



## **CALL FOR POSTERS**

### **Anxiety Disorders Association of Canada / Association Canadienne des Troubles Anxieux**

The ADAC/ACTA is now accepting poster submissions for our upcoming conference in Montreal (April 26-28, 2007).

The theme for this conference is Anxiety Disorders and Comorbid Conditions. Renowned experts from across Canada will be presenting seminars on such topics as Anxiety and Depression, PTSD and Trauma, Anxiety and Oncology, Anxiety and Cardiology and many more topics. Some seminars will be offered in English while others will be presented in French.

Please send the following by email attachment to Dr. Adam S. Radomsky, Ph.D., Co-Chair, ADAC/ACTA Scientific Advisory Committee, by January 5<sup>th</sup>, 2007.

1. An abstract no longer than 300 words.

The abstract should contain a title in block capital letters at the top of the page, followed by a list of authors and their affiliations, followed by a blank line, followed by the abstract itself. Please see the example, below.

2. Contact information for each author

On a separate page, please list each contributing author followed by their mailing address, as well as their email address. Please see the example, below.

These two pages should be sent in a single document file, preferably in Word format, to [adam.radomsky@concordia.ca](mailto:adam.radomsky@concordia.ca). The title of the file should be the last name of the first author of the poster submission (e.g., Smith.doc).

(Late submissions and/or submissions that do not conform to the above instructions will not be considered.)

Decisions on abstract submissions will be communicated in February, 2007. Please note that, if accepted, you will be required to register for and attend the conference.

We are also pleased to announce a student poster award. The best submission by a student (includes residents and interns) will be recognized with an award of \$500.00 and reimbursed registration to the conference. The submission will be selected by a jury of professionals. To be eligible for this award, you must currently be enrolled in a program of study and/or professional training as a student (proof of this will be required before the award is granted), and be first author on the poster. If you would like to be considered for this award, please indicate this in your submission by stating, "I am a student and would like to be considered for the ADAC/ACTA student poster award."

## **Sample Abstract:**

### **MECHANISMS ASSOCIATED WITH ANXIETY DISORDER TREATMENTS**

William B. Smith, Psychology Department, University of South-Western Montreal and  
John Q. Jones, Psychiatry Department, North-East Kelowna Hospital

Much previous research has shown that the successful treatment of anxiety disorders can occur via a number of psychological and biological mechanisms. Although some authors have proposed that only biological mechanisms are necessary to explain treatment outcomes, others have proposed a more integrative model. Past research has been used to support both types of claims, involving theoretical and empirical support from both perspectives. We sought to assess the degree to which different mechanisms accounted for change in a large sample (n=436) of participants diagnosed with anxiety disorders. Following a semi-structured diagnostic interview (ADIS-IV) administered by a graduate student with training in the use of diagnostic interviews, participants completed several lengthy self-report measures (including the Anxiety Treatment Mechanism Self-Report Scale, the Psychological and Biological Explanations of Change Inventory, and the Beck Anxiety Inventory) as well as a number of imaging (MRI, PET) and biological (5-HT, PANDAS, Cortisol) tests. Participants met the diagnostic criteria for a number of anxiety disorders including panic disorder (n=50), panic disorder with agoraphobia (n=63), generalized anxiety disorder (n=2), obsessive-compulsive disorder (n=327), posttraumatic stress disorder (n=91), and specific phobia (n=435). Encouragingly, all diagnostic categories were associated with significant treatment gains. Hierarchical linear regression analyses revealed that no single mechanism can account for treatment response, however important study limitations (most notably our methodology and the problematic issue of comorbidity) prevented us from making more concrete conclusions. Results are discussed in terms of biological and psychological models of treatment for anxiety disorders and related problems.



Anxiety Disorders Association of Canada  
Association Canadienne des Troubles Anxieux

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