

Collaborative Health Research Institute of Southern Alberta

The CHRISA Post

JUNE 2022

Meet our New Research Assistant

Gabrielle Kirk is the newest addition to the CHRISA team. She started in January 2022 working as the research assistant. She is currently working on her PhD in population Studies of Health and has experiencing in facilitating grassroots initiatives. Gabrielle is looking forward to working with the multiple CHRISA partners and supporting collaborative opportunities.

CHRISA is YOUR Institute

Welcome to the issues of the CHRISA Post, a platform for members to share ideas, exchange information, and form collaboration.

--Brenda Leung, Inaugural Director, Faculty of Health Sciences

Member Driven Activities

Collaboration brings benefits to all parties. CHRISA improves opportunities to exchange information and develop cooperation with agencies across Southern Alberta. CHRISA supports member driven activities. Contact us at CHRISA@uleth.ca if you are:

- Looking for collaborators on a research project.
- Looking to connect with experts in a particular topic.
- Wanting to pitch your research idea.
- Wanting to present information in your area.
- Looking to set up a special interest group.



“Great discoveries and improvements invariably involve the cooperation of many minds.”

-Alexander Graham Bell



Member Spotlight

Outstanding work in the health sciences is being done across southern Alberta. Each newsletter we want to highlight the collaborative health initiatives our members are working on.

Head to Heart

Healthcare professionals can experience the extreme weight of emotions at work, which can take a toll on health and wellness. Emotional intelligence (EI) is the capacity to be aware of, control, express one's emotions, and to handle interpersonal relationships judiciously and empathetically. EI allows for stress relief, communication, empathy, and the ability to overcome challenges and reduce conflict.

Head to Heart has developed a course on EI for health professional to:

- Understand and know how to put feelings into words.
- Learn how to feel safe enough to articulate emotional needs.
- Recognize when these ignored emotions are causing physical disease.
- Increase physical and emotional health.
- See success in their lives by reducing burnout.

Head to Heart has been working with CHRISA to establish collaborative partnerships with researchers. *Head to Heart* is interested in measuring EI and how it affects the body, including wellness. As well, the development of an AI that could be used to evaluate the health and well-being of healthcare professionals.

This initiative involves a variety of health partners including Alberta Health Services, and researchers in the public health program and the neuroscience department. For more information on this project, please contact CHRISA.

Cross Campus Collaboration

Physical activity in children and youth is global area of research, as it is a cornerstone for long-term health and wellbeing. Dr. Larouche, Assistant Professor of Public Health, co-authored a literature review of multi-country studies on physical activity in children and youth. They concluded that the methodological inconsistencies within and between studies were such that it undermines our ability to compare the prevalence of physical activity between countries. Yet, comparisons between countries could highlight areas where some countries are doing better than other and this could facilitate our long-term goal of addressing the insufficient levels of physical activity that we observe in most of our studies.

Dr. Larouche recently received a grant from the Prentice Institute for a project that aims to develop a new questionnaire to address gaps in the global measurement of physical activity in children and youth. This grant will allow Dr. Larouche to collect pilot data in Canada that should serve as a building block for a larger project that he plans to do with colleagues in 14 countries. The grant involves a collaboration with Ryan Harper-Brown from the New Media department to develop an app for making it easier for children and parents to answer the questionnaire.

This collaborative health research is a wonderful example of how different experts can work together to address local and global health. Having a standardized questionnaire to collect consistent data across countries would make it much easier to draw conclusions about what works well at a country level to promote physical activity.

Contact us for all your health-related research inquiries.
Email: chrisa@uleth.ca