

**Jennifer L. Gordon, Ph.D., R. Psych.**  
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Regina, Saskatchewan, Canada, S4S 0A2

**Research interests:** My research aims to understand the ways in which biological and psychosocial factors interact to influence mood and wellbeing across the female lifespan, particularly during reproductive events (e.g. the perinatal period, the menopause transition and during fertility treatments). I'm also committed to developing new behavioural interventions for reproductive mood disorders.

**Google scholar profile:** [https://scholar.google.com/citations?hl=en&user=6Hq\\_TYkAAAAJ](https://scholar.google.com/citations?hl=en&user=6Hq_TYkAAAAJ)

**Researchgate profile:** <https://www.researchgate.net/profile/Jennifer-Gordon-14>

## EDUCATION

<b>Postdoctoral Fellowship in Women's Reproductive Mood Disorders</b> The University of North Carolina at Chapel Hill Department of Psychiatry Mentor: Dr. Susan S. Girdler Research focus: The hormonal basis of perimenopausal depression	2012-2015
<b>Ph.D. in Clinical Psychology</b> McGill University Mentors: Drs. Blaine Ditto & Simon L. Bacon Dissertation: The mechanisms linking depression and cardiovascular disease	2007-2012
<b>B.Sc. in Psychology</b> McGill University Minor concentration: Women's Studies	2004-2007

## EMPLOYMENT

<b>Associate Professor</b> The University of Regina Department of Psychology <b>Merit increment awarded:</b> 2020	2020-
<b>Assistant Professor</b> The University of Regina Department of Psychology <b>Merit increments awarded:</b> 2016, 2018	2015-2020

## RESEARCH FUNDING

### Grants Under Review

2023-2026 *Testing an Evidence-Based Self-Help Program for Infertility-Related Distress*, CIHR Project Grant. \$350,000. PI: **Gordon JL**. Co-As: Campbell TS, Schultz M, Stultz L.

**External Funding: Total = 5.95 million as PI**

**Current or Completed Projects**

- 2022-2028 *GROWW: Guiding interdisciplinary Research on Women's and girls' health and Wellbeing.* CIHR Health Research Training Platform – Pilot Competition, \$2.4 million. NPA: Metcalfe A. Co-PAs: **Gordon JL**, Brennan E, Van Lieshout R.
- 2022-2025 The Canadian Behavioural Trials and Interventions Training Platform. CIHR Clinical Trials Training Platforms. \$1,776,069. NPA: Bacon SL. Co-PAs: **Gordon JL**, Alberga A, Campbell, TS, Carlson LE, Jung ME, Lavoie KL, Locke SR, Presseau J, Rash JA, Vallis MT.
- 2021-2024 *Longitudinal investigation of dysmenorrhea and pain complaints in girls from pre- to post-menarche.* Canadian Institutes of Health Research ECIs in Maternal, Reproductive, Child & Youth Health Operating Grant. \$92,084. P.I: Gagnon, M. Co-Is: **Gordon JL**, Alberts N., Mandryk R, O'Connell M, Risling T, Stinson J, Smolyakova AM.
- 2020-2025 *Clarifying the mechanisms underlying estradiol's effect on human behaviour.* Natural Sciences and Engineering Council, \$202,500. PI: **Gordon, J.L.**
- 2018-2023 *Tier II Canada Research Chair in the Biopsychosocial Determinants of Women's Mental Health.* Canadian Institutes of Health Research, \$600,000. P.A: **Gordon J.L.**
- 2018-2021 *Improving women's mental health in Saskatchewan.* Saskatchewan Health Research Foundation Patient-Oriented Leader Award, \$249,660. PI: **Gordon, J.L.**
- 2017-2020 *Testing the efficacy of mindfulness-based stress reduction as a prophylactic intervention in the prevention of perimenopausal depression: a pilot study.* Saskatchewan Health Research Foundation Sprout Grant, \$159,630. PI: **Gordon, J.L.** Co-Is: Eisenlohr-Moul T.A., Scollan A., Campbell T.S., Beshai B.
- 2017-2019 *HPA axis dysregulation in the etiology of perimenopausal depression.* Banting Research Foundation Discovery Award. \$24,830. PI: **Gordon, J.L.**
- 2016-2019 *Estradiol variability and the emergence of depressive symptomatology during the menopause transition.* Saskatchewan Health Research Foundation Establishment Grant, \$119,985. PI: **Gordon J.L.** Co-Is: Sykes-Tottenham L., Eisenlohr-Moul T.A., Scollan A.
- 2012-2015 *The role of stress reactivity in predicting the affective and cardiovascular benefits of estrogen replacement therapy during the perimenopause.* Fond de la Recherche du Québec - Santé (FRQS) Postdoctoral Fellowship, \$135,000.
- 2009-2012 *The mechanisms linking depression to cardiovascular disease.* Canadian Institutes of Health Research Vanier Canada Graduate Scholarship, \$150,000.
- 2009-2012 *The mechanisms linking depression to cardiovascular disease.* Fond de la Recherche du Québec - Santé (FRQS) Doctoral Award, \$63,000, offered but declined.

- 2007-2009 *Sex differences in the relationship between depression and cardiovascular disease.* Fond de la Recherche du Québec - Santé (FRQS) Master's Award, \$30,000.
- 2007 Summer Bursary from the GENESIS ICE Team, \$5,000
- 2007 Canadian Hypertension Society Summer Studentship, \$3,500
- 2006 Fond de la Recherche du Québec - Santé (FRQS) Summer Research Award, \$5,366.

**Internal Funding: Total = \$27,418**

- 2021-2023 *Acceptance and Commitment Therapy for Infertility-Related Distress*, University of Regina President's Research Seed Grant, \$5,000, P.I.: **Gordon, JL**
- 2021-2022 *An Exploration of Social Infertility in Canadian Couples.* University of Regina Humanities Research Institute, \$4,000, P.I.: **Gordon, JL**
- 2020-2021 *The gendered division of childcare amidst the COVID-19 pandemic*, University of Regina Dean of Arts Research Award, \$5,000. PI: Gordon, J.L.
- 2017-2019 *Estrogen, cortisol and cognitive functioning in the menopause transition*, University of Regina President's Research Seed Grant, \$4,979. PI: **Gordon, J.L.** Co-Is: Grummisch J. & Sykes Tottenham L.
- 2017-2019 *Hormonal fluctuation and smoking cravings in the menopause transition.* University of Regina Cluster Grant. University of Regina Research Cluster Grant \$5,000. PI: **Gordon JL.** Co-Is: Sykes Tottenham L. & Ethier A.
- 2015-2016 *Estradiol fluctuation, the cortisol awakening response and mood in the menopause transition.* The North Carolina Translational & Clinical Sciences Institute Pilot Grant, \$2,000. PI: Girdler S.S. Co-Is: **Gordon J.L.**
- 2015-2016 *Cortisol stress reactivity in the perimenopause: a pilot study.* University of Regina President's Research Seed Grant, \$4,939. PI: **Gordon J.L.**
- 2015-2016 *Estrogen fluctuation and mood in the menopause transition: a pilot study.* University of Regina Dean's Research Award, \$3,500. PI: **Gordon J.L.**
- 2014-2015 *Salivary estradiol and mood in the perimenopause: a pilot study.* The North Carolina Translational & Clinical Sciences Institute Pilot Project Grant, \$2,000. PI: **Gordon, J.L.** Co-As: Schiller C., Johnson J., Girdler S.S. (2014)

## RESEARCH CONTRIBUTIONS

### Publications

1. Dube L, Bright K, Hayden A, **Gordon JL**. (In press). Efficacy of psychological interventions for mental health and pregnancy rates among individuals with infertility: a systematic review and meta-analysis. *Human Reproduction Update* (IF = 17).
2. Gagnon MM, Moussaoui D, **Gordon JL**, Alberts NM, Grover SR. (2022). Primary dysmenorrhea across the lifespan: A developmental and biopsychosocial perspective to understanding dysmenorrhea trajectory and impact of comorbid pain experiences. *Pain* (IF = 7.0). 163(11), 2069-2075.
3. Alfano D., Grummisch J, **Gordon JL**, Hadjistavropoulos T. (In press). A Neuropsychological Approach to Mild Cognitive Impairment. *Archives of Clinical Neuropsychology*
4. Andersen E, Fiacco S, Kozik R, **Gordon JL**, Baresich K, Rubinow D, Girdler SS. (Revisions requested). Methods for Characterizing Ovarian and Adrenal Hormone Variability and Mood Relationships in Peripubertal Females. *Psychoneuroendocrinology* (IF = 4.9). 141. 105747.
5. Lozza-Fiacco S, **Gordon JL**, Andersen E, Kozik R, Neely, Schiller C, Rubinow D, Girdler SS. (Submitted). Baseline anxiety-sensitivity to estradiol fluctuations predicts anxiety symptom response to transdermal estradiol treatment in perimenopausal women – A randomized clinical trial. *Psychoneuroendocrinology* (IF = 4.9). 141, 105747.
6. Ross KM, Hoggan R, Campbell TS, Gosselin Boucher V, Kim E, Lavoie KL, Rash J, Rouleau C, Stewart SH, **Gordon JL**, Pesseau J. (2022). Health psychology researchers in Canada: an environmental scan. *Journal of Health Psychology* (IF = 3.8), 13591053221124748.
7. Gordon JL, Nowakowski S, Gurvich C. (2022). Editorial: the psychology of menopause. *Frontiers in Global Women's Health* (IF = NA). 2, 828676.
8. Halleran M, Chernoff A, **Gordon JL**. (In press). Fertility knowledge among women struggling to conceive without medical intervention. *Frontiers in Global Women's Health*.
9. **Gordon JL**, Pesseau J. (In press). Perceived impact of the COVID-19 pandemic on well-being and work productivity among Canadian academic research faculty. *Canadian Psychology* (IF = 1.8).
10. Sander B., **Gordon JL**. (2021). Premenstrual mood symptoms in the perimenopause. *Current Psychiatry Reports* (IF = 4.5). 23(11). 1-8.
11. Dube L, Nkosi-Mafutha N, Balsom AA, **Gordon JL**. (2021). Infertility-related distress and clinical targets for psychotherapy: a qualitative study. *BMJ Open* (IF = 2.4). 11(11). e050373
12. Balsom AA, **Gordon JL**. (2021). Sexual function among distressed women struggling to conceive without medical intervention. *Canadian Journal of Human Sexuality* (IF = 1.1). e20210015.

13. **Gordon JL**, Sander B. (2021). The role of estradiol fluctuation in the pathophysiology of perimenopausal depression: a hypothesis paper. *Psychoneuroendocrinology* (IF = 4.7), 133, 105418.
14. **Gordon JL**, Halleran M, Beshai S, Eisenlohr-Moul TA, Frederick J, Campbell TS. (2021). Endocrine and psychosocial moderators of mindfulness-based stress reduction for the prevention of perimenopausal depressive symptoms: a randomized controlled trial. *Psychoneuroendocrinology* (IF = 4.7). 130, 105277.
15. Sander B, Muftah A, Sykes Tottenham L, Grummisch JA, **Gordon JL**. (2021). Testosterone and depressive symptoms during the menopause transition. *Biology of Sex Differences* (IF = 3.1). 12(1), 1-9.
16. Ethier AR, McKinney T, Sykes Tottenham L, **Gordon JL**. (2021). The effect of reproductive hormones on women's daily smoking across the menstrual cycle. *Biology of Sex Differences* (IF = 3.1). 12(1), 1-9
17. Balsom AA, **Gordon JL**. (2021). The relationship between psychological coping and mood across the menstrual cycle among distressed women struggling to conceive. *Journal of Psychosomatic Research* (IF = 2.9). 145, 110465.
18. Vaisar T, **Gordon JL**, Wimberger J, Heinecke J, Hinderliter AL, Rubinow DR, Girdler SS, Rubinow KB. (2021). Perimenopausal transdermal estradiol replacement reduces serum HDL cholesterol efflux capacity but improves cardiovascular risk factors. *Journal of Clinical Lipidology* (IF = 3.4). 15(1), 151-161.
19. Chernoff A, Balsom AA, **Gordon JL**. (2021). Psychological coping strategies associated with improved mental health in the context of infertility. *Archives of Women's Mental Health* (IF = 2.6). 24(1), 73-83.
20. Schweizer S, **Gordon JL**, Eisenlohr-Moul TA, Meltzer-Brody A, Schmaleberger KM, Slopian R, Zietlow AL, Ehlert U, Ditzen B. (2021). Steroid hormone sensitivity in reproductive mood disorders: on allopregnanolone as a central mediator in the face of stress. *Frontiers in Medicine* (IF = 3.0). 7, 596.
21. Sauer T, Sykes Tottenham L, Ethier A, **Gordon JL**. (2020). Perimenopausal vasomotor symptoms and the cortisol awakening response: a brief report. *Menopause* (IF = 2.7). 27(11), 1322-1327.
22. **Gordon JL**, Balsom AA. (2020). The psychological impact of fertility treatment suspensions during the COVID-19 pandemic. *PLOS ONE* (IF = 2.9). 15(9), e0239253.
23. Zannas AS, **Gordon JL**, Hinderliter AL, Girdler SS, Rubinow DR. (2020). IL-6 Response to Acute Psychosocial Stress Predicts 12-month Cardiometabolic Outcomes in Perimenopausal Women. *Journal of Clinical Endocrinology and Metabolism* (IF = 5.7). 105(10), dgaa476.
24. Bright K, Dube L, Hayden KA, **Gordon JL**. (2020). The Effectiveness of Psychological Interventions on Mental Health, Quality of Life, and Relationship Satisfaction for Individuals and/or Couples Undergoing Fertility Treatment: A Systematic Review and Meta-Analysis. *BMJ Open* (IF = 2.4), 10(7), e036030.

25. **Gordon JL**, Sander B, Eisenlohr-Moul TA, Sykes Tottenham L. (2020). Sensitivity to estradiol fluctuation predicts clinically significant depressive symptoms in the menopause transition. *Psychological Medicine* (IF = 5.7), 1-9.
26. **Gordon JL**, Rubinow DR, Watkins L, Hinderliter AL, Caughey MC, Girdler SS. (2020). The effect of transdermal estradiol and micronized progesterone on markers of risk for arterial disease in peri- and early postmenopausal women. *Journal of Clinical Endocrinology and Metabolism* (IF = 5.7). 105(5), dgz262.
27. Geiger PJ, Eisenlohr-Moul, **Gordon JL**, Rubinow DR, Girdler SS. (2019). Effects of perimenopausal estradiol on self-reported sleep, independent of its effect on vasomotor bother and depressive symptoms. *Menopause* (IF = 2.7). 26(11), 1318-1323.
28. **Gordon JL**, Peltier A, Grummisch JA, Sykes Tottenham L. (2019). Estradiol fluctuation, sensitivity to stress, and depressive symptoms in the menopause transition: a pilot study. *Frontiers in Psychology* (IF = 2.4). 10:1319.
29. Rubinow DR, **Gordon JL**, Girdler SS. (2018). Safety of estradiol treatment in perimenopausal asymptomatic women – Reply. *JAMA Psychiatry* (IF = 16). 75(5), 529.
30. **Gordon, JL**, Rubinow, DR, Eisenlohr-Moul, TA, Xia, K, Schmidt, PJ, Girdler, SS. (2018). Efficacy of transdermal estradiol and micronized progesterone in the prevention of depressive symptoms in the menopause transition: a randomized clinical trial. *JAMA Psychiatry* (IF = 16). 75(2), 149-157.
31. Stébenne, P., Bacon, S.L., Austin, A., Paine, N.J., Arsenault, A., Laurin, C., Meloche, B., **Gordon, J.L.**, Dupuis, J., Lavoie, K.L. (2017). The association between positive and negative affect and chest pain perception in relation to ischemia during exercise stress testing. *Psychosomatic Medicine* (IF = 4). 79(4), 395-403.
32. **Gordon JL**, Johnson J, Nau S, Mechlin B, Girdler SS. (2017). The role of chronic psychosocial stress in explaining racial differences in stress reactivity and pain sensitivity. *Psychosomatic Medicine* (IF = 4). 79(2), 201-212.
33. **Gordon JL**, Eisenlohr-Moul TA, Rubinow DR, Schrubbe L, Girdler SS. (2016). Naturally occurring changes in estradiol concentrations in the menopause transition predict morning cortisol and negative mood in perimenopausal depression. *Clinical Psychological Science* (IF = 3). 4(5), 919-935.
34. **Gordon JL**, Rubinow DR, Thurston RC, Paulson J, Schmidt PJ, Girdler SS. (2016). Cardiovascular, hemodynamic, neuroendocrine, and inflammatory markers in women with and without vasomotor symptoms *Menopause* (IF = 3). 23(11), 1189-1198.
35. **Gordon JL**, Rubinow DR, Eisenlohr-Moul TA, Leserman J, Girdler SS. (2016). Estradiol variability, stressful life events and the emergence of depressive symptomatology during the menopause transition. *Menopause* (IF = 3). 23(3), 257-266.
36. **Gordon JL**, Girdler SS, Meltzer-Brody S, Stika CS, Thurston RC, Clark CT, Prairie BA, Moses-Kolko E, Joffe H, Wisner KL. (2015). Depression and insulin resistance: additional support for the

novel heuristic model in perimenopausal depression – Reply. *American Journal of Psychiatry* (IF = 13). 172(8): 797-797.

37. **Gordon JL**, Girdler SS, Meltzer-Brody S, Stika CS, Thurston RC, Clark CT, Prairie BA, Moses-Kolko E, Joffe H, Wisner KL. (2015). Ovarian hormone fluctuation, neurosteroids and HPA axis dysregulation in perimenopausal depression: a novel heuristic model. *American Journal of Psychiatry* (IF = 13). 172(3), 227-236.
38. Eskenasi N, Girdler SS, **Gordon JL**. (2015). Sleep quality, depressive symptoms and altered stress reactivity in perimenopausal women. *Journal of Psychology and Behavioral Sciences*. 24: 43-48.
39. **Gordon JL**, Girdler SS. (2014). Hormone replacement therapy in the treatment of perimenopausal depression. *Current Psychiatry Reports* (IF = 4). 16(12), 517-520.
40. Brandon AR, Crowley SK, **Gordon JL**, Girdler SS. (2014). Non-pharmacologic treatments for depression related to reproductive events. *Current Psychiatry Reports* (IF = 4). 16 (12), 526-529.
41. Austin AW, **Gordon JL**, Lavoie KL, Arsenault A, Dasgupta K, Bacon SL. (2014). Differential association of insulin resistance with cognitive and somatic symptoms of depression. *Diabetic Medicine* (IF = 3). 31 (8), 994-1000.
42. **Gordon JL** & Girdler SS. (2014). Mechanisms underlying hemodynamic and neuroendocrine stress reactivity at different phases of the menstrual cycle. *Psychophysiology* (IF = 3). 51(4): 309-18.
43. Rossi A, Davies E, Lavoie KL, Arsenault A, **Gordon JL**, Meloche B, Bacon SL. (2013). The impact of metabolic syndrome and endothelial dysfunction on exercise-induced cardiovascular changes. *Obesity* (IF = 4). 21, E143-148.
44. **Gordon JL**, Ditto B, D'Antono, B. (2012). Cognitive depressive symptoms associated with delayed heart rate recovery following interpersonal stress in healthy men and women. *Psychophysiology* (IF = 3), 49, 1082-1089.
45. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Campbell TS, Bacon, SL. (2012). The relationship between multiple health behaviours and brachial artery reactivity. *International Journal of Hypertension* (IF = 2). 2012: 1-9.
46. **Gordon JL**, Ditto B, Lavoie KL, Pelletier R, Campbell, TS, Arsenault A, Bacon SL. (2011). The effect of major depression on post-exercise cardiovascular recovery. *Psychophysiology* (IF = 3). 48, 1605-1610.
47. Bacon SL, Lavoie KL, Arsenault A, Dupuis J, Pilote L, Laurin C, **Gordon JL**, Gauthrin D, Vadeboncoeur A. (2011). The research on endothelial function in women and men at risk for cardiovascular disease (REWARD) Study: Methodology. *BMC Cardiovascular Disorders* (IF = 2). 11, 1-9.
48. Ditto B, Lavoie KL, Campbell TS, **Gordon JL**, Arsenault A, Bacon SL. (2010). Negative association between resting blood pressure and chest pain in people undergoing exercise stress testing for coronary artery disease. *Pain* (IF = 6). 149(3): 501-505.

49. Pelaez S, Lavoie KL, **Gordon JL**, Arsenault A, Bacon SL. (2010). Social networks and exercise in coronary heart disease patients. *Journal of Cardiopulmonary Rehabilitation and Prevention (IF = 2)*. 30(5): 324-328.
50. Pelletier R, Lavoie KL, **Gordon JL**, Arsenault A, Campbell TS, Bacon SL. (2009). The role of mood disorders in exercise-induced cardiovascular reactivity. *Psychosomatic Medicine (IF = 4)*. 71: 301-307.
51. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon, SL. (2008). Health behaviors and endothelial function. *Journal of Behavioral Medicine (IF = 3)*. 31:5-21.

#### **Manuscripts Under Review or Invited for Revision:**

1. Balsom AA, Dube L, **Gordon JL**. (Revisions requested). The helpful and unhelpful social interactions reported by women whose fertility treatments were suspended due to the COVID-19 pandemic. *PLoS One*.
2. Ethier A, Singh J, Neary P, **Gordon JL**. (Revisions requested). The influence of hormonal withdrawal on stress-induced smoking cravings in women. *Experimental and Clinical Psychopharmacology*
3. Brown L, Hunter MS, Crandall CJ, **Gordon JL**, Mishra GD, Rother V, Joffe H, Hickey M. (Under review). Promoting good mental health over the menopause transition

#### **Book Chapters**

1. **Gordon JL**, Sander B. (In press). Menopause and mental health. In H.S. Friedman (Ed.), *Encyclopedia of Mental Health*, Elsevier.
2. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2012). Mood disorders and cardiovascular disease. In M. Juruena (Ed.), *Mood disorders*, Croatia: Intech.

#### **Peer-Reviewed Abstracts (\*Accepted as an oral presentation)**

1. **Gordon JL**, Lybeck S, Dube L. (2021). Which psychotherapy techniques do women prefer for the treatment of infertility-related distress? (Presented at the annual meeting of the Canadian Fertility and Andrology Society)
2. Dube L, Bright K, **Gordon JL**. (2021). The efficacy of psychological interventions on mental health and pregnancy rates: a systematic review and meta-analysis. (Presented at the annual meeting of the Canadian Psychological Association)
3. Balsom AA, **Gordon JL**. (2021). Distress and coping among women with infertility attempting to conceive without medical assistance. (Presented at the annual meeting of the Canadian Psychological Association)
4. Balsom AA, **Gordon JL**. (2021). Influence of attempting to conceive with and without medical assistance (Presented at the annual Canadian Sex Research Forum)



5. Balsom AA, **Gordon JL**. (2021). An exploration of Acceptance and Commitment Therapy for women experiencing infertility: a randomized controlled trial. (Presented at the annual meeting of the Association for Psychological Science)
6. Balsom AA, **Gordon JL**. (2020). Sexual pain in women struggling to conceive naturally. (Presented at the annual Canadian Sex Research Forum)
7. Balsom AA, **Gordon JL**. (2020). The perceived impact of fertility treatment suspensions during the COVID-19 pandemic. (Presented at the annual meeting of the Canadian Psychological Association)
8. \***Gordon JL**, Presseau J. (2020). The perceived impact of the COVID-19 pandemic on well-being and work productivity among Canadian academic research faculty. (Presented at the annual meeting of the Canadian Psychological Association)
9. \*Sauer T, Sykes Tottenham L, **Gordon JL**. (2020). The relationship between vasomotor symptoms and the cortisol awakening response during the menopause transition. *Psychosomatic Medicine*, 82 (6), A201.
10. Grummisch JA, Sykes Tottenham L, **Gordon JL**. (2020). The between and within-person effects of testosterone on cognitive performance in the menopause transition. *Psychosomatic Medicine*, 82 (6), A105.
11. \*Sander B, Muftah A, Sykes Tottenham L, **Gordon JL**. (2020). The testosterone-to-estradiol ratio and depressive symptoms during the menopause transition. *Psychosomatic Medicine*, 82 (6), A201.
12. \*Balsom A, Sykes Tottenham L, Grummisch JA, **Gordon JL**. (2020). Lifetime trauma exposure and hormonal sensitivity in the menopause transition. *Psychosomatic Medicine*, 82 (6), A200.
13. **Gordon JL**, Chernoff A, Balsom A, Dube L. (2020). Psychological coping strategies, mood, and chances of conceiving in women struggling with infertility. *Psychosomatic Medicine*, 82(6), A105.
14. Dube L, Chernoff A, Balsom A, **Gordon JL**. (2020). Intolerance of uncertainty as a moderator of the psychological benefits of various emotional coping strategies among women struggling with infertility. *Psychosomatic Medicine*, 82(6), A133.
15. Ethier A, Sykes Tottenham L, Singh J, Neary JP, **Gordon JL**. The influence of menstrual phase and hormonal fluctuation on stress-induced smoking cravings in women. (Presented at the annual meeting of the Canadian Psychological Association, Halifax, July 2019)
16. Grummisch JA, Sykes Tottenham L., Wozniak R, Ziemer J, **Gordon, JL**. (2019). The effects of estradiol on memory and attention in the menopause transition. (Presented at the Annual Conference of the American Academy of Clinical Neuropsychology (AACN), Chicago, IL)
17. Vaisar T, **Gordon JL**, Wimberger J, Rubinow DR, Girdler SS, Rubinow KB. (2019). Perimenopausal transdermal estrogen replacement therapy reduces serum high-density lipoprotein cholesterol efflux capacity but improves cardiovascular risk factors. *Arteriosclerosis, Thrombosis, and Vascular Biology*. 39 (Suppl 1), A342.

18. Geiger PJ, Eisenlohr-Moul TA, **Gordon JL**, Girdler SS. (2019). Examining the benefits of estradiol on self-reported sleep quality in the menopause transition. *Psychosomatic Medicine*. 81(4), A44.
19. \***Gordon JL**, Eisenlohr-Moul TA, Sauer T, Sykes Tottenham L. (2018). The role of sensitivity to estrogen change in the development of perimenopausal depressive symptoms. (Presented at the Annual Meeting of the International Society of Psychoneuroendocrinology, Irvine, CA, USA, September 2018)
20. Grummisch JA, Wozniak R, Sykes Tottenham L, Ziemer J, **Gordon JL**. (2018). Estradiol fluctuation in the menopause transition predicts perceived cognitive function in daily activities. *Canadian Psychology*. (Presented at the annual meeting of the Canadian Psychological Association, Montreal, July 2018)
21. Wozniak R, Grummisch JA, Sykes Tottenham L, Peltier A, **Gordon JL**. (2018). Early life abuse as a predictor of increased mood sensitivity to estrogen fluctuation in the menopause transition. *Canadian Psychology*. (Presented at the annual meeting of the Canadian Psychological Association, Montreal, July 2018)
22. \***Gordon JL**, Rubinow DR, Eisenlohr-Moul TA, Xia K, Girdler SS. (2017) Antidepressant effects of transdermal estradiol in the menopause transition are moderated by reproductive stage and stressful life events: a randomized clinical trial. *Menopause*. 124(12), 1433-1434.
23. **Gordon JL**, Rubinow DR, Girdler SS. (2014). Estradiol fluctuation, stress sensitivity and depressed mood in the menopause transition. *Menopause*. 21(12), 1341.
24. \***Gordon JL**, Rubinow DR, Watkins LL, Leserman J, Girdler SS. (2014). Characteristics of an abuse history predict different stress reactivity phenotypes in perimenopausal women. *Psychosomatic Medicine*. 76:A22.
25. Austin, AW, **Gordon JL**, Lavoie KL, Arsenault AA, Bacon SL. (2013). Are the somatic and cognitive symptoms of depression differentially associated with insulin resistance? *Psychosomatic Medicine*. 75:A26.
26. **Gordon JL**, Lavoie KL, Ditto B, Arsenault A, Bacon SL. (2012). Depression and Antidepressant Use Interact to Affect Cortisol Response to Stress. *Psychosomatic Medicine*. 74:A32.
27. \***Gordon JL**, Lavoie KL, Pelletier R, Arsenault A, Ditto B, Bacon SL. (2011). Sex differences in the relationship between mood disorders and C-reactive protein. *Psychosomatic Medicine*. 73:A113.
28. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2010). The effect of anxiety sensitivity on post-exercise cardiovascular recovery in men and women. *Psychosomatic Medicine*. 72:A106.
29. Rossi A, Lavoie KL, **Gordon JL**, Bacon SL. (2010). The association of brachial flow and metabolic syndrome with cardiovascular responses to physical stress. *Psychosomatic Medicine*. 72:A37.
30. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2009). Sex differences in the effect of anxiety sensitivity on post-exercise cardiovascular recovery. Presented at the Canadian Cardiovascular Congress.

31. Rossi A, Davies E, Lavoie KL, **Gordon JL**, Arsenault A, Pelletier R, Bacon SL. (2009). The impact of metabolic syndrome and endothelial dysfunction on exercise induced cardiovascular changes. Presented at the Canadian Cardiovascular Congress.
32. Tsai B, **Gordon JL**, Lavoie KL, Laurin C, Arsenault A, Bacon SL. (2009). Gender identity as a predictor of C-reactive protein. Presented at CIHR's Young Investigators Forum.
33. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Bacon SL. (2009). The effect of sex and depression on physical activity, smoking, obesity and alcohol consumption. Presented at CIHR's Young Investigators Forum.
34. \***Gordon JL**, Loucks EB, Lavoie KL, Ditto B, Arsenault A, Bacon SL. (2008). Health behaviors mediate the relationship between depressive symptoms and CVD and all-cause mortality: the Framingham Heart Offspring Study. *Psychosomatic Medicine*. 70:A103.
35. Bekkouche N, Laurin C, Lavoie KL, Arsenault A, Ditto B, Stébenne P, Meloche B, Pelletier R, **Gordon JL**, Pélaez S, Bacon SL. (2008). Impact of menopause and hormone therapy on exercise-induced myocardial ischemia and chest pain. *Psychosomatic Medicine*. 70:A16.
36. Pelletier R, Lavoie KL, Stébenne P, **Gordon JL**, Pelaez S, Laurin C, Meloche B, Arsenault A, Bacon SL. (2008). Relationship between inflammatory processes and depressive disorders. *Psychosomatic Medicine*. 70:A54.
37. Jolicoeur L, Arsenault A, Meloche B, Bekkouche NS, Laurin C, Lavoie KL, Ditto B, Stébenne P, Pelletier R, **Gordon JL**, Pélaez S, Zhao X, Bacon SL. (2008). Are there sex differences in the relative contribution of classic cardiac risk factors to the metabolic syndrome? *Psychosomatic Medicine*. 70:A76.
38. Meloche B, Arsenault A, Jolicoeur L, Bekkouche NS, Laurin C, Lavoie KL, Ditto B, Stébenne P, Pelletier R, **Gordon JL**, Pélaez S, Zhao X, Bacon SL. (2008). The effect of C-reactive protein and sedimentation on vascular and metabolic reactivity according to sex and metabolic syndrome status. *Psychosomatic Medicine*. 70:A77.
39. \***Gordon JL**, Lavoie KL, Arsenault A, Pelletier R, Stebenne P, Bekkouche N, Ditto B, Bacon SL. (2007). The Effect of Depression on Cardiovascular Recovery After Exercise in Men and Women. *Canadian Journal of Cardiology*. 23:C35.
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42. Lavoie KL, Bacon SL, Pelletier R, Stébenne PS, **Gordon JL**, Meloche B, Veldhuijzen van Zanten J, Arsenault A. (2007). The differential impact of depressive and anxiety disorders on a novel measure of endothelial function. *Psychosomatic Medicine*. 69:A50.

43. Meloche B, Bacon SL, Lavoie KL, Pelletier R, Stébenne PR, **Gordon JL**, Arsenault A. (2007). Psychiatric disorders, psychological distress and the metabolic syndrome. *Psychosomatic Medicine*. 69:A82.
44. Stébenne PR, Lavoie KL, Pelletier R, **Gordon JL**, Pelaez S, Laurin C, Meloche B, Arsenault A, Bacon SL. (2007). The influence of positive and negative affect on ischemia and chest pain. *Psychosomatic Medicine*. 69:A70.
45. Pelletier R, Lavoie KL, Arsenault A, Meloche B, Stebenne P, **Gordon JL**, Bacon SL.(2007). Effects of mood disorders and endothelial dysfunction on exercise induced blood pressure and heart rate changes. *Canadian Journal of Cardiology*. 23:C91.
46. **Gordon JL**, Lavoie KL, Arsenault A, Ditto B, Campbell TS, Bacon, SL. (2006). The effects of alcohol consumption, smoking, exercise, and obesity on endothelial function. *Psychophysiology*. 43:S42-S43.

## CONSULTING ROLES

- 2020-2025 *Improving cardiovascular health in new mothers*, Heart & Stroke Foundation of Canada, P.I.: Natalie Dayan, McGill University  
**Role:** Provide expertise in behavioural intervention standardization and patient-oriented research methods (unpaid)
- 2021-2023 *Distinct Steroid Mechanisms in Menstrual Cycle Exacerbation of Psychopathology* (R01 MH 126940), National Institutes of Mental Health, \$3,426,165, P.I.: Jessica Peters, Browns University  
**Role:** Provide expertise in the measurement of urinary metabolites of reproductive hormones

## INVITED TALKS

February 2022: *Premenstrual dysphoric disorder in the menopause transition*  
 International Association of Premenstrual Disorders

November 2022: *Depression in the menopause transition*  
 Cornell University, Department of Psychiatry, Women's Program Rounds

## HONORS AND AWARDS

### Saskatchewan Health Research Foundation (2018)

Excellence Award for Top-Ranked Leader Award Application

### Canadian Institutes of Health Research (2018)

Tier II Canada Research Chair in the Biopsychosocial Determinants of Women's Mental Health

### Saskatchewan Health Research Foundation (2018)

Patient-Oriented Research Leader Award

**Saskatchewan Health Research Foundation (2016)**

Excellence Award for Top-Ranked Establishment Grant

**The North American Menopause Society (2014)**

Top Poster Presentation

**The North American Menopause Society (2014)**

New Investigator Award

**The University of North Carolina at Chapel Hill (2014)**

Outstanding research day abstract

**American Psychosomatic Society (2014)**

“Rising Stars” Young Investigator Colloquium Scholar

**Canadian Cardiovascular Society (2009)**

Have a Heart Bursary

**American Psychosomatic Society Scholar Award (2008)**

Outstanding abstract

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**ADVISING & SUPERVISION**

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**Postdoctoral Fellows**

2019-2021: Loveness Dube, Psychology, University of Regina

**Graduate Students**

**In Progress**

2020-current: Ashley Balson, Clinical Psychology, University of Regina, PhD Thesis: *Acceptance and Commitment Therapy for Infertility-Related Distress*

2021-current: Bethany Sander, Clinical Psychology, University of Regina, M.A. Thesis: *Neurosteroid fluctuation in perimenopausal depression*

2022-current: Megan Poulter, Clinical Psychology, University of Regina, M.A. Thesis: *A pilot RCT of a CBT-based self-help intervention for infertility-related distress*

2022-current: Jessica Grub, Clinical Psychology, University of Zurich, International Behavioural Trials Network Award Project: *Sex steroid fluctuation, sleep, and depressive mood during perimenopause*

**Completed**

2020-2022: Maria Halleran, Clinical Psychology, University of Regina, M.A. Thesis: *Mindful Self-Compassion (MSC) as an intervention for infertility-related distress*

2018-2020: Ashley Balsom, Clinical Psychology, University of Regina, M.A. Thesis:

*Distress and coping among infertile women attempting to conceive*

2016-2021: Julia Grummisch, Clinical Psychology, University of Regina, Ph.D. Thesis:  
*Estrogen, the HPA axis and cognition in the menopause transition*

2016-2018: Ashley Ethier, Clinical Psychology, University of Regina, M.A. Thesis:  
*Estrogen fluctuation and nicotine cravings in perimenopausal smokers*

**Undergraduate Honours Students**

**In Progress**

Anas Arwini, Department of Psychology, University of Regina: *Exploring intentions to conceive among female clinical psychology doctoral trainees* (Co-supervised with Ashley Balsom)

**Completed**

2022: Zona Iftikhar, Department of Psychology, University of Regina: *The relationship between trauma history and mood sensitivity to perimenopausal estrogen fluctuation*

2022: Sonia Stanger, Department of Psychology, University of Regina: *Exploring the experiences of members of the 2SLGBTQIA+ communities pursuing third-party reproduction*

2021: Shalini Venkat, Department of Psychology, St-Mary's University: *Recognizing the unique needs of women with varied pregnancy loss histories*

2021: Sabrina Lybeck, Department of Psychology, University of Regina: *Acceptance and commitment therapy techniques for infertility-related distress: A Pilot Study*

2021: Minhal Mussawar, Department of Psychology, University of Regina: *The cognitive effects of oral contraceptives*

2021: Caleigh Showchuk, Department of Psychology, University of Regina: *The effect of menopause and menopausal hormone therapy on the prevalence and severity of musculoskeletal pain conditions*

2020: Bethany Sander, Department of Psychology, University of Regina: *The cognitive mechanisms underlying estradiol's effects on emotion*

2019: Andie Chernoff, Department of Psychology, University of Regina: *Coping's Influence on Daily Distress in Women Trying to Conceive*

2018: Julie Ziemer, Department of Psychology, University of Regina: *Reproductive health history predictors of sensitivity to estradiol fluctuation in the menopause transition*

2018: Tianna Sauer, Department of Psychology, University of Regina: *Vasomotor symptoms, sleep disturbance and cortisol in the menopause transition.*

2017: Rashell Wozniak, Department of Psychology, University of Regina: *Does a history of abuse predict greater sensitivity to estradiol fluctuation in the menopause transition?*

2016: Alexis Peltier, Department of Psychology, University of Regina: *Estradiol fluctuation, stress sensitivity and depressed mood in the menopause transition*

2014: Andrea Ramirez, Department of Psychiatry, University of North Carolina at Chapel Hill: *Characterization of the stress response in the perimenopausal woman: interrelationships among physiological and emotional measures*

2013: Nicole Eskenasi, Department of Psychology, University of North Carolina at Chapel Hill: *Sleep quality, depressive symptoms, and altered stress reactivity in perimenopausal women*

**Undergraduate Research Co-Supervisor**

2010: Samantha Eidinger, Department of Psychology, McGill University: *The effect of somatic and cognitive depressive symptoms on myocardial ischemia*

2009: Beatrice Tsai, Department of Psychology, McGill University: *Gender identity as a predictor of C-reactive protein*

**Awards for Supervised Students**

Doctoral Students:

SSHRC Doctoral Award (Ashley Balsom)

CIHR Doctoral Award (Julia Grummisch)

Canadian Psychological Association Research Award (Julia Grummisch)

Canadian Psychological Association Section on Women and Psychology Student Paper Award (Julia Grummisch)

Master's Students:

SSHRC Canada Graduate Scholarship – Master's (Megan Poulter)

NSERC Canada Graduate Scholarship – Master's (Bethany Sander)

CPA Undergraduate Thesis Award (Bethany Sander)

SSHRC Canada Graduate Scholarship – Master's (Maria Halleran)

SSHRC Canada Graduate Scholarship – Master's (Ashley Balsom)

Undergraduate Students:

Top Poster presentation at the University of Regina Psychology Research Symposium (Alexis Peltier)

Top Poster presentation at CIHR's Young Investigator's Forum (Beatrice Tsai)

**External Examiner**

2020: Carley Pope, Department of Psychology, Lakehead University, Ph.D. thesis, *The role of mindfulness in maternal mental health: a multi-method investigation*

2019: Emily Fawcett, Department of Psychology, Lakehead University, Ph.D. thesis, *Anxiety symptoms and precautionary behaviour across the menstrual cycle: the role of hormones*

2017: Katelyn Duchene, Department of Psychology, Lakehead University, Ph.D. thesis, *Variability in women's perception of potential female rivals: effects of fertility, mating orientation and revealing dress biases*

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**TEACHING**

**Psychopathology**

University of Regina, 2019, 2020

**Women's Reproductive Mood Disorders**

University of Regina, 2018, 2022

**Health Psychology**

University of Regina, 2015, 2016, 2017 & 2018

**Introductory Psychology**

University of Regina, 2015

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**ADMINISTRATIVE SERVICE**

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## University of Regina

Research Ethics Board (2020-current)

Department of Psychology Curriculum Committee (2019-2022)

Department of Psychology Clinical Program Admissions Committee (2020-2022)

Department of Psychology Undergraduate Honours Committee (2017-2018, 2020-2021)

Department of Biology, Search committee for Canada Research Chair in Water, Environment, and Sustainability (2019)

URFA Equity Committee (2016-2018)

Department of Psychology Clinical Admissions Committee (2018)

Undergraduate Summer Research Award Selection Committee (2017)

Canada Wide Science Fair Judge (2017)

CIHR Master's Awards Selection Committee (2016)

## International Behavioural Trials Network

Summer school planning committee (2021-current)

## Canadian Psychological Association, Health &amp; Behavioural Medicine Section

Executive member: newsletter editor (2018-current)

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**REVIEWER & EDITORIAL ACTIVITIES**

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Co-editor for a special issue of *Frontiers in Women's Global Health*, entitled "The Psychology of Menopause" (2020/2021)

## Service on Awards Committees:

New Frontiers Research Fund Awards Committee (Winter 2022)

CIHR Postdoctoral Fellowship Awards Committee (Winter 2022)

CIHR Early Career Investigator Awards Committee (Fall 2017)

## External reviewer for:

Multidisciplinary Center for Infectious Diseases (Fall 2021; Switzerland)

Center for AI in Medicine (Fall 2021; Switzerland)

Medical Research Council grants (UK) (Summer 2020 & Fall 2021)



New Frontiers in Research Fund (Canada; Fall 2021)  
PSI Foundation of Ontario (November 2020)  
NSERC Discovery Grant (Winter 2018)

Ad hoc reviewer for: *Annals of Behavioral Medicine*, *International Journal of Hypertension*, *Journal of Behavioral Medicine*, *Journal of Women's Health*, *Psychophysiology*, *Psychosomatic Medicine*, *PLOS One*, *BMC Women's Health*, *Health Psychology*, *Clinical Psychologist*, *Psychoneuroendocrinology*, *Psychological Medicine*, *Human Reproduction*

## COMMUNITY INVOLVEMENT AND KNOWLEDGE TRANSLATION

Board of Directors Membership:

International Association of Premenstrual Disorders (IAPMD), 2021-current

Production of Educational Narrative Short Film:

*Ten Things Not to Say to Someone with Infertility*, <https://www.youtube.com/watch?v=l4NTCbDI34U>

(Note: has over 60K views on social media)

Interviews:

- Reader's Digest (magazine), 2021, *Mindfulness for perimenopausal depression*
- Wall Street Journal (newspaper), 2021, *Hormones and perimenopausal depression*
- Knowable magazine (magazine), 2021, *Hormone therapy for perimenopausal depression*
- Discourse Magazine (magazine), 2021, *Depression during menopause*
- CTV Regina (television), 2020, Women's health segment of *Bell Let's Talk Mental Health Day*
- CBC Saskatchewan (radio), 2020, *The impact of hormones on women's mood*
- Radio-Canada Saskatchewan (radio), 2020, *Les comportements de prévention du virus COVID-19*
- CJAD Montreal (radio), 2020, *Suspension of fertility treatments during the COVID-19 pandemic*
- Degrees Magazine (magazine), 2019, *Depression and the menopause transition*
- CBC News (online news article), 2018, *New promise shown in fighting depression during menopause, says Regina researcher*
- Regina Leader Post (newspaper), 2017, *U of R prof receives prestigious Banting award*

Presentations:

- Cornell University, Women's Program Rounds, 2022, *Depression in the Menopause Transition*
- Bushwacker's Brew Pub Science Series, 2020, *My hormones made me do it: the truth about PMS*
- Menopause Journal Lay Summary Series, 2020, *Hot flashes and the cortisol awakening response*
- University of Regina Biology Department Seminar Series, 2020, *Clarifying the psychological effects of reproductive hormones in women*

## CIRCUMSTANCES AFFECTING PRODUCTIVITY

Decreased access to childcare during the COVID-19 pandemic, March-June 2020, October 2021

Parental Leaves:

- January-July 2013

- November 2015-June 2016
- July 2018-April 2019
- April 2022-December 2022