

# Anastasija Jemcov

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## EDUCATION

2023 – 2024

**Internship**

Regina Area Clinical Psychology Doctoral Residency

Dr. Heather Switzer, Dr. Liz Brass, Dr. Shawna Scott, & Dr. Alexis

Arbuthnott

- Wascana Rehabilitation Centre, Children's Program
- Child and Youth Services
- Autism Centre
- Regina General Hospital

2018 – 2024

**PhD – Clinical Psychology**

Dalhousie University

*Supervisor: Dr. Penny Corkum*

**Dissertation Title:** *Evaluating The ABCs of SLEEPING Mobile Health Smartphone Application Designed for Parents of School-age Children: An End-User Approach to Development*

**Supervisor:** *Dr. Penny Corkum*

**Dissertation committee members:** *Dr. Isabel Smith & Dr. Sean MacKinnon*

2012 – 2016

**Bachelor of Arts: First Class Honours in Psychology**

Dalhousie University

**Honours Thesis Title:** *The impact of gains and losses of anticipated and unanticipated smoking opportunities on cigarette craving and subjective mood in dependent smokers*

**Supervisor:** *Dr. Sean P. Barrett*

**Independent Studies Title:** *The impact of non-pharmacological factors on craving in anxiety sensitive dependent smokers*

**Supervisor:** *Dr. Sean P. Barrett & Dr. Sherry H. Stewart*

## **CLINICAL EXPERIENCE**

### **Internship Training**

**Sept 2023 – Sept 2024**

**Wascana Rehabilitation Centre**

**Children's Program**

*Supervisor:* Dr. Heather Switzer

*Length:* 12 months (residency year)

**Autism Centre**

*Supervisor:* Dr. Shawna Scott

*Length:* 12 months (residency year)

**Child and Youth Services**

**Complex Diagnostic Assessment Team (CDAT)**

*Supervisor:* Dr. Liz Brass & Dr. Shawna Scott

*Length:* 12 months (residency year)

**Regina General Hospital**

**Adolescent Inpatient Unit**

*Supervisor:* Dr. Alexis Arbuthnott

*Length:* 12 months (residency year)

### **Pediatric Hospital Setting**

**May 2021 – Sept 2021**

**Feeding Clinic (IWK)**

*Supervisor:* Dr. Jamesie Coolican

*Length:* 4 months, 2 days per week

**Sept 2021 – Dec 2021**

**Hematology/Oncology/Nephrology Service (IWK)**

*Supervisor:* Dr. Katharine Filbert

*Length:* 3 months, 1 day per week

**May 2019 – Sept 2019**

**Autism Assessment (IWK)**

*Supervisor:* Dr. Erika Brady

*Length:* 3 months, 2 days per week

## **Provision of Supervision**

**Sept 2021 – May 2022**      **Child Assessment – Dalhousie University**  
**Provision of Supervision for 1<sup>st</sup> year PhD student**  
*Supervisors:* Dr. Penny Corkum and Ms. Rachel Panton  
*Length:* 3 months, 1-3 days per week

## **Community Practica**

**Sept 2020 – April 2021**      **Community Mental Health (IWK Halifax Site)**  
*Supervisor:* Dr. Anna Richter  
*Length:* 8 months, 2-3 days per week

## **Private Practice**

**Oct 2021 – May 2022**      **Developing Minds Private Practice**  
*Supervisors:* Dr. Ena Vukatana and Dr. Julie Wershler  
*Length:* 8 months, 2 days per week

**March 2020 – April 2021**      **Tranquility Online Cognitive Behavioural Therapy**  
*Supervisor:* Dr. Alissa Pencer  
*Length:* 14 months, 1-2 days per week

## **In-House Practica and School Settings**

**Jan 2019 – April 2019**      **Child Assessment – Dalhousie University**  
*Supervisor:* Dr. Alissa Pencer and Dr. Sarah Peverill (Student Supervisor)  
*Length:* 4 months, 1-2 days per week

**April 2019 – June 2019**      **Adult Assessment – Dalhousie University**  
*Supervisors:* Dr. Alissa Pencer and Kathleen Merwin (Student Supervisor)  
*Length:* 3 months, 1-2 days per week

**Jan 2020 – March 2020**      **Cognitive Behavioural Therapy Group – Dalhousie University**  
Dalhousie Counselling Centre  
*Supervisors:* Dr. Alissa Pencer and Noelle Strickland (Student Supervisor)

## PROFESSIONAL DEVELOPMENT

- February 2024                      **Autism Diagnostic Observation Schedule—2 (ADOS-2) Training**, Calgary, AB, Canada, February 2024  
Three-day training with certified independent trainer Dr. Adam McCrimmon
- March 2024                         **Autism Diagnostic Interview—Revised (ADI-R) Training**, Calgary, AB, Canada, March 2024  
Three-day training with certified independent trainer Dr. Adam McCrimmon
- October 2023                      **ASIST Applied Suicide Intervention Skills Training**, Regina, SK, Canada, October 2023  
Two-day workshop hosted by Livingworks, provided via Child and Youth Services
- September 2023                 **CanFASD: FASD for Community and Social Services Professionals Level II**, Regina, SK, Canada, September 2023  
Two-day workshop hosted by Child and Youth Services
- October 2022                      **Creating a Culturally Safe Space in Clinical Practice: An Introduction to Cultural Competence, Cultural Humility, and Culturally Informed Therapeutic Care**, Halifax, Nova Scotia, Canada, October 2022  
Full day workshop hosted by the Association of Psychologists of Nova Scotia (APNS)
- March 2022                         **Anxiety and Depression Association of America (ADAA) Annual Anxiety and Depression Conference**, Denver, Colorado, USA, March 2022  
Four-day conference hosted by ADAA.
- October 2021                      **The Canadian ADHD Resource Alliance (CADDRA) Annual CADDRA ADHD Virtual Conference**, October 2021  
Three-day conference hosted by CADDRA
- June 2021                         **Post-traumatic stress disorder (PTSD) Workshop**  
Two-day workshop hosted by Dr. Brad MacNeil.
- Jan 2021                         **Lunch and learn: Medication role in obsessive compulsive disorder (OCD) treatment**  
A one-hour training session hosted by Dr. Alexa Bagnell.

- Oct 2019 **Implementation: Getting to update on your kids brain health network (KBHN) innovations**  
Full day workshop provided by Dr. Melanie Barwick and Dr. Jacquie Brown.
- April 2019 **Getting dialectical: Foundational skills of dialectical behaviour therapy (DBT) workshop**  
Full day workshop provided by Dr. Jacqueline Cohen and Dr. Marie-Eve Couture.
- Oct 2015 – 2024 **Better nights, better days training program series**  
Monthly webinars hosted by the Better Nights, Better Days sleep research team. Exciting new research in the area of sleep intervention and assessment are presented to and by trainees and sleep experts.
- Oct 2016 **Psychiatry research day**, Halifax, Nova Scotia, October 2016  
Full day conference hosted by Dalhousie University.
- Oct 2015 **Psychiatry research day**, Halifax, Nova Scotia, October 2015  
Full day conference hosted by Dalhousie University.

### **Additional Clinical Training**

- May 2020 to Oct 2020 **The Structured Clinical Interview, 5<sup>th</sup> Edition Research Version (SCID-V-RV)**  
SCID-Vs were conducted as part of a Randomized Controlled Trial (RCT). Supervised by Dr. Sherry H. Stewart.
- Jan 2019 to April 2019 **The Structured Clinical Interview, 5<sup>th</sup> Edition Research Version (SCID-V-RV)**  
SCID-Vs were conducted as a part of an adult assessment class taught by Dr. Igor Yakovenko. Case conceptualization for the SCID-Vs was supervised by Dr. Sherry H. Stewart as a part of a RCT.
- Sept 2018 to March 2018 **Phonics literary instructor for Chisholm Services for Children (LINKS Program)**  
Provided support for reading and writing skills to school-aged children at St. Joseph's-Alexander McKay Elementary.
- July 2014 to Jan 2016 **Art Cart Program (Abbie J. Lane Hospital, Nova Scotia Health Authority)**  
Volunteered bi-weekly for Nova Scotia Health Authority's recreational art therapy program (i.e., a program that provided

patients with therapeutic art activities while staying at the Abbie J. Lane Hospital).

Oct 2015

### **Mental health first aid certification**

Received mental health first aid training (i.e., a certification program outlining how to approach various mental health concerns such as approaching suicidal ideation).

## **SCHOLARLY WORK**

### **Peer-Reviewed Publications**

Rosenberg, L. E., **Jemcov, A.**, & Corkum, P. (2024). Usability of an eHealth sleep education intervention for university students. *Digital Health, 10*, 1-16. 10.1177/2055207641260480

**Jemcov, A.**, Olthius, J. V., Watt, W. C., & Stewart, S. H. (2023). Do anxiety sensitivity cognitive concerns and/or depression symptoms independently explain sleep disturbances in a high anxiety sensitive treatment-seeking sample? *Journal of Anxiety Disorders, 97*, 102731. <https://doi.org/10.1016/j.janxdis.2023.102731>

**Jemcov, A.**, Rosenberg, L. E., Tan-MacNeill, K. M., Smith, I. M., Corkum, P. V. (2022). Short report: Barriers and facilitators to parents' implementation of a transdiagnostic eHealth sleep intervention for children with neurodevelopmental disorders. *Frontiers Sleep, 2*: 1143281. Doi: 10.3389/frsle.2023.1143281

**Jemcov, A.**, Keys, E., Corkum, P. (2021). Evaluating the feasibility of the ABCs of SLEEPING mobile application: Exploring implementation, acceptability, and limited efficacy. *Clinical Practice in Pediatric Psychology, 9*(2), 180-191. <https://doi.org/10.1037/cpp0000400>

Tan-MacNeill, K. M., Smith, I. M., **Jemcov, A.**, Keeler, L., Chorney, J., Johnson, S., Weiss, S. K., Begum, E. A., Brown, C. A., Constantin, E., Godbout, R., Hanlon-Dearman, A., Ipsiroglu, O., Reid, G. J., Shea, S., & Corkum, P. V. (2020). Barriers and facilitators to treating insomnia in children with autism spectrum disorder and other neurodevelopmental disorders: Parent and health care professional perspectives. *Research in Developmental Disabilities, 107*:103792. <https://doi.org/10.1016/j.ridd.2020.103792>

Howlett, M., **Jemcov, A.**, Corkum, P. (2020). ABCs of SLEEPING Tool: Improving access to care for pediatric insomnia. *Clinical Practice in Pediatric Psychology, 8*(1), 1-12. <https://doi.org/10.1037/cpp0000301>

Barrett, S. P., **Jemcov, A.**, Darredeau, C. (2016). Patterns and effects of alcohol and psychostimulant co-administration: a brief review of pharmacological considerations and subjective responses. *Current Addiction Reports, 3*(1), 138-143. Doi: 10.1007/s40429-016-0080-4

## Community Resources

**Jemcov, A.,** Corkum, P. (2020). ADHD and Sleep: Sleep in children with attention-deficit/hyperactivity disorder. Centre for ADHD Awareness Canada, <https://caddac.ca/wp-content/uploads/Sleep-and-ADHD.pdf>

**Jemcov, A.,** Filbert, K. (2021). What's Online? IWK Hematology/Oncology/Nephrology Community Resource. [https://drive.google.com/file/d/1BUybvNSm0TWP0Eioap\\_tI8ofkgA6jxp5/view?usp=sharing](https://drive.google.com/file/d/1BUybvNSm0TWP0Eioap_tI8ofkgA6jxp5/view?usp=sharing)

## International, National, and Local Presentations

**Jemcov, A.,** Bertrand, M., Rosenberg, L., Ilie, A., Weiss, S. K., & Corkum, P. (2023, April 29<sup>th</sup>). *Expanding the role of digital approaches to enhance sleep health for Canadians* [Symposium]. Canadian Sleep Society National Conference, Ottawa, ON, Canada.

**Jemcov, A.,** Melnychuk, M., Corkum, P. V. (2022, May 16<sup>th</sup>). *The ABCs of SLEEPING: Developing a smartphone application sleep intervention for school-aged children* [webinar]. Better Nights, Better Days Training Program, virtual event.

**Jemcov, A.,** Olthius, J. V., Watt, W. C., & Stewart, S. H. (2022, March 17-20<sup>th</sup>). *Do anxiety sensitivity cognitive concerns and/or depression symptoms independently explain sleep disturbances in a high anxiety sensitive treatment-seeking sample?* [Paper presentation] ADAA Annual Conference, Denver, CO, United States.

**Jemcov, A.,** Rosenberg, L. E., Corkum, P. V. (2021, October 1-3<sup>rd</sup>). *Better Nights, Better Days for Families of Children with Neurodevelopmental Disorders: Assessing Implementation using a Theoretical Domains Framework* [webinar]. CADDRA 2021 ADHD Research Day, virtual event.

**Jemcov, A.,** Keys, E., Corkum, P. V. (2020, April 27<sup>th</sup>). *Feasibility testing of the ABCs of SLEEPING tool as an intervention to improve sleep in school-aged children* [webinar]. Better Nights, Better Days Training Program, virtual event.

**Jemcov, A.,** Corkum, P. (2019, March 18<sup>th</sup>). *Feasibility testing of the ABCs of SLEEPING tool as an intervention to improve sleep in school-aged children* [paper presentation]. The Graham Goddard In House Conference, Halifax, Nova Scotia, Canada.

**Jemcov, A.,** Howlett, M., Corkum P. (2018, August 9-10<sup>th</sup>). *ABCs of SLEEPING: Development and usability testing of an evidence-based tool designed to improve access to care for pediatric behaviourally-based sleep problems* [poster presentation]. The Nova Scotia Developmental Psychology Conference, Halifax, Nova Scotia, Canada.

Tan-MacNeil, K., **Jemcov, A.**, Corkum, P. (2016, September). *Exploring barriers and facilitators to sleep treatment in children with neurodevelopmental disorders experienced by parents and health care professionals* [lightning talk]. The NeuroDevNet 7<sup>th</sup> Annual Brain Development Conference, Calgary, Alberta, Canada.

Tan-MacNeil, K., **Jemcov, A.**, Corkum, P. (2016, September). Exploring barriers and facilitators to sleep treatment in children with neurodevelopmental disorders experienced by parents and health care professionals [poster presentation]. The NeuroDevNet 7<sup>th</sup> Annual Brain Development Conference, Calgary, Alberta, Canada.

Tan-MacNeil, K., **Jemcov, A.**, Corkum, P. (2016, October). *Exploring barriers and facilitators to sleep treatment in children with neurodevelopmental disorders experienced by parents and health care professionals* [poster presentation]. Psychiatry Research Day Conference, Halifax, Nova Scotia, Canada.

**Jemcov A.**, Brine, S., Corkum, P. (2016, October). *Concordance of excessive daytime sleepiness measurements in typically developing children and children with attention deficit hyperactivity disorder* [poster presentation]. Psychiatry Research Day Conference, Halifax, Nova Scotia, Canada.

**Jemcov A.**, Schlagintweit, H. E., Barrett, S. P. (2015, October). *How beliefs and response expectancies impact ratings of nicotine replacement therapy's effectiveness for dependent smokers* [poster presentation]. Psychiatry Research Day Conference, Halifax, Nova Scotia, Canada.

## SCIENTIFIC PEER REVIEW

2022 Peer Reviewer, *Nature and Science of Sleep journal*, Dove Medical Press.

## TEACHING EXPERIENCE

### Guest Lecture

Nov 2020 Pediatric Sleep Disorders, Guest lecturer for Childhood Psychopathology (Dalhousie; PSYO 3129), 1.5 hours.

### Teaching Assistantships

Jan 2022 to April 2022 Graduate Teaching Assistant, Fundamentals of Applied Statistics and Research Design (Dalhousie; PSYR6003), 130 hours.

Sept 2021 to Dec 2021 Graduate Teaching Assistant, Methods in Experimental Psychology (Dalhousie; PSYO 2000), 130 hours.



Jan 2021 to April 2021	Graduate Teaching Assistant, Fundamentals of Applied Statistics and Research Design (Dalhousie; PSYR6003), 130 hours.
Sept 2020 to Dec 2020	Graduate Teaching Assistant, Personality (Dalhousie; PSYO3280), 130 hours.
Jan 2020 to April 2020	Graduate Teaching Assistant, Fundamentals of Applied Statistics and Research Design (Dalhousie; PSYR6003), 130 hours.
Sept 2019 to Dec 2019	Graduate Teaching Assistant, Methods in Experimental Psychology (Dalhousie; PSYO 2000), 130 hours.
Sept 2016 to Dec 2016	Undergraduate Teaching Assistant, Methods in Experimental Psychology (Dalhousie; PSYO 2000), 130 hours.
Sept 2014 to May 2015	Undergraduate Teaching Assistant, Introduction to Psychology Neuroscience (Dalhousie; PSYO 1011/1012), 130 hours.

## **MEMBERSHIPS**

<b>Present (2022)</b>	Canadian Sleep Society
<b>Present (2022)</b>	Canadian Psychological Association
<b>Present (2022)</b>	Association of Psychologists of Nova Scotia
<b>Sept 2014 to Sept 2016</b>	Vice President of Media and Co-Founder of the Dalhousie Cooking Society (DCS)
<b>Sept 2013 to April 2015</b>	Vice President of Media of Heart4Heart not-for-profit organization (Halifax Chapter)

## **UNIVERSITY COMMUNITY SERVICE**

2018 – 2020	Dalhousie University Social/Colloquium Committee
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## **SCOLARSHIPS, AWARDS, AND ACHIEVEMENTS**

Sept 2019 to Sept 2023	<b>Nova Scotia Research and Innovation Graduate Scholarship (Doctoral level)</b>
July 2020	<b>Council of Canadian Department of Psychology Teaching Award</b>

Sept 2019 to Sept 2020	<b>Canada Graduate Scholarships-Master's Program (SSHRC)</b>
Sept 2018 to Sept 2019	<b>Dr. Mabel R. Goudge Scholarship in Psychology</b>
May 2016 to Sept 2016	<b>Better Nights, Better Days Summer Studentship Award</b>
Sept 2015 to Sept 2016	<b>Charles &amp; Cecelia Zwerling Scholarship Award</b>
Oct 2015	<b>Dalhousie University Psychiatry Research Day – Best Undergraduate Presentation Award</b>
Sept 2012 to April 2013	<b>Dalhousie University Entrance Scholarship</b>
Sept 2012 to April 2016	<b>Dalhousie University Dean's Honour List, 4 consecutive years</b>

**REFERENCES AVAILABLE UPON REQUEST**