**POSTDOCTORAL CANDIDATE POST**

POSITION SUMMARY

The UBC PARLab is seeking candidates to apply for external funding to undertake postdoctoral training with Dr. Nichole Fairbrother, head of the UBC PARLab. Applicants should have completed or be nearing the end of their PhD in a relevant field. The position provides an opportunity to receive significant training and experience in the conduct of perinatal mental health research.

WHO WE ARE

The Perinatal Anxiety Research Lab (PARLab) at the University of British Columbia is the only perinatal anxiety research lab in Canada. The UBC PARLab is led by Dr. Nichole Fairbrother, a Clinical Associate Professor with the UBC Department of Family Practice. The overarching goal of our research is to improve the mental health of pregnant and postpartum people, specifically focusing on perinatal anxiety and related disorders. Our team is comprised of approximately 20 graduate students, research assistants, volunteers, undergraduate students, and collaborators. The PARLab’s goal is to improve assessment and treatment of perinatal anxiety and related disorders as well as increase knowledge about perinatal anxiety and related conditions among pregnant people, healthcare providers, and other stakeholders. Our research outputs are increasing (10+ manuscripts published a year in high-impact journals) and diversifying (psychoeducational infographics and animated videos).

WHAT WE OFFER

1. Excellent mentoring.
2. A rich learning environment via the University of British Columbia and the Women’s Health Research Institute.
3. An excellent team of researcher and trainee collaborators.
4. The opportunity to develop expert knowledge in perinatal mental health, research design, implementation, and outcome assessment.
5. Significant opportunities for publication and independent research.
6. Statistical support.
7. Travel to attend conferences.
8. Opportunities to develop grantsmanship skills by contributing to lab grant proposals.
9. Develop mentoring skills by directing the research of graduate or undergraduate students.

SUPERVISION RECEIVED

The successful candidate will report to Dr. Nichole Fairbrother (Principal Investigator). The position can be held in Vancouver or Victoria, BC. Working remotely from other locations in Canada may be negotiated.

CURRENT PROJECTS

We now know that the AD together are the most common mental health conditions to affect perinatal people. Specifically, one in five perinatal people (i.e., 20%) suffer from one or more of these conditions. This is almost triple the prevalence of perinatal major depressive disorder. Until recently perinatal anxiety was a neglected area of inquiry. At the PARLab we seek to increase knowledge and understanding of these disorders. Our recent publications include:

1. two of the most methodologically sounds studies of perinatal anxiety disorder prevalence to date (one individual study and one meta-analysis);
2. a study of perinatal obsessive-compulsive disorder prevalence in which we show this condition to be much more common among perinatal people than previously believed (i.e., 17% compared with 2-3%);
3. one of the only studies of postpartum thoughts of infant related harm (a precursor to postpartum obsessive-compulsive disorder) and their relation to infant safety; and
4. two recent publications pertaining to our newly developed measure of fear of childbirth.

We are also engaged in a number of ongoing projects. These include:

1. a large-scale, prospective study to identify one or more urgently needed accurate and reliable perinatal anxiety and related disorder screening tools;
2. a smaller study to assess the impact of perinatal anxiety screening on mental health;
3. a large-scale study of postpartum thoughts of infant-related as they relate to perinatal mental health and infant safety.

Beyond our ongoing data collection, we are also engaged in several knowledge translation projects including an animated, educational video related to postpartum harm thoughts; and an infographic related to perinatal anxiety and related disorders.

TO APPLY

Please submit resume and brief description of areas of research interest via email to [nicholef@uvic.ca](mailto:nicholef@uvic.ca).