

CURRICULUM VITAE

Name	Julia B. Imanoff
Last Update	March 23, 2023
Mailing Address	165 Creekside Drive SW Calgary Alberta T2X 4X7
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Email	Julia.imanoff@gmail.com
Present Rank	Doctoral Candidate
Faculty	Nursing
Institution	University of Calgary
Orchid ID	https://orchid.org/0000-0002-1977-452X

ACADEMIC RECORD

Degrees/Certification

In Progress	Ph.D. (Nursing) University of Calgary Calgary, AB T2N 1N4
05/2023	Post-Master Certificate in Couple and Family Therapy – Level 1 University of Calgary Calgary, AB T2N 1N4
08/2016	Master of Nursing University of Calgary Calgary, AB T2N 1N4
04/2013	Certificate in Perinatal Nursing Canadian Nurses Association Ottawa, ON T6G 2G3
04/2010	Bachelor of Science in Nursing (With Distinction) Toronto Metropolitan University Toronto, ON M5B 2K3
06/2006	Bachelor of Science University of Waterloo Waterloo, ON N2L 3G1

AWARDS & DISTINCTIONS

1. Trico NU Community Board Outstanding Student Social Entrepreneur Finalist, 2022
2. Young Alumni Award, Faculty of Science, University of Waterloo (2021)
3. Eyes High Doctoral Recruitment Award, University of Calgary, (\$104, 000), 2019-2023
4. Canadian Association of Registered Nurses of Alberta, Excellence in Teaching Nominee, 2019
5. Canadian Association of Perinatal Women’s Health Nurses Excellence in Leadership Award, 2018
6. Outstanding Graduate Student, Covenant Health Awards, 2014
7. Faculty of Nursing Student Scholarship (\$250), 2014
8. Alberta Graduate Student Scholarship (\$3,000), 2013
9. Canadian Nurses’ Foundation, Dr. Helen K Mussallem Fellowship, (\$5,000), 2013-2014
10. Queen Elizabeth II Graduate Scholarship (\$3,600), 2013
11. Faculty of Nursing Student Scholarship (\$250), 2013
12. University of Calgary Travel Grant (\$1,955.21), 2012-2013
13. Government of Alberta, Graduate Citizenship Award (\$2,000), 2012-2013
14. Faculty of Nursing Graduate Scholarship (\$10, 000), 2012
15. Canadian Association of Perinatal Women’s Health Nurses Rising Star Award, 2012
16. Registered Nurses Foundation of Ontario Jennifer Award (\$2,500), 2010
17. Registered Nurses Foundation of Ontario Lippincott Book Award (\$250), 2009

EMPLOYMENT

Academic Appointments

04/2023 to 06/2023	Graduate Assistant, Teaching, NURS 385, Faculty of Nursing, University of Calgary, Calgary, AB
01/2023 to 04/2023	Graduate Assistant, Teaching, NURS 285, Faculty of Nursing, University of Calgary, Calgary, AB
01/2023 to 04/2023	Graduate Assistant, Teaching, NURS 385, Faculty of Nursing, University of Calgary, Calgary, AB
09/2022 to 12/2022	Graduate Assistant, Teaching, NURS 485, Faculty of Nursing, University of Calgary, Calgary, AB
05/2022 to 07/2022	Graduate Assistant, Teaching, NURS 387, Faculty of Nursing, University of Calgary, Calgary, AB
05/2020 to 07/2020	Graduate Assistant, Teaching, NURS 585, Faculty of Nursing, University of Calgary, Calgary, AB
09/2016- 05/2019	Nursing Instructor, NURS 289, 589, 503.41, Faculty of Nursing, University of Calgary, Calgary, AB
01/2013 to 12/2014	Graduate Assistant, Teaching, NURS 285, 287, 385, Faculty of Nursing, University of Calgary, Calgary, AB
09/2012 to 04/2014	Nursing Instructor, NURS 499, Faculty of Nursing, University of Calgary, Calgary, AB

Research Positions

- 02/2019 to 11/2019 Research Assistant, Dr. Catherine Laing, Faculty of Nursing, University of Calgary, Calgary, AB
- 03/2017 to 05/2019 Research Nurse, VID-KIDS Study, Dr. Nicole Letourneau, Faculty of Nursing/Cumming School of Medicine, University of Calgary, Calgary, AB
- 05/2013 to 07/2015 Research Assistant/Data Manager, Alberta Pregnancy Outcomes and Nutrition Study, Dr. Nicole Letourneau/Dr. Gerry Giesbrecht, Faculty of Nursing/Cumming School of Medicine, University of Calgary, Calgary, AB
- 02/2014 to 07/2015 Research Assistant, Fetal Programming Study, Dr. Gerry Giesbrecht, Cumming School of Medicine, University of Calgary, Calgary, AB

Clinical Positions

- 03/2014 to 03/2015 Registered Nurse, Obstetrical Outpatient Clinics, South Health Campus, Calgary, AB
- 03/2014 to 03/2015 Registered Nurse, Early Gestation Assessment Triage, South Health Campus, Calgary, AB
- 01/2014 to 03/2015 Registered Nurse, Family Maternity Place, South Health Campus, Calgary, AB
- 10/2010 to 04/2013 Registered Nurse, Labour and Delivery, Foothills Medical Centre, Calgary, AB
- 06/2010 to 10/2010 Graduate Nurse, Acute Neuroscience, Foothills Medical Centre, Calgary, AB
- 09/2009 to 06/2010 Transition Ambassador/Project Manager, Good2Go Project, Ambulator Care Clinics, The Hospital for Sick Children, Toronto, ON
- 06/2009 to 09/2009 Clinical Extern, Ambulatory Adolescent Medicine, The Hospital for Sick Children, Toronto, ON

Innovation Positions

- 05/2022 to 01/2023 Social Innovation Manager, Social Innovation Hub, Innovate Calgary, Calgary, AB
- 02/2022 to Present Founder and Clinical Director, The Family Nurse Parenting Services, Inc., Calgary, AB
- 06/2020 to Present Co-Founder and Chief Operations Officer, The Brief Crisis Therapy Institute Inc., Calgary, AB/Toronto, ON/Montreal, QC
- 03/2020 to 09/2022 Co-Founder and Chief Executive Officer, COLO Families Inc., Calgary, AB

RESEARCH

Peer-Reviewed Publications

In Preparation

1. Benzies, K. M., Barnas, T., Hayden, K. A., Nicholas, D., de Koning, A., Bharwani, A., **Imanoff, J.** & Armstrong, J. (January 2023). working title "Social Innovation for Post-Secondary Educational Institutions: A Concept Analysis." *International Journal of Social Entrepreneurship and Innovation*.
2. **Imanoff, J.B.**, & McCaffrey G.P. (February 2023). working title "Understanding Psychological Birth Trauma: Taking PTSD beyond the DSM." Patient Education and Counselling.
3. **Imanoff, J.B.**, & McCaffrey G.P. (February 2023). working title "Understanding Psychological Birth Trauma: A systemic perspective." *Journal of Systemic Therapies*.

Accepted

4. **Imanoff, J.**, Alphonsus, L., & Jackson, J. (accepted). Using a growth mindset feedback template to guide written feedback. *Nurse Educator*.

Published

5. **Imanoff, J.B.** & Mannion, C. (2015). The Great Caesarean Debate: The concept of fear of childbirth as a potential indication for caesarean birth. Proceedings of the 20th World Congress on Controversies in Obstetrics, Gynecology, and Infertility (COGI), France, 117-123. doi:10.12894/COGI/201412/16

Abstracts Published in a Journal

6. **Imanoff, J.**, McCaffrey, G., & Mannion, C. (2014). Fusion of Horizons: An Interpretive Analysis of Women's Choice for Caesarean Deliveries. *International Journal of Qualitative Methods*.13, p. 564-565.
7. **Wigmore, J.**, McCaffrey, G., & Mannion, C. (2013). Understanding Caesarean Sections: A choice for new mothers. *International Journal of Qualitative Methods*. 12, 889-890.
8. **Wigmore, J.** & Mannion, C. (2013). Risk or Resource? The impact of information from the internet on women's childbirth delivery preference. (Abstract). *Journal of Obstetrics and Gynaecology Canada*. 35(6), Supp. 1, p. S46.

Non-Peer Reviewed Publications

9. **Imanoff, J.** (2020). Rising to the Case: Caring in the Age of Technology. *Canadian Nurse*. Retrieved from <https://www.canadian-nurse.com/dev-cn-en/blogs/cn-content/2020/01/06/rising-to-the-case-caring-in-the-age-of-technology>

Intellectual Property Disclosures

10. The Family Nurse. (2022). Canadian Trade Name Application # 37389395.
11. Brief Crisis Therapy Model (BCTM). (2022). Canadian Copyright Registration #1198199.

Invited Presentations

1. **Imanoff, J.** (November 9, 2022). Psychological birth trauma: Preliminary findings. *The Graduate College & Emeritus Associations*, University of Calgary. (Invited Guest Speaker).
2. **Imanoff, J.** (July 21, 2021). Pluralism course series for medical students: Panel presentation. *Pluralism Initiative*, University of Calgary. (Panelist).
3. **Imanoff, J.** (May 27, 2021). Psychological birth trauma: The dark shadows of birth. (virtual). *The Graduate College Lunch and Learn Series*, University of Calgary. (Invited Guest Speaker).
4. **Imanoff, J.** (January 12, 2021). Sustainability and Social Innovation Forum: Panel Presentation. *Hunter Hub*, University of Calgary. (Panelist).
5. **Imanoff, J.** (November 27, 2020). Leadership in Entrepreneurship and Innovation: Leading beyond the status quo, *The Leader in All of Us Virtual Conference*, University of Calgary. (Invited Guest Speaker).

PEER-REVIEWED PRESENTATIONS AT CONFERENCES

Oral Presentations

1. **Imanoff, J.**, & McCaffrey, G. (2023, May). Defining psychological birth trauma: Beyond PTSD in the DSM. *4th World Congress on Mental Health*, London, UK. (Accepted)
2. Francois, K., **Imanoff, J.**, Bon Bernard, J., Blackman, G., Wong, K., Webber, K., Clark, N. & Currie, G. (2021, June). A Call to Graduate Students: “The Hub” – Building the foundation for a hermeneutic home. *The Canadian Hermeneutic Institute*. Alberta, Canada.
3. **Imanoff, J.B.**, Mannion, C., & McCaffrey, G.P. (2019, July). The role of nurse advocate in caesarean sections on maternal request. *Sigma Theta Tau 30th Annual International Congress*, Alberta, Canada.
4. Jiang, Y., Kazoleas, K., Becquer, L., **Imanoff, J.**, & Ens, T. (2019, July). Pain during intramuscular injection technique: To aspirate or not. *Sigma Theta Tau International Congress*, Alberta, Canada.
5. **Imanoff, J.B.**, McCaffrey, G., & Mannion, C. (2019, June), Weaving understanding of choice through history. *Canadian Hermeneutic Institute*, Alberta, Canada
6. Becquer, L., Jiang, Y., Kazoleas, K., **Imanoff, J.**, & Ens, T. (2019, February). A systematic review of aspiration injections. *Western North-western Region Canadian Association of Schools of Nursing*, Edmonton, Canada.
7. **Imanoff, J.**, Eastveld, M., & Hnatyshen, T. (2019, February). Taking the lead: Developing non-technical skills in clinical nursing education. *Western North Region Canadian Association of Schools of Nursing*, Alberta, Canada.
8. **Imanoff, J.B.**, McCaffrey, G., & Mannion, C. (2018, October). Looking back to move forward: the historical context of women’s choice for caesarean deliveries. *Qualitative Health Research Conference*, Nova Scotia, Canada.
9. **Imanoff, J.**, McCaffrey, G. & Mannion, C. (2018, April). A hermeneutic how-to: Applying hermeneutic methods within clinical research. *Qualitative Methods Conference*, Alberta, Canada.
10. **Imanoff, J.**, McCaffrey, G. & Mannion, C. (2016, October). Suffragettes for caesarean: ‘Every woman should have a choice’. *Qualitative Health Research Conference* (Presented by C. Mannion), British Columbia, Canada.
11. **Imanoff, J.**, Mannion, C. & McCaffrey, G. (2014, November). The great caesarean debate: Choice as a potential indication for caesarean delivery in case of fear of childbirth. *Margaret Scott Wright Research Day*, Alberta, Canada.
12. **Wigmore, J.**, McCaffrey, G., & Mannion, C. (2014, March). Understanding caesarean deliveries: A choice for new mothers. *Humanities in Healthcare Conference*, Alberta, Canada.

Poster Presentations

13. McDonough Hull, P., & **Imanoff, J.** (2021, March). Identifying the need for a caesarean birth request care pathway in Canada: A literature review. *Society of Obstetricians and Gynecologists of Canada Annual and Clinical Scientific Conference*. (Virtual Meeting)
14. **Imanoff, J.**, McCaffrey, G., Moules, N. (2020, February). The family experience of psychologically traumatic births: A proposed area of study. *Canadian National Perinatal Research Meeting*, Alberta, Canada.
15. Braun, H.A., Kendal, R. Wells, K., Serrona, D., Swadas, N., Jucik, M., Nguyen, D., Bruno, C., & **Imanoff, J.** (2019, November). Information is the best form of preparation: Applying the CasP model to enhance childbirth preparation. *Canadian Association of Perinatal and Women’s Health Nursing (CAPWHN) Conference*, British Columbia, Canada.
16. **Imanoff, J.**, & Bright, K. (2019, July). Perinatal Post-Traumatic Stress Disorder: A Literature Review. *Sigma Theta Tau 30th International Nursing Research Congress*, Alberta, Canada.
17. Munday, J., Winnans, E., Budgel, A., Stepper, J., Hoang, J., Lapointe, A., Garcia, S., Raval, P., & **Imanoff, J.** (2018, October). Protecting the Perineum: Promoting informed decision-making in pregnant women. *Qualitative Health Research Conference*, Nova Scotia, Canada.
18. **Imanoff, J.**, Mannion, C. & McCaffrey, G. (2016, February). Choosing Caesarean: Is it the right choice? *Canadian National Perinatal Research Meeting (CNPRM)*, Alberta, Canada.

PRESENTATIONS AT PROFESSIONAL MEETINGS/WORKSHOPS

1. Sofin, A., Bednar, D., & **Imanoff, J.** (2023, May). Brief crisis therapy: Overcoming stigma and promoting hope in crisis therapy. *4th World Congress on Mental Health*. London, UK. (Accepted).
2. **Wigmore, J.**, Mannion, C., & McCaffrey, G. (2014, October). Fusion of Horizons: An Interpretive Analysis of Women's Choice for Caesarean Deliveries. *Canadian Association of Perinatal and Women's Health Nursing Annual Conference*, Saskatchewan, Canada.
3. Basso, M. & **Wigmore, J.** (2013, November). Preparation for the Perinatal Certification Examination. *Canadian Association of Perinatal and Women's Health Nursing Annual Conference*, Ontario, Canada.

MEDIA

1. Keep it brief: Pandemic inspires promising new delivery model for personal therapy. (October 6, 2022). *UToday*, University of Calgary. <https://ucalgary.ca/news/keep-it-brief-pandemic-inspires-promising-new-delivery-model-personal-therapy>
2. Nurses take innovation beyond the bedside. (May 12, 2022). *UToday*, University of Calgary. <https://news.ucalgary.ca/news/nurses-take-innovation-beyond-bedside>
3. Pair demystifies mindfulness – one podcast as a time. (November 29, 2021). *UToday*, University of Calgary.
4. Faculty of Science Young Alumni Award Winner: Alumni Profile – Julia Imanoff (April, 2021). *Faculty of Science*, University of Waterloo. <https://uwaterloo.ca/science/alumni/alumni-profiles/alumni-profile-julia-imanoff>
5. Six nurse entrepreneurs you should know about. (November 19, 2020). *UToday*, University of Calgary. <https://nursing.ucalgary.ca/news/six-ucalgary-nurse-entrepreneurs-you-should-know-about>
6. Doctoral student a true rising star. (2019, December). *Faculty of Nursing: 50 Faces of Nursing*. <https://nursing.ucalgary.ca/news/doctoral-student-true-nursing-rising-star>

CREATIVE WORKS

1. **Imanoff, J.** (February 7, 2023). Emotions: Reactions and responses. *UCalgary Mindfulness Podcast: Setting a Mindful Intention*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/season-2-episode-4-emotions-reactions-and-responses>
2. **Imanoff, J.** (January 9, 2023). The brain and body's response to stress. *UCalgary Mindfulness Podcast: Setting a Mindful Intention*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/season-2-episode-2-brain-and-bodys-response-stress>
3. **Imanoff, J.** & Burkett, J. (December 22, 2022). Season 2: Introduction. *UCalgary Mindfulness Podcast: Setting a Mindful Intention*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/season-2-episode-0-introduction>
4. MacGregor, J. (Host), & **Imanoff, J.** (Guest). (To be released December 9, 2022). Episode 4, Season 4. *Now Innovating*. University of Calgary.
5. **Imanoff, J.** (November 29, 2021). Bonus Episode: The Raisin Meditation. *UCalgary Mindfulness Podcast: Stepping out of Reactivity*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/bonus-episode-raisin-meditation>
6. **Imanoff, J.** (November 29, 2021). Episode 7: Mindful Movement. *UCalgary Mindfulness Podcast: Stepping out of Reactivity*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/episode-7-mindful-movement>
7. **Imanoff, J.** (November 15, 2021). Episode 5: Acceptance Medication. *UCalgary Mindfulness Podcast: Stepping out of Reactivity*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/episode-5-acceptance-meditation>
8. **Imanoff, J.** (November 1, 2021). Episode 3: Nourishing and depleting. *UCalgary Mindfulness Podcast: Stepping out of Reactivity*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/episode-3-nourishing-and-depleting>

9. **Imanoff, J.** (October 14, 2021). Episode 1: Introduction, awareness of breath meditation. *UCalgary Mindfulness Podcast: Stepping out of Reactivity*. <https://ucalgary.ca/podcasts/ucalgary-mindfulness/episode-1-introduction-awareness-breath-meditation>
10. Guglielmin, M. (Host) & **Imanoff, J.** (Guest). (June 7, 2021). Mindfulness and meditation for moms (and dads and kids). *Smart Parenting Podcast*. <https://podcasts.apple.com/ca/podcast/mindfulness-and-meditation-for-moms-and-dads-and-kids/id1546303006?i=1000524487914>
11. Paris, B. (Host) & **Imanoff, J.** (Guest). (December 7, 2020). Episode 18: Wearing many hats with Julia Imanoff. *Educate me: Surviving and thriving in graduate school (podcast)*. <https://www.podbean.com/site/search/index?kdsowie31j4k1jlf913=50cb927aefe9138caabda727eae0c008d718a5d0&v=julia+imanoff>
12. **Imanoff, J.** (Moderator), Exner, H.J.T. (Speaker), & Pennanen, K. (Speaker). (October 29, 2020). *The Graduate College Lunch and Learn Series: October*. University of Calgary. <https://www.youtube.com/watch?v=eO5P0f-mP-E>

GRANT FUNDING (C=competitive; NC=non-competitive)

Granting Agency	Title	C/ NC	Total \$	Year	Project Lead	Co-Leads
Quality Money	Fostering Self-Leadership in Graduate Nursing Students	NC	\$1,350	2020/2021	Imanoff, J.	N/A

Undergraduate Teaching: Instructor

- NURS289 Integrating Nursing Roles and Practices I.
- NURS499 Integrating Nursing Roles and Practices IV.
- NURS503.41 Selected Topics in Nursing: Use Research in Nursing Practice (co-lead).
- NURS589 Integrating Nursing Roles and Practice V.

Undergraduate Teaching: Graduate Assistant - Teaching

- NURS285 The Discipline & Profession of Nursing I.
- BNUR287 The Science of Health I.
- NURS385 The Discipline & Profession of Nursing II.
- NURS485 The Discipline & Profession of Nursing III.
- NURS585 The Discipline & Profession of Nursing V.

Invited Lectures for Courses

- *Family Nursing Care for Families in Transition*, BNUR 388: Supporting Health II: Families in Transition, (May 25, 2021). Faculty of Nursing, University of Calgary. (Invited Guest Speaker).
- *Family Nursing Care for Families in Transition*, BNUR 388: Supporting Health II: Families in Transition (virtual lecture), (June 8, 2020). Faculty of Nursing, University of Calgary. (Invited Guest Speaker).
- *Perinatal Mood Disorders*, BNUR 503-47 Perinatal Nursing Care: Emerging Trends and Issues, (June 10, 2019). Faculty of Nursing, University of Calgary. (Invited Guest Speaker).

SERVICE

- Graduate Scholar, The Graduate College/Past Executive Co-Chair, University of Calgary, 2020-Present
- The Hermeneutic Hub (Graduate Students' Association), Co-founder/Past President, Faculty of Nursing, University of Calgary, 2019-2022

- Conjoint Health Review Ethic Board, Student Representative, 2019-2021
- Canadian Association of Perinatal and Women's Health Nurses (CAPWHN), Alberta, British Columbia, Yukon Regional Director, Board of Directors, 2018-2020
- Alumni Committee, Faculty Representative, Faculty of Nursing, University of Calgary, 2016-2019
- Engagement Committee, Faculty of Nursing, University of Calgary, 2016-2020
- Hospitality Committee Chair, Canadian Association of Perinatal and Women's Health Nurses (CAPWHN), 2016
- Co-Chair Abstract Committee, Campus Alberta Student Conference on Health (CASCH), 2016
- Graduate Representative Council (GRC), University of Calgary, 2012-2015
- Graduate Curriculum Committee (GCC), Student Representative, Faculty of Nursing, University of Calgary, 2012-2015
- Graduate Program Committee (GPC), Student Representative, Faculty of Nursing, University of Calgary, 2012-2015
- Nursing Graduate Students' Association (NGSA), Founder/Past President, Faculty of Nursing, University of Calgary, 2012-2015
- Knowledge is Power Coordinator, Ovarian Cancer Canada, 2012-2013
- Core Team Member, Managing Obstetrical Risks Efficiently (MOREOB), Foothills Hospital, 2011-2013
- Health Delegate, Detention Monitoring Team, Red Cross Canada, 2011-2013

Reviewer – Manuscripts for Journals and Books

1. Birth, 2016
2. Journal of Applied Hermeneutics, 2019

Scientific/Professional Organization - Memberships

- Alberta Association of Nurses 2022-Present
- Canadian Association for Marriage and Family Therapy (CAMFT) 2019-Present
- Canadian Association of Perinatal and Women's Health Nurses (CAPWHN), 2012 to Present
- Registered Nurses Association of Ontario, 2015-2019
- Society of Obstetricians and Gynaecologists of Canada, 2011-2019
- Mu Sigma Chapter, Sigma Theta Tau International 2009-Present

Professional Development

- Taylor Institute for Teaching and Learning Certificate in University Teaching and Learning for Graduate Students (In Progress)
- Post-Masters Certificate in Couple and Family Therapy, Level 1 certificate (In Progress)
- Perinatal Mental Health Certification, Postpartum Support International (In Progress)
- Sales Playbook, 150 Start Up Calgary, 2022
- Transforming Research Excellence into Impact, Innovate Calgary, 2021
- Certified Baby Sign Language Educator, 2021
- 3, 2, 1 Growth Academy Lean Sales Training, 2020
- TENET i2c Pitch Training, 2020
- Mindfulness-Based Stress Reduction Certified Facilitator, 2020
- Dare to Lead™ Trained, 2020
- Birth Story Listening, Birthing from Within, 2018
- Nursing Child Assessment Satellite Training (NCAST), 2017
- Applied Suicide Intervention Skills Training (ASIST), 2017

- Birth Art Mentor, Birthing from Within, 2016
- Canadian Nurses Association, Perinatal Nurse Certification, PNC(C), 2013-Present
- Instructional Skills Workshop, University of Calgary, 2012
- College and Association of Registered Nurses of Alberta (CARNA/CNRA), 2010-Present
- Neonatal Resuscitation Program (NRP) Certified, 2010-2015
- Cardiopulmonary Resuscitation (CPR)/Automatic External Defibrillator (AED), Certified 2005-Present

ACADEMIC REFERENCES

Graham McCaffrey, RN, Ph.D. (Supervisor)
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