**Dawn Kingston, RN, PhD**

**Most significant Career Research Contributions**

1. Development of the **HOPE Digital Mental Health Platform**, being the first integrated, and comprehensive e-mental health platform offering e-screening, e-referral, and e-therapy to pregnant and postpartum women.

2. $12,000,000 in funding since 2012. Improving women, children, and families lives through evidence-based research, e-technology, and applied policy.

3. The inaugural holder of the **Lois Hole Hospital for Women Cross-Provincial Chair in Perinatal Mental Health** and now **the Lois Hole Hospital for Women Cross-Provincial Chair in Women’s Mental Health**.The Chairpartners academic research in Calgary with clinical care at the Lois Hole Hospital for Women in Edmonton, and brings together the areas of nursing, obstetrics and psychiatry within the province of Alberta.

4. The Co-Lead on Canada’s first national guideline on perinatal mental healthcare. In collaboration with the Society of Obstetricians and Gynecologists of Canada, the Canadian Psychiatric Association, and the Royal Australian and New Zealand College of Obstetricians, this guideline will set Canada’s first standards of care for mental health screening and care of pregnant and postpartum women.

5. The first natural disaster study to include both pre and post disaster data concerning the resilience of children affected by the Calgary 2013 flood. Results indicate that children who were more impacted by the Calgary 2013 flood showed an increased resilience.

**Recent Journal Publications:**

Bright KS, Stuart S, McNeil DA, Murray L, Kingston DE.[Feasibility and Acceptability of Internet-Based Interpersonal Psychotherapy for Stress, Anxiety, and Depression in Prenatal Women: Thematic Analysis.](https://pubmed.ncbi.nlm.nih.gov/35687403/) JMIR Form Res. 2022 Jun 10;6(6):e23879. doi: 10.2196/23879.PMID: 35687403

Austin MV, Reilly N, Mule V, Kingston D, Black E, Hadzi-Pavlovic D. [Disclosure of sensitive material at routine antenatal psychosocial assessment: The role of psychosocial risk and mode of assessment.](https://pubmed.ncbi.nlm.nih.gov/33895108/) Women Birth. 2022 Mar;35(2):e125-e132. doi: 10.1016/j.wombi.2021.04.005. Epub 2021 Apr 22.PMID: 33895108

Muhammad Kashif Mughal, MBBS, PhD, Rebecca Giallo, PhDc, Muhammad Arshad, PhD, Paul D. Arnold, MD, PhD, Katherine Bright, RN, MN PhD, Elyse Mireille Charrois, RN, PhD, Baldeep Rai, BHS, Abdul Wajid, MBBS, PhD, Dawn Kingston, RN, PhD. Trajectories of maternal depressive symptoms from pregnancy to 11 years postpartum: Findings from Avon Longitudinal Study of Parents and Children (ALSPAC) cohort. J Affect Disord [ In Press].

Charrois EM, Mughal MK, Arshad M, Wajid A, Bright KS, Giallo R, Kingston D. [Patterns and predictors of depressive and anxiety symptoms in mothers affected by previous prenatal loss in the ALSPAC birth cohort.](https://pubmed.ncbi.nlm.nih.gov/35339570/) J Affect Disord. 2022 Jun 15;307:244-253. doi: 10.1016/j.jad.2022.03.055. Epub 2022 Mar 24.PMID: 35339570

Mule V, Reilly NM, Schmied V, Kingston D, Austin MV. [Why do some pregnant women not fully disclose at comprehensive psychosocial assessment with their midwife?](https://pubmed.ncbi.nlm.nih.gov/33781709/) Women Birth. 2022 Feb;35(1):80-86. doi: 10.1016/j.wombi.2021.03.001. Epub 2021 Mar 27.PMID: 33781709

Katherine S. Bright, PhD, Abdul Wajid, PhD, Deborah A. McNeil, PhD, Scott Stuart, MD, Dawn Kingston, PhD. Profiles of women participating in an internet-based prenatal mental health platform (HOPE – Healthy Outcomes of Prenatal and Postnatal Experiences). JAD Reports, [Volume 4](https://www.sciencedirect.com/journal/journal-of-affective-disorders-reports/vol/4/suppl/C), April 2021, 100135.

Chambers GM, Botha W, Reilly N, Black E, Kingston D, Austin MP. [The clinical performance and cost-effectiveness of two psychosocial assessment models in maternity care: The Perinatal Integrated Psychosocial Assessment study.](https://pubmed.ncbi.nlm.nih.gov/34099393/) Women Birth. 2022 Mar;35(2):e133-e141. doi: 10.1016/j.wombi.2021.05.007. Epub 2021 Jun 5.PMID: 34099393

Williams AJ, Karimi N, Chari R, Connor S, De Vera MA, Dieleman LA, Hansen T, Ismond K, Khurana R, Kingston D, O'Connor K, Sadowski DC, Fang-Hwa F, Wine E, Leung Y, Huang V. [Shared decision making in pregnancy in inflammatory bowel disease: design of a patient orientated decision aid.](https://pubmed.ncbi.nlm.nih.gov/34330215/) BMC Gastroenterol. 2021 Jul 30;21(1):302. doi: 10.1186/s12876-021-01853-y.PMID: 34330215

Dawn Kingston, RN, PhD, Anne Biringer, Marie-Paule Austin, Sarah McDonald, Tejal Patel, Rebecca Giallo, Katherine Bright, RN, MN, PhD, Muhammad Kashif Mughal, MBBS, PhD, Abdul Wajid, MBBS, PhD, Muhammad Arshad, PhD, Elyse Mireille Charrois, RN, Sander Veldhuyzen Van Zanten, MD, PhD. Internet delivered cognitive behavior therapy for antenatal clinical anxiety: Results from the Integrated Maternal Psychosocial Assessment to Care Trial (IMPACT) [In review].

Wajid A, van Zanten SV, Mughal MK, Biringer A, Austin MP, Vermeyden L, Kingston, D. [Adversity in childhood and depression in pregnancy.](https://pubmed.ncbi.nlm.nih.gov/31016472/) Arch Womens Ment Health. 2020 Apr;23(2):169-180. doi: 10.1007/s00737-019-00966-4. Epub 2019 Apr 23.PMID: 31016472

[A narrative review of studies addressing the clinical effectiveness of perinatal depression screening programs.](https://pubmed.ncbi.nlm.nih.gov/30954483/)Reilly N, **Kingston D**, Loxton D, Talcevska K, Austin MP.Women Birth. 2020 Feb;33(1):51-59. doi: 10.1016/j.wombi.2019.03.004. Epub 2019 Apr 4.PMID: 30954483

Bright KS, Charrois EM, Mughal MK, Wajid A, McNeil D, Stuart S, Hayden KA, **Kingston D.** Int J Environ Res Public Health. [Interpersonal Psychotherapy to Reduce Psychological Distress in Perinatal Women: A Systematic Review.](https://pubmed.ncbi.nlm.nih.gov/33203014/)2020 Nov 13;17(22):8421. doi: 10.3390/ijerph17228421.PMID: 33203014

Charrois EM, Bright KS, Wajid A, Mughal MK, Hayden KA, **Kingston D.**

[Effectiveness of psychotherapeutic interventions on psychological distress in women who have experienced perinatal loss: a systematic review protocol.](https://pubmed.ncbi.nlm.nih.gov/32487235/) Syst Rev. 2020 Jun 2;9(1):125. doi: 10.1186/s13643-020-01387-6.PMID: 32487235

 Wajid A, **Kingston D**, Bright KS, Kashif Mughal M, Charrois EM, Giallo R. [Psychosocial factors associated with trajectories of maternal psychological distress over a 10-year period from the first year postpartum: An Australian population-based study.](https://pubmed.ncbi.nlm.nih.gov/31822461/) J Affect Disord. 2020 Feb 15;263:31-38. doi: 10.1016/j.jad.2019.11.138. Epub 2019 Nov 30.PMID: 31822461

Arshad M, Mughal MK, Giallo R, **Kingston D.** [Predictors of child resilience in a community-based cohort facing flood as natural disaster.](https://pubmed.ncbi.nlm.nih.gov/33213409/) BMC Psychiatry. 2020 Nov 19;20(1):543. doi: 10.1186/s12888-020-02944-y.PMID: 33213409

Bright, K.S., Mughal, M.K., Wajid, A., Lane-Smith, M., Murray, L., Roy, N., VanZanten, S.V., McNeil, D.A., Stuart, S., & **Kingston, D.\*\* (2019).** Internet-based interpersonal psychotherapy for stress, anxiety, and depression in prenatal women: Study protocol for a pilot randomized controlled trial. *Trials, 20*(1), 814-822. (IF 1.975).

**Kingston, D**., Mughal, M.K., Arshad, M., Kovalchuk, I., Metz, G.A.S., Wynne-Edwards, K., King, S., Jiang, S., Postovit, L., Wajid, A., McDonald, S., Slater, M.M., Tough, S.C., Aitchison, K., & Arnold, P. (2019). Prediction and understanding of. Resilience in Albertan families: Longitudinal study of disaster responses (PURLS) Protocol. Frontiers in. Psychiatry [e-pub ahead of print]. (IF 3.16).

**Kingston, D.**, Kehler, H., Austin, M-P, Mughal, K., Wajid, A., Vermeyden, L., Benzies, K., Brown, S., Giallo, R. (2018). Trajectories of maternal depressive symptoms and child externalizing and internalizing behaviour at one year. PLoS One. 2018 Apr 13;13(4):e0195365.

 doi: 10.1371/journal.pone.0195365. eCollection 2018. (IF 3.53)

**Kingston, D.**,Austin, MP., Van Zanten, S., Harvalik, P., McDonald, S., Giallo, R., McDonald, SD, MacQueen, G., Vermeyden, L., Sword, W., Biringer, A. (2017). Pregnant women’s views of the feasibility and acceptability of web-based mental health escreening versus paper-based screening: A randomized controlled trial. Journal of Medical Internet Research. (IF 4.7)

**Kingston, D.**,Biringer, A., Van Zanten, S., Harvalik, P., Giallo, R., McDonald, SD., MacQueen, G., Vermeyden, L., Austin, MP. (2017) Pregnant women’s perceptions of the risks and benefits of disclosure during web-based mental health escreening versus paper-based screening: A randomized controlled trial. Journal of Medical Internet Research. 19(4), e88. (IF 4.7)

**Kingston, D.**, Austin, MP., McDonald, S., Vermeyden, L., Heaman, M., Hegadoren, K., Lasiuk, G., Kingston, J., Sword, W., Jarema, K., VanZanten, Veldhuyzen S., McDonald, S., & Biringer, A. (2015). Pregnant women’s perceptions of harms and benefits of mental health screening. PLOS One, 10(12): e0145189. (IF 3.53)

**Kingston, D.**,Austin, M-P., Heaman, M., McDonald, S., Lasiuk, G., Sword, W., Giallo, R., Hegadoren, K., Vermeyden, L., vanZanten Veldhuyzen, S., Kingston, J., Jarema, K., & Biringer, A. Barriers and facilitators of mental health screening in pregnancy. J Affect Disord, 2015;186: 350-7. (IF 3.705).

**Book**

**Kingston, D.** Your Brain on Pregnancy. [In Press].

**Book Chapters**

**Kingston, D**. E-technology Approaches to Screening and Treatment in Perinatal Mental Health. In Rocha, R.B. (Ed.) *Women’s Psychiatry and Mental Health – A Clinical and Evidence-based Guide* (Springer). To publisher – September 2017.

**Kingston, D**. The Epidemiology of Perinatal Stress: Maternal and Child Outcomes. In Quantraro, R.M. and Grussu, P. (Eds.) *Handbook of Perinatal Clinical Psychology – From Theory to Practice (John Wiley Press).* Other chapter authors include Vivette Glover (Imperial College London); Catherine Monk (Columbia University); Jeannette Milgrom (University of Melbourne; President of Marce International Society); Cheryl Tatano Beck (University of Connecticut); Alessandra Bramante (President of Italian Marce Society); Lisa Segre (University of Iowa). To publisher – September 2017.

Austin, M-P., & **Kingston, D.** (2016). Psychosocial Assessment and depression screening in the perinatal period: Benefits, challenges and implementation. In A-L Sutter-Dally, Nine M-C Glangeaud-Freudenthal, A. Guedeey, & A. Riecher-Rossler (Eds.), *Joint care of parents and infants in perinatal psychiatry.* Switzerland: Springer International Publishing*.*

**Selected Invited Presentations**

**Kingston, D.** (2018, June) Mental Healthcare: When You Need It. Wherever You Live, Bow Valley Primary Care Network, Canmore, AB.

**Kingston, D.** (2018, May) Mental Healthcare: When You Need It. Wherever You Live, Maternal Wellness South Health Campus, Calgary, AB.

**Kingston, D.** (2018, April) E-Mental Health: A Model of Universal Perinatal Mental Healthcare, East Calgary Health Centre, Calgary, AB.

**Kingston, D.** (2017, Nov.) A Virtual Platform in Perinatal Mental Health: Next Steps, Healthy Families Healthy Children Steering Committee, Calgary, AB.

**Kingston, D.** (2017, Nov.) Moving Forward with a Virtual Platform in Perinatal Mental Health – An Update on the Scale-Up, Maternal, Child and Newborn Strategic Clinical Network Steering Committee, Calgary, AB.

**Kingston, D.** (2017, Oct.) Provincial Stakeholder Meeting: Introducing a Scale-up E-Technology Platform for Universal Perinatal Mental Healthcare in Alberta, Red Deer, AB.

**Other Research Contributions**

**Scholarly and Professional Activities:**

**Local**

2020 Lead (and developer) of *Leading for Impact* *2.0*, an advanced leadership development program for university-wide post-doctoral fellows

2019 Facilitator (and developer), Annual Retreat for Covenant Health Senior Directors, *How to Lead High-Performing Teams*

2019 Lead (and developer) of *Leading for Impact*, a leadership development program for university-wide post-doctoral fellows

2018-2021 Research and Scholarship Committee, University of Calgary

2017 Co-facilitator, *Leadership for Nursing Excellence Program*, Faculty of Nursing, University of Calgary (April/17-April/18; Lead – Marty Heeg)

2017- Member, Stakeholder Mental Health Advisory Group, Foothills Patient Care Network

2017- Member, Perinatal Mental Health Network

2017 - Member, Mental Health Strategy Task Group (University of Calgary)

**International**

2017 Stakeholder reviewer for Australian Perinatal Mental Health National Guidelines

**Contributions to training**

Supervisorships:

**Post-doctoral Fellowship**

2020-2023 Catriona Hippman, Supervisor, Faculty of Nursing, University of Calgary/ University of British Columbia

2018-20 Nicole Reilly, Expert Advisory Committee, University of New South Wales (Sydney, AUS)

2018-20 Anna MacKinnon, Supervisor, Faculty of Nursing, University of Calgary (Vanier scholar)

2017-19 Abdul Wajid, Supervisor, Faculty of Nursing, University of Calgary

2017-19 Kashif Mughal, Supervisor, Faculty of Nursing, University of Calgary

**Graduate**

2017-2022 Mirielle Lecharrois, Supervisor, PhD, Faculty of Nursing, University of Calgary (Eyes High Scholarship, $100,000)

2017-present Karly Jarema, Supervisor, PhD, Faculty of Nursing, University of Calgary

2016-2021 Katherine Bright, Supervisor, PhD, Faculty of Nursing, University of Calgary

2015-2019 Sarah Dewell, Co-Supervisor, PhD, Medical Sciences, University of Calgary

2016-2017 Paula Harvalik, Supervisor, Masters, Faculty of Nursing, University of Calgary

**Undergraduate**

2018-present Riya Rai, Supervisor (Community Health Sciences)

2018-2019 Mari Joie Pamatmat, Supervisor (Nursing)

2013-2019 Ling Feng Zhu, Supervisor \*One of three nursing students in Alberta awarded the Alberta Innovates-Health Solutions Summer Studentship, 2015 and 2016. Also recipient of a Faculty of Nursing Summer Studentship (2015).

**Selected Research Funding**

**Kingston,D. (PI)** Digital platform for women’s mental health across the life-course. Alberta Women’s Health Foundation, 500,000.

**Kingston, D. (PI),** Austin, M-P., Biringer, A., Chari, R., Devolin, M., Gagnon, L., Killam, T., Stuart, S., Veldhuyzen van Zanten, S. (Co-I’s alphabetical), Trainees Bright, K., Wajid, A. Development and evaluation of online interpersonal therapy: A randomized controlled trial. (Max Bell Foundation, $232,000; 2017-2019).

**Kingston, D. (PI),** Austin, M-P., Biringer, A., Chari, R., Devolin, M., Dimitropolous, G., Gagnon, L., Giallo, R., Killam, T., Stuart, S., Veldhuyzen van Zanten, S. (Co-I’s alphabetical), Trainees Bright, K., Harvalik, P. Evaluation of an antenatal mental health pathway: A randomized controlled trial. (Alberta Health Services, Health Outcomes Initiative, $375,000, 2017-2020).

**Kingston, D.** Eyes High Doctoral Funding (University of Calgary, 2017-2020, $100,000).

**Kingston, D**. (Lead); Co-Leads: McDonald, S., Tough, S., Greenshaw, A. Collaborative members (alphabetical): Aitchison, K., Austin, M-P., Benzies, K., Brown, S., Chuck, A., Cui, X., deKoning, J., Dursun, S., Gartland, D., Giallo, R., Graham, S., Greiner, R., King, S., Kovalchuk, I., Lebel, C., Marsh, R., MacMaster, F., McDermott, B., Metz, G., Postovit, L-M., Pryce, C., Slater, D., Sproule, J., Wynne-Edwards, K. Prediction and Understanding of Resilience in Alberta Families (Alberta Innovates-Health Solutions, 2015-2018, $1,951,714).

**Kingston, D.**, Tyrell, J.Using online screening and CBT to reduce anxiety and depression in new mothers. (Royal Alexandra Hospital Foundation, Jan. 2016-Jan.2018; $109,000)

**Kingston, D.** New Investigator Award (CIHR, $300,000, June 2015-2020)

**Kingston, D.** (PI) Austin, M-P., Biringer, A., Hegadoren, K.M., Lasiuk, G.C., MacQueen, G., McDonald, S.D., McDonald, S., Ohinmaa, A., Sword., W., Veldhuyzen van Zanten, S., (Co-Investigators listed in alphabetical order) (R. Watts Collaborator, R. Antoniuk End User). Mental Health E-Screening in Pregnant and Postpartum Women (Catalyst Grant: E-Health Innovations, CIHR, 1-year, $99,902, 2013-2014)

**Kingston, D.** (PI) Austin, M-P., Biringer, A., Hegadoren, K.M., Lasiuk, G.C., MacQueen, G., McDonald, S.D., McDonald, S., McGrath, P.,Schopflocher, D., Sword., W., Veldhuyzen van Zanten, S., (Co-Investigators listed in alphabetical order) (R. Watts and C. McCabe Collaborators). Integrated Maternal Psychosocial Assessment to Care Trial (IMPACT) (Open Operating Grant, CIHR, 4 years, $346,232, 2013-2017)

**Kingston, D**. (PI) Austin, M-P., Biringer, A., Chaput, K., Hegadoren, K.M., Heaman, M., Lasiuk, G.C., MacQueen, G., McDonald, Sheila., McGrath, P.,Schopflocher, D., Watts, R. (Co-Investigators listed in alphabetical order). Integrated Maternal Psychosocial Assessment to Care Trial Pilot (IMPACT-*Pilot*) (Norlien Foundation, $124,996, Nov. 2012-Oct.2014)