

10 Questions for a Dalhousie Psychiatry Researcher

This issue profiles Dalhousie Psychiatry researcher **Dr. Simon Sherry**. “10 Questions...” is a recurring article in the Research Section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Ms. Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca.

1. *Where were you born?* I was born in Peterborough, Ontario, Canada.
2. *When did you come to Dalhousie University?* I joined Dalhousie University in July of 2007.
3. *What are your current positions?* I am an Assistant Professor (tenure track) in the Department of Psychology and an Assistant Professor



Dr. Simon Sherry

- (cross-appointed) in the Department of Psychiatry at Dalhousie University. I also maintain a private practice at Genest Psychological Services where I assess and treat patients for a range of problems (e.g., anxiety, depression, or perfectionism).
4. *What are your current research interests?* The primary stream of my research program examines the personality-psychopathology connection, with particular emphasis on understanding if, when, and why perfectionism represents a risk factor for and a maintenance factor in mood disorders and eating disorders. The secondary stream of my research program examines attachment processes, emotional instability, and health anxiety.
 5. *What research projects are you currently participating in?* At the Personality Research Team (see <http://personality.psychology.dal.ca/>), we are presently studying perfectionism in relation to mood disorders, eating disorders, and other difficulties (e.g., interpersonal problems). We typically use ecological momentary assessment, multi-wave longitudinal designs, and diverse research populations (e.g., psychiatric patients, romantic couples, or high-functioning professionals) to answer our questions of interest.

6. *Why did you choose psychology?* Psychology provides me with a unique opportunity to study people, to help people, and to teach and be taught. I feel fortunate to have a truly excellent job.
7. *What was your second career choice?* Psychology was my second career choice. After my hockey career ended largely due to a lack of talent, I began to build a career in academic and clinical psychology.
8. *What experience best prepared you for your job?* Sports. Athletes and academics are highly similar in that both spend much of their time competing for scarce resources and social dominance!
9. *Who were your mentors?* I count Dr. Paul Hewitt (UBC), Dr. Gordon Flett (York), Dr. Peter Hall (Waterloo), **Dr. Sherry Stewart** (Dalhousie), and Dr. Martin Antony (Ryerson) as my mentors. I also value my emerging collaborations with **Dr. Anne Duffy** and the Mood Disorders Research group.
10. *What do you consider the biggest challenge facing researchers today?* To conduct research with advanced theories, methods, and statistics that is still relevant to and appreciable to everyday people and their problems.

Department Funding News

Congratulations to the most recent recipients of funding from the Department of Psychiatry Research Fund:

- “Atypical depressive symptoms in depressive episodes among offspring of bipolar parents: A pilot study.” **Dr. Lukas Propper**
- “Changes in appraisal, distress, and knowledge associated with two modes of family education in Early Psychosis: A pilot study.” Ms. Margie Crown (Education Coordinator, NSEPP)
- “Improving the identification, diagnosis, and treatment of adolescent depression in primary care — contextualization of the GLAD-PC Toolkit for Canadian use.” **Dr. Stan Kutcher**

- “The effects of alcohol on state anxiety and rumination in socially anxious individuals.” Ms. Susan Battista (PhD student, Psychology) with **Dr. Alissa Pencer**

Congratulations also to the winning supervisors of the Psychiatry Summer Studentships:

- **Drs. Anne Duffy** and **Simon Sherry**;
- **Drs. Kim Good** and **Sean Barrett**;
- **Drs. Margaret Rajda** and **Penny Corkum**; and
- **Dr. Sherry Stewart**.