Welcome to CAPE Chronicle, the Canadian Academic of Psychiatric Epidemiology Annual Newsletter. Read on for important updates about the 2021 CAPE Annual Conference, our new quarterly webinar series: “CAPE Conversations”, Awards and More….

Message from the President

As I start my term as president, I have reflected on my connection to CAPE. It dates back 16 years to the Vancouver meeting in 2005. At that time, I was a new PhD student. I clearly remember my oral presentation that compared psychiatric epidemiology surveys from around the world. I did not know anyone, yet it was easy to feel the passion and expertise in the room. It was intimidating as a student to present my ideas and even more intimidating to finish the talk and see hands go up for the question period. However, in contrast to other conferences I had been to, I was struck by what happened after my presentation and over the course of the day. Many people came up to me during the breaks to give me encouragement, continue the discussion, and to make a connection. This is what CAPE is to me. It is a network and a community for learning and extending knowledge. It is a place where mentors and mentees come together to share ideas, build relationships and create new opportunities. Psychiatric epidemiology is a relatively small field, and likewise, CAPE is a small community. However, despite it being small, it is a community of longstanding members and a place where, over time, mentees become mentors. CAPE has provided me with many opportunities that have undoubtedly advanced my career. As the CAPE President, I want to make sure that the opportunity for connections and collaborations continue. The COVID-19 pandemic has created many challenges, including making it difficult to remain connected. Many CAPE members have worked tirelessly over that last year in clinical efforts and in advancing knowledge related to COVID-19 to inform clinical practice, research and policy. As psychiatric epidemiologists, we know that the work in mental health will continue long after the pandemic is declared over. Thank you to these CAPE members for your efforts related to COVID-19 to date and ongoing. The pandemic has also meant the 2020 CAPE annual conference was virtual. This meeting was well attended with over 100 participants. The feedback following the virtual conference was overwhelmingly positive. I would like to thank our Vancouver planning committee led by Dr. Daniel Vigo for making this meeting a success. Our 2021 annual conference will also be virtual and has been booked for October 27th, 2021. Please save the date. As well, in an effort to remain connected during the COVID-19 pandemic, we have also added a new webinar series called CAPE Conversations. More information about these webinars are provide in this newsletter, on the CAPE Twitter account, and on the CAPE website. Finally, I would like to thank Dr. Ian Colman who recently completed his term as CAPE President and continues to guide us as CAPE Past-President. I would like to welcome Dr. Simone Vigod and Dr. James Bolton in their new roles as Co-President-Elect. I would also like to acknowledge the ongoing efforts of our CAPE executive. The dedication to CAPE from all of you is much appreciated. I look forward to being together virtually in 2021 and hopefully in person in 2022.

Sincerely, Tracie O. Afifi, PhD
Due to uncertainty around the ongoing COVID-19 pandemic, and the safety of travel and group gatherings, the 2021 CAPE Annual Conference will be held online again this fall.

Submissions for posters and oral presentations will open soon. We look forward to hearing from learners and faculty across the country. Look out for new and engaging formats - rapid-fire presentations and online poster-viewing.

Introducing CAPE Conversations....

Based on our post-conference survey, our executive team is pleased to introduce CAPE Conversations – a new webinar series that allows us to continue our important Canadian Psychiatric Epidemiology conversations all year round. YOUR top “picks” for choices are included – content areas, methodological advancement, career mentorship and more. In March, we had our inaugural CONVERSATION with James Bolton, Professor, Manitoba Centre for Health Policy, University of Manitoba on Health and Social Outcomes Associated with High Risk Alcohol Use. Stay tuned for...

June 2021 – Date and Time TBD
Career Advice for Trainees. Jordan Edwards, PHD, McMaster University

September 22, 2021 – 11am to 12 noon Central Time
Practical Tips to Longitudinal Growth Modelling Methods for Psychiatric Epidemiologists. Kathleen Dobson MSc, Dept of Epidemiology, University of Toronto

November 29, 2021 – 12-1pm Central Time
Military Mental Health. Shay-Lee Bolton, PhD, Dept of Psychiatry, University of Manitoba

Awards

Students and Faculty are eligible for a number of National CAPE awards!
Congratulating our 2020 Award Winners:

Roger Bland Award for Best Oral Presentation by a Trainee
Jane Murphy Award for Best Poster Presentation by a Trainee
Quick Fire Award
Alex Leighton Award in Psychiatric Epidemiology

Kathleen Dobson
Dr. Jordan Edwards
Annie Pelekanakis
Dr. Tracie O. Afifi
Trainee Tips  *From one trainee to another.* By Dr. Jordan Edwards

**Prevalence is not a rate.**

When it comes to measurement of disease frequency, one of the most common misconceptions is that prevalence can be depicted as a rate. Prevalence, a measure of disease occurrence, is a proportion and is correctly described as an estimate. A rate describes a measure of frequency of occurrence and in most epidemiological applications the denominator of a rate is person-time. As such, an incidence rate is correctly described as a rate, as it describes new events in a population. Be aware that another commonly used term, cumulative incidence, is not synonymous with incidence rate, as it describes a proportion of new cases in a specified period. If you have used rate to describe prevalence in the past, you’re not alone, I have published papers with this mistake. In epidemiology, however, language is very important, and we should do our best to be consistent when possible. As the language of epidemiology is sometimes confusing, when I’m unsure I usually review “A Dictionary of Epidemiology” by Dr. Miquel Porta.

Just remember; prevalence estimate, prevalence estimate, prevalence estimate, now you won't forget!


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**In Memorium – Hommage à: Dr. Jane Murphy**

**By: Ian Colman**

To meet Jane Murphy, you would never know that she was a giant in the field of psychiatry and psychiatric epidemiology. She carried herself with an understated grace and humility that is rare among those who are so accomplished. You’d never guess that she had published first-author papers in the journal Science, had led for several decades what was arguably the most influential study of community mental health, and had literally changed the way that experts in the field think about psychiatry and mental illness.

Jane loved to tell stories. She loved to talk about her time doing field work in Nigeria, in the far North, and, of course, in Stirling County. She loved to talk about her late husband Alec, and her extended family, to whom she was so committed. But the story she was most interested in was yours. When you spoke to Jane, she never stopped asking questions, and she listened so carefully and so patiently. She made you feel like you were the most important person in the room, and for the time you spent chatting with her, you were to her. Jane’s curiosity and her willingness to listen and learn is what made her such a brilliant scientist, but also such a wonderful person to spend time with.
Jane’s intellectual curiosity gave her a remarkable drive. When I first met Jane and started collaborating with her, I was astonished to learn that she was past the age of 80. And yet she was extremely enthusiastic to keep pursuing fruitful avenues of research, to make the best use of the Stirling County Study to better everyone’s understanding of mental health. A couple of years after receiving a grant application from CIHR, Jane casually mentioned during a team meeting, “Well, for our next application, I think maybe we should consider..” At that point, she would have been close to 85 years old. Jane’s dedication to her life’s work was an inspiration to us all.

In addition to Jane’s commitment to her family and her science, she was also firmly committed to her adopted country of Canada. Jane was a modern jet setter, constantly going back and forth from her apartment in Boston to her second home in Nova Scotia. She adored her Maritime cottage that she and Alec had christened “Swimming Deer”, and she felt a deep responsibility to honour and respect the people of Stirling County, who had given so much. Jane was also deeply committed to supporting psychiatric epidemiology in Canada. Jane’s smiling face was a regular feature at CAPE meetings. Jane loved meeting students and learning about their work, and the trainee award given in her name each year is a well deserved honorific.

It is rare to see someone who is so universally loved, respected, and admired. Yet Jane Murphy earned that love, respect, and admiration through her ground-breaking work and through the kindness she displayed to everyone she interacted with. She will be deeply missed.

Par: Alain Lesage.
Le couple mythique de l’ACEP/CAPE

C’est au cours d’une journée annuelle de l’ACEP/CAPE à laquelle j’assistais une première fois au milieu des années ’90 que j’ai été présenté au couple d’Alec et Jane par Paula Goering. Cette dernière, une autre femme remarquable et regrettée, était alors ma mentor pendant une année sabbatique au Centre de toxicomanies et de santé mentale de Toronto, alors appelé l’Institut psychiatrique Clarke. Ils m’ont calmement rencontré, écouté et accueilli comme jeune chercheur en quête d’un groupe de référence multidisciplinaire en médecine/psychiatrie sociale et préventive. Car ils étaient les fondateurs de l’ACEP/CAPE insufflant par leur présence constante à chaque année jusqu’à leur décès respectif, un esprit d’engagement, d’entraide et de camaraderie entre les membres de cette communauté scientifique canadienne.

Il fut un privilège de pouvoir faire un second sabbatique à l’école de santé publique de Harvard sous leur supervision, grâce à Jane qui y était professeur. Privilège d’avoir un couple de mentors. Alec m’offrait un entretien bi-hebdomadaire à leur domicile, de réflexion épistémologique autour de ses mémoires comme scientifique. Jane animait un groupe de chercheurs et cliniciens autour du programme de recherche de Stirling County dont elle était la directrice scientifique depuis 1975. Son art d’assembler, de maintenir et de renouveler une telle expertise fut révélateur et un modèle pour la suite de ma programmation de recherche. C’était un véritable navire-école pour des chercheurs et cliniciens à différents moments de leur vie académique et de recherche. Il y régnait respect, détermination, rigueur et expertise scientifique, mais aussi une passion de comprendre, d’explorer.

Pendant cette année à Boston, ils m’ont offert de faire le tour du mythique Stirling County dans les provinces maritimes de l’est du Canada. Pour rappel, c’est au début des années cinquante qu’Alec Leighton a lancé cette étude épidémiologique dans une zone des Maritimes qu’il connaissait depuis son enfance, et dont ils vont insister à garder anonyme. L’étude impliquera un suivi longitudinal et de nouvelles cohortes dans les années 1970 et 1992. Jane est entrée en scène dans Stirling County
dans les années soixante. En me conduisant à travers les hameaux et villages, elle pouvait me conter les histoires de ses habitants, des personnes interviewés, comme une anthropologue, avec tout le contexte de leur trajectoire. Les chiffres discutés avec le groupe de recherche à Boston, prenaient une texture, une profondeur d’autant remarquable pour moi, car Stirling County incluait une communauté francophone. Jane pouvait témoigner aussi de la progression des gens de cette communauté alors que l’éducation publique, de meilleurs services sociaux et de santé et les conditions de vie se sont améliorées. Ils passaient quelques semaines chaque année à Stirling County jusqu’à leur décès. L’enseignement scientifique de Jane portait aussi par son attention aux formulations des questions d’enquête, observant que les idiomes de détresse, par exemple, ne se disaient plus de la même façon au fil des décennies dans une même communauté. Son art de formuler les questions, et sa science d’interpréter les réponses ne pouvait se faire sans une écoute et une connaissance intime du terrain de recherche.

L’histoire du couple m’a aussi été révélé autour des entretiens à leur domicile et le voyage mythique, mais aussi dans le roman ‘near me’/ ‘viens près de moi’. Ce roman d’Alec à forte connotation autobiographique, raconte comme leur rencontre dans une île de l’Alaska, comme celle ou Jane faisait des travaux anthropologiques dans les années cinquante. L’histoire d’un homme en quête de sens échouant sur cette île pour trouver avec cette femme à l’image de Jane, une direction commune. Leur force était de former une équipe aimante animée par la quête intellectuelle et ancrée de connaissances.

Comme mentor, Jane s’est montrée attentive, intelligente et généreuse. Des femmes collègues américaines rencontrées à l’American Psychopathological Association à New York pour son 111ème congrès annuel, en virtuel cette année, ont aussi témoigné de son mentorat en ces termes, ajoutant sa gentillesse et sa détermination, le modèle qu’elle a incarné dans les moments clefs de leur carrière comme femmes dans les milieux académiques et de recherche dominés par les hommes. En ces temps où nos milieux académiques parlent de diversité, Jane a pu contribuer et assister à la présence d’une diversité croissante, celle des femmes en recherche. Une diversité que nous voyons maintenant parmi les membres de CAPE/ACEP alors que nous atteignons avec la relève étudiante, une parité hommes-femmes.

Donations in Dr. Murphy's name may be made to the Wilson Collier Committee at the Western Counties Regional Library Charitable Association, 405 Main Street, Yarmouth, Nova Scotia B5A 1G3, Canada.

CAPE/ACÉP was organized in 1984 at the 1984 annual meeting of the Canadian Psychiatric Association by a multi-disciplinary group of researchers and teachers to facilitate communication about psychiatric epidemiology in Canada, provide information & advice to policy makers, clinicians & scientists, and support psychiatric epidemiology training in Canadian centres.

Visit the CAPE/ACÉP website: http://www.psychiatricepidemiology.ca/
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