

# JANUARY ABSPORU UPDATE

Jan. 31, 2018

## Alberta's Top 11 Priorities for Depression Research Announced

Nearly 400,000 Albertans will suffer from depression at some point in their lives. Many will go undiagnosed or even worse untreated. The Alberta SPOR SUPPORT Unit wants to change all that. A first in Alberta, people suffering from depression, were consulted about what direction, emphasis, and priority should be given to guide research in Alberta around depression. "If we are going to create true change in the system and make the system better for people who are living with depression this is a great place to start," said Catherine deBeaudrap, a patient with lived experience of depression who was involved with the project. On January 25, Catherine was joined by Dr. Lorraine Breault professor emeritus in the faculty of medicine in psychiatry at the University of Alberta who led the project and Katherine Rittenbach of Alberta Health Services' Addictions and Mental Health Strategic Clinical Network who shared their thoughts on the project which identified the 11 questions which they hope will guide future research creating better outcomes for people with depression. Some of research priorities include "can diet or exercise affect the development of depression?" and "which treatment therapy or method is more successful for long-term remission or recovery?" To learn about the project and the 11 priorities visit the Patient Engagement Platform [depression research setting priorities page](#) or [watch the CTV media coverage of the event](#).



Catherine deBeaudrap speaks about her experience of depression.

## Nurse Practitioners Connect with AbSPORU

The Alberta SPOR SUPPORT Unit (AbSPORU) team was on the road again sharing information about the programs, training and services it offers to Alberta's research community. This time the team shared its story with the Alberta Nurse Practitioners at the University of Alberta. They spoke about what services and support each of the seven AbSPORU Platforms provide, and how to apply for services at [absporu.ca](#). Overall, the nurse practitioners were excited to learn about the many local options for research support

offered by AbSPORU throughout various stages of their research project. AbSPORU appreciated the opportunity to be invited to speak at this event and looks forward to possible collaboration in the future. If you are interested in learning more about AbSPORU and would like a presentation to your group, please contact [absporu@albertainnovates.ca](mailto:absporu@albertainnovates.ca)

## Save the Date

Planning for Summer Institute 2018 is well underway. The Summer Institute Working Group recently unveiled its theme for 2018 “keys to collaboration” as well as its updated artwork to be prominently featured on its conference web site and marketing material. There is an open call for abstracts. You can submit through this online form. The conference web site will be going live in February and you can access it through [absporu.ca](http://absporu.ca)

## In Memoriam

It is with heartfelt sadness that the Alberta SPOR SUPPORT Unit passes on its condolences to the friends and family of Dr. Me2 Majumdar. “Dr. Majumdar was a key member of the SPOR team in the start-up phase of the provincial initiative particularly his work on the SPOR Knowledge Translation Platform” says Tim Murphy, Vice-President of Provincial Platforms & SPOR. “He was truly an effective and impassioned advocate for improving all aspects of health care in Canada. His passion for knowledge translation and his wise advice will be missed.” You can view Dr. Majumdar’s obituary [here](#).