E. (2018). Publications by Neuroscience Graduate Students. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/research-profile-john-krzeczowski-nov-2018.html>

Krzeczowski, J.E. (2018). The First MiNDS Program Data Blitz. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/the-first-minds-data-blitz-january-2018.html>

Krzeczowski, J.E. (2017). Get ready; it's time to go Out of Our MiNDS. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/out-of-our-minds-september-2017.html>

Krzeczowski, J.E. (2017). The Kids are All Right: What high school students want to know about the brain. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/high-school-students-questions-feb-2017.html>

Krzeczowski, J.E., Dyce, L. (2016). Survival tips for incoming MiNDS students. *BrainWaves*. Retrieved from <https://www.mindsnews.ca/september-2016-part-2.html>

Krzeczowski, J.E. (2016). Out of Our MiNDS at Sunrise of Burlington Seniors Residence. *BrainWaves*, Retrieved from <https://www.mindsnews.ca/may-20165.html>

Scholarships and Awards

Best Poster Award

June 2022

Canadian National Perinatal Research Meeting (CNPRM)
\$200

Outstanding Achievement Award

July 2020

McMaster Faculty of Health Sciences



Canadian Institute of Health Research (CIHR) Travel Award Institute of Community Support \$1000	January 2020
Centre for Addiction and Mental Health (CAMH) Discovery Fund Postdoctoral scholarship \$65,000	April 2020
Outstanding Presentation Award McMaster Health Science Research Plenary	May 2019
Faculty of Health Science Program Excellence Award Recognition of excellence of graduate programs	May 2019
SRCD Poster Competition Finalist Society for Research in Child Development Biannual Meeting	March 2019
Canadian Institute of Health Research (CIHR) National Poster Competition Silver Medalist \$250	June 2018
Canadian Student Health Research Forum Attendee Selected to attend for being recognized within the “top 5% of doctoral students nationally” \$1,000	June 2018
Canadian Institute of Health Research (CIHR) Vanier Graduate Scholarship The Government of Canada’s most prestigious doctoral scholarship \$150,000 over three years	April 2018
Excellence in Oral Presentation Award McMaster Health Science Research Plenary	May 2017
Faculty of Health Science Graduate Program Award McMaster University	May 2017
Ontario Graduate Scholarship Awarded for the 2017-2018 academic year \$6,000	April 2017
Woodburn Herron Graduate Scholarship Awarded for the 2017-2018 academic year \$4,000	April 2017
Michael G. DeGroot Scholarship of Excellence Awarded to the top student in the McMaster Neuroscience Graduate Program \$20,000 over two years	July 2016
The Ashbaugh Scholarship Awarded for the 2017-2018 academic year \$5,000	April 2016
Queen Elizabeth II Graduate Scholarship in Science and Technology Awarded for the 2017-2018 academic year \$10,000	April 2016
Richard and Mary Pelling Scholarship in Psychiatry McMaster Department of Psychiatry and Behavioural Neuroscience \$1,500	January 2016
Outstanding Oral Presentation Award McMaster Health Science Research Plenary	May 2016
McMaster Neuroscience Graduate Program Travel Award \$500	April 2016
McMaster Neuroscience Graduate Program Recognition Award	February 2016
Neuroscience Graduate Program Entrance Scholarship Awarded for the 2015-2016 academic year \$10,000	September 2015

Lillan Rose Stegne Memorial Fellowship	December 2015
McMaster Department of Psychiatry and Behavioural Neuroscience \$5000	
Department of Neuroscience Distinguished Graduating Student Award	June 2015
Awarded to the top graduating student in Neuroscience, Brock University \$100	
Most Influential Topic Award	March 2015
Faculty of Math and Science Undergraduate Research Conference, Brock University	
Wallington Student Bursary Award	September 2013
Niagara Region Public Health \$500	
Dean's Honours List	2013, 2014 and 2015
Average above 80%, Brock University	

Presentations

Oral Presentations

Krzeczowski, J.E., Hall, M., McGukin, T.... Till, C., (July, 2022). *Iodine status of pregnant Canadian Women; links to child neurodevelopment*. MIREC Community Rounds. Online

Krzeczowski, J.E., Hall, M., Goodman, C.... Till, C., (June, 2022). *Maternal environmental chemical exposure and infant heart rate variability*. International Society for Children's Health and the Environment. Bergen, Norway.

Krzeczowski, J.E., Schmidt, L.A., Van Lieshout, R.J. (2020, February). *Changes in mother-infant vagal tone patterns following maternal receipt of cognitive behavioural therapy for postpartum depression*. Presented at the Canadian National Perinatal Research Meeting, Banff, AB.

Krzeczowski, J.E., Schmidt, L.A., Van Lieshout, R.J. (2019, May). *Changes in infant neurophysiology following maternal receipt of cognitive behavioural therapy for postpartum depression*. Presented at the McMaster Health Science Research Plenary, Hamilton, ON.

Krzeczowski, J.E., Schmidt, L.A., Van Lieshout, R.J. (2019, March). *Impact of CBT for postpartum depression on physiological function in mother-infant dyads*. Presented at the Society for Research in Child Development, Baltimore, MD.

Krzeczowski, J.E., Schmidt, L.A., Savoy, C., Saigal, S., Van Lieshout R.J., (2018, May). *Frontal EEG asymmetry in adults born at extremely low birth weight*. Presented at the Society of Biological Psychiatry, New York, NY.

Krzeczowski, J.E., Boylan, K., Arbuckle, T., Muckle, G., Van Lieshout, R.J., (2018, February). *Neurodevelopment in 3-4 year-old children exposed to maternal hyperglycemia or adiposity in utero*. Presented at the Canadian National Perinatal Research Meeting, Banff, AB.

Krzeczowski, J.E., Boylan, K., Arbuckle, T., Muckle, G., Van Lieshout, R.J. (2017, May) *Neurodevelopment in 3-4 year-old children exposed to maternal hyperglycemia or adiposity in utero*. Presented at the McMaster Health Science Research Plenary, Hamilton, ON.

Krzeczowski, J.E., Mandhane, P.J., Van Lieshout, R.J. (2016, May). *Maternal metabolic complications during Pregnancy and offspring behaviour problems at two years of age*. Presented at the McMaster Health Sciences Research Plenary. McMaster University, Hamilton, ON.

Krzeczowski, J.E., Good, D. (2015, March). *Emotional regulation and mindfulness in persons with mild head injuries*. Presented at the Faculty of Math and Science Undergraduate Research Conference, St. Catharines, ON.



Poster Presentations

- Krzeczkowski, J.E.,** Hall, M., McGukin, T.... Till, C., (May, 2022). *Iodine status of pregnant Canadian Women; links to child neurodevelopment.* Canadian National Perinatal Research Meeting. Online
- Mortiji, N., **Krzeczkowski, J.E.,** Schmidt, L.A., Van Lieshout, R.J. (2022, May). *Changes in physiological heart rate variability influence patterns following peer-delivered cognitive behavioural therapy for postpartum depression.* Presented at the Canadian National Perinatal Research Meeting. Online
- Mortiji, N., **Krzeczkowski, J.E.,** Van Lieshout, R.J. (2020, February). *The joint impact of maternal pregnancy diet and postnatal stimulation/support on executive function and behaviour in 3-4 year olds.* Presented at the Canadian National Perinatal Research Meeting
- Krzeczkowski, J.E.,** Schmidt, L.A., Van Lieshout, R.J. (2019, March). *Physiological changes in infants following maternal participation in cognitive behavioral therapy for postpartum depression.* Presented at the Society for Research in Child Development, Baltimore, MD.
- Amani, B.A., **Krzeczkowski J.E.,** Schmidt, L.A., Van Lieshout, R.J. (2019, March). *Infant Respiratory Sinus Arrhythmia Before and After Maternal Cognitive Behavioral Therapy for Postpartum Depression.* Presented at the Society for Research in Child Development, Baltimore MD.
- Krzeczkowski, J.E.,** Schmidt, L.A., Van Lieshout, R.J. (2019, February). *Heart rate variability change in infants following maternal receipt of cognitive behavioural therapy.* Presented at the Canadian National Perinatal Research Meeting, Mount Tremblant, QC.
- Krzeczkowski, J.E.,** Boylan, K., Savoy, C., Arbuckle, T., Muckle, G., Van Lieshout, R.J. (2018, May). *Prenatal diet quality and infant heart rate variability.* Presented at the Development 2018 Conference, St. Catharines, ON.
- Krzeczkowski, J.E.,** Boylan, K., Arbuckle, T., Muckle, G., Van Lieshout, R.J. (2017, May). *Neurodevelopment in 3-4 year-old children exposed to maternal hyperglycemia or adiposity in utero.* Presented at the McMaster Psychiatry Research Day, Hamilton, ON.
- Krzeczkowski, J.E.,** Mandhane, P.J., Van Lieshout, R.J. (2017, February). *Prenatal metabolic complications and behaviour problems in two-year-old offspring.* Presented at the Canadian National Perinatal Research Meeting, Montebello, QC.
- Krzeczkowski, J.E.,** Mandhane, P.J., Van Lieshout, R.J. (2016, April). *Maternal pre-pregnancy adiposity, gestational diabetes and offspring behaviour problems,* Presented at the McMaster Psychiatry Research Day, Hamilton ON.
- Krzeczkowski, J.E.,** Good, D. (2015, June). *Emotion regulation and depression in athletes with mild head injury.* Presented at the Canadian Psychological Association Annual Conference, Ottawa, ON.
- Krzeczkowski, J.E.,** Good, D. (2015, May). *Investigating depression symptoms and potential rehabilitation targets in individuals following mild head injuries.* Presented at the North American Brain Injury Society Annual Conference, San Antonio, TX.
- Krzeczkowski, J.E.,** Good, D. (2015, April). *From research into practice: identifying non-pharmacological treatment for students living with mild injuries to the brain,* Poster presented at the Ontario Association for Developmental Disabilities Research Special Interest Group Seminar, St. Catharines, ON.

Community Presentations and Workshops

- Krzeczkowski, J.E.,** (May 2021), Maternal Postpartum Depression and Infant Brain Development. The Effects of Early Treatments. *Brock University Lifespan Development Speaker Series.* Link to talk: <https://brocku.ca/lifespan-development-research/maternal-health/> Talk attended by over 250 participants.



Krzeczowski, J.E., & The Out of Our MiNDS Team. (2016-2020). *The fascinating field of Neuroscience*. The Out of Our MiNDS program is the McMaster Neuroscience Graduate Program's educational outreach initiative designed to teach high school students about the field of neuroscience. As program Director, I lead a team of 10 graduate student volunteers and delivered the program to over 1500 high school students across the Niagara Region and Hamilton area.

Krzeczowski, J.E., & The Out of Our MiNDS Team. (2019, February). *Neuroscience for Personal Support Workers (PSWs)*. Presented at the Lifetime Learning Centre, St. Catharines ON.

Krzeczowski, J.E., & The Out of Our MiNDS Team. (2016, June). *Learning about the Brain*. Presented at Sunrise of Burlington Seniors Home, Burlington, ON.

Krzeczowski, J.E. (2015, August). *Addressing the 'worried well': Introducing mobile mental health apps to address mental health concerns in Niagara Residents*. Presented at the Chronic Disease and Injury Prevention Quarterly Meeting, Thorold, ON.

Krzeczowski, J.E., Robb, S.A. (2015, February). *Mental health and wellbeing for undergraduates-A full day mental health workshop*. Presented at Brock University, St. Catharines ON.

Krzeczowski, J.E., Robb, S.A. (2015, March). *Mental wellbeing: Tools for our toolbox*. Presented at Eden High School and Dennis Morris High School. St. Catharines ON.

Media and Popular Press

Wehrli, A. (2022, June 18). Moms Send Crying Babies "Soothing Signals" To Calm Them Down. *MSN*. <https://www.msn.com/en-us/lifestyle/family/moms-send-crying-babies-soothing-signals-to-calm-them-down/ar-AAYBEBO>

LaForge, M., (2022, June 7). Study shows how mothers calm their distressed infants with soothing signals. *York U Y-File*. <https://yfile.news.yorku.ca/2022/06/07/study-shows-how-mothers-calm-their-distressed-infants-with-soothing-signals/>

Science Daily. (2022, June 7). How mothers calm their distressed infants with soothing signals. [Press Release]. <https://www.sciencedaily.com/releases/2022/06/220607120918.htm>

MedicalXpress. (2022, June 7). Study shows how mothers calm their distressed infants with soothing signals. [Press Release]. <https://medicalxpress.com/news/2022-06-mothers-calm-distressed-infants.html>

Neuroscience News (2022, June 7). How Mothers Calm Their Distressed Infants With Soothing Signals. [Press Release]. <https://neurosciencenews.com/mother-soothing-20772/>

Education News Canada (2022, June 13). Study shows how mothers calm their distressed infants with soothing signals. [Press Release]. <https://educationnewscanada.com/article/education/level/university/1/965857/study-shows-how-mothers-calm-their-distressed-infants-with-soothing-signals.html>

NewsWise (2022, June 7). Study shows how mothers calm their distressed infants with soothing signals. [Press Release]. <https://www.newswise.com/articles/study-shows-how-mothers-calm-their-distressed-infants-with-soothing-signals>

EurkeAlert! (American Association for the Advancement of Science). (2022, June 7) Study shows how mothers calm their distressed infants with soothing signal. <https://www.eurekaalert.org/news-releases/955202>

American Psychological Association. (2022). Understanding how mothers transmit soothing signals to calm their distressed infants. *Kudos*. <https://growkudos.com/publications/10.1037%25252Fabn0000760/reader>

Chan, A., (2021, June 9). Study Sheds Light On How Moms Soothe Their Distressed Babies. *Medical Daily*. <https://www.medicaldaily.com/study-sheds-light-how-moms-soothe-their-distressed-babies-465565>

Dewar, G., (2021). Treating postpartum depression benefits babies. *Parenting Science*. <https://parentingscience.com/treating-postpartum-depression/>



- Orsini, J., (2021, January 27). Treating moms with postpartum depression helps their babies' brains. *Motherly*. <https://www.mother.ly/life/treating-moms-with-postpartum-depression-helps-their-babies-brains/>
- Erickson, M (2021, February 23). Help for Mother and Her Child: Study: Treating postpartum depression helps babies' brains, too. *USA Today Network*. <https://www.cpbj.com/help-for-mother-and-child-study-treating-postpartum-depression-helps-babies-brains-too/>
- Hewitt, F. (2021, January 22). McMaster study shows early treatment of postpartum depression helps mom and baby. *The Hamilton Spectator*. <https://www.thespec.com/news/hamilton-region/2021/01/22/mcmaster-study-shows-early-treatment-of-postpartum-depression-helps-mom-and-baby.html>
- Anderson, P. (2021, January 27). CBT for depression in new moms also benefits babies. *Medscape*. <https://www.medscape.com/viewarticle/944763>
- Preidt, R., (2021, January 21). Treating Mom's Postpartum Depression Could Help Baby's Brain, Too. *MedicineNet*. <https://www.medicinenet.com/script/main/art.asp?articlekey=251353>
- Utt, A. E., (2021). Treating moms with postpartum depression helps their babies' brains. *Aquanyc*. <https://acquanyc.com/treating-moms-with-postpartum-depression-helps-their-babies-brains.html>
- Sharma, A., (2021, January 21). Improvement in Infant Brain Function by Treating Postpartum Depression. *Medindia*. <https://www.medindia.net/news/improvement-in-infant-brain-function-by-treating-postpartum-depression-199486-1.htm>
- (2021, February). Treating Mom's Postpartum Depression Also Benefits Baby's Brain, Study Reveals. *MindHelp*. <https://mind.help/news/treating-moms-postpartum-depression-also-benefits-babys-brain-study-reveals/>
- Science Daily. (January 21, 2021). Treating moms with postpartum depression helps their babies' brains [Press Release]. <https://www.sciencedaily.com/releases/2021/01/210121131907.htm>
- NewsMax Health (2021, January 26). Treating Moms' Postpartum Depression Can Improve Their Babies' Brains. [Press Release]. <https://www.newsmax.com/health/health-news/mother-baby-post-partum-talk-therapy/2021/01/26/id/1007243/>
- HealthDay. (2021, January 26). Treating Mom's Postpartum Depression Could Help Baby's Brain, Too. [Press Release]. <https://consumer.healthday.com/b-1-26-treating-moms-postpartum-depression-could-help-babys-brain-too-2650055076.html>
- U.S.News. (2021, January 26). Treating Mom's Postpartum Depression Could Help Baby's Brain, Too. [Press Release]. <https://www.usnews.com/news/health-news/articles/2021-01-26/treating-moms-postpartum-depression-could-help-babys-brain-too>
- Medical Press (2021, January 21). Treating moms with postpartum depression helps their babies' brains. [Press Release]. <https://medicalxpress.com/news/2021-01-moms-postpartum-depression-babies-brains.html>
- Newswise (2021, January 20). Treating moms with postpartum depression helps their babies' brains. [Press Release]. <https://www.newswise.com/articles/treating-moms-with-postpartum-depression-helps-their-babies-brains>
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Teaching and Mentorship

Course Development and Instruction in Academia

Instructor and Course Developer

Comprehensive Goal-Setting Course for Undergraduates, Brock University **January 2021-Present**

Instructor

PSYCH 3265 Memory, York University **January 2022-May 2022**
*95% of students endorsed “excellent/very good” to the instructor’s (my) overall rating

Guest Lecturer

HLSC 4P69 Child Mental Health, Brock University **February 2022**

Instructor

HLSC 4P69 Child Mental Health, Brock University **January 2021-April 2021**
*88% of students *strongly agreed* to the statement “The instructor is an excellent educator”

Instructor and Course Developer

Analysis and Interpretation of Electroencephalography (EEG) in Socioemotional Research, McMaster University **November 2018-2020**

Instructor and Course Developer

Heart Rate Variability and Emotion Regulation in Children, McMaster University **November 2018-2020**

Teaching Assistant

Biomechanics 3J03, McMaster University **September-December 2015**

Graduate Supervision

Doctoral Thesis Student

Anneesa Singh **September 2021- Present**
Co-Supervision: Brendan Andrade, Anne-Claude Bernard
Project: Understanding barriers and facilitators to youth mental health treatment services

Master’s Thesis Student

Kwadjo Ntow. Masters of Global Health, McMaster University **September 2019-May 2020**
Co-Supervision: Ryan J. Van Lieshout
Project: Mother infant behaviour changes following maternal cognitive behavioural therapy for postpartum depression

Undergraduate Supervision

Fourth Year Honours Thesis Student

Project: Associations between maternal prenatal choline and language development in infants
Randy Ramdail, Bachelor of Health Sciences Program, McMaster University **September 2019-May 2020**

Fourth Year Honours Thesis Student

September 2018-May 2019

Project: Does a prenatal diet intervention impact impulsivity and attention span in offspring?

Kesidha Raajakesary, Bachelor of Life Sciences Program, McMaster University

Fourth Year Thesis Student

September-May 2017

Project: Associations between prenatal maternal adiposity and offspring temperament

Taylor Mehta, Bachelor of Health Sciences Program, McMaster University

Instructor-Community Settings

Director and Lead Instructor: Out of Our MiNDS McMaster

Neuroscience Educational Outreach Initiative

September 2016-June 2020

Developed and taught interactive educational workshops to high school science students to stimulate interest in the field of neuroscience. Expanded the program beyond high school students by delivering it to senior citizens and allied health professionals.

Strengthening Families Program Instructor

Quest Community Health Centre

January 2014-June 2015

Facilitated the ‘Strengthening Families’ program, an evidence based interfamilial relationships program for high risk families.

Mental Health Educator

YouthNet Niagara, Niagara Region Public Health

September 2013-September 2015

Developed and facilitated tutorials on mental health designed to encourage discussions about mental health and mental illness with grade 9 students.

Relevant Occupational and Volunteer Experience

Summer Studentship III

Community Mental Health Division, Niagara Region Public Health

May-September 2015

Investigated the potential efficacy of mental health apps to help individuals dealing with stress and low mood. Created a NRPH Recommended apps resource distributed in the community

Summer Studentship II

Community Mental Health Division, Niagara Region Public Health

May-September 2014

Led a program evaluation of the effectiveness of SafeTALK, a suicide intervention training program delivered to 500 Paramedics in Niagara. Results showed a significant decrease in stigma and an increase in confidence when dealing with situations involving suicide.

Telephone Crisis Volunteer

Distress Centre Niagara

September 2012-August 2014

Effectively and empathetically dealt with numerous crisis situations involving suicide intervention.

Summer Studentship I

Chronic Disease and Injury Prevention Division,

Niagara Region Public Health

May-September 2013

Collaborated with researchers at the University of Guelph to design a child falls prevention initiative. Developed the knowledge translation plan including a pamphlet, posters and a magnet.

Smoke Free Public Spaces Project Research Volunteer

Niagara Public Health

May-August 2012

Led the collection of surveys assessing the opinions of Niagara residents on smoke-free outdoor spaces. My work was instrumental to the implementation of Niagara’s Smoke Free Outdoor Spaces By-law.



University Involvement

Doctoral Student Representative

Neuroscience Graduate Program Curriculum Committee

January 2017-June 2020

Selected by the Neuroscience Program Director, Dr. Flavio Kapczinski, to represent graduate students in the Neuroscience Graduate Program on the program's curriculum committee.

Writer

Neuroscience Graduate Program's Newsletter "BrainWaves"

March 2016-June 2020

Authored articles on topics including our graduate program's outreach initiative (Out of Our MiNDS), preparation for graduate school, and conferences attended by our students.

Judge

McMaster Undergraduate Neuroscience Conference Poster Competition

May 2018

Professional Development

Foundations of Dense Array Electroencephalography (dEEG) Analyses

August 2016

Learned fundamentals of EEG theory, data acquisition and analyses, Eugene, OR

Advanced dEEG analysis Techniques

August 2016

Acquired skills in advanced dEEG techniques, Eugene, OR

Mindware Heart Rate Variability Seminar and Workshop

June 2016

Three-day workshop learning HRV theory, application, data acquisition and analysis Columbus, OH

EEG and ERP Analyses Workshop

April 2016

Matlab based analysis techniques to analyze neural time series data, Brock University

Software Carpentry Workshop

April 2016

Fundamentals of coding in Matlab, Brock University

NeuroDevNet Physical Activity and Brain Development Workshop

November 2015

Networked with leading researchers that study the impact of exercise on the brain, Oshawa, ON

Strengthening Families Facilitator Training

August 2013

Mastered the Strengthening Families program and developed skills on how to connect with children dealing with significant stress and behaviour problems, St. Catharines, ON

SafeTALK Suicide Awareness Training

July 2013

Recognizing signs of suicide and learned effective ways to get them to help, Niagara Region PublicHealth, Thorold, ON

Applied Suicide Intervention Skills Training (ASIST)

August 2013

Advanced training on how to talk to an individual suffering from suicidal thoughts, and help them develop a 'safety plan' to prevent suicide, Niagara Region Public Health, Thorold ON

Distress Centre Ontario Continuing Education Modules Certificates

Courses: Understanding Abuse in Intimate Relationships Parts I and II; Understanding Elder Abuse Parts; Concurrent Disorders Parts I and II; Addictions: What you need to know; Family's Response to Suicide,

Distress Centre Niagara Telephone Crisis Volunteer Certification

September 2012

Four-day training on how to create a non-judgemental supportive environment and help people deal with stress. Learned how to effectively deal with situations involving suicide.

Technical Skills

Matlab; EEGLab; SPSS; STATA; Mindware BioLab HRV acquisition software; Mindware BioLab HRV analysis software; MUSE Monitor mobile EEG software; RASeconds Program, NetStation dEEG software, Gowerlabs LUMO fNIRS software; DOT-HUB Analyses Programming; HOMER2 fNIRS data analysis