

Curriculum Vitae
SANDY BERZINS
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ACADEMIC BACKGROUND:

PhD in Epidemiology, University of Calgary, 2014

Thesis topic: Determinants of Depression in MS

Supervisors: Drs. Scott Patten & Andrew Bulloch

M.Sc. in Health Behaviour, University of Waterloo, 1992

Thesis Topic: Judgement of Pain in Others: Psychosocial and Facial Action Determinants

Supervisor: Dr. Ken Prkachin

B.A. Sociology After-degree program, University of Alberta, 1988-1990

B.Sc. (with distinction) Specialization in Psychology, University of Alberta, 1987

Additional Training/ Courses:

ARECCI Level 1 (Alberta Innovates Health Solutions)	2017
Advanced Meta-Analysis, O'Brien Institute for Public Health. University of Calgary	2015
Longitudinal Data Analysis Workshop	2016
Social Return on Investment Level 1	2013
Survival Analysis Course	2012
EndMS Summer School, Canadian MS Society	2010, 2013
Mount Royal College: Introduction to Technical Writing; Indexing	2003
Capilano College: Entrepreneurship & Small Business Management, N. Vancouver	1996
Statistics Canada: Survey Methods & Questionnaire Design	1996
University of British Columbia, Institute of Health Promotion Research: Summer Institute on Health Promotion Planning & Evaluation	1994

Research Independent Research Projects:

Principle Investigator, Impact & Process Evaluation of the Young Dads Program 2016-present

Principle Investigator, Impact Evaluation of the Connections Program and Validation of the Indigenous Adolescent Identity Scale 2016- present

ACADEMIC AFFILIATIONS:

Adjunct Lecturer, Dept of Community Health Sciences (cross-appointed),
U of C(April 2016)

Associate Member, Mathison Centre for Mental Health Education & Research,
U of C (2015)

Adjunct Lecturer, Dept of Psychiatry, University of Calgary (July 1, 2015)

ACADEMIC HONORS/ AWARDS:

Investigator of the Month, Mathison Centre for Mental Health Education & Research,
University of Calgary, September 2014

Dr. Jeannette Nicholls Graduate Scholarship, 2008

Schizophrenia Society of Alberta Sebastian K. Littman Graduate Award, 2008

Ontario Graduate Scholarship, 1991

Louise McKinney Post-Secondary Scholarship, Alberta Heritage Scholarship Fund, 1988

KNOWLEDGE TRANSLATION BACKGROUND:

Social Marketing for Knowledge Transfer workshop 2011
Plain Language Writing for KT; Scientist Knowledge Translation Training (SKTT) Workshop 2009
Health Research Transfer Network of Alberta (RTNA) Liaison- U of C 2009-2011
Member of RTNA since 2007

STUDENT SUPERVISION:

Samara Meyer- University of Toronto, Dalla Lama School of Public Health,
MSc practicum May-Aug 2015
Nicola Cherneski- University of Calgary, Health & Society Program
HSOC 408 Sept- March, 2014
Anne Le- University of Calgary, Health & Society Program
HSOC 408 Sept-Mar 2013

RELATED WORK EXPERIENCE:

Director, Research & Outcomes

Calgary Counselling Centre Dec. 2014-present

Manager, Research & Outcomes

Calgary Counselling Centre July 2012-November 2014

Program Coordinator, TARRANT Viral Watch

University of Calgary July 2009- August 2011

Evaluation Analyst, Information & Evaluation Unit

Mental Health & Addiction Services, Calgary Health Region 2007- Jan. 2009

Evaluation Specialist, Decision Support Research Team

Child & Women's Health Portfolio, Calgary Health Region 2007

Research Associate, Health Technology Implementation Unit, University of Calgary

Faculty of Medicine, University of Calgary 2006-2007

Capacity Building Coordinator, Chronic Disease Management Programs

Interior Health, BC 2005-06

Project Coordinator, Editor & Science Writer, Clinical Practice Guidelines for Treatment of Schizophrenia, Canadian Psychiatric Association

2003-2005

Project Coordinator, Early Psychosis Program Public Education Project

Dept. of Psychiatry, University of Calgary 2002-2005

Executive Assistant to the President & Editor, Vital Signs Newsletter

Calgary Regional Medical Staff Association, Calgary, AB 1997- 2002

Evaluation Consultant, Provincial Mental Health Advisory Board

Vocational Rehabilitation Program, Claresholm Care Centre, AB. 1997

Tracking Coordinator, Heart Smart North Shore
North Shore Health, N. Vancouver 1995-1996

Project Researcher St. Paul's Hospital, Vancouver 1993-94
Healthy Hospital Program

TEACHING:

Sessional Instructor, CORE 634 (Critical Appraisal in Quantitative Health and Social Sciences Research) University of Calgary, Community Health Sciences May-June 2016

Berzins, S. Epidemiology & Influenza. Invited Lecture for MDSC 644.
University of Calgary, Dept of Community Health Sciences. Sept. 2010

Teaching Assistant University of Waterloo, Dept of Health Studies 1991-92
Courses: Social Marketing, Behaviour Modification

PEER REVIEWED PUBLICATIONS:

Quirk,K, Owen,J, Reese, RJ, Babins-Wagner,R, **Berzins,S.** Benchmarking Community-Based Couple Therapy: The Role of Measurement Reactivity (submitted for publication). Journal of Consulting and Clinical Psychology 2017

Berzins SA, Bulloch AG, Burton JM, Dobson KS, Fick GH, Patten SB. Determinants and incidence of depression in multiple sclerosis: A prospective cohort study. Journal of Psychosomatic Research. 2017 Jun 15

Goldberg SB, Babins-Wagner R, Rousmaniere T, **Berzins S**, Hoyt WT, Whipple JL, Miller SD, Wampold BE. Creating a climate for therapist improvement: A case study of an agency focused on outcomes and deliberate practice. Psychotherapy. 2016 Sep 1;53(3):367.

Bulloch AG, Fiest KM, Williams JV, Lavorato DH, **Berzins SA**, Jetté N, Pringsheim TM, Patten SB..Depression - a common disorder across a broad spectrum of neurological conditions: a nationally representative survey. General Hospital Psychiatry. (2015)

Zakrzewski, H., **Berzins, S.**, Bulloch, A. G., Stell, W. K., & Fernandez, N. O. (2015). Prevalence of myopia in school children in rural and urban regions of the Island of Cebu, Philippines. Investigative Ophthalmology & Visual Science, 56(7), 2934-2934.

Rousmaniere,T., Swift, J., Babins-Wagner, R.,Whipple,J., **Berzins,S.** Supervisor Variance in Psychotherapy Outcome in Routine Practice. Psychotherapy Research (2016).

Koch,MW, Patten,SB, **Berzins,S.** Zhornitsky,S, Greenfield,J.,Wall,W. & Metz,L. Depression in multiple sclerosis: A long-term longitudinal study. Multiple Sclerosis Journal (2014)

Viner,R.Fiest,K,.Bulloch,AGM, Williams,J. Lavorato,D.,**Berzins,S.**, Jetté, N., Metz,L.,Patten, SB. Point Prevalence and Correlates of Depression in a National Community Sample with Multiple Sclerosis. General Hospital Psychiatry (2014).

Viner, R., Patten, S., **Berzins,S.**, Bulloch, A. Fiest,K. Prevalence and Risk Factors of Suicidal Ideation in the MS Population. Journal of Psychosomatic Research (2014).

BaniAdam,G., Dickinson,J., **Berzins,S**, Medd,E., Pearce,C., Ricketson,L., Williamson,T Alberta Family Physicians' Willingness to Work in the Initial Phase of the H1N1 Pandemic (2013) Asia Pacific Family Medicine.

Addington D, **Berzins S**, & Yeo M. Psychosis Literacy in a Canadian Health Region: Results from a general population sample Canadian Journal of Psychiatry (2012) 57 (6): 381-388.

Patten SB, Williams JVA, Lavorato DH, **Berzins S**, Metz LM, Bulloch AGM. Health Status, Stress and Life Satisfaction in a Community Population with MS. Canadian Journal of Neurological Sciences, (2012) 14 2-8.

- Patten SB, Williams JVA, Lavorato DH, Terriff D, Metz LM, **Berzins S**, Bulloch AGM. Perceived Met and Unmet Health Care Needs in a Community Population with MS. *International Journal of MS Care* (2012) 14 2-8.
- Patten,S. **Berzins,S.** & Metz,L. Challenges in Screening for Depression in Multiple Sclerosis *Multiple Sclerosis* (2010) 16:11 1406-1411.
- Lee,R., **Berzins,S.** & Alfieri,N. A Review of Risk Issues Associated with the Reuse of Critical Single-Use Medical Devices. *Canadian Journal of Infection Control.* (2007). 22 (3):142, 144, 146
- Yeo, M. **Berzins, S.** & Addington, D. Development of an Early Psychosis Public Education Program Using the PRECEDE-PROCEED Model. *Health Education Research* (2007) 22:9 639-647.
- Canadian Psychiatric Association Working Group member/ science writer. Clinical Practice Guidelines Treatment of Schizophrenia. *Canadian J Psychiatry.* (2005)50(13):1 Suppl 1S-56S.
- Prkachin,K.,**Berzins,S.** & Mercer,S. Encoding & decoding of pain expression: a judgement study. *Pain.* 58 (1994) 253-259.

PUBLISHED ABSTRACTS:

- Addington D and **Berzins S.** Psychosis public education project: Phase I - Baseline survey, creative strategy focus testing, and communication plan development. *Schizophrenia Research,* 2004, 70 (1) Suppl: p91.
- Berzins S,** Yeo M and Addington D. Public awareness of psychosis and early treatment options: results of a baseline population survey. *Schizophrenia Research,* 2004, 70 (1) Suppl: p94.

CONFERENCE ORAL PRESENTATIONS:

- Babins-Wagner, R. **Berzins, S** & Hyland,K. *Exploring Outcomes at a time of Economic Recession* Society of Psychotherapy Research Annual Meeting, Toronto June 2017
- Babins-Wagner, R., Goldberg, S., Wampold, B., Hoyt, W., Rousmaniere, T., **Berzins, S.**, Whipple, J., Miller. *From Outcomes to Impact in Psychotherapy* Canadian Association for Health Services and Policy Research Conference May, 2017 Toronto
- Berzins, S,** Babins-Wagner, R, Hyland,K. *Changes in counselling outcomes, distress levels and employment status during an economic recession* 30th Annual Sebastian K. Littmann Research Day. March, 2017. Calgary. AB.
- Babins-Wagner, R. & **Berzins, S.** *Mental Health Outcomes in Child Welfare.* 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB. September 2016.
- Berzins, S.**& Babins-Wagner, R. *Implementing Feedback Informed Treatment in Counselling.* 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress, Calgary, AB. September 2016.
- Babins-Wagner, R. & **Berzins, S.** *From Outcomes to Impact in Child Welfare.* The International Congress on Child Abuse and Neglect (ISPCAN 2016). August 30, 2016. Calgary Alberta.
- Babins-Wagner, R., Goldberg, S., Wampold, B., Hoyt, W., Rousmaniere, T., **Berzins, S.**, Whipple, J., Miller. S.D. (2016). *Improving Outcomes at the Agency Level.* Society for Psychotherapy Research Conference, Jerusalem, Israel. June 25, 2016.
- Babins-Wagner, R., **Berzins, S.**, Lacroix, E. *Long term follow up of psychotherapy – An initial study in a naturalistic setting.* Society for Psychotherapy Research Conference, Jerusalem, Israel. June 25, 2016.

- Berzins, S.,** & Babins-Wagner, R. *Using Outcome Measures Effectively: Research to Improve Depression Treatment.* 2016 Patient Oriented Research Summer Institute. Alberta Innovates Health Solutions. Calgary. AB. May 4, 2016.
- Babins-Wagner, R. & **Berzins, S.** *Exploring Single Session Attenders at a Counselling Centre.* Capturing the Moment 2: Reaching New Heights in Single Session therapy and Walk in Services. Woods Home, Banff Alberta. September 29, 2015.
- Berzins,S,** Babins-Wagner,R.,& Guyn,L. Development of a Signal System for Feedback Informed Treatment Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K.Littmann Research Day, Feb. 2015
- Rousmaniere,T., Swift, J., Babins-Wagner, R.,Whipple,J., **Berzins,S.** Supervisor Effects on Psychotherapy Outcome in Routine Practice. Presentation at the International Interdisciplinary Conference on Clinical Supervision, June 2014, Adelphi University, New York.
- Babins-Wagner,R.,**Berzins,S.** & Guyn,L. Measuring Depression Outcomes in Community Practice Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K.Littmann Research Day, 2014
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S Determinants of Depression in Multiple Sclerosis Presentation at International Congress for Psychiatric Epidemiology, Germany, June 2013
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S. Determinants of Depression in Multiple Sclerosis. Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K. Littmann Research Day, 2013
- Berzins, S.,** Patten, S.B., Bulloch,A.G.M., Williams,J.V.A.,Lavorato,D.H.& Cabolo,C. Determinants of Mental Health & Well-being in MS: data collection and participant retention strategies for a prospective study Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K. Littmann Research Day, 2012
- Berzins, S. &** Dickinson, J. Chasing a capricious and promiscuous virus. The Department of Community Health Sciences and the Institute for Public Health seminar. April 29, 2011
- Berzins, S.** Patten,S. Determinants of Mental Health & Wellbeing in MS MS Progress Rounds Think Tank Jan 19, 2011.
- Berzins,S.,** Patten,S. & Bulloch,A. "Determinants of Mental Health and Well-being in MS" Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K. Littmann Research Day, 2011
- Dickinson J, Fonseca K, **Berzins S,** Medd E, Pearce C, Ricketson L How good are sentinel physicians at diagnosing influenza? Presentation at 2010 World Organization of Family Doctors (WONCA) conference, May 19-23, 2010, Cancun, Mexico
- BaniAdam,G., Dickinson,J., **Berzins,S,** Medd,E., Pearce,C., Ricketson,L., Williamson,T Alberta Family Physicians' Willingness to Work in the Initial Phase of the H1N1 Pandemic Presentation at the Alberta College of Family Physicians Annual Scientific Assembly, Feb 27, 2010
- BaniAdam,G., Dickinson,J., **Berzins,S,** Medd,E., Pearce,C., Ricketson,L., Williamson,T Alberta Family Physicians Pandemic Preparedness in the Initial Phase of the H1N1 Pandemic Presentation at the Alberta College of Family Physicians Annual Scientific Assembly, Feb 27 2010
- Dickinson J, Fonseca K, **Berzins S,** Medd E, Pearce C, Ricketson L How accurately are family physicians diagnosing pH1N1? Presentation at the Alberta College of Family Physicians Annual Scientific Assembly, February 27 2010
- Guyn,L & **Berzins, S.** "Schizophrenia Service Utilization Patterns in Calgary" Presentation at

- University of Calgary, Dept. of Psychiatry, Sebastian K. Littmann Research Day, 2008
- Mclsaac,M., **Berzins,S.** & Lee,R. Review of Issues Associated with Assisted Reproductive Technologies (ARTs) and Preimplantation Genetic Diagnoses (PGD). Presentation at Canadian Agency for Drugs and Technologies in Health (CADTH) Invitational Symposium, Ottawa. 2007
- Yeo,M. **Berzins, S.** & Addington, D. "Psychosis Public Education Project" Presentation at University of Calgary, Dept. of Psychiatry, Sebastian K. Littmann Research Day, 2003
- Ramsey,T.,**Berzins,S.** & Hall,N. "Participatory Action Process in the Evaluation of Health Service Restructuring". Presentation at Canadian Public Health Assoc. Conference, Vancouver, B.C.,1996.

CONFERENCE POSTER PRESENTATIONS:

- Babins-Wagner, R. & **Berzins, S.** *Mental Health Counselling Outcomes in Child Welfare*. Poster Presentation. The International Congress on Child Abuse and Neglect (ISPCAN 2016). August 29, 2016. Calgary Alberta.
- Truscott, E., Nyman, K., **Berzins, S.**, Babins-Wagner. R. *National Depression Screening Day 2015*. Poster at 29th Annual Sebastian K. Littmann Research Day. March 4, 2016. Calgary. AB.
- Babins-Wagner, R, Rousmaniere,T., Swift, J.,**Berzins,S.**, Whipple,J. Exploring the patterns of change prior to premature termination. Poster at Annual Meeting of the Society for Psychotherapy Research, Philadelphia. June, 2015.
- Recruitment and Retention in Long-term Studies **Berzins,S,A.** Bulloch,A,G.M.Burton,J,M. Dobson,K, Fick,G,H. Patten,S.B. Poster at CMHA National Conference, Oct. 2014.
- Berzins,S,A.** Bulloch,A,G.M.Burton,J,M. Dobson,K, Fick,G,H. Patten,S.B. Depression in MS: Clinical Implications Poster at Alberta endMS Research Retreat, Sept.26, 2014
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S. Determinants of Depression in Multiple Sclerosis. Poster Presentation at Dept. of Psychiatry, University of Calgary, Sebastian K.Littmann Research Day, 2014
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S Psychosocial Determinants of Depression in MS. Poster presentation at EndMS Conference, Quebec. Dec 2013. Annual Scientific Symposium, Ottawa, ON. September, 2013
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S Psychosocial Determinants of Depression in MS. Poster presentation at Canadian Academy of Psychiatric Epidemiology Annual Scientific Symposium, Ottawa, ON. September 14, 2013
- Berzins,S,** Bulloch,A,Burton,J, Dobson,K, Fick,G, Patten,S Psychosocial Determinants of Depression in MS. Poster presentation at endMS Annual Research meeting, Banff, AB. September 14, 2013
- Berzins, S.,** Patten, S.B., Bulloch,A.G.M., Williams,J.V.A.,Lavorato,D.H.& Bolo,C Determinants of Mental Health & Well-being in MS: data collection and participant retention strategies for a prospective study. Poster at International Congress of the International Federation of Psychiatric Epidemiology, Germany, June 2013
- Sjonnesen, K, **Berzins,S** , Fiest,K, Williams,J, Lavorato,D., Bulloch,A, Bolo,C, Patten,S. Assessing the Patient Health Questionnaire to screen for Major Depression in Multiple Sclerosis patients Poster at Canadian Association of Psychiatric Epidemiology, Sept 27, 2012
- Fiest,K , **Berzins,S** , Sjonnesen, K, Williams,J, Lavorato,D., Bulloch,A, Bolo,C, Patten,S. Depressive Symptoms in Multiple Sclerosis Patients versus the General Population Poster at Canadian Association of Psychiatric Epidemiology, Sept 27, 2012

- Berzins,S.**,Guyn,L. & Cawthorpe,D. "Patterns of Care for Youth Transition to Adult Mental Health in Calgary" Poster at International Federation of Psychiatric Epidemiology Congress, Vienna, Austria, April 16-19, 2009.
- Berzins,S.**,Guyn,L. & Cawthorpe,D. "Patterns of Care for Transition from Youth to Adult Mental Health Services in Calgary Health Region" Poster at the Alberta Mental Health Board Research Showcase Conference, Nov. 2008
- Berzins,S.**, Ambrose,A., Cassidy,E., Karran,C. &Lucas,C. "Evaluation of the Development of the Calgary Health Region Mental Health Outreach Redesign Process" Poster at the Alberta Mental Health Board Research Showcase Conference, Nov. 2008
- Guyn,L & **Berzins, S.** "Schizophrenia Service Utilization Patterns in Calgary" Poster at World Psychiatric Association Epidemiology and Public Health Meeting, Saskatoon, Sask. May 12-14, 2008
- Berzins,S.**, Lee,R. Alfieri,N. & Mclsaac,M. "Review of Risk Issues Associated with Reuse of Single Use Devices" Poster at Health Technology Assessment International Annual Meeting, Barcelona, Spain. 2007.
- Berzins, S.**, Lee,R. & Alfieri,N. "Review of Risk Issues Associated with Reuse of Single Use Devices" Poster at Canadian Agency for Drugs and Technologies in Health (CADTH) Invitational Symposium, Ottawa. 2007
- Berzins,S.** Yeo,M.,Addington, D. "Public Awareness of Psychosis and Early Treatment Options: Results of a Baseline Population Survey" Poster at International Early Psychosis Conference, Vancouver, 2004.
- Yeo, M.,Addington,D., **Berzins,S.** "Public awareness of psychosis and early treatment options: results of a baseline population survey" Poster at International Early Psychosis Conference, Vancouver, 2004.
- Hall,N.,**Berzins,S.**, Ackhurst,G.& O'Connor,B. "Process Lessons From a Community Mobilization Project: The Heart Smart Model". Poster at Canadian Public Health Assoc. Conference, Vancouver, 1996.
- Hall,N.,**Berzins, S.**,& Best,A. "Tracking the Community Development Process: The Heart Smart Model". Poster at the International Evaluation Conference, 1996, Vancouver, B.C.

JOURNAL REVIEWER:

International Journal of MS Care