

# Mary Askov

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4-000 Edmonton Health Academy Clinic  
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mary.askov@ualberta.ca  
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## Education

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- 20XX – 20XX     **Doctor of Philosophy (PhD) Candidate**, Medical Science (Pediatrics)  
Faculty of Medicine & Dentistry, University of Alberta, Edmonton AB  
Supervisor: First Last Name, PhD, RD
- 20XX – 20XX     **Master of Sciences (MSc)**, Medical Science (Pediatrics) (transfer to PhD)  
Faculty of Medicine & Dentistry, University of Alberta, Edmonton AB  
Supervisor: First Last Name, PhD, RD
- 20XX – 20XX     **Bachelor of Sciences (BSc)**, Life Sciences and French as a Second Language  
University of Ottawa, Ottawa ON  
Graduated Summa Cum Laude

## Teaching Experience

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- 20XX – 20XX     **Instructor**, U of A Campus Community Initiative  
University of Alberta, Edmonton AB  
Intermediate French, Student Volunteer Campus Community
- 20XX – 20XX     **Teaching Assistant**, Department of Agricultural, Food & Nutritional Science  
University of Alberta, Edmonton AB  
NUFS 458 Current Topics and Controversies in Nutrition (20XX)  
NUTR 100 Nutrition and Wellbeing (20XX)
- 20XX – 20XX     **Teaching Assistant**, Department of Biological Nutritional Sciences  
University of Edmonton, Ottawa AB  
BIO1540 Introduction to Cellular Biology

## Administrative and Research Experience

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- 20XX – 20XX     **Graduate Research Assistant**, Faculty of Medicine and Dentistry, University of Alberta
- 20XX – 20XX     **Regulatory Information and Affairs Officer**, Carleton University
- 20XX – 20XX     **Research Assistant**, Kids in Places Initiative, Institute of Interdisciplinary, Clines University
- 20XX – 20XX     **Research Assistant (Volunteer)**, Faculty of Sciences, Clines University
- 20XX – 20XX     **Science Laboratory Technician**, Faculty of Education, Clines University

## Honours, Awards and Recognitions

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- 20XX – 20XX     **Frederick Banting Canada Graduate Scholarship**, Canadian Health Research (\$35, 000)
- 20XX – 20XX     **Honorary Izaak Walton Killam Memorial Scholarship** (\$35,000)
- 20XX – 20XX     **Graduate Studentship Award**, Women & Children’s Health Institute (\$48, 000)
- 20XX – 20XX     **Walter H. Johns Graduate Fellowship**, University of Alberta (\$5, 800)

## Grants

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- 20XX – 20XX     North GDC, Dykstra M, McGillicuddy TL, Askov M. Barriers to and enablers of healthy lifestyle habits in adolescents with obesity. Health Outcomes Improvement Fund, Maternal Child Youth Strategic Clinical Network, Alberta Health Services (Role: Co-Investigator; not formally listed due to funding agency restrictions for trainee inclusion) (\$49, 650)

## Publications

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### Manuscripts Under Review

1. **Askov M**, Poffenroth A, Buchan A, McGillicuddy TLF, Aanes SD, Poona C, Rohitt C, Dykstra MP, North GDC. Barriers and enablers to implement lifestyle-based behavior changes among adolescents receiving health services for weight management: a multi-centre, qualitative study. *PLoS ONE*, 20XX.
2. **Askov M**, Poffenroth A, Buchan A, Aanes SD, McGillicuddy TLF, Poona C, Dykstra MP, North GDC. Adolescents’ involvement in decision-making for pediatric weight management: A multi-centre qualitative study on perspectives of adolescents and health care providers. *Patient Education and Counseling*, 20XX.

### Peer-Reviewed Publications

1. Poffenroth A, Takahashi M, Presenius K, **Askov M**, Lieberman C, Lipschitz C, Singh T, Archer N, Hop J, Lutteur P, Mah A, Brunt T, Sadulaev K, Byron T, Zilberman R, Thistlethwaite K, North G. Predicting enrollment in multidisciplinary clinical care. *The Journal of Pediatrics*, 20XX (In Press)
2. **Askov M**, Poffenroth A, North GDC. Is there a role for shared decision-making in pediatric weight management? *Obesity Research and Clinical Practice*, 20XX; 12: 246–248.

### In Preparation

1. **Askov M**, Poffenroth A, Buchan A, Aanes S, McGillicuddy TLF, Dykstra M, North GDC. Health care providers’ perspectives on best practices for effective management of adolescent obesity: a multi-centre, qualitative study. *The Journal of Pediatrics*, 20XX.
2. **Askov M**, Poffenroth A, Buchan A, McGillicuddy TLF, Aanes SD, Poona C, Dykstra MP, North GDC. Recommendations of adolescents with obesity to improve implementation of healthy lifestyle behaviors: a multi-centre, qualitative study. *Journal of Adolescent Health*, 20XX.

## Web-Based Publications

1. *Leave Your Mark: Nutrition Labelling*, 20XX Canadian Obesity Network Blog: Words 2 Weigh
2. *HealthChange® Methodology: The Importance of Motivation in Person-Centered Care*, 20XX, Readiness and Motivation Interview for Families Managing Pediatric Obesity

## Conference Abstracts

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### Graduate Conferences

1. **Askov M**, Poffenroth A, Buchan A, Aanes SD, McGillicuddy TLF, Poona C, Dykstra MP, North GDC. Exploring adolescents' and health care providers' involvement in decision-making for pediatric weight management. Submitted to the 50<sup>th</sup> Canadian Association of Paediatric Health; Edmonton, AB. October, 20XX (Poster)
2. **Askov M**, Poffenroth A, Buchan A, Aanes S, McGillicuddy T-LF, Dykstra M, North GDC. Supporting adolescents with obesity in pediatric weight management: Perspectives of health care providers regarding implementation of lifestyle-based goals. Presented at the 6<sup>th</sup> Canadian Obesity Student Meeting; London, ON. June, 20XX (Oral)

### Undergraduate Conferences

1. **Askov M**, Estrada IG, Poffo R, Mahone M, Culpepper C. In-vitro activity of *Echinacea purpurea* extracts on growth of pathogenic filamentous fungi. Presented at the Department of Biology Annual Research Day Symposium, University of Ottawa; Ottawa, ON. April, 20XX (Poster)
2. **Askov M**, Wasserman S, Ioannides C. Cortical neurons over-expressing X-linked inhibitor of apoptosis (XIAP) via adeno-associated virus (AAV). Presented at the 10<sup>th</sup> Annual Ottawa-Carleton Institute of Biology (OCIB) Symposium; Ottawa, ON. May, 20XX (Poster)

## Presentations and Events

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### Invited Presentations and Workshops

1. **Askov M**, Estrada IG. Optimizing treatment and engagement in pediatric weight management. Pediatric Grand Rounds, University of Alberta; Edmonton AB. November 20XX
2. **Askov M**. Poster presentation: The right presentation to the right audience. Women and Children's Health Research Institute Lunch & Learn; Edmonton AB. October 20XX

### Non-Invited Presentations

1. **Askov M**. Journal Club Critique. Canadian Obesity Summer School; Kananaskis AB. July 20XX
2. **Askov M**. Development of a tool for adolescents in pediatric weight management, 3-Minute Thesis Semi-Finals, University of Alberta; Edmonton AB. March 20XX

## Invited Events

1. **Canadian Obesity Network Booth Representative**, Medical and Surgical Obesity Management Workshop, Canadian Obesity, Network; Edmonton AB. September 20XX
2. **Pediatric Obesity Research Booth Representative**, Faculty of Medicine & Dentistry Festival of Health, University of Alberta; Edmonton AB. June 20XX
3. **Pediatric Obesity Research Booth Representative**, Science Fair, Stollery Children's Hospital Foundation; Edmonton AB. October 20XX

## Scholarly and Professional Activities and Affiliations

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### University Service

#### Steering Committee Member

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|-------------|---|
| 20XX – 20XX | <b>Co-chair</b> , Campus Alberta Student Conference on Health                                     |
| 20XX – 20XX | <b>Trainee Representative</b> , Strategies for Patient-Oriented Research Summer Institute         |
| 20XX – 20XX | <b>Trainee representative</b> , Women and Children's Health Research Institute Research Day, 20XX |

#### Abstract Committee Member

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| 20XX – 20XX | Qualitative Methods Conference                    |
| 20XX – 20XX | Canadian Association of Paediatric Health Centres |
| 20XX – 20XX | Canadian Obesity Summit                           |

#### Judge

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| 20XX – 20XX | NUTR 400: Research Methods in Nutrition, University of Alberta, Edmonton AB       |
| 20XX – 20XX | Women and Children's Health Institute (Oral Timer), Edmonton AB                   |
| 20XX – 20XX | Festival of Undergraduate Research and Creative Activities (Posters), Edmonton AB |
| 20XX – 20XX | Edmonton Regional Science Fair (Posters), NAIT, Edmonton AB                       |

### Service to Profession

#### Manuscript Peer-Reviewer

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| 20XX – 20XX | Pediatric Obesity (n=1)                                   |
| 20XX – 20XX | Spectrum (n=1)  |
| 20XX – 20XX | Australian and New Zealand Journal of Public Health (n=1) |
| 20XX – 20XX | CMAJ Open (n=4)   |

## Professional Memberships

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| 20XX – 20XX | Canadian Sleep & Circadian Network  |
| 20XX – 20XX | Diabetes Canada                     |
| 20XX – 20XX | Sedentary Behavior Research Network |

## Community Involvement

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- 20XX – 20XX     **Director of Logistics**, TEDxUAlberta, University of Alberta, Edmonton AB
- 20XX – 20XX     **Executive Committee Member**, Diabetes Canada Edmonton Professional Section, Edmonton AB
- 20XX – 20XX     **Graduate Student Representative**, (i) Faculty of Graduate Studies and Research, (ii) General Faculties Council, and (iii) Academic Appeals Committee, Graduate Student Association, University of Alberta, Edmonton AB

## Professional Development

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- 20XX – 20XX     **Graduate Teaching and Learning Program (Levels 1–3)**  
 Faculty of Graduate Studies and Research, University of Alberta, Edmonton AB
- 20XX – 20XX     **Patient-Oriented Research Training Program**, Strategies for Patient-Oriented Research  
 University of Alberta, Edmonton AB
- 20XX – 20XX     **17th Annual Thinking Qualitatively Research Series**  
 International Institute for Qualitative Methodology, University of Alberta, Edmonton AB
- 20XX – 20XX     **Online Diploma in Human Nutrition**  
 Advance Learning Interactive Systems Online (ALISON)
- 20XX – 20XX     **Coursera – Massive Open Online Courses (MOOCs)**  
*Introduction to Food and Health*, Stanford University School of Medicine  
*Child Nutrition and Cooking*, Stanford University School of Medicine  
*Understanding Obesity*, The University of Edinburgh
- 20XX – 20XX     **Specialist Certification of Obesity Professional Education**, World Obesity Federation
- 20XX – 20XX     **Diplôme d'étude en langue française (DELF): Level B2**, National Ministry of Education

## Languages

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**English, French, and Arabic:** fluent in speaking, listening, reading, and writing

**Spanish:** fluent in reading, intermediate in listening and writing, beginner in speaking

## Additional Skills

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**Microsoft Office:** Word, Excel, PowerPoint, Publisher, Outlook; WordPerfect

**Government programs:** Lotus Notes, SAP, Drug Product Database, Drug Submission System, Docubridge

**Research and clinical programs:** eCLINICIAN, NVivo, REDCap, SPSS

**Editing software:** Photoshop, Camtasia Studio, Windows Movie Maker, iMovie, Final Cut Pro

**Website development:** WordPress, Wix, GoDaddy Website Builder