

# **Transdiagnostic Addiction Laboratory Manual**

TALab Team

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**Part I**

**Welcome**

Welcome to the Transdiagnostic Addiction Laboratory at Dalhousie University - we are glad to have you!

This is the comprehensive guide for students and trainees working within the Transdiagnostic Addiction Laboratory at Dalhousie University. Dalhousie University is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq. We are all Treaty people.

The goal of this document is to provide you with a detailed guide on navigating programs at the University, as well as providing you with the general rules and expectations you should follow while working in the lab. We also provide some resources both for the program and for setting up and conducting research.

This document was inspired by several other documents (see [here](#) and [here](#)) and is a work in progress. If you have feedback and/or suggested updates, please reach out to the lab manager at [jacob.belliveau@dal.ca](mailto:jacob.belliveau@dal.ca).

# 1 Mission statement

Research at the Transdiagnostic Addiction Laboratory focuses on factors that influence the development, maintenance, and treatment of substance abuse, and behavioral addictions such as gambling. We are particularly interested in the co-occurrence of addiction and other psychiatric disorders.

## 1.1 Our research

Current projects within the lab cover the following topics:

- We are interested in understanding the mechanisms of how individuals and populations develop and recover from addiction, with a focus on cannabis, alcohol use, gambling, and video gaming.
- In collaboration with the Canadian Research Initiative on Substance Misuse (CRISM), we are developing a comprehensive evidence-based online platform for screening, self-management and referral to treatment for individuals curious about their substance use habits.
- A large part of our research investigates the co-occurrence and interaction of addiction and other mental health disorders with the goal of accounting for real-world conditions where most individuals struggle with multiple comorbid disorders.

## **Part II**

# **Getting Started**

Before you begin working in this lab, all members are expected to do the below.

## Read this manual

This manual contains all of the [policies and expectations](#) you are expected to follow while working in the lab, and provides you with many [resources](#) you may need throughout your research journey. Our goal with this document is to add in resources as they come up through working with students on different research projects.

It is good practice to consult this manual before asking Igor for assistance on a specific topic.

## Complete Ethics Training

As an incoming student in the lab, part of your on-boarding will be to complete the [TCPS 2: CORE Course on Research Ethics](#). You will not be permitted to participate in research within the lab until you have completed this course and emailed proof of completion to the lab manager, Jacob at [jacob.belliveau@dal.ca](mailto:jacob.belliveau@dal.ca).

## Get Access

The Department requires that the hallway leading to the lab spaces remain locked 24/7. This door is only accessible by keycode associated with your DalCard. The lab manager will need to set up this access for you.

Before you can enter, even if you have been granted access by the Department, you will need a PIN code associated with your DalCard. If you lived in a residence or otherwise have had access to an area on campus that required you tap your DalCard and input a PIN, this door will use the same PIN. Otherwise, if you have not set up a PIN already, you can set one on the [DalCard website](#).

## Review the Below

Depending on whether you are an incoming [Volunteer](#), [Honours or \(In\)dependent project student](#), or [Graduate student](#), you may have further steps you should consider. Please consult the relevant sections.



**2 volunteer**

### **3 Undergraduate students**

## **4 Graduate students**

**Part III**

**Policies & Expectations**

## **5 Igor's philosophy on supervision**

## **6 General lab policies**

## **7 Funding opportunities**

## **8 Lab space and resources**



## 9 Resources

### 9.1 Setting up GitHub

For more information and tutorial websites/videos, please see the below.

Col1	Col2
<a href="#">Setting up R projects to GitHub</a>	A short step-by-step video on how to add your existing projects to GitHub.

### 9.2 Using R

For statistical analyses, students are able to use any analytic platform with which they are comfortable. However, Igor strongly recommends that students learn R and conduct analyses using R.

If you've never used R, you will first need to [download R](#) and then an IDE (**I**ntegrated **D**evelopment **E**nvironment). Simply downloading R is not sufficient for using R. There are several IDEs that can be used for R, the most common and specialized being [RStudio](#). You are free to use any IDEs you would like - however, the content in this manual will assume you are using RStudio.

## **Part IV**

# **Setting up your project**

## **10 Initializing your project**

# **11 Data management**

## 12 Analysis

You are free to choose the software you wish to use to carry out analyses. However, Igor recommends all trainees learn how to use R.

## **Part V**

# **Clinical program resources**

## **13 Comprehensive projects**

## 14 Practica



## **15 Program resources and guidelines**

## 16 Residency

## References