

A MESSAGE FROM THE CAL TEAM

Another year has passed, and there have been many exciting projects at the CAL that we are thrilled to share with you. We would like to express our gratitude to everyone who has participated in our research and to everyone involved in our work over the past year. Please explore our 4th annual newsletter for updates on our research projects and accomplishments from 2023.



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JOURNAL PUBLICATIONS

COVID

- **Katsiris, A., Kandasamy, K., Yang, L.** (2024). Peritraumatic Distress among Chinese Canadians during the Early Lockdown Stage of the COVID-19 Pandemic: Sociodemographic and Pandemic-Related Predictors. *COVID*, 4, 391-408. <https://doi.org/10.3390/covid4030026>
- **Dong, L., Katsiris, A., Lecompte, M., Skrotzki, C., & Yang, L.** (2023). A qualitative analysis of older adults' cognitive appraisal in coping during the COVID-19 pandemic: The role of social capital. *COVID*, 3, 1622-1638. <https://doi.org/10.3390/covid3100111>

BMC PUBLIC HEALTH

- Kong, Y., Shaver, L. G., Shi, F., **Yang, L.**, Zhang, W., Wei, X., Zhan, E., Effiong, A., Wang, P. P. (2023). Knowledge, psychological impacts, and protective behaviors during the first wave of COVID-19 pandemic among Chinese immigrants with school-age children in Canada. *BMC Public Health*, <https://doi.org/10.21203/rs.3.rs-362857/v1>

JOURNAL OF MIGRATION AND HEALTH

- **Yu, L.**, Cao, Y., Wang, Y., Liu, T., MacDonald, A., Bian, F., Li, X., W, X., Zhang, Z., Wang, P., **Yang, L.** (2023). Mental Health Conditions of Chinese International Students and Associated Predictors Amidst the Pandemic. *Journal of Migration and Health*.

AGING AND HEALTH RESEARCH

- Dong, L. & **Yang, L.** (2023). COVID-19 anxiety: The impact of older adults' transmission of negative information and online social networks. *Aging and Health Research*. 3 (1), 100119. <https://doi.org/10.1016/j.ahr.2023.100119>

COMPLETED PROJECTS

PABI_SENIOR

Funded through SSHRC-Explore internal grant and taking a research-community collaboration approach, this project involves an online survey and a focus-group interview, as well as a community mutual-support program (i.e., WeSupport Senior). The survey identified perceived social support from friends and resilience as buffering predictors for emotional well-being and life satisfaction. The focus group data identified an overall positive stress and coping profile among this population. Through WeSupport, community volunteers were trained to provide emotional support to older Chinese immigrants.



EVENT SEGMENTATION

Cassandra Skrotzki and Kesaan Kandasamy completed data collection for a project investigating how the way that information is presented impacts how it's organized in working memory through a number of computerized and paper-and-pencil tasks. The results suggest that presenting information in segmented locations can modify the engagement of goal-directed cognitive control in both younger and older adults. These findings indicated that the way information is presented affects how it is subsequently organized and processed.



ITEM PRELEARNING

The current study investigated the effect of item prelearning procedures on face-name associative memory in young and older adults. Item prelearning involved learning individual items of a pair sequentially (i.e., a face, and a name separately), before learning the association (i.e., a face-name pair). In contrast, pair prelearning meant that participants were only exposed to face-name pairs. The results revealed a minor advantage among older adult for item than pair prelearning, suggesting item prelearning has a potential to enhance older adults' item and associative memory performance.



Check out page 8, where a similar study is currently recruiting!

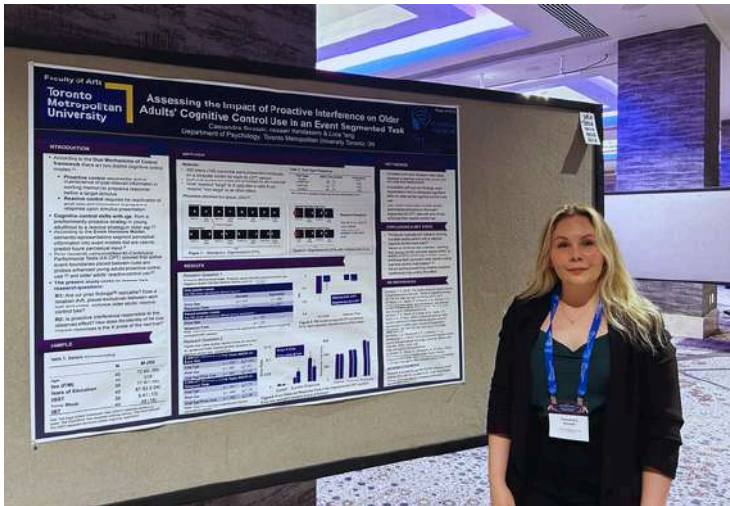
CONFERENCE PRESENTATIONS

Dr. Lixia Yang presented research on Life Satisfaction and Psychological Wellbeing of Chinese Senior Adults in Canada amidst the Pandemic at the Canadian Association on Gerontology (CAG) in Toronto (2023), the Immediate and Delayed Benefits of Mental and Physical Exercise among Healthy Older Adults at the Global Conference on Ageing in Bangkok, Thailand (2023), and Cultural Contingency Effect in Memory Binding: From the West to the East in Japan at the Society for Applied Research in Memory and Cognition (SARMAC XIV) in Nagoya, Japan (2023).

COMMUNITY ENGAGEMENT!

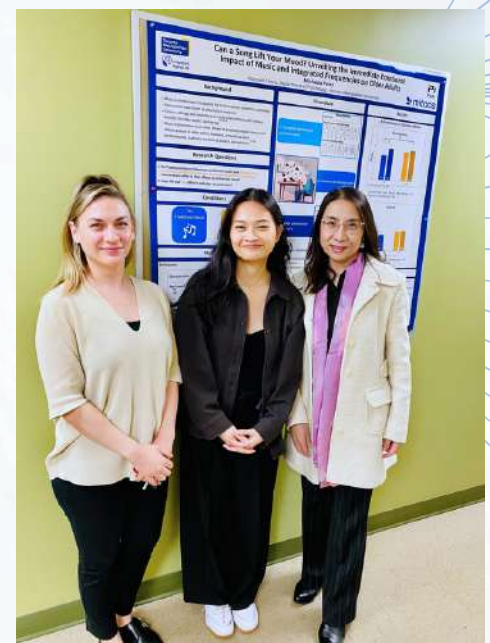
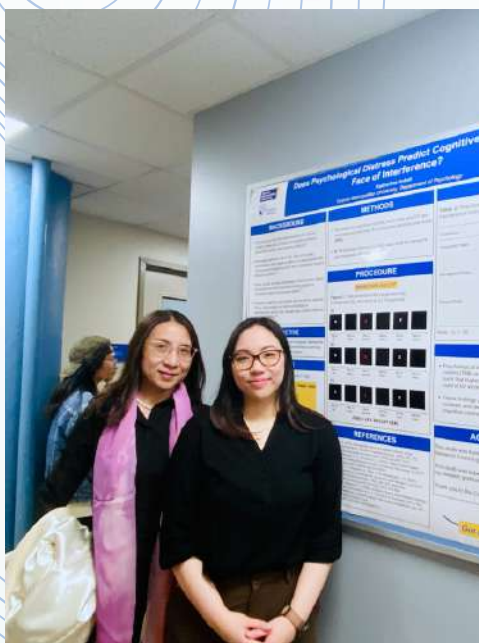
A Workshop on the Fundamentals and Applications of Electroencephalogram
NeuGeneration Conference 2024,
Kingston, ON.

Kesaan Kandasamy, Kathryn Bolton, Lily Zhang, Lixia Yang, & Peter Yan



Impact of Proactive Interference on Older Adults' Cognitive Control Use During an Event Segmented Task
Psychonomic Society 64 Annual Meeting
(2023), San Francisco, CA.

Cassandra Skrotzki, Kesaan Kandasamy, & Lixia Yang



CAL students **Katherine Imbat** and **Michaela Perez** present their research on thesis presentation day!

LAB ACHIEVEMENTS

Congratulations to **Kathryn Bolton, Julie Dicker, and Dr. Lixia Yang** who were awarded the Mitacs Accelerate Grant (\$150,000) from April 2024-April 2027.

Dr. Lixia Yang was awarded the Age-Well Grant (\$47,996) from May 2023-March 2024, and the Social Sciences and Humanities Research Council of Canada (SSHRC) Individual Partnership Engagement Grant (\$24,996) from March 2023-March 2025.

Cassandra Skrotzki, doctoral student, was awarded the Canadian Institutes of Health Research (CIHR) - Institute of Aging (IA) Travel Award, \$2,000 to attend an aging-focused conference between March 1 - December 31, 2024.

Congratulations to **Kesaan Kandasamy** on his new position as a Predoctoral Intern in Clinical Neuropsychology at Baycrest Health Sciences, and to **Kathryn Bolton** on her practicum placement offer from West Park Healthcare Centre!

MEET THE LAB!



Lab Director: Dr. Lixia Yang

Graduate Students: Cassandra Skrotzki, Julie Dicker, Kathryn Bolton, Kesaan Kandasamy, Mariah Lecompte

Research Assistants: Angela Xu, Angelina Liu, Bahaar Najibzada, Cindy Tang, Erlenne (Jiayi) Li, Estel Tershana, Francesco Martire, Haoran Dong, Jennifer Ling, Juliana Zhao, Katherine Imbat, Kayla Correia, Linqian Li, Litzia Mirra, Lynn Liao, Mary Wang, Matula Prabaharan, Max Marshall, Michaela Perez, Nancy Huo, Nating Zhao, Rachel Zhang, Reyhana Wilson, Shania Hossain, Sigao Li, Sofia Verduga, Sylvia Zhou, Tracy Xu, Xindi Wang, Yixing Zhang, Yizhen Fei, Yusuf Ghauri, Yuyang Li, Ziyu Su, Zuri Wang

WHERE TO FIND US!



Email us at cal@torontomu.ca if you have any questions or comments on this issue.



Check out our Facebook page to get our latest research updates at <https://www.facebook.com/CogAgeLabTMU>



Visit our website to learn more about our research lab at <https://psychlabs.torontomu.ca/cal/>



Check out our Instagram [@cognitiveaginglab](https://www.instagram.com/cognitiveaginglab) to get our latest research updates.

ARE YOU INTERESTED IN PARTICIPATING IN RESEARCH?

[SEE OUR ACTIVE STUDIES HERE!](#)



We invite you to participate in a study to assess the effect of a digital active aging program on White older adults living in Canada. This project is funded through a SSHRC Partnership Engage Grant and an Age-Well Grant, reviewed and approved by the Toronto Metropolitan University Research Ethics board [REB 2023-187].

Course Description

Group zoom meetings. A total of 30 hours participation involved.

The program includes three outcome evaluation sessions and a 4-week training course (16 sessions altogether) between the pretest and the posttest sessions.

We keep all personal information collected strictly confidential, and the data is only accessible and used by the research team.

You will receive up to \$60 honorarium.

To Register

Please scan the QR code to sign up.

Website: <https://www.torontomu.ca/activeaging>

Email: aging.cal@torontomu.ca



Recruitment Information

This project will invite 120 older adults who meet the following criteria

- Aged 65 or above and healthy (ie. able to move around independently)
- White Canadian citizen
- Can read, write, and speak English
- Have access to a device that has internet and allows zoom meeting attendance (computer preferred)
- To maintain rigor in our study design, we can only invite one individual per family/household.

ARE YOU INTERESTED IN PARTICIPATING IN RESEARCH?

[SEE OUR ACTIVE STUDIES HERE!](#)

Toronto Metropolitan University



SSHRC CRSH
Social Sciences and Humanities Research Council of Canada
Conseil de recherches en sciences humaines du Canada



积极老龄化培训课程

云端相约，倾情互动，让优雅变老不再是梦！

多伦多都会大学诚邀您报名参加这项面向加拿大华裔长者的积极老龄化培训课程。本课程由多伦多都会大学认知老龄化研究室精心设计，携手云上俱乐部联合各大华人社区隆重推出！该项目获得加拿大社会科学研究院 (SSHRC) 和加拿大康龄基金 (AGE-WELL) 的资助，并已通过大学研究伦理委员会批准 [REB 2023-187]。

课程简介

小组形式，Zoom会议。全程大概30个小时，包括前测、培训（4周）、后测、和1个月追踪。培训部分包括8次全程录制的Zoom小组课和8次线下自主练习。

数据仅供研究使用，个人信息保密。自愿参与，随时退出。

全程参与最多可获\$60加元报酬。



扫码报名

请扫右边的二维码填写报名表

网站: https://www.torontomu.ca/activeaging_cn

电邮: aging.cal@torontomu.ca

招募计划

本课程计划60位符合以下条件的长者参加培训，每组最多15人，先到先得。

- 65岁或以上，有自主活动能力
- 华裔移民（在中国出生但目前居住在加拿大的加拿大公民、移民、访客）
- 流利使用普通话（交流和读写）
- 有一台配有网络和Zoom的电子设备(电脑最佳)
- 有基本的网络和Zoom使用的技能
- 为了确保课程的效果的检测的严谨性，每期课程我们在同一个家庭（居住地）只能招收一位参与者。



加拿大华人长者研究与教育中心
CHINESE AGE-WELL RESEARCH & EDUCATION

ARE YOU INTERESTED IN PARTICIPATING IN RESEARCH?

[SEE OUR ACTIVE STUDIES HERE!](#)

COGNITIVE AGING LABORATORY (CAL)

PARTICIPANTS NEEDED FOR RESEARCH

Toronto Metropolitan University

Effects of an adaptive audio intervention on psychosocial and cognitive functions of older adults



SCAN ME TO SIGN UP!

What You Will be Asked To Do:

- Complete questionnaires, computerized tasks, and have your brain activity measured at three time points (before and after the program, and at a 3-month follow-up).
- Complete a 4-week program which involves 30-minute audio sessions.

\$140 COMPENSATION FOR YOUR PARTICIPATION!

SEEKING PARTICIPANTS WHO ARE:

- 65 years or older
- Without previous mental health diagnosis (i.e., major depressive disorder)
- Have access to a computer and internet connection

For more information, please email cal@torontomu.ca with 'Adaptive Audio Program' in the subject line

ARE YOU INTERESTED IN PARTICIPATING IN RESEARCH?

[SEE OUR ACTIVE STUDIES HERE!](#)

Toronto
Metropolitan
University

COGNITIVE AGING LAB

RESEARCH PARTICIPANTS NEEDED!

ITEM PRE-LEARNING IN MEMORY FOR FACE-
OCCUPATION ASSOCIATIONS



WE ARE RECRUITING 160 PARTICIPANTS FOR A STUDY THAT EXAMINES WHETHER YOUNG AND OLDER ADULTS ARE ABLE TO ALLOCATE ATTENTIONAL RESOURCES TO LEARN ASSOCIATIONS BETWEEN FACE AND OCCUPATION STIMULI.

YOU WILL BE ASKED TO COMPLETE A COMPUTERIZED MEMORY TASK WHICH WILL ASK YOU TO REMEMBER PAIRS OF FACES AND OCCUPATIONS AND THEN RECOGNIZE THESE PAIRS IN TWO MEMORY TESTS.

THIS STUDY CONSISTS OF QUESTIONNAIRES TO ASSESS YOUR ATTENTION AND MEMORY, YOUR VOCABULARY SKILLS, YOUR DEMOGRAPHIC INFORMATION (E.G., AGE, GENDER, EDUCATION, AND HEALTH). AND YOUR EXPERIENCE DURING THE TESTING SESSION.

THIS STUDY WILL TAKE ABOUT 1-1.5 HOURS.

PARTICIPANTS WILL BE COMPENSATED WITH \$15 FOR THEIR TIME

ELIGIBILITY

1. Aged 18 to 29, or 65+
2. Do not have uncontrolled medical conditions (e.g., high blood pressure, diabetes) and/or untreated psychiatric and neurological disorders that might affect cognition (e.g., PTSD, severe anxiety/depression, prolonged duration of unconsciousness, dementia, and a history of strokes and head injuries)
3. Have normal or corrected-to-normal vision
4. Are proficient in English

To learn more about this study or to participate, please email cal@torontomu.ca with the subject line "Item Pre-Learning in Memory."

Funding Status: NSERC Grant

This study has been approved by the Toronto Metropolitan University Research Ethics Board (2022-359)

