

**The Douglas Utting Fellowship for Studies in Depression**  
**Department of Psychiatry**  
**Jewish General Hospital and McGill University**  
2017-2018

The Douglas Utting Fellowship for Studies in Depression was established by the Utting Family to provide funding for postdoctoral research training in mood disorders, particularly depression. The intent is to prepare Fellows to pursue academic careers in clinical research, teaching and practice that will advance our understanding of risk factors, psychological processes, prevention and treatment of depression.

To be eligible, candidates must have completed an accredited training program at the doctoral or post-doctoral level in the mental health field. In addition, they must demonstrate a high level of skill and commitment to clinical and academic psychiatry or psychology. The fellowship year will focus on learning skills and conducting research in the area of the psychological risk factors/processes and treatment of mood disorders, particularly depression. The Fellow will complete a research project, commonly using existing data sets, with a primary supervisor, reflecting the Fellow's interests.

For 2017-2018, a one-year fellowship position is available under the supervision of Dr. David Dunkley, Associate Professor of Psychiatry and Associate member of Psychology. His research examines stress, coping, and emotion regulation processes that instigate and maintain depressive symptoms in nonclinical community adults and depressed patients, as well as the mechanisms through which perfectionism is a personality vulnerability factor for depression. Two ongoing SSHRC-funded projects extend previous research by further examining these constructs over time. Study 1 uses a three-wave longitudinal design that includes two sequences of experience sampling methodology (ESM) and advanced statistical methods (e.g., multilevel modeling, structural equation modeling) to examine perfectionism, emotion regulation, and depressive symptoms over two years in community adults. Study 2 will draw on instant analysis of the daily diary data of vulnerable or depressed individuals and previous findings to provide individualized feedback and evaluate the impact of the feedback intervention on daily stress, coping, and emotion regulation processes. The fellow will develop independent sets of hypotheses reflecting his/her developing interests that can be tested within the design of Study 1 and/or Study 2. The fellow will acquire experience with longitudinal designs, experience sampling and daily diary methods, (multilevel) structural equation modeling, multilevel modeling, and providing feedback to participants in Study 2.

Prospective applicants may make inquiries to Dr. Dunkley (514 340-8222 ext 25176 or [david.dunkley@mcgill.ca](mailto:david.dunkley@mcgill.ca)). Consideration of applications will begin immediately, and continue until the fellowship is awarded. Applicants should submit to Dr. Dunkley a CV, statement of interest and the names and contact information of 2 referees. Candidates will be invited to meet with Dr. Dunkley to discuss specific research projects to be completed during the fellowship year. A 1-page research proposal would then be submitted for final approval by the Utting Fellowship committee. The stipend will be commensurate with level of training for that discipline.