

Stephanie J. Knaak, Ph.D., PMP  
**Curriculum Vitae**

## **I. BIOGRAPHICAL DATA**

Name: Stephanie Knaak, Ph.D.

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email: [stephanie.knaak@ucalgary.ca](mailto:stephanie.knaak@ucalgary.ca); [sknaak@hotmail.com](mailto:sknaak@hotmail.com); [sknaak@mentalhealthcommission.ca](mailto:sknaak@mentalhealthcommission.ca)

Present Positions:

- Principal, INSIGHT Research & Consulting; [www.stephanieknaak.ca](http://www.stephanieknaak.ca)
- Senior Research Consultant, Mental Health Commission of Canada
- Assistant Adjunct Professor, Department of Psychiatry, Cumming School of Medicine, University of Calgary, & Clinical Adjunct Associate, Faculty of Nursing, University of Calgary
- Adjunct Professor, Department of Community Health Sciences, Faculty of Health Sciences, University of Manitoba

## **II. ACADEMIC RECORD**

Final Degree: Doctor of Philosophy

Date completed: 2008

Specialty: Sociology of Health and Illness

Institution: University of Alberta, Edmonton, Canada

i. Undergraduate

- Bachelor of Arts (Honours), University of Western Ontario, 1993

ii. Special Professional

- Project Management Professional, Project Management Institute, 2015.

iii. Graduate

- Master of Arts, University of Regina, 1998.

## **III. AWARDS AND DISTINCTIONS**

- Canadian Sociology and Anthropology Association's Best Student Paper Award, 2002
- University of Alberta Graduate Student Assistantship, 2001-2002
- Nomination for Governor General's Award, 1998 (for Master's Thesis, *The Female Body in Society: A Sociological Perspective on Bulimia Nervosa*)
- Alpha Phi Outstanding Academic Achieving Award, 1993

## **IV. ACADEMIC APPOINTMENTS**

- Adjunct Professor, University of Manitoba (2020-)
- Assistant Adjunct Professor, Department of Psychiatry, Cumming School of Medicine, (2017-) and Clinical Adjunct Associate, Faculty of Nursing (2022- ), University of Calgary
- Sessional Instructor, University of Calgary & University of Alberta (2005-2009)
- Graduate Research Assistant, University of Alberta (2000-2002)
- Teaching Assistant, University of Regina (1995-1996)

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**V. EDUCATIONAL ACTIVITIES**

i. Undergraduate:

Courses developed and taught:

- Sociology 418: Advanced Gender Theory (University of Calgary, 2009). Course designed for upper undergraduate students in Sociology. Full course. Seminar. Enrollment, approx. 25.
- Sociology 409: Social Determinants of Health (University of Calgary, 2009). Course designed for upper undergraduate students in Sociology and health sciences. Full course. Lecture-based. Enrollment, 40+
- Sociology 419: Special Topics in the Sociology of Health and Illness: The Social Construction of Health and Illness (University of Calgary, 2008). Course designed for upper undergraduate students in Sociology and health sciences. Full course. Seminar. Enrollment, approx. 20.
- Sociology 321: Sociology of Health and Illness (University of Calgary, 2008). Introductory medical sociology course for undergraduate students in Sociology and health sciences. Lecture-based. Enrollment, 300+
- Sociology 303: Sociology of Gender Relations (University of Calgary, 2007). Introductory survey course for undergraduate students. Full course Lecture-based. Enrollment, 400+
- Sociology 315: Social Research Methodology (University of Alberta, 2007). Required course for all Sociology majors. Full course. Lecture and lab. Enrollment, 40+.

Guest lectures:

- **Knaak, S.** *Combatting mental illness-related stigma in healthcare: the Canadian experience.* Guest lecture for The Challenge of Stigma in Mental Health International Online Course, University of Braga School of Medicine, Portugal, October 29, 2021
- **Knaak S.** *Mental health and mental illness.* Guest lecture for Psychology 12, Golden Secondary School, November 12, 2017.
- **Knaak S,** Haynes F. *What is mental health? What is stigma?* Opening Address given at Langdon School HEADSTRONG summit, Langdon Alberta, January 21, 2017.
- **Knaak S,** Haynes F, Herrick F. *Mental health in Canada.* Guest Lecture for HSOC 311 Health Services and Health Systems, University of Calgary, March 6, 2013.
- **Knaak S.** *Inside research: Processes and provocations.* Guest lecture for Sociology 418, Qualitative Methods in Social Research, University of Alberta, November 2005.

Supervision:

- Second reader for Gemma Reynolds (Psychology 504, University of Calgary) for thesis entitled: Opioid Use Stigma: An Examination of Student Attitudes on Harm Reduction Strategies. University of Calgary, 2021.

ii. Graduate

- Supervisory committee member, Susan Rabichuk, Doctor of Philosophy, University of Manitoba, 2022-
- External Examiner, Kimberley Stever, Field of Study Candidacy Exam, Department of Community health Sciences Graduate Program, University of Calgary. November 3, 2021.
- Supervisory committee member, Susan Rabichuk, Master of Social Work, University of Manitoba, 2020-2021. Thesis title: "Cisgender female police officers' experience of psychological stress: a multiple case study application of anti-oppressive framework using a feminist lens"

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iii. Postgraduate

- Team member/collaborator, Dr. Ashley McAllister, Research Fellow, Melbourne School of Population and Global Health, University of Melbourne, Australia, 2020-. Project title: “Towards a better understanding of how to reduce social stigma among medical students: A qualitative study”.

iv. Continuing education

Course development:

- Subject matter expert, review committee for ‘Reducing Stigma and Promoting Recovery for Opioid Use’ online course, Centre for Addiction and Mental Health (CAMH), 2020-2021. Course available at <https://www.eenet.ca/article/online-course-reducing-stigma-and-promoting-recovery-opioid-use>
- Subject matter expert and planning committee member, for development of ‘Structural Stigma Training for Health-Care Leaders, Change Agents, and Influencers’ online training module, Mental Health Commission of Canada, 2020-2023.
- Subject matter expert, content development committee for the adaptation of the Understanding Stigma online program for health providers (2017-18). Course available at [www.understandingstigma.ca](http://www.understandingstigma.ca)

Workshops, symposia, webinars:

- Smith, J., & **Knaak, S.** *Compassion-led Trauma and Resiliency Informed Practices Practice Development Workshop*. Mental Health & Wellness Faculty Learning Community Lunch & Learn Series. Faculty of Nursing, University of Calgary, November 2, 2022.
- Sandrelli, M. & **Knaak, S.** *Cultivating a Shared Humanity: How Trauma & Resiliency Informed Practice Reduces Opioid Related Stigma*. (Webinar) Canadian Centre on Substance Use and Addiction (CCSA) and Health Canada’s Opioid Harms Response Community Webinar, September 21, 2022.
- **Knaak, S.** *What Canada’s Opioid Crisis Teaches us about Stigma: A Focus on Health Providers*. Prevención y manejo de la estigmatización de los usuarios de sustancias psicoactiva en los servicios de atención socio-sanitaria (Symposium). Organized by the Inter-American Drug Abuse Control Commission (CICAD) of the Organization of American States, Government of Valencia, Spain, University of Valencia, and the Pan-American Health Organization (PAHO). February 17, 2022.
- Ungar, T., Sukhera, J., & **Knaak, S.** *Educational design considerations for development of a mental health- and substance use-related structural stigma training module*. Wilson Centre Research Rounds, University of Toronto, November 22, 2021.
- Horvath, L., **Knaak, S.**, Bartram, M. *Protecting the wellbeing of the mental health and addiction workforce* (Webinar). Winter Worker Wellness Presentation Series, Workforce Continuity Task Team for the Mental Health & Addictions Pandemic Response Committee, Ontario Health North Pandemic Regional Steering Committee. March 22, 2021.
- Watters, N., Stuart, H., Livingston, J., Sukhera, J., **Knaak, S.**, Ungar, T. *Ghost in the machine: Tackling structural stigma in healthcare environments* (Webinar). Mental health commission of Canada, February 9, 2021.
- **Knaak S.**, Bashara J, Kharpal K. *Measuring stigma related to opioid use* (Webinar). Mental Health Commission of Canada, October 28, 2020.
- Szeto, A, Dobson K, **Knaak S.** *Developing a successful program to reduce the stigma of mental illness and improving resiliency in post-secondary and high school students: The Inquiring Mind* (Workshop). 9<sup>th</sup> International Together against Stigma conference, Singapore, October 4, 2019.

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- **Knaak S.** *Drug use stigma: Key tensions & promising approaches*. Invited presentation to the Federal Provincial and Territorial Problematic Substance Use and Harm committee, June 6, 2019.
  - Ungar T, Norman C, **Knaak S.** *Think You Can Shrink? Using reality TV and edutainment to reduce mental health stigma and improve outcomes* (Educational Symposium). Brian D Hodges Symposium, Toronto, ON, May 31, 2018.
  - Pietrus M, Christie R, **Knaak S**, Mercer S. *Best practices in stigma reduction: The Canadian context* (Symposium). 8<sup>th</sup> International Together Against Stigma Conference, Copenhagen Denmark, September 20-22, 2017.
  - **Knaak S.** *Combating stigma in healthcare: What works and why* (Webinar). Mental Health Commission of Canada, June 28, 2017. Recording Available at <https://www.mentalhealthcommission.ca/English/media/3994>
  - Mantler E, **Knaak S**, Pietrus M. *Six dimensions of value-based leadership – Lessons from mental health* (Workshop). National Health Leaders Conference, Vancouver, BC, June 12-14, 2017.
  - **Knaak S**, Christie R. *Combating mental illness-related stigma in healthcare*. Facilitated workshop for the members of Canada's 'By Health for Health' collaborative. Vancouver BC, June 17, 2017.
  - **Knaak S**, Christie R, Dobson K, Pietrus M. *Best practices in stigma reduction impacting youth: The Canadian context* (Symposium) The 22<sup>nd</sup> International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP), Calgary AB, September 18-22, 2016.
  - Heeney B, **Knaak S**, Hayes F, Christie R. *HEADSTRONG: Fighting stigma, promoting resiliency, building networks and partnerships* (Workshop). The 22<sup>nd</sup> International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP), Calgary AB, September 18-22, 2016.
  - Heeney B, Potestio M, **Knaak S.** *HEADSTRONG: A national youth anti-stigma initiative* (Workshop). Canadian Mental Health Association Mental Health for All Conference. Toronto, ON, September 29-30, 2016.
  - **Knaak S**, Szeto A, Wigfull L, Patten S. *Five ways to improve mental healthcare in your organization* (Workshop). National Health Leadership Conference, Ottawa, Ontario, June 4-6, 2016.
  - **Knaak S**, Christie R. *Reducing the stigma of mental illness in Canada: How the truth through research is setting us free*. Presented at the Mathison Centre for Mental Health and Research CPD Telehealth Rounds, University of Calgary, Calgary, Alberta, May 26, 2014.
  - **Knaak S.** *Key ingredients for combating stigma among healthcare providers* (Workshop). Canadian Mental Health Association Conference, Calgary AB, October 22-24, 2014.
  - **Knaak S.** *50 years of Dr. Spock's infant feeding advice: Explication of a discursive shift*. Invited as a part of the University of Regina Department of Sociology and Social Studies Seminar Series, Regina, Saskatchewan, December 2003
  - **Knaak S.** *Analyzing contemporary breastfeeding discourse: Intensive mothering and the question of choice*. Invited as a part of the University of Western Ontario Centre for Health and Wellbeing's Speaker Series, London, ON, October 2002.
- Other Continuing Education Presentations:
- de Vries, J., Cardinal, S.N., **Knaak, S.** *Stigma: From stereotyping & discrimination to compassion & inclusion* (Podcast). Fresh Outlook Foundation, February 12, 2021. <https://freshoutlookfoundation.org/stigma-from-stereotyping-discrimination-to-compassion-inclusion/>

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- **Knaak S.** *What Canada's opioid crisis teaches us about stigma.* Mental Health for All Conference, Toronto, ON, September 24, 2019.
- **Knaak S,** Patten S. *Combating stigma in healthcare: What works and why.* Building a Community of Inclusion & Understanding Conference, St. Joseph's Healthcare, Hamilton, Ont., October 7, 2015
- Ungar T, **Knaak S,** Patten S. *Combating Stigma: An effective CME program for physician audiences* (Poster). R.K. Reznick Wilson Centre Research Day, University of Toronto, Toronto, Ontario, October 23, 2015.
- Ungar T, Weinerman R, **Knaak S,** Patten S. *Designing for unperceived learning needs: Combating the stigma of mental illness via e-learning.* Presented at the Wilson Centre for Research in Education Rounds, Toronto General Hospital, Toronto, Ontario, May 25, 2015.
- **Knaak S,** Patten S. *Combating mental health-related stigma in healthcare: How to build an effective program.* National Health Leadership Conference, Charlottetown PEI, June 15-17, 2015.
- **Knaak S,** Patten S. *Reducing stigma in healthcare providers: Key ingredients and a model for successful Programming.* Each Mind Matters: 7th International Together Against Stigma Conference, San Francisco, CA, February 18-20, 2015.
- Campbell H, Patten S, **Knaak S,** Stretch J, Groves N, Hall S, Weinerman R. *Cognitive Behavioural Interpersonal Skills (CBIS) Training reduces mental illness related stigma among healthcare providers* (Poster). Canadian Collaborative Mental Health Care Conference, Toronto, Ontario, June 20-21, 2014.
- **Knaak S,** Beres M. *Reconceptualizing gender and sexuality in research: Sensitizing protocols and designs.* 5<sup>th</sup> Advances in Qualitative Methods Conference. Edmonton, Alberta, January 29-31, 2004.

## VI. ADMINISTRATIVE RESPONSIBILITIES

### i. Departmental

- Sociology Graduate Student Association Visiting Scholar Committee, University of Alberta, 2003-4.
- Vice-President, Sociology Students' Course Union, Dep't of Sociology, University of Regina, 1996-7
- Recruitment Committee, Department of Sociology, University of Regina, 1996-1997

## VII. PROFESSIONAL ACTIVITIES

### i. Memberships

- Associate Member, Mathison Centre for Mental Health Research & Education, and Hotchkiss Brain Institute, University of Calgary, 2017-present
- Project Management Institute, 2015-2020.
- Centre for Parenting Culture Studies, University of Kent, Canterbury, UK, (2007–present)

### ii. Professional Service

- Guest Editor for special edition of the *International Journal of Environmental Research and Public Health (IJERPH)* on Covid-19 and workplace mental health, 2021-2023
- Associate Editorial board member, *International Journal of Mental Health and Addiction (IJMHA)*, 2021-2022
- Co-Guest Editor for special issue of the *International Journal of Mental Health and Addiction (IJMHA)* on Stigma, Mental Illness and Substance Use, 2021-2022.  
<https://link.springer.com/journal/11469/volumes-and-issues/20->

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[6?utm\\_source=toc&utm\\_medium=email&utm\\_campaign=toc\\_11469\\_20\\_6&utm\\_content=etoc\\_springer\\_20221129](https://doi.org/10.1186/s12916-022-01129-6)

- Invited participant, Best Brains Exchange: Measuring structural stigma related to substance use within Canadian Healthcare systems. Ottawa, ON, February 28, 2020.
- Invited participant and panel presenter, United Nations Office of Drugs and Crime (UNODC) Technical Consultation on Stigma: Stigma around substance use technical consultation meeting. Vienna, January 14-16, 2020.
- Member of the Opioid Agonist Treatment (OAT) Implementation Working Group Stigma Sub-Group, Corrections Services Canada, 2020-
- Canadian Standards Association – member of the Technical Committee and Voting Member, Standard Z1650 -- Paramedic response to the opioid crisis: Education and training across the treatment and care continuum in out-of-hospital and community settings, 2019 – ongoing.
- Health Canada’s *Substance Use Stigma Stakeholders Network*, 2019-ongoing.
- Canadian Centre of Substance Use and Addiction’s *Addressing Stigma Communities of Practice*, 2019-present.
- CIHR: Developing a National Research Initiative on Post Traumatic Stress. Aiding in identifying attendees for expert consultations, 2019.
- Golden Child and Youth Mental Health Local Action Team, 2017-ongoing.
- Brain Canada Mental Health Initiative Workshop Invitee. Toronto ON, April, 2017.
- Editorial board member, *Journal of Mental Health and Addictions Nursing*, 2016-present
- Peer Reviewer: Journals, 2002-present
  - *Academic Psychiatry; Adolescent Psychiatry; American Journal of Addiction; Atlantis; Australian and New Zealand Journal of Psychiatry; BMJ; BMJ Open; BJPsych Bulletin; BMC Public Health; Canadian Medical Association Journal & CMAJ Open; Canadian Journal of Psychiatry; Canadian Journal of Public Health; Community Mental Health Journal; Dove Medical Press; Epidemiology and Psychiatric Services; Journal of Health Psychology; Journal of Multidisciplinary Healthcare; Journal of Nursing and Health Sciences; Journal of Family Issues; Journal of Consumer Culture; Journal of Women, Politics, & Policy; Health, Risk and Society; International Journal of Methods in Psychiatric Research; Psychology and Psychotherapy: Theory, Research & Practice; Psychology of Women Quarterly; Qualitative Health Research; Social Psychiatry & Psychiatric Epidemiology; Social Science & Medicine; Sociological Research Online; Sociology Compass; Substance Use and Misuse; The Lancet Psychiatry; The Sociological Review; Women’s Psychology Quarterly*
- Peer Reviewer: Books
  - Columbia University Press, 2017; University of California Press, 2011, 2012
- Peer Reviewer: Abstracts
  - Canadian Public Health Association Public Health in Canada Conference, 2009
- Conference Volunteer/Committee
  - International Institute for Qualitative Methodology Qualitative Health Research Conference, 2006
  - International Institute for Qualitative Methodology Advances in Qualitative Methodology Conference, 2004

## **VIII. RESEARCH SUPPORT**

- Alberta Ministry of Addictions and Mental Health: “Alberta Recovery Campus Community (ARCC)” project (\$500,000 for 2022-2023; extended into 2024 with additional funding). PI: Dr.

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Victoria Burns, Faculty of Social Work, University of Calgary. (role: project consultant and team member), 2022-

- Calgary Health Foundation: “EMBER: Exploring mental illness barriers in emergency rooms” Study (\$800,000 over 5 years). PI: Dr. Jacqueline Smith, Faculty of Nursing, University of Calgary. (role: project consultant and team member), 2021-
- Melbourne Disability Institute, Australia. “Towards a Better Understanding of How to Reduce Social Stigma Among Medical Students: A Qualitative Study” (\$25,000). PI: Dr. Ashley McAllister, University of Melbourne. (role: project team member), 2020-2023.
- Canadian Institutes of Health Research (CIHR). “Psychiatric Stigma as Barrier to Service Utilization Among Youth: A Mixed-Methods Discrete Choice Experiment Collecting Insights from Youth and Family Members” (\$100,000). PI: Dr. Joanna Henderson, Centre for Addiction and Mental Health (CAMH). (role: project collaborator), 2019-2021.
- Parenting Culture Studies Conference Invitation Grant, University of Kent 2011 (\$500)
- Parenting Culture Studies Conference Keynote Grant, University of Kent, 2007 (\$1,500)
- University of Alberta Dissertation Fellowship, 2005-2006 (\$22,000 plus tuition and fees)
- University of Alberta Department of Sociology Research Grant, 2005-2006 (\$7,000)
- SSHRC Doctoral Fellowship, Social Sciences and Humanities Research Council, 2002-2005 (\$53,100; three-year fellowship)
- Walter H Johns Graduate Fellowship, University of Alberta, 2002-2005 (\$13,052; three-year fellowship)
- Population Research Lab Alberta Survey Graduate Student Award, 2004 (\$15,000 value in kind)
- Department of Sociology (University of Alberta) Student Travel Grant, 2002-2005 (\$1,600, four grants)

### IX. INVITED ADDRESSES

- **Knaak, S.** *Addressing Mental Illness Stigma: tools for future health leaders.* Womxn in Medicine, University of Texas, San Antonio. September 21, 2022.
- **Knaak, S.** *Mental Health in the Workplace: Why it matters and what it looks like in today’s world.* Invited panelist for Edmonton Construction Association’s. YBG Ed Talks (virtual), May 23, 2021.
- **Knaak, S.,** *Stigma: The Elephant in Every Room.* Invited keynote presentation, Fresh Outlook Foundation Head’s Up Community Mental Health Virtual Summit, November 25-26, 2020.
- **Knaak S.** *Researching Stigma.* Invited panelist at United Nations Office of Drugs and Crime Technical Consultation on Stigma: Meeting on Stigma around Substance Use. Vienna, Austria, January 14, 2020.
- **Knaak S.** *Programs to Reduce the Stigma of Mental Illness – What Works and Why: Lessons Learned from Canada’s Opening Minds Initiative.* Invited to speak to University-wide community, University of Concepcion, Concepcion, Chile. April 11, 2019.
- **Knaak S.** *Philosophical and Sociological Perspectives on Intensive Mothering: Intensive Mothering and the Problem of Choice.* Invited keynote presentation for the University of Kent School of Social Policy, Sociology and Social Research Monitoring Parents: Child Rearing in the Age of Intensive Parenting Conference, Canterbury, England, May 21-22, 2007.
- **Knaak S.** *50 years of Dr. Spock’s infant feeding advice: Explication of a discursive shift.* Invited as a part of the University of Regina Department of Sociology and Social Studies Seminar Series, Regina, Saskatchewan, December 2003

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- **Knaak S.** *Analyzing contemporary breastfeeding discourse: Intensive mothering and the question of choice.* Invited as a part of the University of Western Ontario Centre for Health and Wellbeing's Speaker Series, London, ON, October 2002.

## **X. PUBLICATIONS/PRESENTATIONS**

### i. Peer-reviewed manuscripts

- Ungar, T. & **Knaak, S.** (in submission). Framing mental illness-related structural stigma in healthcare systems as an issue of equity: a caution. *The Lancet* (in submission).
- Gonçalves De Andrade Tostes, J., Silveira, P.S.d, Fernandes Martins, L., **Knaak, S.**, Mota Ronzani, T. (2023). Acceptance and commitment therapy-based intervention to manage stigma toward substance use disorders. *Psychological Studies* (accepted, in final review of minor revisions)
- McAllister, A., Dickson, K., Rangji, M., Griffiths, L., Dimov, S., Reavley, N., **Knaak, S.** (2023). Embedding interpersonal stigma resistance into the medical curriculum: a focus group study of medical students. *BMC Medical Education* (accepted, in final review of minor revisions)
- Grimminck, R., **Knaak, S.**, Szeto, A., Clair, V. (2023) The urgent need to address mental health and substance use structural stigma in BC, *BC Medical Association Journal* (in publication).
- Lauria-Horner, B., **Knaak, S.**, Cayetano, C., Vernon, A., Pietrus, M. (2023). An initiative to improve mental health practice in primary care in Caribbean countries. *Revista Panamericana de Salud Pública/Pan American Journal of Public Health* (in publication).
- **Knaak, S.**, Grandón, P. & Szeto, A.C.H.(2022) Interdisciplinary and International Perspectives on Mental Illness and Substance Use Stigma. *Int J Ment Health Addiction* 20, 3223–3227. <https://doi.org/10.1007/s11469-022-00935-6>.
- Sukhera, J., & **Knaak, S.** (2022). A realist review of interventions to dismantle mental health and substance use related structural stigma in healthcare settings. *SSM – Mental Health*, November 2022. DOI: [10.1016/j.ssmmh.2022.100170](https://doi.org/10.1016/j.ssmmh.2022.100170).
- Leite Ferreira, V., Gonçalves de Andrade Tostes, J., **Knaak, S.**, Silveira, P. S. d., Fernandes Martins, L., & Mota Ronzani, T. (2022). Attitudes of health professionals towards people with substance use disorders in Brazil, controlling for the effects of social desirability. *Health & Social Care in the Community*, 30, e3041– e3052. <https://doi.org/10.1111/hsc.13749>.
- Reynolds, G., Lindsay, B.L., **Knaak, S.** et al. Opioid Use Stigma: An Examination of Student Attitudes on Harm Reduction Strategies. *Int J Ment Health Addiction* (2022). <https://doi.org/10.1007/s11469-022-00756-7>.
- Smith, J. M., **Knaak, S.**, Szeto, A., Chan, E. C., & Smith, J. (2022). Individuals to Systems: Methodological and Conceptual Considerations for Addressing Mental Illness Stigma Holistically. *International journal of mental health and addiction*, 1–13. Advance online publication. <https://doi.org/10.1007/s11469-022-00801-5>.
- **Knaak, S.**, Patten, S., Stuart, H. (2022). Measuring stigma towards people with opioid use problems: Exploratory and confirmatory factor analysis of the Opening Minds Provider Attitudes Towards Opioid- use Scale (OM-PATOS). *International Journal of Mental Health and Addiction*, 1–12. Advance online publication. <https://doi.org/10.1007/s11469-022-00788-z>.
- **Knaak, S.**, Beshara, J., Billett, M., Kharpal, K., Patten, S. (2022). Measuring impacts of curricular content and personal story on substance use stigma. *Journal of Nursing Education*, 61(5), 264–267. <https://doi.org/10.3928/01484834-20220303-08>.
- Grandón, P., Saldivia, S., Cova, F., Bustos, C., Vaccari, P., Ramírez-Vielma, R., ... & **Knaak, S.** (2021). Effectiveness of an intervention to reduce stigma towards people with a severe mental

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disorder diagnosis in primary health care personnel: Programme Igual-Mente. *Psychiatry Research*, 305, 114259.

- Szeto, A., Henderson, L., Lindsay, B.L., **Knaak, S.**, & Dobson, K.S. (2021). Increasing resiliency and reducing mental illness stigma in post-secondary students: A meta-analytic evaluation of the inquiring mind program. *Journal of American College Health: J of ACH*, 1–11. Advance online publication. <https://doi.org/10.1080/07448481.2021.2007112>.
- Sukhera, J., **Knaak, S.**, Ungar, T., Rehman M (2021). Dismantling structural stigma related to mental health and substance use: a framework for education and training. *Academic Medicine*, Advance online publication. <https://doi.org/10.1097/ACM.0000000000004451>.
- **Knaak, S.**, Sandrelli, M., Patten, S. (2021). How a shared humanity model can improve provider well-being and client care: An evaluation of Fraser Health’s Trauma and Resiliency Informed Practice (TRIP) training program. *Healthcare Management Forum*, 34(2):87-92. doi:[10.1177/0840470420970594](https://doi.org/10.1177/0840470420970594)
- Ungar T, Knaak S, Mantler E. (2020). Making the implicit explicit: a visual model for lowering the risk of implicit bias of mental /behavioural disorders on safety and quality of care. *Healthcare Management Forum*. September, doi:[10.1177/0840470420953181](https://doi.org/10.1177/0840470420953181).
- **Knaak S**, Christie R, Mercer S, Stuart H. (2019). Harm reduction, stigma and the problem of low compassion satisfaction: Tensions on the front-lines of Canada’s opioid crisis. *Journal of Mental Health and Addictions Nursing*, 3(1):e8–e21.
- Szeto A, Dobson K, **Knaak S**. (2019). The Road to Mental Readiness for First Responders: A meta-analysis of program outcomes. *Canadian Journal of Psychiatry*, 64 (Suppl 6):18s-26s.
- Dobson K, Szeto A, **Knaak S** (2019). The Working Mind: A meta-analysis of a workplace mental health and stigma reduction program. *Canadian Journal of Psychiatry*, 64 (Suppl 6): 39s-47s.
- **Knaak S**, Luong D, McLean R, Szeto A, Dobson K. (2019). Implementation, uptake and culture change: results of a key informant study of a workplace mental health training program in police organizations in Canada. *Canadian Journal of Psychiatry*, 64 (suppl 6): 30s-38s.
- Feder V, Fibiger K, **Knaak S**. (2018). On the very, very frontlines of mental health care. *Psychiatric Services*, PS in Advance, doi: 10.1176/appi.ps.201800355:1-3.
- Dobson KS, Szeto A, **Knaak S**, Krupa T, Kirsh B, Luong D, McLean R, Pietrus M. (2018). Mental health initiatives in the workplace: models, methods and results from the Mental Health Commission of Canada. *World Psychiatry*, 17(3):370-1.
- Lauria-Horner B, Beaulieu T, **Knaak S**, Weirnerman R, Campbell H, Patten S. (2018). Controlled trial of the impact of a BC adult mental health practice support program (AMHPSP) on primary health care professionals’ management of depression. *BMC Family Practice*, 19:183. <https://doi.org/10.1186/s12875-018-0862-y>.
- **Knaak S**, Szeto A, Dobson K. (2018). Stigma Towards Mental Disorders in Healthcare: Research, Findings and Programs from The Mental Health Commission of Canada’s *Opening Minds* Initiative. *OOHNA Journal*, Fall/Winter: 37-41.
- Ungar T, **Knaak S**, Norman C. (2017). Using the power of the media to reduce the risk of suicide. *BMJ*;359:j4742 doi: 10.1136/bmj.j4742.
- **Knaak S**, Ungar T (2017). Towards a mental health inequity audit. *Lancet Psychiatry*, 4:583.
- **Knaak S**, Szeto AS, Kassam A, Hamer A, Modgill G, Patten S. (2017) Understanding Stigma: A pooled analysis of a national program aimed at healthcare providers to reduce stigma towards patients with a mental illness. *Journal of Mental Health and Addictions Nursing*, 1(1):e19-e29.

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- Ungar T, Norman C, **Knaak S**. (2017) Think you can Shrink? A Proof-of-Concept Study for Men's Health Education through Edutainment. *J Tech Behav Sci*, first published online January 11, 2107. DOI: 10.1007/s41347-016-0009-8
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- **Knaak S**, Patten S. *Building and delivering successful anti-stigma programs for health care providers: results of a qualitative study*. Calgary: MHCC, 2014.
- **Knaak S**, Szeto A, Robinson R, Karpa J, Scott P. *Brandon University Psychiatric Nursing Program evaluation report*. Calgary: MHCC, 2013.
- **Knaak S**, Patten S. *Evaluation of the full version of the PSP Adult Mental Health Module: key findings*, Calgary: MHCC, 2013.

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- **Knaak S**, Patten S. *CBIS program: final evaluation report*. Calgary: Mental Health Commission of Canada, 2013.
- **Knaak S**, Fitch K, Patten S. *Borderline personality disorder (BPD) community mental health rounds presentation: measuring its impact on stigma against BPD and mental illness*. Calgary: Mental Health Commission of Canada, 2014.
- Kopp B, **Knaak S**, Patten S. *Evaluation of IWK's Understanding the Impact of Stigma program*. Calgary: MHCC, 2013.
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- **Knaak S**, Potts A, Patten S. *Lakeridge Health Opening Minds evaluation report*. Calgary: MHCC, 2012.

Research Reports produced while employed at R.A. Malatest & Associates (1997-2000):

- Employer Satisfaction Survey Summary Report, prepared for the Alberta Department of Learning, 2000. Role: researcher and report author. Project budget: \$25,000
- Evaluation of Electronically Delivered Education Programs Summary Report and Consultant's Recommendations, prepared for the BC Ministry of Education, 1999. Role: researcher and report author. Project budget, \$90,000
- Evaluation of the Interactive Multimedia Studio (Studio 3) and the Career Studio Development Project, prepared for the Open Learning Agency and BC Ministry of Education, 1999. Role: researcher and report author. Project budget, \$25,000
- Chefs and Cooks Survey Research Extension Project: Technical Report, prepared for the BC Tourism Training and Research Consortium, 1999. Role: researcher and report author. Project budget, \$25,000
- Career Programs Evaluation: Summary Report and Consultant's Recommendations, prepared for the BC Ministry of Education, 1998. Role: researcher and report author. Project budget, \$95,000
- Stó:lõ Employment Services Evaluation: Summary Report and Recommendations, prepared for Stó:lõ Human Resources Development and the BC Ministry of Advanced Education, Training and Technology, 1998. Role: researcher and report author. Project budget, \$70,000
- Community Skills Centre Baseline and Follow-up Projects' Topline (Baseline) Report, Summary (Follow-up) Report, and Recommendations Report, prepared for Human Resources Development Canada and the BC Ministry of Advanced Education, Training and Technology, 1998. Role: researcher and report co-author. Project budget, \$65,000
- Compliance Work Process Review Project: Summary Report, prepared for the BC Ministry of Advanced Education, Training and Technology, 1998. Role: researcher and report author. Project budget, \$15,000
- Review of Elizabeth Fry Anger Management and Substance Abuse Programs: Summary Report, prepared for the BC Ministry of Attorney General, 1998. Role: co-researcher and report author. Project budget, \$25,000

Reports produced while employed at Sample Survey & Data Bank Unit, University of Regina (1996-1997):

- Refresher Program Graduate Survey: Summary Report, prepared for the Saskatchewan Registered Psychiatric Nurses Association and the Wascana Institute, 1997. Role: co-researcher and report author. Project budget, \$8,000

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- ‘It’s Your Choice’: A Dialogue on Primary Health Care: Summary Report, prepared for the National Advisory Committee on Health Services and Saskatchewan Health, 1996. Role: research assistant and report co-author. Project budget, \$10,000
- ii. Conference Abstracts
- Ta, U., **Knaak, S.** (2023) *Overcoming structural inequity in health care for people with substance use issues and/or mental illness*. CADTH Symposium, Ottawa, May 16-18.
  - Kohler, H., **Knaak, S.**, Sukhera, J. (2022) *Ghost in the Machine: Tackling structural stigma in healthcare*. Canadian Collaborative Mental Health Conference, Quebec City, QB, June 17-18.
  - Kharpal, K., & **Knaak, S.** *Reducing opioid and substance use-related stigma in health-care and other direct service delivery contexts – evaluation results from four programs*. CCSA Issues of Substance conference, (virtual), November 24, 2021.
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  - Lindsay B.L., Szeto A., Henderson, L., **Knaak S.**, & Dobson, K. *The Inquiring Mind: Results of a postsecondary mental health promotion & stigma reduction program*. 82nd Canadian Psychological Association Annual National Convention (virtual), June 18, 2021.
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  - **Knaak, S.**, Livingston, J., Stuart, H., Ungar, T. *Overcoming structural inequity in healthcare for people living with substance use and mental health problems* (Poster). World Psychiatric Association’s Annual Congress, (virtual), March 10-12, 2021.
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  - **Knaak S.**, Dobson K, Szeto K, Pietrus M. *The Working Mind – reducing mental health stigma in the workplace*. Work Stress and Health Conference. Philadelphia PA, November 6-8, 2019.
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  - **Knaak S.** *Understanding Stigma: Results of a mixed methods evaluation of an anti-stigma program for healthcare providers in Canada*. International Together Against Stigma Conference, Copenhagen Denmark, September 20-22, 2017.
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  - Dimitropoulos G, MacMaster F, McLuckie A, Christie R, **Knaak S**, Stubbs M, Arnold P. *Combatting stigma in child and youth mental health: From neurons to neighbourhoods*. The 22<sup>nd</sup> International Association for Child and Adolescent Psychiatry and Allied Professions World Congress (IACAPAP), Calgary AB, September 18-22, 2016.
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  - Andrews T, **Knaak S**. *Medicalized mothering: Experiences with breastfeeding in Canada and Norway*. University of Kent School of Social Policy, Sociology and Social Research's Centre for Parenting Culture Studies Monitoring Parents: Science, Evidence, Experts and the New Parenting Culture Conference, University of Kent, Canterbury UK, September 13-14, 2011
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  - **Knaak S**. *The process of postpartum adjustment*. International Institute of Qualitative Methodology 14th Annual Qualitative Health Research Conference. Banff, Alberta, October 3-6, 2008.
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- Invited participant on Discovery Health Channel’s debate-style television program *Medical Hotseat*. Episode title, “Breast-feeding: Choice or Responsibility?” Taping date, April 12, 2005, Toronto; aired January 2006.
- Interviewed for and featured in “Dr. Spock’s Influence Still Felt as his Centennial Nears,” *Science Blog*, University of Alberta. <http://www.scienceblog.com/community/older/2003/A/20035828.html>