



UNIVERSITY OF CALGARY

Curriculum Vitae: Karen Benzies PhD RN

Education

Year Completed	Education	Institution
2005	Post-doctoral Fellowship	Stockholm University
2002	Post-doctoral Fellowship, Canadian Health Services Research Foundation	University of Ottawa/University of Calgary
2001	PhD	University of Alberta
1996	MN	University of Alberta
1993	BSN (Distinction)	University of Victoria, BC
1973	Nursing Diploma	Kelsey Institute of Applied Science & Technology, Saskatoon, SK

Licensure/Certification

Year Completed	Licensure/ Certification	Institution
Current	RN	College and Association of Registered Nurses of Alberta
1976	Certificate in Advanced in Advanced Practical Obstetrics	University of Alberta

Academic Appointments

Year of Appointment	Institution	Academic Rank
2017-present	University of Calgary, Department of Community Health Sciences, Cumming School of Medicine	Adjunct Research Professor
2017	University of Calgary, Department of Obstetrics and Gynaecology Cumming School of Medicine	Assistant Professor (Epidemiology)
2011-2019	University of Calgary, Department of Pediatrics, Cumming School of Medicine	Adjunct Research Professor
2011- present	University of Calgary, Faculty of Nursing	Professor

2010- present	University of Calgary, Department of Pediatrics, Faculty of Medicine	Adjunct Associate Professor
2008- present	University of Calgary, CIHR Strategic Training Program in Genetics, Child Development and Health	Mentor
2007- present	University of Lethbridge, School of Graduate Studies,	Membership
2004-present	University of Alberta, Faculty of Nursing	Adjunct Assistant Professor
2003- present	University of Ottawa, Community Health Research Unit	Research Associate

Administrative Appointments

Year of Appointment	Institution	Position
2016- present	University of Calgary	Associate Dean, Research

Teaching Experience

Dates	Institution	Title of Course	Course Level
2011, 2016-2018	University of Calgary	NURS 621	Graduate
2014	University of Calgary	NURS 629	Graduate

Graduate Student Supervision

Student	Program	Year Completed	Thesis or Project Title
M. Brockway	PhD	In progress	-
S. Dewell	PhD	In progress	-
E. Keys	PhD	In progress	-
L. MacKay	PhD	In progress	-
S. Delhenty	MN Thesis	In progress	-
J. Kearl	Thesis	In progress	-
M. Clapperton	MN Course-based	In progress	-
C. Howland	MN Course-based	In progress	-
M. Scinger-Wilkes	MN Course-based	2017	Breastmilk Feeding and Parental Leave Policies in Organisation for Economic Co-operation and Development (OECD) Countries: A Systematic Review
C. Ginn	PhD	2016	Stepping Stones to Resiliency: A Longitudinal Mixed Methods Study

M Yates	MN Thesis	2015	Following a Two-Generation Preschool Program Do Children's Weights Relate to Neighborhood Safety?
S. Parker	MN Course-based	2015	Two systematic reviews to improve accuracy of peripheral venous catheter insertion
R. Collins	MN Thesis	2014	Discharge Transition and Self-Regulation of Youth Between 15 and 24 Years of Age with Mental Illness

Scholarship

Scholarship of Discovery

Type	Project Title/Dates	Funding Source/Amount	Project Members/Roles	Peer-reviewed Scholarly Products Dissemination
D	Family Integrated Care (FICare) for Medically Fragile Infants on Paediatric Inpatient Units: a Feasibility and Modified Pilot Study. 2017-2020	Alberta Children's Hospital Research Institute - ARC Research Award in Family Centered Care \$225,000	PI: Benzies, K. Co-Is: Barnard, C., MacKay, L., Shah, V.	Conference Presentation Benzies, K. M. and the FICare Team. (2018, April). <i>Family Integrated Care (FICare) in NICUs: Two levels; two models</i> . Neonatal Care: It Takes a Village, Canadian Association of Neonatal Nurses Conference, Calgary, AB.
D	Parent-Child Interactions, Child Developmental Health, and Health System Costs at 6 Months Corrected Age: Effectiveness of a Cluster Randomized Controlled Trial of Family Integrated Care	Alberta Children's Hospital Research Institute-Husky Oil Chair matching funds for Canadian Institutes of Health Research Grant \$100,000	PI: Benzies, K. Co-Is: Aziz, K., Lodha, A., Shah, V.	

	in Level II NICUs. 2016-2020			
D	Child Developmental Health, Maternal Psychosocial Distress, And Health Costs At 18 Months Corrected Age: Effectiveness Of A Cluster Randomized Controlled Trial of Family Integrated Care (FICare) in Level II NICUs. 2016-2018	Canadian Institutes of Health Research, Preterm Birth Initiative \$199,812	PI: Benzies, K. Co-Is: Asztalos, E., Aziz, L., Hicks, M., Isaranuwachai, W., Lodha, A., McNeil, D., Mrklas, K., Palacios-Derflingher, L., Shah, V.	Journal Article Benzies, K. M. , Shah, V., Aziz, K., Isaranuwachai, W., Palacios-Derflingher, L., Scotland, J., . . . Lodha, A. (2017). Family Integrated Care (FICare) in Level II neonatal intensive care units: Study protocol for a cluster randomized controlled trial. <i>Trials</i> , 18(1), 467. doi:10.1186/s13063-017-2181-3
D	Prediction and Understanding of Resilience in Alberta Families. 2015-2018	Alberta Innovates-Health Solutions, Collaborative Research and Innovation Opportunities \$1,892,559	PI: Kingston, D. Co-PIs: Arnold, P., Greenshaw, A., McDonald, S., Tough, S. Co-Is: Austin, M-P., Benzies, K. , Brown, S., Chuck, A., Cui, X., deKoning, J., Dursun, S., Gartland, D., Giallo, R., Graham, S., Greiner, R., King, S., Kovalchuk, I., Lebel, C., MacMaster, F., Marsh, R., McDermott, B., Metz, G., Postovit, L-M., Pryce, C., Slater, D., Sproule, J.,	

			Wynne-Edwards, K.	
D	Family Integrated Care in Level II NICUs: An Innovative Program for Alberta. 2015-2018	Alberta Innovates Health Solutions, Partnership for Research and Innovation in the Health System \$750,000	PI: Lodha, A. Co-PIs: Aziz, K., Benzies, K. , Shah, V. Co-Is: Aikerman, A., Amin, H., Chari, R., Hoch, J., Isaranuwachai, W., Larocque, J., Mrklas, K., Naugler, C., Palacios-Derflingher, L., Phillipos, E., Scotland, J., Soraisham, A., Staub, K., Stelfox, T., Suter, E., Walker-Kendall, S.	
D	A Longitudinal Evaluation of an Innovative, Community-Based Multiple Intervention of Cups One World Child Development Centre: Effects on Health and Developmental Outcomes at Age 15 Following a Two-Generation Preschool Program for Vulnerable Children and Their Families. 2015-2018	Max Bell Foundation \$26,811	PI: Benzies, K. Co-Is: Ginn, C., Mughal, M.K.	Journal Article Ginn, C. S., Benzies, K. M. , Keown, L. A., Raffin Bouchal, S., & Thurston, W. E. B. (2018). Stepping stones to resiliency following a community-based two-generation Canadian preschool programme. <i>Health Soc Care Community</i> , 26(3), 364-373. doi:10.1111/hsc.12522 Mughal, M. K., Ginn, C., Perry, R. L., & Benzies, K. M. (2015). Longitudinal effects of a two-generation preschool program on receptive language skill in low-income Canadian children to age 10 years. <i>Early Child Development and Care</i> , 186(8), 1316-1326. doi:10.1080/03004430.2015.1092141 Benzies, K. M. , Mychasiuk, R., Kurilova, J., Tough, S., Edwards, N., & Donnelly, C. (2014). Two-

			<p>generation preschool programme: Immediate and 7-year-old outcomes for low-income children and their parents. <i>Child & Family Social Work</i>, 19(2), 203-214. doi:10.1111/j.1365-2206.2012.00894.x</p> <p>Conference Presentation Ginn, C., Benzies, K., Keown, L., Raffin Bouchal, S., & Thurston, B. E. (2017, July). <i>Longitudinal research with Canadian families living with low income</i>. Paper presented at the 7th Conference of the European Survey Research Association, Universidade de Lisboa, Lisbon, Portugal</p> <p>Ginn, C., Benzies, K., Keown, L., Raffin Bouchal, S., & Thurston, B. E. (2017, July). <i>Sampling procedures in a longitudinal study following a two-generation preschool program</i>. Paper presented at the 7th Conference of the European Survey Research Association, Universidade de Lisboa, Lisbon, Portugal.</p> <p>Ginn, C., & Benzies, K. (2016, September). <i>Effects of a two-generation preschool program after age 10: Receptive language in children and resolve in mothers</i>. The 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress; The 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry (IACAPAP), TELUS Convention Centre, Calgary, Canada.</p> <p>Mughal, M. K., Ginn, C., Perry, R., & Benzies, K. (2016, September). <i>Caregiver stress, child-rearing attitudes, self-esteem, and child development</i>. Paper presented at the 22nd International Association</p>
--	--	--	--

				<p>for Child and Adolescent Psychiatry and Allied Professions World Congress; The 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry, Calgary, AB.</p> <p>Ginn, C., Mughal, M. K., Perry, R., & Benzies, K. (2016, August). <i>Mitigating the risk of child abuse and neglect with a two-generation program: Enhancing parenting and promoting early child development.</i> Paper presented at the 21st International Congress for the prevention of Child Abuse and Neglect, Calgary, AB.</p> <p>Syed, H., Mughal, M. K., Ginn, C., Donnelly, C., & Benzies, K. (2016, August). <i>Maternal stress and child development in a vulnerable population.</i> Poster presented at the Alberta Children’s Hospital Research Institute Research Symposium, Calgary, Canada.</p>
D	<p>Alberta Birth Common Dataset (ABCD): Revealing the Origins of Child Development. 2014-2021</p>	<p>Alberta Children’s Hospital Foundation \$1.9 million</p>	<p>Co-PIs: Letourneau, N., Tough, S. Co-Is: Benzies, K., Dewey, D., Giesbrecht, G.</p>	<p>Conference Presentation Ali, E., Letourneau, N., Benzies, K., & Giesbrecht, G. (2018, April) <i>Prenatal anxiety and children’s behavioral problems: The moderating roles of maternal-child attachment and child’s sex.</i> Poster session presented at the University of Calgary. Women’s Mental Health Day Conference, Calgary, AB.</p> <p>Ali, E., Letourneau, N., Benzies, K., & Giesbrecht, G. (2018, February). <i>Prenatal anxiety and children’s behavioral problems: The moderating roles of maternal-child attachment and child’s sex.</i> Poster session presented at the Developmental Origins of Health and Disease (DOHaD) Scientific Meeting, Canadian DOHaD Society, Banff, AB.</p>

D	Welcome to Parenthood. 2014-2015	Alberta Family Wellness Initiative \$14,971 UpStart: United Way of Calgary and Area \$15,563	PI: Benzies, K. Co-Is: Barker, L., Carlton, P., Collyer, S.	Conference Presentation Benzies, K. et al. (2018, February). <i>Welcome to Parenthood™: Combining neuroscience and mentorship to improve maternal perinatal psychosocial health.</i> Paper presented at the Canadian National Perinatal Research Meeting, Banff, Canada.
D	PAX and Triple P Randomized Control Trial. 2013-2017	Alberta Centre for Child, Family, and Community Research and Alberta Health Services \$2.65 million	PIs: Embry, D., Prinz, R., Tough, S. Co-Is: Benzies, K. , Hoglund, W., Kingston, D., Rinaldi, C., Wiebe, S.	
D	Calgary Urban Project Society (CUPS) Prenatal to Three Program Evaluation Project. 2013-2017	Max Bell Foundation \$200,000	PI: Benzies, K. Co-Is: Pruett, K., Pruett, M.	
D	Action Team on Triadic Attachment and Child Health (ATTACH). 2013-2014	University of Calgary, Bridge Fund \$25,000 Alberta Centre for Child and Family Health Research \$29,737 Norlien Foundation \$15,000	PI: Letourneau, N. Co-Is: Benzies, K. , Donnelly, C., Ewashen, C., Giesbrecht, G., Hayne, Y., Kline-Pruett, M., MacQueen, G., Pruett, K.	Conference Presentation Letourneau, N., Hart, M., Anism L., Ewashen, C., Benzies, K. , & Donnelly, C. (2016, September). <i>Action team on triadic attachment and child health (ATTACH): A parental reflective function intervention pilot study.</i> Paper presented at International Association of Child Adolescent Psychiatry and Allied Professionals World Congress, Calgary Canada. Letourneau, N., Hart, M., Anism L., Ewashen, C., Benzies, K. , & Donnelly, C. (2016, August). <i>Action team on triadic attachment and child health (ATTACH): Results of a parental reflective function intervention.</i> Paper presented at the International Congress on Child Abuse and Neglect, Calgary Canada.

D	Enhanced information package given at birth: Effects on early parenting experiences and use of educational resources and community services at age 3 months. 2018		Benzies, K. M., Horn, S., Barker, L. A., Johnston, J. C., Berci, D., & Kurilova, J.	Journal Article Benzies, K. M., Horn, S., Barker, L. A., Johnston, J. C., Berci, D., & Kurilova, J. (in press). Enhanced information package given at birth: Effects on early parenting experiences and use of educational resources and community services at age 3 months. <i>Maternal and Child Health Journal</i> . MACI-D-17-00421
D	Relationship between psychosocial distress in pregnancy and two genes associated with human social interaction: A pilot study. 2018		Dewell, S., Slater, D., Benzies, K., McDonald, S., & Tough, S.	Journal Article Dewell, S., Slater, D., Benzies, K., McDonald, S., & Tough, S. (2018). Relationship between psychosocial distress in pregnancy and two genes associated with human social interaction: A pilot study. <i>SAGE Open Nursing</i> , 4, 1-8. doi:10.1177/2377960818765272
D	The health care system is making 'too much noise' to provide family-centred care in neonatal intensive care units: Perspectives of health care providers and hospital administrators. 2018		Benzies, K. M., Shah, V., Aziz, K., Lodha, A., & Misfeldt, R.	Journal Article Benzies, K. M., Shah, V., Aziz, K., Lodha, A., & Misfeldt, R. (2018). The health care system is making 'too much noise' to provide family-centred care in neonatal intensive care units: Perspectives of health care providers and hospital administrators. <i>Intensive and Critical Care Nursing</i> . doi:10.1016/j.iccn.2018.05.001 Conference Presentation Aziz, K., Benzies, K., Suter, E., Mrklas, K., Shah, V., Lodha, A., & Misfeldt, R. (2018, May). <i>The health care system is making "too much noise" to provide family-centred care (FCC): Health care providers' perspectives</i> . Poster # 57 presented at the Pediatric Academic Societies (PAS), Toronto, ON.

				<p>Benzies, K., Suter, E., Mrklas, K., Shah, V., Aziz, K., Misfeldt, R., & Brockway, M. (2018, February). <i>The health care system is making “too much noise” to provide family centred care: Health care provider perspectives</i>. Poster session presented at the Canadian National Perinatal Research Meeting, Banff, AB.</p>
--	--	--	--	---

Scholarship of Teaching

Type	Project Title/Dates	Funding Source/Amount	Project Members/Roles	Peer-reviewed Scholarly Products Dissemination
T	Developing Nursing Expertise: Application of the Quiet Eye to Nursing Education. 2017-2019	University of Calgary, Taylor Institute Teaching and Learning Grant \$36,660	PI: Parker, S. Co-Is: Benzies, K. , Caird, J.	

Scholarship of Application

Type	Project Title /Dates	Funding Source and Amount	Project Members/Roles	Peer-reviewed Scholarly Products Dissemination
A	Family Research Agenda Initiative SETting (FRAISE) Project. 2017-2020 Family Research Agenda Initiative SETting (FRAISE) Project. 2017-2018	Alberta Children’s Hospital Research Institute – Allied Health Award \$60,000 Alberta Innovates – Community Engagement and Conference Grant \$10,000	PI: Benzies, K. Co-Is: Bright, K., Brockway, M., Ginn, C., Keys, E., Kingston, D., Tomfohr-Madsen, L.	<p>Journal Article Bright, K. S., Ginn, C., Keys, E. M., Brockway, M. L., Tomfohr-Madsen, L., Doane, S., & Benzies, K. (2018). Study protocol: Determining research priorities of young Albertan families (The Family Research Agenda Initiative Setting Project—FRAISE)—Participatory action research. <i>Frontiers in Public Health</i>, 6(228). doi: 10.3389/fpubh.2018.00228</p> <p>Conference Presentation Brockway, M., Ginn, C., Keys, E., Bright, K., Tomfohr-Madsen, L., Kingston, D., & Benzies, K. (2017, June). Family Research Agenda</p>

				<p>Initiative Setting (FRAISE) Project Protocol. Poster presented at the KT Canada Summer Institute, Toronto, Canada.</p> <p>Brockway, M., Ginn, C., Keys, E., Bright, K., Tomfohr-Madsen, L., Kingston, D., & Benzies, K. (2017, June). <i>Family Research Agenda Initiative Setting (FRAISE) Project Protocol</i>. Poster presented at the Alberta Innovates Patient-Oriented Research Summer Institute, Edmonton, Canada.</p> <p>Brockway, M., Ginn, C., Keys, E., Bright, K., Tomfohr-Madsen, L., Kingston, D., & Benzies, K. (2017, April). <i>Family Research Agenda Initiative Setting (FRAISE) Project Protocol</i>. Poster presented at the Alberta Children's Hospital Research Institute Research Symposium, Calgary, Canada.</p> <p>Brockway, M., Ginn, C., Keys, E., Bright, K., Tomfohr-Madsen, L., Kingston, D., & Benzies, K. (2017, May). <i>Family Research Agenda Initiative Setting (FRAISE) Project Protocol</i>. Poster presented at the Cumming School of Medicine Office of Continuing Medical Education and Professional Development Women's Mental Health Day, Calgary, Canada.</p> <p>Brockway, M., Ginn, C., Keys, E., Bright, K., Tomfohr-Madsen, L., Kingston, D., & Benzies, K. (2017, April). <i>Family Research Agenda Initiative Setting (FRAISE)</i></p>
--	--	--	--	---

				<i>Project Protocol</i> . Poster presented at the Canadian Child Health Clinician Scientist Program 15 th Annual National Symposium, Calgary, Canada.
A	Using Community Engagement to Define Health Research Priorities in Maternal-Child and Family Health for the Community Setting. 2017-2018	Alberta Innovates \$10,000	PI: Benzies, K. Co-Is: Bright, K., Brockway, M., Ginn, C., Keys, E., Kingston, D., Tomfohr, L.	Journal Article Ginn, C. S., Mughal, M. K., Syed, H., Storteboom, A. R., & Benzies, K. M. (2017). Sustaining engagement in longitudinal research with vulnerable families: A mixed-methods study of attrition. <i>Journal of Family Nursing</i> , 23(4), 488-515. doi:10.1177/1074840717738224 Conference Presentation Syed, H., Benzies, K. , Mughal, M. K., & Ginn, C. (2015, August). <i>An enigma: Deciphering attrition in a longitudinal study with vulnerable families</i> . Poster presented at the Alberta Children's Hospital Research Institute Summer Student Research Day, Calgary, Canada.
A	Developing a Pregnancy-Specific Anxiety Assessment Tool: a One-Day Planning Event. 2015-2016	Canadian Institutes of Health Research, Planning and Dissemination Grant \$9,934	Co-PIs: Bayrampour, H, Cook, J., Tough, S. Co-Is: Benzies, K. , MacQueen, G., McNeil, D.	
A	Trajectories of maternal stress and anxiety from pregnancy to three years and child development at 3 years of age: Findings from the All Our Families pregnancy cohort. 2018		Mughal, M. K., Giallo, R., Arnold, P., Benzies, K. , Kehler, H., Bright, K., & Kingston, D.	Journal Articles Mughal, M. K., Giallo, R., Arnold, P., Benzies, K. , Kehler, H., Bright, K., & Kingston, D. (2018). Trajectories of maternal stress and anxiety from pregnancy to three years and child development at 3 years of age: Findings from the All Our Families (AOF) pregnancy cohort. <i>Journal of Affective Disorders</i> , 234, 318-326. doi:10.1016/j.jad.2018.02.095 Kingston, D., Kehler, H., Austin, M. P., Mughal, M. K., Wajid, A., Vermeyden, L., . . . Giallo, R. (2018). Trajectories of maternal depressive

				<p>symptoms during pregnancy and the first 12 months postpartum and child externalizing and internalizing behavior at three years. <i>PLoS One</i>, 13(4), e0195365. doi:10.1371/journal.pone.0195365</p> <p>Conference Presentation Mughal, M. K., Giallo, R., Bright, K., Harvalik, P., Benzies, K., McDonald S., & Kingston, D. (2017, April). <i>Trajectories of maternal anxiety and child development at three years</i>. Poster presented at the Canadian Child Health Clinician Scientist Program 15th Annual National Symposium, Calgary, Canada.</p> <p>Mughal, M. K., Giallo, R., Benzies, K., & Kingston, D. (2017, February). <i>Trajectories of maternal anxiety and child development at age three years</i>. Poster session presented at the 4th Annual Canadian National Perinatal Research Meeting, Montebello, Canada.</p>
A	A proposed theoretical model to inform research and practice related to healthy infant sleep. 2017		Keys, E., & Benzies, K. M.	<p>Journal Articles Keys, E., Benzies, K. M., Kirk, V., & Duffett-Leger, L. (2018). Using play to improve infant sleep: A mixed methods protocol to evaluate the effectiveness of the Play2Sleep intervention. <i>Frontiers in Psychiatry</i>, 9, 109. doi:10.3389/fpsyt.2018.00109</p> <p>Keys, E. M., & Benzies, K. M. (2018). A proposed nursing theory: Infant sleep and development. <i>Nursing Science Quarterly</i>, 31(3), 279-286. doi:10.1177/0894318418774947</p> <p>Conference Presentations Benzies, K. (2018, June). <i>Baby boxes may not prevent sleep-related infant death: A collective case study of socially vulnerable families</i>. Paper</p>

				<p>presentated at the International Conference on Stillbirth, SIDS and Baby Survival 2018, Glasgow, UK.</p> <p>Keys, E. M., Best, I. C. & Benzies, K.M. (2018, May). <i>Parent-reported services, resources, and strategies to manage infant sleep difficulties at 5-months of age</i>. Poster session presented at the Alberta Strategy for Patient Oriented Research (SPOR) Support Unit Summer Institute, Calgary, AB.</p> <p>Keys, E. Tomfohr-Madsen, L., Benzies, K., & Tough, S. (2017, June). <i>Maternal history of child abuse is associated with infant sleep consolidation during the first year of life</i>. Poster session presented at the 31st Annual Meeting of the Associated Sleep Professional Sleep Societies, Boston, MA.</p> <p>Keys, E., Tomfohr-Madsen, L. M., Benzies, K. M., & Tough, S. (2017, April). <i>Maternal history of child abuse is associated with infant sleep consolidation during the first year of life</i>. Poster session presented at the Alberta Children's Hospital Research Institute (ACHRI) Research Symposium, Calgary, Canada.</p> <p>Keys, E., & Benzies, K. (2016, October). <i>Applications of knowledge translation in maternal child health nursing</i>. Paper presented at the 2016 Canadian Association of Perinatal and Women's Health Nurses 6th National Conference, Calgary, Canada.</p> <p>Keys, E., & Benzies, K. (2016, June). <i>Play2Sleep: A mixed methods study protocol of using play to improve infant sleep</i>. Poster session presented at the 14th Annual</p>
--	--	--	--	---

				<p>Canadian Child Health Clinician Scientist Program National Symposium, Niagara Fall, Canada.</p> <p>Keys, E., & Benzies, K. (2016, May). <i>Play2Sleep: A mixed methods study protocol of using play to improve infant sleep</i>. Poster session presented at the Alberta Strategy for Patient Oriented Research Summer Institute, Calgary, Canada.</p> <p>Keys, E. Tomfohr-Madsen, L., Benzies, K., & Tough, S. (2017, April). <i>Maternal history of child abuse is associated with infant sleep consolidation during the first year of life</i>. Poster session presented at the Canadian Child Health Clinician Scientist Program 15th Annual National Symposium, Calgary, Canada.</p> <p>Keys, E., & Benzies, K. (2015, April). <i>Play2Sleep: A sequential explanatory mixed methods protocol of using play to improve infant sleep</i>. Poster session presented at the Alberta Children's Hospital Research Institute Symposium, Calgary, Canada.</p>
A	Six degrees of connection in nursing. 2018.		Benzies, K. M.	Benzies, K. M. (2018, May). Six degrees of connection in nursing. University of Calgary, Faculty of Nursing, Alumni Luncheon, Calgary, AB.
A	Parenting stress of mothers and fathers and development of late preterm infants at 4 months corrected age. 2017		Mughal, M. K., Ginn, C., Magill-Evans, J., & Benzies, K. M.	<p>Journal Articles Mughal, M. K., Ginn, C. S., Magill-Evans, J., & Benzies, K. M. (2017). Parenting stress and development of late preterm infants at 4 months corrected age. <i>Research in Nursing and Health</i>, 40(5), 414-423. doi:10.1002/nur.21809</p> <p>Conference Presentations Mughal, M. K., Ginn, C., Perry, R., & Benzies, K. (2016, September).</p>

				<p><i>Caregiver stress, child-rearing attitudes, self-esteem, and child development.</i> Paper presented at the 22nd International Association for Child and Adolescent Psychiatry and Allied Professions World Congress/ 36th Annual Conference for the Canadian Academy of Child and Adolescent Psychiatry, Calgary, Canada.</p> <p>Mughal, K., Ginn, C., & Benzies, K. (2016, April). <i>Parental stress in late preterm infants and its effect on infant development.</i> Poster presented at the Alberta Children's Hospital Research Institute (ACHRI) Research Symposium, Health Sciences Centre, Foothills Campus, Calgary, Canada.</p> <p>Mughal, M. K., Ginn, C., & Benzies, K. (2016, February). <i>Parental stress in late preterm infants and its association with child development.</i> Poster presented at the Canadian National Perinatal Research Meeting, Banff, Canada.</p> <p>Benzies, K., & Magill-Evans, J. (2014, September). <i>The parenting stress of fathers and mothers of late preterm infants.</i> Poster presented at the 2014 International Marcé Society Scientific Conference, Swansea University, Wales, UK.</p>
A	Longitudinal patterns of early development in Canadian late preterm infants: A prospective cohort study. 2017		Benzies, K. M., Magill-Evans, J., Ballantyne, M., & Kurilova, J.	<p>Journal Article</p> <p>Benzies, K. M., Magill-Evans, J., Ballantyne, M., & Kurilova, J. (2017). Longitudinal patterns of early development in Canadian late preterm infants: A prospective cohort study. <i>Journal of Child Health Care, 21</i>(1), 85-93. doi:10.1177/1367493516689167</p>
A	Cohort Profile: The All Our Babies		Tough, S.C., McDonald, S. W., Collisson, B.	<p>Journal Articles</p> <p>Tough, S. C., McDonald, S. W., Collisson, B. A., Graham, S. A.,</p>

	pregnancy cohort (AOB). 2017		A., Graham, S.A., Kehler, H., Kingston, D., & Benzies, K.	<p>Kehler, H., Kingston, D., & Benzies, K. (2017). Cohort profile: The All Our Babies pregnancy cohort (AOB). <i>International Journal of Epidemiology</i>, 46(5), 1389-1390k. doi:10.1093/ije/dyw363</p> <p>Conference Presentation Benzies, K., Ballantyne, M., McDonald, S.M., Magill-Evans, J., Lodha A., & Tough, S. (2014, February). <i>Risk for developmental delay in children born late preterm and full term: All Our Babies Cohort Study</i>. Paper presented at the Canadian National Perinatal Research Meeting, Banff, Canada.</p>
A	A qualitative inquiry on pregnant women's preferences for mental health screening. 2017		Bayrampour, H., McNeil, D., Benzies, K. , Salmon, C., Gelb, K., & Tough, S.	<p>Journal Articles Bayrampour, H., McNeil, D. A., Benzies, K., Salmon, C., Gelb, K., & Tough, S. (2017). A qualitative inquiry on pregnant women's preferences for mental health screening. <i>BMC Pregnancy and Childbirth</i>, 17, 1-11. doi:10.1186/s12884-017-1512-4</p> <p>Bayrampour, H., Ali, E., McNeil, D. A., Benzies, K., MacQueen, G., & Tough, S. (2016). Pregnancy-related anxiety: A concept analysis. <i>International Journal of Nursing Studies</i>, 55, 115-130. doi:10.1016/j.ijnurstu.2015.10.023</p>
A	Evaluation of a storybook resource for parents in the neonatal intensive care unit. 2017		Lasiuk, G., Penner, J., Benzies, K. , Jubinville, J., Hegadoren, K., & van Manen, M.	<p>Journal Article Lasiuk, G., Penner, J., Benzies, K., Jubinville, J., Hegadoren, K., & van Manen, M. (2018). Evaluation of a storybook resource for parents in the neonatal intensive care unit. <i>Journal of Perinatal Education</i>, 27(4), 220-232. doi: 10.1891/1058-1243.27.4.220</p>
A	Testing the PAX Good Behavior Game with and without school-based parenting		Pazderka, H., Prinz, R. J., Heidebrecht, T., Wiebe, S., Wiebe, S.,	<p>Journal Article Pazderka, H., Prinz, R. J., Heidebrecht, T., Wiebe, S., Benzies, K., Hosan, N., . . . Embry, D. D. (2017). Testing the PAX good</p>

	support: Study description and practical challenges. 2017		Benzies, K., Hosan, N., Hoglund, W., Rinaldi, C., Easton, D., Preston, T., Tough, S., & Embry, D. D.	behavior game with and without school-based parenting support: Study description and practical challenges. <i>International Journal of Mental Health Promotion</i> , 19(4), 173-188. doi:10.1080/14623730.2017.1347515
A	Prioritizing the “family voice” to enhance family centered bedside rounds. 2017		Barnard, C., Bailey, J. A., Nettel-Aguirre, A., & Benzies, K. M.	<p>Conference Presentation</p> <p>Barnard, C., Bailey, J. A., Nettel-Aguirre, A., & Benzies, K. M. (2017, July). <i>Prioritizing the “family voice” to enhance family centered bedside rounds</i>. Poster presented at the Pediatric Hospital Medicine Conference, Nashville, TN.</p> <p>Barnard, C., Benzies, K., Wutherick, S. (2016, July). <i>Moving toward truly family centered bedside rounds: Changes in parental perceptions of patient and family centered care during bedside rounds following a healthcare provider workshop</i>. Poster presented at the 7th International Conference on Patient- and Family-Centered Care, New York, NY.</p> <p>Barnard, C., Benzies, K., Montgomery, L., Chenier, S., & Ly Dang, J. (2014, October). <i>Using a “360-degree approach” to enhance patient and family centered care during bedside rounds</i>. Poster presented at the Climbing Mountains: Leadership and Resilience in Paediatric Healthcare, Canadian Association of Pediatric Health Centres Conference, Calgary, Canada.</p>
A	Risk of developmental delay: Comparison of late preterm and full term Canadian		Ballantyne, Benzies, K. , McDonald, S., Magill-Evans, J., & Tough, S.	Journal Article

	infants at age 12 months. 2016			Ballantyne, M., Benzies, K. M. , McDonald, S., Magill-Evans, J., & Tough, S. (2016). Risk of developmental delay: Comparison of late preterm and full term Canadian infants at age 12 months. <i>Early Human Development, 101</i> , 27-32. doi:10.1016/j.earlhumdev.2016.04.004
A	Nurses' experiences caring for the abandoned infant in hospital. 2016		Headley, L., & Benzies, K.	Conference Presentation Headley, L., & Benzies, K. (2016, November). <i>Nurses' experiences caring for the abandoned infant in hospital</i> . Poster presented at the 30 th Margaret Scott Wright Research and Innovation Day and Canadian Nursing Student Association Western/Prairies Regional Conference, Edmonton, Canada.
A	UpStart Parent Survey-Prenatal Version: A reliable and valid measure for prenatal education programs. 2016		Benzies, K. , Barker, L., Churchill, J., Horn, S., & Smith, J.	Journal Article Benzies, K. M. , Barker, L., Churchill, J., Smith, J., & Horn, S. (2016). UpStart Parent Survey-Prenatal: A new tool for evaluating prenatal education programs. <i>Public Health Nursing, 33</i> (5), 440-448. doi:10.1111/phn.12269 Conference Presentation Benzies, K. , Barker, L., Churchill, J., Horn, S., & Smith, J. (2014, October). <i>Evaluating prenatal education programs: Development of the UpStart Parent Survey – Prenatal Version</i> . Paper presented at the Canadian Association of Perinatal and Women's Health Nurses, 4 th National Conference, Regina, Canada.
A	Who is distressed? A comparison of psychosocial stress in pregnancy across seven ethnicities?		Robinson, A., Benzies, K. , Cairns, S., Fung, T., & Tough, S.	Journal Article Robinson, A. M., Benzies, K. M. , Cairns, S. L., Fung, T., & Tough, S. C. (2016). Who is distressed? A comparison of psychosocial stress in pregnancy across seven ethnicities. <i>BMC Pregnancy and Childbirth</i> ,

	2016			16(1), 215. doi:10.1186/s12884-016-1015-8
A	Effects of an educational workshop on pediatric nurses' attitudes and beliefs about family-centered rounds. 2016		Montgomery, L., Benzies, K. , & Barnard, C.	<p>Journal Article Montgomery, L., Benzies, K., & Barnard, C. (2016). Effects of an educational workshop on pediatric nurses' attitudes and beliefs about family-centered bedside rounds. <i>Journal of Pediatric Nursing</i>, 31(2), e73-82. doi:10.1016/j.pedn.2015.10.008</p> <p>Conference Presentation Montgomery, L., Benzies, K., & Barnard, C. (2014, October). <i>Effectiveness of a workshop on pediatric nurses' attitudes and beliefs about family-centered bedside rounds</i>. Poster presented at the Climbing Mountains: Leadership and Resilience in Paediatric Healthcare, Canadian Association of Pediatric Health Centres Conference, Calgary, Canada.</p> <p>Chenier, S. Benzies, K., & Barnard, C. (2014, October). <i>Effects of a workshop for healthcare providers on parental perceptions of patient and family centered care during bedside rounds</i>. Poster presented at the Climbing Mountains: Leadership and Resilience in Paediatric Healthcare, Canadian Association of Pediatric Health Centres Conference, Calgary, Canada.</p> <p>Ly Dang, J., Barnard, C. Benzies, K., Montgomery, L., & Chenier, S. (2014, October). <i>Family centred care during bedside rounds: Effects of an educational workshop for multidisciplinary hospital paediatric teams</i>. Poster presented at the Climbing Mountains: Leadership and Resilience in Paediatric Healthcare, Canadian Association of Pediatric</p>

				Health Centres Conference, Calgary, Canada.
A	Relational communications strategies to support family centered neonatal intensive care. 2016		Benzies, K.	Journal Article Benzies, K. M. (2016). Relational communications strategies to support family-centered neonatal intensive care. <i>Journal of Perinatal and Neonatal Nursing</i> , 30(3), 233-236. doi:10.1097/jpn.000000000000195
A	Exclusive breastfeeding at 3 months postpartum and maternal use of community breastfeeding supports. 2016		Scringer-Wilkes, M., & Benzies, K.	Conference Presentations Scringer-Wilkes, M., & Benzies, K. (2016, February). <i>Exclusive breastfeeding at 3 months postpartum and maternal use of community breastfeeding supports</i> . Poster presented at the Canadian National Perinatal Research Meeting, Banff, Canada. Scringer-Wilkes, M., Benzies, K. , McNeil, D., & Duffet-Leger, L. (2015, November). <i>Breastfeeding at age 3 months and maternal utilization of supports in the community</i> . Presented at the Canadian Association of Perinatal and Women's Health Nurses National Conference, Quebec City, Canada.
A	Enhancing program participation for families experiencing vulnerability: Exploring the baby-kit concept. 2015		Brockway, M., Benzies, K. & Weber, J.	Conference Presentations Brockway, M., Benzies, K. , & Weber, J. (2015, November). <i>Enhancing program participation for families experiencing vulnerability: Exploring the baby-kit concept</i> . Poster presented at the Canadian Association of Perinatal and Women's Health Nurses National Conference, Quebec City, Canada.
A	Supporting victims of child abuse: An integrated practice model. 2015		Fields, J., Daoust, G., Lee, C., Benzies, K. , MacLaurin, B. & Sieppert, J.	Conference Presentations Fields, J., Daoust, G., Lee, C., Benzies, K. , MacLaurin, B., & Sieppert, J. (2015, April). <i>Supporting victims of child abuse: An integrated practice model</i> . Poster presented at the Social Work and the Pursuit of Social Justice, Faculty of Social

				Work, Research Symposium, Edmonton, Canada.
A	What patterns of postpartum psychological distress are associated with maternal concerns about their children's emotional and behavioural problems at age 3 years? 2015		Benzies, K., Mychasiuk, R. M., & Tough, S. C.	Journal Article Benzies, K. M., Mychasiuk, R., & Tough, S. (2015). What patterns of postpartum psychological distress are associated with maternal concerns about their children's emotional and behavioural problems at the age of three years? <i>Early Child Development and Care, 185</i> (1), 1-16. doi:10.1080/03004430.2014.899592
A	Mothers' and health care providers' perspectives of the barriers and facilitators to attendance at Canadian neonatal follow-up programs. 2015		Ballantyne, M., Benzies, K., Rosenbaum, P., & Lodha, A.	Journal Article Ballantyne, M., Benzies, K. M., Rosenbaum, P., & Lodha, A. (2015). Mothers' and health care providers' perspectives of the barriers and facilitators to attendance at Canadian neonatal follow-up programs. <i>Child: Care, Health and Development, 41</i> (5), 722-733. doi:10.1111/cch.12202
A	Through the eyes of a new dad: The experiences of first-time fathers of late preterm infants. 2015		Benzies, K., & Magill-Evans, J.	Journal Article Benzies, K. M., & Magill-Evans, J. (2015). Through the eyes of a new dad: Experiences of first-time fathers of late-preterm infants. <i>Infant Mental Health Journal, 36</i> (1), 78-87. doi:10.1002/imhj.21489 Conference Presentation Benzies, K., & Magill-Evans, J. (2014, October). <i>Giving voice to the experiences of first-time fathers of late preterm infants</i> . Paper presented at the 5 th Congress of the European Academy of Paediatric Societies, Barcelona, Spain.
A	Evaluating prenatal education programs: A new measure and outcomes.		Benzies, K., Barker, L., Churchill, J., Horn, S., & Smith, J.	Conference Presentation Benzies, K., Barker, L., Churchill, J., Horn, S., & Smith, J. (2014, October). <i>Evaluating prenatal education programs: A new measure and outcomes</i> . Paper presented at the

	2014			<p>5th Congress of the European Academy of Paediatric Societies, Barcelona, Spain.</p> <p>Benzies, K., & Barker, L. (2014, February). <i>Evaluating prenatal education programs: A new measure and outcomes</i>. Paper presented at the Canadian National Perinatal Research Meeting, Banff, Canada.</p>
A	Effects of a brief, prevention-focused parenting education program for new mothers. 2014		Hooge, S., Benzies, K. , & Mannion, C.	<p>Journal Article</p> <p>Hooge, S. L., Benzies, K. M., & Mannion, C. A. (2014). Effects of a brief, prevention-focused parenting education program for new mothers. <i>Western Journal of Nursing Research</i>, 36(8), 957-974. doi:10.1177/0193945913519871</p>
A	Role-reversal in parent-child relationship. 2015		Schmidt, M., Benzies, K. , Mughal, M. K., & Ginn, C.	<p>Conference Presentations</p> <p>Schmidt, M., Benzies, K., Mughal, M. K., & Ginn, C. (2015, August). <i>Role-reversal in parent-child relationships</i>. Poster presented at the Alberta Innovates Health Solutions, Heritage Youth Researcher Summer Program Research Symposium, Foothills Medical Centre, Calgary, Canada.</p>
A	Do children's weights relate to neighborhood safety? 2014		Yates, M., Patel, A., McNeil, D., & Benzies, K.	<p>Conference Presentations</p> <p>Benzies, K. (2014, May). <i>Do children's weights relate to neighborhood safety?</i> Paper presented at the Public Health 2014, Canadian Public Health Association Conference, Toronto, Canada.</p> <p>Yates, M., Patel, A., McNeil, D., & Benzies, K. (2014, May). <i>Do children's weights relate to neighborhood safety?</i> Poster presented at the Power to Move Kids, Global Summit on the Physical Activity of Children, Toronto, Canada.</p>

				<p>Yates, M., Benzies, K., McNeil, D., & Patel, A. (2014, January). <i>Do children's weights relate to neighborhood safety?</i> Paper presented at the <i>UBC Early Years Conference</i>, Vancouver, Canada.</p> <p>Yates, M., Patel, A., McNeil, D., & Benzies, K. (2014, January). <i>Do children's weights relate to neighborhood safety?</i> Poster presented at the <i>Shaping Childhood: Factors that Matter, Early Years Conference</i>, Vancouver, Canada.</p>
A	Program evaluation: What works in parenting education? 2014		Benzies, K. & Barker, L. A.	<p>Chapter</p> <p>Benzies, K. M., & Barker, L. A. (2014). Program evaluation: What works in parenting education? In J. Ponzetti (Ed.), <i>Evidence-based parenting education: A global perspective</i> (pp. 34-49). New York, NY: Routledge.</p>

Scholarship of Integration

Type	Project Title /Dates	Funding Source and Amount	Project Members/Roles	Peer-reviewed Scholarly Products Dissemination
I	Conceptualization of Antenatal Anxiety: a Synthesis Review and Meta-Analysis. 2012-2015	Alberta Centre for Child, Family & Community Research \$39,072	Co-PIs: Bayrampour, H., Tough, S. Co-Is: Benzies, K., MacQueen, G., McNeil, D.	
I	Interventions to improve breastfeeding self-efficacy and resultant breastfeeding rates: A systematic review and meta-analysis. 2017		Brockway, M., Benzies, K. , & Hayden, A.	<p>Journal Articles</p> <p>Brockway, M., Benzies, K. M., Carr, E., & Aziz, K. (2018). Breastfeeding self-efficacy and breastmilk feeding for moderate and late preterm infants in the Family Integrated Care trial: a mixed methods protocol. <i>International Breastfeeding Journal</i>, 13, 29. doi:10.1186/s13006-018-0168-7</p> <p>Brockway, M., Benzies, K., & Hayden, K. A. (2017). Interventions</p>

				<p>to improve breastfeeding self-efficacy and resultant breastfeeding rates: A systematic review and meta-analysis. <i>Journal of Human Lactation</i>, 33(3), 486-499. doi:10.1177/0890334417707957</p> <p>Conference Presentation Brockway, M., Benzies, K., Carr, E., & Aziz, K. (2016, April). <i>Exploring breastfeeding self-efficacy and assessing moderate-to-late preterm infant feeding outcomes for FICare Alberta: A sequential explanatory mixed methods design</i>. Poster presented at the Alberta Children's Hospital Research Institute, Research Symposium, Calgary, Canada.</p>
I	Exploring mentorship programs and components in nursing academia: A qualitative study. 2017		Nowell, L., White, D.E., Benzies, K. , & Rosenau, P.	<p>Journal Article Nowell, L., White, D. E., Benzies, K., & Rosenau, P. (2017). Exploring mentorship programs and components in nursing academia: A qualitative study. <i>Journal of Nursing Education and Practice</i>, 7(9), 42. doi:10.5430/jnep.v7n9p42</p> <p>Nowell, L., White, D., Benzies, K., & Rosenau, P. (2017). Factors that impact implementation of mentorship programs in nursing academia: A sequential-explanatory mixed methods study. <i>Journal of Nursing Education and Practice</i>, 7(10), 1. doi:10.5430/jnep.v7n10p1</p>
I	A systematic review: Effectiveness of peripheral intravenous catheterization strategies. 2015-2017		Parker, S., Benzies, K. , & Hayden, K. A.	<p>Journal Articles Parker, S. I. A., Benzies, K. M., & Hayden, K. A. (2017). A systematic review: Effectiveness of pediatric peripheral intravenous catheterization strategies. <i>Journal of Advanced Nursing</i>, 73(7), 1570-1582. doi:10.1111/jan.13211</p>

				<p>Parker, S. I., Benzies, K. M., Hayden, K. A., & Lang, E. S. (2017). Effectiveness of interventions for adult peripheral intravenous catheterization: A systematic review and meta-analysis of randomized controlled trials. <i>International Emergency Nursing</i>, 31, 15-21. doi:10.1016/j.ienj.2016.05.004</p> <p>Conference Presentation Parker, S. I., Benzies, K. M., & Hayden, K. A. (2016, April). A systematic review: <i>Pediatric peripheral intravenous catheterization interventions</i>. Poster presented at the Emergency Medicine Research Day, Calgary, Canada.</p> <p>Parker, S. I., Benzies, K. M., Hayden, K. A., & Lang, E. S. (2016, April). <i>Getting it right the first time: A systematic review and meta-analysis of peripheral intravenous catheterization interventions</i>. Paper presented at the Emergency Medicine Research Day, Calgary, Canada.</p> <p>Parker, S. I., Benzies, K. M., Hayden, K. A., & Lang, E. S. (2015, October). <i>Nailing the first poke: A systematic review and meta-analysis of randomized controlled trials of peripheral intravenous catheterization interventions</i>. Paper presented at the American College of Emergency Physicians Scientific Assembly, Boston, MA.</p>
--	--	--	--	--

Professional Memberships

Date	Organization
Current	Society of Obstetricians and Gynaecologists of Canada
Current	Canadian Public Health Association
Current	Canadian Association for Nursing Research

Current	Mu Sigma Chapter, Sigma Theta Tau International
Current	Canadian Association of Schools of Nursing
Current	National Council on Family Relations
2011-present	Canadian Association of Perinatal and Women's Health Nurses
2009-present	Calgary Institute of Population and Public Health