FROM THE SCIENTIFIC DIRECTOR



Dear members of the SMRC community,

I hope that the summer days provided you the opportunity to reconnect with family and friends.

I'm proud to present to you the September edition of our newsletter, showcasing how productive our community has been during the months of June, July and August.

You'll learn about Dr Julia Chabot's research on optimizing management of insomnia in hospitalized seniors through music. De-escalation of pharmacologic treatments in this high-risk population is expected to result in better sleep and safer hospitalizations, another example of the SMRC's focus on the science of optimizing care to the most vulnerable patients.

You'll also find out about the expanding portfolio of cancer clinical trials currently open. We now have 18 trials in bladder, breast and lung cancer available to St. Mary's patients. Scientific evidence shows that no matter the tumor site, cancer patients tend to have better survival rates when treated on clinical trial. Therefore, the SMRC will continue to support the partnership between oncology, nursing and pharmacy forged by Dr Adrian Langleben.

Finally, you'll get to meet Christina Raneburger, our new Associate Director. Her expertise in managing academic and knowledge-based organisations will be a most valuable asset to the SMRC as we continue to work towards our goal of achieving formal designation. I encourage you to reach out to Christina to get to know her and share your ideas on the shaping the future of the SMRC.

The fall months will be very busy for the SMRC. I invite you to join us for a special presentation on September 29th, when I'll discuss projects that we'll be working on to strengthen the scientific and administrative structure of the Research Centre. Details and link to this virtual talk are in the newsletter.

Looking forward to seeing you on the 29th,

Ari Meguerditchian, MD Scientific Director

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RESEARCH PROGRAM HIGHLIGHT: MUSIC INTERVENTIONS IN GERIATRIC SETTINGS

What if music could be the ideal non-pharmacological option to help promote sleep elderly hospitalized patients? Dr. Julia Chabot's is investigating this possibility in the research project "Music Interventions for the Facilitation of Sleep in the Acute Geriatric Setting: a 3-arm Randomized Controlled Trial".

Sleep disturbance is a common problem experienced by older patients, especially in the acute care setting, and has detrimental effects on patients' health and recovery.

There is a keen focus on nonpharmacological interventions because of the high risk of side effects related to pharmacotherapy.





Music is safe and cost-effective, and there is a growing body of evidence for its potential health benefits.



Purpose

The study examines the impact of music listening interventions on the facilitation of sleep for patients admitted to the geriatric assessment unit (GAU). Participants will be randomized to either:

- 1. music listening intervention overnight, involving pleasant slow tempo instrumental music,
- 2. non-musical sounds intervention overnight, involving nature sounds such as waves or rain, or
- 3. standard of care on the GAU.

Outcomes

The primary outcome will be sleep quality, which will be measured objectively using sleep logs and subjectively through the Insomnia Severity Index questionnaire.

Secondary outcomes will include patients' sleep quality assessed by smart watches, patients' mood, level of pain, number medications used for sleep, and duration of stay in hospital.

RESEARCH PROGRAM HIGHLIGHT: MUSIC INTERVENTIONS IN GERIATRIC SETTINGS

Goals

As this is a feasibility study, the goal is to show that it is possible to conduct a larger study with the same objectives and methodology.

The ultimate goal is to create high-quality evidence to support our hypothesis that music listening interventions are effective at facilitating sleep for patients admitted to the GAU.

Funding received

St. Mary's Hospital Foundation: \$15,000

St. Mary's Geriatric Division: \$3 000

RESEARCHER PORTRAIT: Dr. JULIA CHABOT

Dr. Julia Chabot is a geriatrician at St. Mary's Hospital Center. Before starting her medical studies, she was a classical singer. She was a national finalist at the Canadian Music Competition and sang as a soloist with the Orchestre symphonique de Montréal.

A few years later, she completed her medical studies and geriatrics training at McGill University. In 2016, she launched the MUSIC Project, which combines her two passions: music and geriatrics.

She completed a master's degree in psychology, at the University of Montreal under the supervision of Drs. Olivier Beauchet and Isabelle Peretz. As part of her master's degree, she studied the effects of music on the health of hospitalized geriatric patients.



Julia Chabot MDCM, FRCPC, M.Sc. Assistant Professor, Faculty of Medicine McGill University

WELCOMING CHRISTINA RANEBURGER

Christina Raneburger joined the SMRC in August, as our Associate Director of Operations.

Ms. Raneburger holds Master's degrees in Business Administration, Project Management, and Political Science, and has over 15 years' experience with knowledge-based organizations.

As Head of Administration with the Unité de santé internationale at the Université de Montréal and as the Commercial Relations Officer with the Austrian Consulate in Montréal, she was known for her rigorous approach and a leadership style that is characterized by benevolent management.

As Associate Director of four major medical departments at McGill University, responsible for faculty affairs, human and financial resources and graduate training programs, she was able to apply her expertise in strategic and operational planning while building connections with various local and international stakeholders.

Her understanding of complex academic environments and her track record of effective, goal-oriented management are significant assets.

The creation of this position was made possible through the unwavering commitment of St-Mary's Hospital Foundation.



Christina can be reached at: christina.raneburger.comtl@ssss.gouv.qc.ca

INTERVIEW WITH CHRISTINA RANEBURGER

Why did you choose St. Mary's Research Centre?

There is no doubt in my mind that research is fundamental to the well-being of a society. The research sector is very active and brings hope, two aspects I find very stimulating.

Furthermore, I have a real admiration for Dr. Ari Meguerditchian, who is a renowned oncologist. And better yet, I share the core values of St. Mary's Hospital Center, which is a beautiful and culturally diverse community facility.



A research centre must be a stimulating environment for its researchers.

It must therefore do everything possible to facilitate their work and be constantly attentive to their needs.

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INTERVIEW WITH CHRISTINA RANEBURGER, ASSOCIATE DIRECTOR OF OPERATIONS

What is your vision of a research centre?

First and foremost, a research centre must be a stimulating environment for its researchers. It must therefore do everything possible to facilitate their work and be constantly attentive to their needs. More often than not research is complex, and so I want to make sure that the processes surrounding it are kept as simple, by limiting irritants as much as possible.

Our researchers are, in fact, micro-businesses. To help them flourish, they must be allowed to express themselves freely. For them to "make things happen," they have access to the levers of success. St. Mary's Research Centre is a diamond in the rough requiring the utmost care. I am certain that, with time, it will become a jewel that will be the envy of others!"

What do you hope to contribute to St. Mary's Research Centre?

Without a doubt, great accessibility to our team of researchers is at the top of the list. I am very comfortable with an "open door" management approach. I like impromptu discussions, no matter the topic. We can talk about concerns, success stories, missteps, or other issues. I also want to ensure that our activities garner the best possible visibility, in particular by demystifying research, through knowledge transfer, and by highlighting our researchers. And finally, I intend to develop as many local, national, and international partnerships as possible. Such partnerships are excellent for stimulating research.

What challenges are you looking to take on in your new role?

For as long as I can remember, I have always liked to launch and foster projects. Sticking to the beaten path brings me little satisfaction. So I will do everything possible to leave my mark as the Associate Director of Operations at St. Mary's Research Centre. I am certain that alongside Dr. Ari Meguerditchian and his wonderful team, there will be many opportunities for me to achieve my goals.

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St. Mary's Research Centre is a diamond in the rough requiring the utmost care.

I am certain that, with time, it will become a jewel that will be the envy of others!



The full version of this interview is available in Mosaïk vol. 1, no. 5. and McGill Health e-News

NATIONAL PROSTATE CANCER AWARENESS MONTH

TEMPO is an evidence-informed program that actively engages men with prostate cancer and their caregivers to work together as a dyad to learn effective skills for self-managing complex physical (e.g, fatigue) and psychosocial (e.g, worry, decision-making) challenges that affect their well-being and to integrate physical activity as a general strategy to enhance mental and physical health.



TEMPO's 5 modules are designed to enhance the health of men with prostate cancer and their caregivers:

Identify priority needs

Set goals and develop an action plan

Cope with any barriers to goal achievement

Mobilize support

Celebrate successes

Prostate cancer is the most common type of cancer to affect Canadian men.

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2015 - 2016

Development in collaboration with researchers, clinicians, men living with prostate cancer and their caregivers



2017-2018

Evaluation of the usability of TEMPO to make sure it meets all users' needs

2020-2021

Successful pilot study: acceptability, feasibility, and clinical significance of **TEMPO**



Benefits reported by participants

Increase physical activity levels Enhance communication Work together as a dyad Achieve goals Manage emotions Increase knowledge and self-management skills Seek additional support

Key findings

Dyads favoured modules over factsheets in the health library



The focus on both psychological needs and health behaviour is acceptable

Caregivers seem to benefit more on mental health outcomes

Next steps

Formally evaluate TEMPOs efficacy on physical and

emotional health outcomes in a larger randomized

controlled trial in partnership with sites

around Canada.



Principal Investigators Dr. Sylvie Lambert Dr. Lindsay Duncan https://tempo.truenth.ca/



Peer-reviewed publications

Chouinard MC, Lambert M, Lavoie M, Lambert SD, Hudon E, Dumont-Samson O, Hudon C. <u>Measuring health literacy in primary healthcare: Adaptation and validation of a French-language version of the Brief Health Literacy Screening among patients with chronic conditions seen in primary care. Int J Environ Res Public Health. 2022;19(13): 7669-7680</u>

Clover K, Lambert SD, Oldmeadow C, Britton B, Mitchell AJ, Carter G, King MT. <u>Convergent and criterion validity of PROMIS anxiety measures relative to six legacy measures and a structured diagnostic interview for anxiety in cancer patients</u>. J Patient Rep Outcomes. 2022; 6(1):80-91

Lambert SD, Faria R, Rosberger Z, Hijal T, Magalhaes M, Jean Julien K, Langleben A, Germeil F, Lemy Danica J, Charpentier D, Vachon M-F, Pelland M-E, Bouchard C, Aubin NM, Bernatchez M-S, Laizner AA, Marchand E, Fortin M-A, Tracey L. Alizadeh M, Chouinard A, Desbiens S, Dencia J-P. <u>L'utilisation des résultats de santé rapportés par les patients: un atout dans le continuum de soins en oncologie</u>. Perspective infirmière. 2022;19(3):29-37.

Law S, Antonacci R, Ormel I, Hidalgo M, Ma J, Dyachenko A, Laframboise D, Doucette E. <u>Engaging patients, families and professionals at the bedside using whiteboards</u>. Journal of Interprofessional Care. 2022. DOI: 10.1080/13561820.2022.2074379

Oral presentations at the

Canadian Association of Psychosocial Oncology (CAPO)/International Psycho-Oncology Society (IPOS) World Congress of Psycho-Oncology, Toronto, ON. August 29-September 1, 2022

Cuthbert C, Howell D, Haase K, Lambert SD. What is the state of the science on self-management support for cancer survivors?

Lamarche J, Cusson A, Nissim R, Avery J, Wong J, Maheu C, Lambert SD, Laizner A, Jones J, Esplen MJ, FC-FORT Advisory Board, Lebel S. Adaptation of the fear of cancer therapy (FORT) to an online format for family caregivers: Results from a usability study.

Lambert SD, Ould Brahim L, Loban K, Ellis J. A dyadic approach to self-management support interventions: Key lessons learned and recommendations.

Lambert SD, McCusker J, Moodie E, Harris C, Ibberson C, de Raad M, Langmuir T. Esplen MJ, Howell D, Laizner A. An adaptive dyadic self-directed coping and self-management skills training intervention for caregivers of individuals with cancer: A Pilot Sequential Multiple Assignment Randomized Trial (SMART) Design.

Lambert SD, Faria R, Magalhaes M, Gignac A-S, Tracey L, Latulippe N, Fortin M-A, Yaffe MJ, Tremblay D, Bouchard C. Symptom screening is just the beginning: Experience-based co-design of patient-reported and caregiver-reported outcome (PRO-CRO) survivorship screening programs.

Wasserman S, Ould Brahim L, Ibberson C, Laizner A, Henry M, Maheu C, Thibodeau K, Cooke, AB, Bitzas VB, Lambert SD. Coping-together advanced: A process evaluation of a self-directed coping skills training intervention for people living with advanced cancer and their caregivers.

Wasserman T, Starr L, Wasserman S, Wasserman M, Magalhaes M, Lambert SD. Lessons learned implementing innovative knowledge translation for cancer care for e-IMPAQc.

Poster presentations

Morena N, Ahisar Y, Wang X, Nguyen D, Rentschler CA, Meguerditchian AN. Are YouTube videos a reliable information source for young women with metastatic breast cancer? Canadian Surgical Forum; September 16 2022; Toronto, Ontario, Canada.

Morena M, Ahisar Y, Wang X, Nguyen[IC1] D, Rentschler CA, Meguerditchian AN. Are YouTube videos a reliable information source for young women with metastatic breast cancer? ASCO Quality Care Symposium; Chicago, IL. September 30 - October 1, 2022

Mah R, McCusker J, Belzile E, et al. Pattern of emergency department use by short-term geriatric frequent attenders. European Geriatric Medicine Society (EuGMS); September 28-30, 2022; London, UK.

Workshop

Production + Circulation Related to AI + Big Data + Digital Tech: A Seminar + Zine Making" with Dr. Sophie Toupin and Nina Morena, part of The Feminist and Accessible Publishing, Communications, and Technologies Speaker and Workshop Series, September 29, 2022 Information and registration

ROSTER OF ACHIEVE ONCOLOGY CLINICAL TRIALS

Bladder cancer

A Phase 3, randomized, study of neoadjuvant chemotherapy alone versus neoadjuvant, chemotherapy plus Nivolumab or Nivolumab and BMS-986205, followed by continued post- surgery therapy with Nivolumab and BMS-986205 in participants with muscle-invasive bladder cancer. [CA017-078]

Breast cancer

"A Clinical Trial to Determine the Efficacy of Five Years of Letroxole Compared to Placebo in Patients Completing Five Years of Hormonal Therapy Consisting of an Aromatase Inhibitor (AI) or Tamoxifen Followed by an AI in Prolonging Disease-Free Survival in Postmenopausal Woman with Hormone Receptor Positive Breast Cancer" [NSABP-42]

A Randomized Phase III Trial of Adjuvant Therapy Comparing Chemotherapy Alone (Six Cycles of Docetaxel Plus Cyclophosphamide or Four Cycles of Doxorubicin Plus Cyclophosphamide Followed by Weekly Paclitaxel) to Chemotherapy Plus Trastuzumab in Woman With Node- Positive or High-Risk Node-Negative HER2-Low Invasive Breast Cancer [NSABP-47]

A Phase III Study of Trastuzumab Deruxtecan (T-DXd) with or without Pertuzumab vs Taxane, Trastuzumab and pertuzumab in HERs-Positive, first-line Metastatic Breast Cancer [Destiny]

A Phase III, Randomized Open-Label Multicenter Study Evaluating the Efficacy and Safety of Adjuvant Giredestrant compared with Physicians Choice of Adjuvant Endocrine Monotherapy in patients with Estrogen Receptor-Positive HER-Negative Early Breast Cancer [TRIO045]

Identification and evaluation of patients at risk of developing cardiotoxicity after receiving chemotherapy for breast cancer, leukemia or lymphoma [CarChem]

Lung cancer

A Phase 3 Study of Pembrolizumab in Combination with Pemetrexed/Platinum (Carboplatin or Cisplatin) Followed by Pembrolizumab and Maintenance Olaparib vs Maintenance Pemetrexed in the First-Line Treatment of Participants with Metastatic Non squamous Non-Small-Cell Lung Cancer [MK7339-006]

A Phase 3 Study of Pembrolizumab in Combination with Carboplatin/Taxane (Paclitaxel or Nab-paclitaxel) Followed by Pembrolizumab with or without Maintenance Olaparib in the First-line Treatment of Metastatic Squamous Nonsmall Cell Lung Cancer (NSCLC) [MK7339-008]

A Phase 3 Randomized, Placebo-controlled Study to Evaluate the Safety and Efficacy of Pemetrexed + Platinum Chemotherapy + Pembrolizumab (MK-3475) with or without Lenvatinib (E7080/MK-7902) as First-line Intervention in Participants with Metastatic Non squamous Non-small Cell Lung Cancer [MK7902-006]



ROSTER OF ACHIEVE ONCOLOGY CLINICAL TRIALS

Lung cancer - continued

A Phase 3 Study of Pembrolizumab in Combination with Pemetrexed/Platinum (Carboplatin or Cisplatin) Followed by Pembrolizumab and Maintenance Olaparib vs Maintenance Pemetrexed in the First-Line Treatment of Participants with Metastatic Non squamous Non-Small-Cell Lung Cancer [MK7339-006]

A Phase 3 Study of Pembrolizumab in Combination with Carboplatin/Taxane (Paclitaxel or Nab-paclitaxel) Followed by Pembrolizumab with or without Maintenance Olaparib in the First-line Treatment of Metastatic Squamous Non-small Cell Lung Cancer (NSCLC) [MK7339-008]

A Phase 3 Randomized, Placebo-controlled Study to Evaluate the Safety and Efficacy of Pemetrexed + Platinum Chemotherapy + Pembrolizumab (MK-3475) with or without Lenvatinib (E7080/MK-7902) as First-line Intervention in Participants with Metastatic Non squamous Non-small Cell Lung Cancer [MK7902-006]

A Phase 3, Multicenter, randomized, open-label trial to compare the efficacy and safety of pembrolizumab (MK-3475) in combination with Lenvatinib (E7080/MK-7902) versus docetaxel in previously treated participants with metastatic Non-small cell lung cancer (NSCLC) and progressive disease (PD) after platinum doublet chemotherapy and immunotherapy [MK7902-008]

A phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib vs concurrent chemoradiation therapy followed by Durvalumab in participants with unresectable, locally advanced, stage III non-small cell lung cancer (NSCLC). [MK 7339-012]

A randomized, double-blind, placebo-controlled phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib (MK-7339), compared to concurrent chemoradiation therapy alone in participants with newly diagnosed treatment-naïve limited-stage small cell lung cancer (LS-SCLC). [MK 7339-013]

A Phase 1b/2 Study to evaluate the efficacy and safety of Pembrolizumab in Combination with Investigational Agents for the treatment of Participants With PD-1/L1-refractory Extension-Stage Small Cell Lung Cancer in need of Secondary-Line Therapy [MK3475-B98]

A Phase 2 Study to Evaluate the Efficacy and Safety of Pembrolizumab plus Investigational Agents in Combination with Etoposide and Cisplatin or Carboplatin for the first line Treatment of Participants with Extensive Stage Small Cell Lung Cancer [MK3475-B99]

A Randomized Open Label Phase 3 Study of SAR408701 vs Docetaxel in Previously treated Metastatic Non-Squamous Non-Small Cell Lung Cancer patients with CEACAM5 Positive Tumors [EFC15858]



Information:
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SMRC & STAFF NEWS



Dr Ari Meguerditchian is appointed for a third term on the Committee for the Evolution of Practices in Oncology (CEPO). This committee brings together experts who support the work of the National Institute of Excellence in Health and Social Services (INESSS) for cancerology projects.



Alysé Filin recently joined Dr. Maryse Larouche research team. She will work on three projects research that deal with pelvic floor disorders: SPHERE, CREDE and COMET. Alysé will recruit of potential patients, collect plan postoperative data. appointments, etc. Before joining the urogynecology team, she worked in a COVID vaccination center. Alisé completed an undergraduate degree in microbiology and immunology at the Université de Montréal and a college diploma in medical biology analyzes. LinkedIn



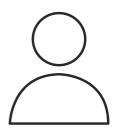
Ana Paula Keller de Matos returned from maternity leave in August 2022. Ana works with Dr. Susan Law and the Canadian Health Experiences Research Network (CHERN). She supports the team and contributes to coordinating the Perinatal Mental Health Project. Ana holds a PhD in Nursing from the University of São Paulo in Brazil. LinkedIn



Ashley Kushneryk eagerly returns from maternity leave to join the e-IMPAQc team. Ashley provides support in recruitment, training and implementation. In addition, she is excited to aid in education and knowledge transfer on patient reported outcome measures. LinkedIn



Jean-Daniel Beauchesne has been appointed to the position of General Manager. He joined St-Mary's Research Centre in 2021 as Financial Officer. In April 2022, he was designated interim manager. Jean-Daniel will be responsible for daily operations of the research enterprise. His role will focus on optimizing material, financial human, informational resource utilization to scientific advancement. support Notice of appointment



Olivia lenaro joined Oncology Research and the clinical trial team this summer as Clinical Research Coordinator. She is currently working on multiple projects with Doctors Langleben, Meti, Esfahani, and Dalfen. Olivia completed BSc in Microbiology and Immunology at McGill University.

SMRC & STAFF NEWS



Michele Vitale joined Dr. Jeannie Haggerty's team as Research Associate. Michele will play a key role in implementing a research program on the effectiveness and sustainability of training community health volunteers to offer evidence-based, time-limited support to enhance access to needed health care services. Michele holds a PhD in Human Geography from Wilfrid Laurier University. He is also part-time instructor at Champlain College Saint-Lambert. <u>LinkedIn</u>

SUMMER PIC-NIC AT JEAN-BRILLANT PARC

On August 18, a poke bowl pic-nic was organized at a nearby parc. It was a nice occasion to meet new colleagues, chat and get the latest on everyone's research project.



(Left to right, front row). Marc-André Bélisle, Dr. Ari Meguerditchian, Diana Nguyen, Isabelle Crépeau, Eric Belzile, Mona Magalhaes, Anne-Sophie Gignac, Jean-Daniel Beauchesne, Ilja Ormel, Ana Keller, Maud Mazaniello, Kelly Ngabire.

Left to right, back row). Eric Belzile, Mona Magalhaes, Sandhya Baskaran, Lisa Starr, Cindy Ibberson, Vanessa Gibbs, Amaryllis Kaneza

EMPLOYMENT OPPORTUNITY



Associate or Full Professor (Research), McGill University Research Chair in Community Cancer Care, St. Mary's Hospital Centre (C-220713)

Communication Consultant

<u>Psychologist - Oncology (research)</u>

Lunch & Learn 12pm-1pm

https://us02web.zoom.us/j/409644888

The patient perspective as an essential link in the in the quality of care and practices of health care professionals*

September 22, 2022 With Marie-Ève Poitras, inf. Ph.D.



Marie-Eve Poitras is an assistant professor in the Department of Family Medicine and the School of Nursing at the University of Sherbrooke. She holds the CRMUS research chair on optimal professional practices in primary care. She is a researcher at the CIUSSS du Saguenay-Lac-Saint-Jean and the CR-CHUS. Her research activities focus on enhancing patient engagement and the engagement of health professionals in the various structures of the health system and in research. She conducts integrated and partnership-based knowledge translation research to improve the quality of care.

https://www.usherbrooke.ca/recherche/specialistes/details/marie-eve.poitrashttps://www.poitraslab.com/

*Presentation in French



SMRC 2023: Director's annual presentation

September 29, 2022 With Dr. Ari Meguerditchian

THURSDAYS KNOWLEDGE TRANSFER EVENTS 12PM-1PM

https://us02web.zoom.us/j/409644888

FALL SCHEDULE 12pm-1pm

September

22 - Marie-Ève Poitras, PhD

Perspective patient comme maillon essentiel dans qualité des soins et des pratiques des professionnels de la santé

> 29 - <u>Dr. Ari Meguerditchian</u> SMRC 2023: Director's annual presentation

October

6 - Victoria Wicks

Dazed in a maze: The experiences of socially vulnerable patients navigating the healthcare system

6 - Delufa Tuz Jerin

Can self-help tools help South Asian women overcome barriers to accessing mental health care?

A study proposal

20 - Rebecca MacDonald

You're doing a multicenter research? Here is how Nagano can help you

27- <u>Jeannie Haggerty, PhD</u> Lean start-up course: My experience

November

17 - Bonnie Barnett, MA Knowledge transfer and innovation: Your partner in research

24 - <u>Taylor Wasserman, B.Sc.</u> Lessons learned implementing innovative knowledge translation for cancer care for e-IMPAQc

December

15 - Guillaume Fontaine, PhD

An introduction to implementation science and an overview of key considerations for successful implementation efforts











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