



NEWSLETTER OF THE CPA/SCP

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SECTION ON WOMEN & PSYCHOLOGY
SECTION: FEMMES ET PSYCHOLOGIE

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REMINDER

Students who will be applying for the SWAP Student Paper and Travel Awards must also submit an application to the CPA Annual Convention. The deadline for applications to CPA is November 14, 1997. The application for the SWAP Student Paper and Travel Awards will be included in the January newsletter.

1997-1998 EXECUTIVE

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NEEDED

Please let us know if you would like to receive your newsletter electronically. Mail your E-mail address to the Editor. Thanks!

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COORDINATOR'S MESSAGE

Welcome to the 1997/98 SWAP year. As the new Coordinator, I am both excited and somewhat overwhelmed at all there is to do, beginning now with planning for the 1998 Edmonton CPA Meetings which will be held from June 4-6, 1998. Mark it on your calendar now. Note also that submissions to CPA are due November 14.

Many thanks are due for all of the SWAP activities during the past year. Vivian Lalande planned an exciting set of SWAP activities for the June Meetings held in Toronto. Abigail Stewart from the psychology and women's studies programs at the University of Michigan gave an excellent invited address. Her main message was that contrary to the cultural overvaluation of youth, a number of

longitudinal studies of women's lives show that middle age is often the best time of a woman's life. Sharon Crozier, Jean Pettifor, and Lynn Sloane presented an excellent workshop on the Guidelines for Non-Discriminatory Practice. These Guidelines were adopted by CPA in November 1996. The Guidelines were published in the September 1996 issue of this Newsletter. They are based on the Canadian Code of Ethics for Psychologists and are designed to promote non-discriminatory care in therapeutic work with clients. Particular attention is given to issues of the many diversities in Canadian society. The Guidelines are written in a very general form which allows for the development of guidelines directed to specific diversities. As a part of the workshop we also discussed The Guidelines for Non-Discriminatory Practice: Gender Issues which were prepared by Sharon Crozier, Susan Harris, Carolyn Larsen, Jean Pettifor, and Lynne Sloane. These Gender Guidelines as the first in a series of specific guidelines were approved at the SWAP Annual General Meeting and will be sent to the CPA Board for approval as well. The general guidelines are available from the CPA Office and the specific gender issues guidelines will appear in the January issue of this Newsletter. In the meantime, you can contact me if you would like a copy before January.

Congratulations are due to Esther Greenglass on her award of the SWAP Distinguished Member Award. Both Sandra Pyke's nomination and Esther's acceptance will appear in the January Newsletter. Special Congratulations go to Yvette Scattolon who won the 1997 SWAP Student Paper Award, and to the students who were awarded travel bursaries (see the article on student awards in this issue).

One major change that occurred last year was the movement of the Status of Women Committee from a CPA Board committee to a standing committee of SWAP. A brief history as well as the resulting committee

and terms of reference are described in this newsletter. It is critical that this committee receive input and support from members of SWAP as well as from the CPA Board. Read about the committee in this issue and if you would like to participate in the committee's work or have ideas and issues for the committee, please contact the Chairperson, Olga Favreau.

Another project for this year is the establishment of a SWAP Newslist. This list would be an e-mail list for SWAP members only and will allow those of us on e-mail to talk to each other easily and quickly. As I have the job of setting up this list and I rank among the technophobes of this world, it will take me a bit of time to get all the technology figured out. However, if you would like to be included on the list, please send me (kimball@sfu.ca) your e-mail address along with an statement that you want to be on the list. This will facilitate setting up the list and ensure you are on it when it first appears.

I've saved the bad news to the end. It will come as no surprise these days to anyone that this concerns the budget. In the past SWAP has had extra revenue from our pre-conference institutes. However, the last institute we had was in Charlottetown in 1995 and the surplus from that Institute is gone. As well, we have had to convert part of a \$5000 GIC to operating funds. This and unrecorded expenses from the 1996 CPA conference explains why the budget as reported in this issue looks deceptively healthy. In reality we are operating on our reserves which will run out very soon unless some action is taken. As usual there are two responses to a budget problem—spend less and raise funds. On the spend less front, we are trying to cut some costs for this newsletter and we have reduced the amounts of the student paper award and the student travel bursaries. On the earn more front, I have spoken with several groups in Alberta about a SWAP Institute in Edmonton in 1998. Although some people expressed much interest, there was not in the end sufficient support to mount an institute. As more of us are

expected to do more with fewer resources, there is less and less energy for extra projects. As it becomes more difficult to expect people to take on the work of an institute on a year's notice, it is important to look further into the future. Therefore, I have begun, with some success to plan for a SWAP Institute in Halifax in 1999!

In the meantime, I have the SWAP program for CPA to plan. Each section has a two-hour time slot scheduled in the CPA program. We are free to do anything we wish with this time, and CPA pays up to two registration fees for presenters in the SWAP program. I must submit the abstracts for the program by November 14.

I am looking for ideas and would welcome any suggestions. In particular, I would like to involve new and younger members of SWAP in this program. The program can focus on academic and/or professional issues.

Meredith Kimball, Coordinator

EDITOR'S MESSAGE

For many of us, September is usually a time of change. The start of another school year means that we change our routines and work patterns to accommodate children's schedules, students, and classes. Change is also evident in our natural environment. September marks the beginning of my favourite season. One of the things I dearly miss since my transplantation to the West two years ago, is the spectacular display of fall colours and the days and nights that require old comfortable sweaters. Nonetheless, despite the fewer number of deciduous trees here in Vancouver, for me, September continues to be synonymous with change. It is therefore fitting that the September issue of the newsletter also reflects change.

As usual, we begin September with a new coordinator, Meredith Kimball. Another change is that I have taken over the reigns

(or more accurately, the keyboard) as the new newsletter editor. Clare Porac, the former Editor and Maria Barnes, the Editorial Assistant have certainly left an impressive legacy for me to follow. Clare and Maria not only did an excellent job of keeping SWAP members informed of SWAP activities, but they filled the newsletter with information from the wider psychological community including information from the net. I hope to be able to continue this tradition of excellence.

As you will read in this issue, change has also taken hold of CPA with the Board's decision to transfer the Status of Women Committee from a Standing Committee of the Board to SWAP. The mandate and terms of reference of this re-born committee are included in the newsletter.

You may have also noticed that the format of this newsletter has changed slightly. This change was brought about in order to produce a less costly newsletter. We are also working to be able to send the Newsletter via e-mail to those of you who would be willing to receive it in this form. Please send me an e-mail (msteinbe@unixg.ubc.ca) if you are interested in receiving the Newsletter on-line. Other changes to the Newsletter include the addition of new sections that we believe will be of use to SWAP members.

If you have any further suggestions or comments on the newsletter, or additional ideas for changes that will better meet your needs, please pass them along. I look forward to dealing with the changes that this fall season has ushered in.

Maria Steinberg, Editor.

STATUS OF WOMEN COMMITTEE

In November of 1975, the CPA Board of Directors approved the establishment of a task force on the status of women in Canadian Psychology. This task force undertook a review of the status of women in many areas of psychology and in 1977 their report was published in *Canadian Psychological Review*, 18 (1). One of the recommendations of the Task Force was that a Status of Women Committee be established as a permanent board committee and chaired by a member of the CPA Board.

Based on the recommendations of the Task Force, the Status of Women Committee made a number of recommendations to the CPA Board which were adopted as policies of CPA. These included the implementation of non-sexist language in CPA publications, blind review of articles submitted to CPA journals, guidelines for therapy with women, guidelines for non-sexist research, guidelines for the elimination of sexual harassment, and a number of policy statements concerning these and other issues.

In 1996, as a part of a reorganization of the CPA Board, the Status of Women Committee, along with several others was discontinued as an official Board committee. At the August 1996 meeting, the CPA Board voted that the Status of Women committee be established as a standing committee of SWAP (Section on Women and Psychology) with a board member serving as liaison with the committee. The current liaison is Joanne Gallivan who serves as the SWAP liaison on the CPA Board.

During the past year, the Executive of SWAP has worked to set up this committee. Dr. Olga Favreau of the Université de Montreal is the chairperson.

Members of the committee include: Mona Abbondanza, Anne Crocker, Maria Gurevich, Naomi Holobow, Karen Korabik, Tannis Macbeth, Charlene Senn, Marla Steinberg, and Shaké Toukmanian. The committee met at CPA in Toronto, and recommended the terms of reference for the committee which were approved at the SWAP Annual General Meeting. The terms of reference are listed below.

Even a cursory reading of the Terms of Reference of SWAP's Status of Women Committee shows that it is an understatement to describe our mandate as broad. In effect what we propose is to contribute to improving the status of women who stand in any relation to psychology – as students, as clients, as practitioners or as teachers, and also as members of the general public whose only brush with psychology may be media coverage which inaccurately (or accurately) represents psychological research or practice as it relates to women. The terms of reference are not carved in stone. The Committee welcomes proposals for improving them. SWAP members are invited to help by reporting to SWC any issues that fall within our mandate as well as by contributing your own talents, e.g., by writing articles for the SWAP Newsletter or for *Psynopsis*, proposing (and working on) your own projects, etc. You can communicate with the SWC chair, Olga Eizner Favreau in any of the following ways: e-mail: favreauo@ere.umontreal.ca; phone: 514-343-7726; fax: 514-343-2285 regular mail: Département de psychologie Université de Montréal C.P. 6128, Succ. Centre-Ville Montréal, Québec, H3C 3J7.

Terms of Reference

Composition of the Committee

The Status of Women Committee shall be a standing committee of the Section on Women and Psychology of the Canadian Psychological Association. The chairperson of the committee shall be appointed by the elected Executive for a term of two years. Every year the committee chair shall solicit members of

the committee from among members in good standing of the Section. Committee members shall serve for a term of two years. The committee shall consist of not fewer than five members. The Coordinator-Elect of the Section and the CPA Board member who serves as liaison to the committee shall be ex-officio members of the committee.

Mandate of the Committee

The mandate of the committee is to improve the status of women in psychology; promote the education, training, and employment of women; encourage the inclusion of issues concerning women and gender in the teaching of psychology; encourage nonsexist research and writing about women and gender; and encourage professional practices that promote the health and well being of women. In carrying out its mandate the committee may undertake projects and activities such as:

- 1) develop policies for consideration by the membership of SWAP and/or the CPA Board
- 2) implement and monitor CPA policies as they relate to women and psychology
- 3) monitor research, teaching, and practice related to the psychology of women and/or gender and develop guidelines as necessary
- 4) collect and disseminate data concerning women and psychology
- 5) create or respond to documents that relate to or affect the status or quality of the lives of women
- 6) communicate with the membership of SWAP and CPA about issues that affect the status of women both in psychology and in the wider society
- 7) prepare an annual report of its activities for distribution at the Annual General Meeting of the Section.

FROM THE SWAP AGM

Minutes of the 1997 Annual Business Meeting
Sheraton Centre, Toronto, Ontario
14 June 1997

Coordinator: Vivian Lalande
Past Coordinator: Sharon Crozier
Coordinator Elect: Meredith Kimball

The meeting was called order by Vivian Lalande at 3:15 pm. Twenty-two members were present.

1. Vivian Lalande presented the agenda. A motion to move item 11, Presentation of the 1996 SWAP Award of Distinction, to the fourth item of business was proposed. Moved by Joanne Gallivan, seconded by Sharon Crozier, that the agenda be accepted with the above change. Motion passed unanimously.

2. Motion to approve the minutes of the 1996 Annual Business meeting. Olga Favreau noted that Naomi Holobow's name was misspelled. Moved by Sandra Pyke, seconded by Clare Porac that the minutes be accepted with the above change. Motion passed unanimously.

3. Business Arising from the minutes
- Guidelines for Nondiscriminatory Practice
- Guidelines for Psychologists in Addressing Recovered Memories

Sharon Crozier reported that both sets of guidelines have been adopted by the CPA Board.

Sharon presented Guidelines for Nondiscriminatory Practice: Gender Issues which she and a small group (Susan Harris, Carolyn Larsen, Jean Pettifor, Lynn Sloane) have developed. Other Sections are being encouraged to develop parallel guidelines for diverse groups. The intention is to present all of these guidelines to the CPA Board. Moved by Sharon Crozier and seconded by Meredith Kimball that SWAP

adopt the Guidelines for Nondiscriminatory Practice: Gender Issues. There was some discussion about whether gender-biased labels, such as DSM-IV diagnoses, were included within these gender guidelines. It was decided that any further feedback should be directed to Sharon Crozier. Motion passed unanimously.

Vivian Lalande congratulated the Committee on their work.

4. Presentation of the 1996 SWAP Award of Distinction.

Sandra Pyke presented the Award to Esther Greenglass for her considerable contributions to women and psychology. Vivian Lalande suggested that the texts of both Sandra's presentation and Esther's response be published in the SWAP Newsletter (they will appear in the January issue).

5. Coordinator's Report: Vivian Lalande, 1997 SWAP Coordinator

Vivian summarized SWAP's activities over the past year: active involvement in the CPA convention, development of a new standing committee in SWAP to replace the disbanded Status of Women Committee, the approval by the CPA Board of the Guidelines for Nondiscriminatory Practice and the Guidelines for Psychologists in Addressing Recovered Memories, and filling various positions on the SWAP Executive and for Provincial Representatives. Moved by Clare Porac, seconded by Olga Favreau, that the Coordinator's Report be accepted. Motion passed unanimously.

6. Financial Report: Elizabeth Church, Secretary-Treasurer

Elizabeth presented the financial report for 1996 and a proposed budget for 1997. In the past SWAP has not drawn up a budget, but the Executive decided this year to institute one from now on. Elizabeth noted that SWAP's revenues have decreased, because of lower interest rates, no Institutes for the past two years, and

decreasing membership dues from CPA. At the same time, SWAP's expenses have increased, primarily because a lot of the expenses that were once shouldered by members' home institutions, such as postage and travel, are now being shifted to SWAP. There is a projected budget shortfall of \$1000 for 1997.

Different ways to boost revenues were suggested: soliciting donations for Student Paper and Travel Awards, encouraging sustaining memberships, and organizing Institutes and workshops. As well, ways to lower expenses were proposed. Moved by Charlene Senn, seconded by Sandra Pyke that SWAP lower the Student Paper Award to \$300 from \$500, and decrease the number of Student Travel Awards from five to four and award \$150 instead of \$200. Motion passed unanimously, with the proviso that this would be revised should revenues increase.

Moved by Olga Favreau, seconded by Joanne Gallivan, that the Financial Report be accepted. Motion passed unanimously.

7. Newsletter Report: Clare Porac, Newsletter Editor

Clare said that she would be resigning as Newsletter Editor and that Marla Steinberg was willing to take over. Clare noted that the Newsletter costs have risen and some possible ways to reduce costs were proposed: eliminating hard covers, not using envelopes, and sending some electronically to those who have e-mail. Clare acknowledged the work of Maria Barnes, Editorial Assistant, in producing the Newsletter.

8. SWAP Status of Women Committee Report: Olga Favreau, Chair

Vivian Lalande reported that, due to CPA board restructuring, the Status of Women Committee was disbanded last year. It was decided that the committee would reconstitute under the aegis of SWAP and that a board member would liaise with SWAP on these matters. Joanne Gallivan,

who will be the SWAP liaison person on the CPA Board, will also serve as liaison to the Status of Women Committee.

Over the past year Meredith Kimball organized the formation of the Committee and Olga Favreau agreed to chair it. Olga announced that the SWAP Status of Women Committee had had its first meeting on Friday, June 13. The members of the Committee are:

Mona Abbondanza
Anne Crocker
Maria Gurevich
Naomi Holobow
Karen Korabik
Tannis Macbeth
Charlene Senn
Marla Steinberg
Shake Toukmanian
Meredith Kimball (ex officio)

(Note: Since the Coordinator-Elect will fill the ex officio position, Chris Storm will be the ex officio member for 1997-98)

The Committee has two functions, one reactive - responding to issues germane to women and psychology both within CPA and the wider community, and the other creative - actively raising issues relevant to women and psychology. The Committee plans to use the Newsletter and Psynopsis to these ends.

9. Approval, Terms of Reference for the Status of Women Committee

Olga Favreau presented the Terms of Reference for the Status of Women Committee which had been drafted by Meredith Kimball and revised at the Status of Women Committee meeting. Moved by Olga Favreau, seconded by Meredith Kimball that the Terms of Reference be accepted, with the proviso that they be reviewed at the next AGM. Motion passed unanimously.

10. Presentation and Report - Student Paper and Travel Awards: Charlene Senn, Student Paper and Travel Award Coordinator

Charlene presented the 1997 Student Paper Award to Yvette Scattolon. The title of her paper is Perceptions of Depression and Coping with Depressive Experience among Rural Women in New Brunswick.

The 1997 Student Travel Awards were presented to: Deanna Gammel, Maria Gurevich, Sandeep Hunjan, Marla Steinberg, and Jane Walsh.

Charlene asked for volunteers to review the award applicants. Although in the past winners have not been notified until the AGM, it was decided that, in the future, winners would be told before the convention so that they can arrange to be there. The suggestion was made that Yvette's paper be published in the Newsletter.

11. 1997-1998 Executive Slate

Sharon Crozier called for nominations for the position of Coordinator-Elect and Newsletter Editor, noting that Chris Storm had agreed to allow her name to stand for Coordinator-Elect and Marla Steinberg had agreed to stand for Newsletter Editor. No further nominations came from the floor. Sharon declared Chris Storm and Marla Steinberg elected by acclamation.

SWAP Executive 1997-1998

Coordinator: Meredith Kimball
Past Coordinator: Vivian Lalande
Coordinator Elect: Chris Storm
Secretary-Treasurer: Elizabeth Church
Graduate Student Rep: Heather Walters
Newsletter Editor: Marla Steinberg
Abstract Review Coordinator: Maria Gurevich
Student Paper & Travel Award Coordinator: Charlene Senn

Vivian Lalande thanked outgoing Executive members, Sharon Crozier and Clare Porac, for their work on the Executive.

12. Other Business

Meredith Kimball asked for volunteers to help with the 1998 SWAP Institute in Edmonton. The plan is to work in tandem

with the Women and Psychology Section of the Psychological Association of Alberta.

Meredith also offered to start a closed SWAP e-mail newsgroup for SWAP members. Moved by Joanne Gallivan, seconded by Clare Porac that a SWAP newsgroup be established. Motion passed unanimously.

Vivian Lalande presented a certificate of appreciation to Sharon Crozier for her work as Coordinator.

13. Adjournment

Moved by Joanne Gallivan, seconded by Clare Porac that the 1997 SWAP Annual Business Meeting be adjourned. The meeting was adjourned at approximately 4:30 pm.

SWAP FINANCIAL REPORT

JANUARY 1 - DECEMBER 31, 1996

REVENUES:

Balance, Dec 31, 1995	\$5,997.32
CPA Dues	2,973.35
Interest	189.35
Profit (Institute & Royalties)	1,434.07
TOTAL	\$10,494.27

EXPENDITURES:

Newsletter	1,008.45
Bursaries/Prizes	1,700.00
CPA Expenses	1,210.36
Miscellaneous	129.36
TOTAL	\$4,048.80

BALANCE, DEC 31, 1996 \$6,444.57

JAN 1 - APRIL 30, 1997

REVENUES:

Balance, Dec 31, 1996	\$6,444.57
CPA Dues	2,153.00
Interest	34.20
Profit (Royalties)	30.97
TOTAL	\$8,662.74

EXPENDITURES:

CPA Expenses	\$62.00
Newsletter	1,302.18
Miscellaneous	58.83
TOTAL	\$1,423.01
 BALANCE	 \$7,239.73

1997 STUDENT AWARDS

For the 1997 convention, notices for the SWAP Student Paper Award and the SWAP Travel Bursaries were published in the SWAP Newsletter and mailed to all Canadian universities with a Chair in Psychology. We received many submissions for the travel bursaries and high quality entries for the Student Paper Award.

This year the \$500 paper award was won by Yvette Scattolon, a Doctoral candidate from the University of New Brunswick. Yvette presented her paper entitled *Perceptions of Depression and Coping with Depressive Experiences among Rural Women in New Brunswick* (co-authored by her supervisor Janet Stoppard) at the Canadian Psychological Association Convention. Her paper is printed below.

Travel bursaries, in the amount of \$200.00 were awarded to Deanna Gammell, Maria Gurevich, Sandeep Hunjam, Marla Steinberg, and Jane Walsh. Congratulations to all our winners.

In order to qualify for the SWAP student paper and travel awards, students must submit and be accepted to present at CPA by the fall deadline (Nov. 14). Every year I get students writing to me who did not know this and are therefore ineligible. Please remind students you know who might be interested so they can get their applications in on time.

Notices of the Student Paper Award and Student Travel Bursaries for the 1998 CPA convention in Edmonton, Alberta will be published in the next issue of the newsletter. Please note that due to tight finances, the awards will be temporarily reduced in size and quantity. The student paper award will be in the amount of \$300 and there will be four travel awards for \$150 each. Our commitment to funding student research has not changed however, and we hope to increase the prizes again when finances allow.

Charlene Senn, 1998 SWAP Student Award Coordinator.

1997 STUDENT PAPER AWARD WINNER

Perceptions of Depression and Coping with Depressive Experiences among Rural Women in New Brunswick
Yvette Scattolon and Janet Stoppard
University of New Brunswick
Fredericton, NB

Introduction

This study involved a qualitative exploration of how women living in rural communities in the central region of New Brunswick understand, experience, and cope with their feelings of distress unaided by professional help. Although depression is reported to be one of the more common mental health problems among women in Western countries (Nolen-Hoeksema, 1990), relatively little research attention has been paid to women's accounts of their experiences with depression.

The present research was conducted with rural women, because available evidence suggests that such women face an increased risk of exposure to social conditions associated with vulnerability to depression, i.e., economic instability, geographical isolation, and traditional beliefs about the roles of women

(Graveline, 1990). The study focused on women who have not received professional help in coping with their distress because of evidence from epidemiological research that the majority of women whose 'symptom' experiences would meet diagnostic criteria for depression have neither sought nor received such help (e.g., Leaf & Bruce, 1987). The study has special relevance to the New Brunswick context, because 51% of the population resides in rural areas (Statistics Canada, 1993).

In focusing on women's accounts of their experiences with 'depression,' this study was informed by a feminist standpoint epistemological position (Harding, 1987; Smith, 1987). A feminist standpoint epistemology takes account of the relationship between women's experiences and the generation of scientific knowledge by examining how research is produced and the relationships in which it is produced. Thus, according to this epistemological position, knowledge derived in the research process begins from the standpoint of women's experiences, and also includes the subjectivity of the researcher. Taking a feminist standpoint entails a view of knowledge as building on and from women's experiences, rather than simply 'adding on' women's voices to existing research paradigms (Harding, 1987). In the present study, rather than defining and assessing depression according to the preconceived notions of 'experts', participants were invited to discuss how they understand, express, and cope with their depressive experiences without professional intervention. In doing so, the women's personal meanings regarding depression were articulated and their accounts were treated as a valid source of knowledge in their own right.

Methodology

A qualitative methodology was utilized because this best reflected the researcher's purpose in carrying out the research. Qualitative methods emphasize the importance of examining individuals'

subjective experiences and how they come to understand events in their lives. Rather than relying on experimentation and statistical techniques, qualitative research facilitates an examination of experiences as understood through the eyes and words of those experiencing them. A qualitative approach was used in the present study to gain an understanding of women's experiences of what it feels like to be 'depressed.'

The inquiry also drew on the analytic methods of grounded theory and discourse analysis. Grounded theory is an approach that guides the process of analyzing verbal accounts derived from interviews (Glaser & Strauss, 1967; Strauss & Corbin, 1990). The focus of analysis is on organizing ideas and generating theory, rather than collecting data to test existing theories. Grounded theory analysis is an ongoing process in which data are concurrently collected, coded, and analyzed for common themes and patterns of meaning.

A discourse analytic approach was used to uncover underlying meanings in the women's accounts. Discourse analysis focuses on an examination of the meaning embedded in the structure and content of language (Henwood & Pidgeon, 1994; Potter & Wetherell, 1987). Rather than viewing language as a passive medium through which attitudes and thoughts are expressed, language is seen as actively constructing meaning within the social world. The aim of discourse analysis, then, is to examine how individuals' talk is constructed and what the consequences are of different types of language construction.

A standard questionnaire, the Beck Depression Inventory (BDI), was also completed by each participant following the interview. Participant's scores on the BDI were used to document that they would be considered 'depressed' when assessed in accord with mainstream criteria. According to their scores on the BDI, half of the women interviewed would be labelled as "severely depressed" (scores of 30-63),

one quarter of the women would be labelled "moderately depressed" (scores of 17-29), and nearly another quarter would be labelled "mildly depressed" (scores of 10-16).

Method

Participants

Participants in the study were 15 women residing in rural areas in central New Brunswick (i.e., areas around Fredericton), who identified themselves as depressed, or under a great deal of stress, but who had not sought professional help for their distress. Sample size was determined based on the saturation criterion proposed in grounded theory (Glaser & Strauss, 1967; Rennie, Phillips, & Quartaro, 1988). Saturation was reached after 15 interviews, when no additional information about emerging themes was derived from the interviews.

Interview Schedule

An interview schedule was developed for interviews with the participants. This interview schedule was not rigidly followed, but, rather, served as a prompt or guide for the interview process, allowing participants to freely expand on answers and explore related areas. Questions included in the interview schedule addressed how participants came to understand that they were 'depressed,' what their experiences of depression were like, how they explained their depressed feelings to themselves and others, and the coping methods they used.

Recruitment of Participants

Participation in the study was strictly voluntary. Contact with participants was made through a number of sources, including 'Letters to the Editor' in various rural newspapers, a community development worker, and flyers posted in community settings (e.g., libraries, community recreational centres).

Participants were fully informed about the nature and purpose of the study before agreeing to participate. The study protocol was also reviewed for ethical acceptability by a university Ethics Review Committee

prior to recruitment of participants.

Procedure

Semi-structured interviews lasting approximately 60 to 90 minutes were conducted with participants by the first author. Most participants chose to be interviewed in their home, and each woman received \$20.00 in return for taking part in the study and to cover incidental expenses.

The women's accounts were then transcribed verbatim and each participant was given the opportunity to review a copy of her interview transcript and to give feedback on the interview itself.

Analysis and Results

Use of the analytic methods of grounded theory and discourse analysis begins with detailed and repeated readings of interview transcripts. The grounded theory analysis involved development of a coding system to identify thematic categories. Categories were integrated and further developed through comparison across interviews until a broad conceptual framework of themes was formed. A discourse analytic approach was then applied to material in each thematic category to examine the meaning embedded in the structure and content of participants' language. Participants' talk was examined for recurrent patterns of underlying discourses. Reflexivity was also incorporated into the research process through the principal researcher writing memos and notes in a diary throughout the entire research process. Thoughts, values, interpretations, and anything else that may have affected the research process were incorporated into the analysis.

Analysis revealed a number of thematic categories and underlying discourses related to women's experiences of depression; however, for the purpose of the present paper, only some of the main themes and discourses are highlighted.

Depression and women's everyday lives: Practices of the 'good' woman.

For the women interviewed, the experience of being 'depressed' was something that permeated all aspects of their lives as

mothers and wives. At the same time, women continued to carry out work in the home, despite their depressive experiences. For instance, Susan (age 48), who is currently divorced with 4 adult children and supporting herself with a part-time job, described her everyday life as follows,

...and I still make their supper, and I would still do their laundry, and I would still do whatever I feel is my duty to do for them...

This account illustrates how women's lives seem to be regulated by discourses that prescribe practices (e.g., 'my duty') of the 'good' woman (Schreiber, 1996). Thus, the good woman is one whose practices as a mother and housewife are in service of family members.

In her studies of women's experiences of recovery from depression, Schreiber (1996) also noted a similar pattern. Among the women she interviewed, for many, being a 'good' person involved fulfilling others' expectations of them. Thus, when these expectations are not met or are not met according to others' standards, the women perceive themselves as 'bad,' a subjective experience that is part of feeling depressed. Jane (age 33), who is living in a common-law relationship and has 6 children, has recently become the sole supporter of the family. She spoke of her 'depressed' feelings when she was unable to provide adequately for her children,

With these children...you try and tell them you got your food, take it easy on the food...and then when there's nothing left, of course they sit and cry and of course, we get depressed... because its not there. We don't have the money to get more...I just go in the room and cry...I'll go sit in the bathtub and read if I get too depressed or just stay in my room.

How women explain 'depression' to themselves and others: Normalizing stress and distress.

Women attempted to make sense of their depressive experiences by drawing on a

variety of explanations. A few women spoke about "hormones" and "chemical imbalances," with the majority articulating non-medical understandings of depression.

Many of the women drew upon a 'stress' discourse, in which depression was attributed to events within their everyday lives. Jane spoke about how her depression was partly explained by financial stress,

...for one thing, you're sitting on welfare, you're bound to get stressed out. You're alright for about two weeks and then everything comes crashing down and...you're bound to be depressed and stressed out.

Pat (age 35), a single mother, unemployed and living on Income Assistance, understood her depression as resulting from events external to herself,

Usually when its happened to me, it's been because of external stimuli, it's not anything I'm doing myself...

Although many of the women explained their depressive experiences as being a consequence of external stressors, they also believed that these experiences were a normal and to-be-expected part of their lives. Lucy (age 39), a single mother with two children, currently on Income Assistance explained her depression,

I've always been poor for all my life. That to me is a flat out thing, that's why I'm not happy. Because I'll never have any money and I never did have, and I never will have. So to me feeling depressed is a natural thing on that level because it ain't going to change on that part...being sad is a normal part.

Sarah (age 23), living in a common-law relationship and currently supporting both herself and her partner, remarked,

"...I didn't think I was depressed, I just thought it was the way of life...I find it is normal in a person..."

As these accounts reveal, the women viewed their depressive experiences as a 'normal' or taken-for-granted part of their

lives. Certainly, the women were reluctant to interpret their experiences as a sign of illness.

Women's coping with 'depression': Getting on with life.

The tendency of women to normalize their depressive experiences was also reflected in the coping strategies adopted. For many of the women interviewed, 'coping' involved ignoring their distress and continuing with their lives as usual. The women talked about 'moving on' or 'carrying on' with their lives, despite their depressive experiences, using phrases such as "I had to go on" or "I just did" to describe how they coped. Pat spoke about her experiences coping with depression in a somewhat matter-of-fact way,

...but I just said, somebody's got to look after the house, somebody has got to look after the lawn, and it was me who had to do it...

As this account suggests, these women felt that they had no choice but to get on with their lives, in part because of the needs of family members. This notion of 'getting on with things' seems to be related to the practices of the 'good' woman. For many women, continuing with life as usual took precedence over acknowledging their depressive feelings (Walters, 1994). Jane coped with her depressed feelings by giving priority to her activities as a mother,

No matter how depressed or stressed out you are, for me, I know I still have to get up in every morning and I still have to get them their breakfast...I don't know if you'd say they were my anchor, but I guess that's the way you'd put it...for me it always comes down to the kids.

Women's ways of coping: Withdrawal and social isolation.

In order to 'carry on' with their lives, some women turned to their friends for support, but the majority of women coped with their depressed feelings on their own. Jane treasured her moments alone when feeling depressed, "I wanted my own little quiet."

This notion of withdrawal, of isolating themselves from others was a common theme in the women's accounts. The idea of coping on their own, without help, was, for some women, directly tied to the negative stigma associated with depression in rural communities. Not wanting other people in their small community to find out that they were 'depressed,' many women felt the need to conceal their depressive experiences. Susan commented,

I'm afraid to say it to anybody because if I say that I'm depressed, I'm afraid that they'll think that I'm crazy.

Julie (age 49), who is divorced with one teenage son and has a part-time job, said, "I just don't want people to know I'm depressed." As a result, many women seemed to be 'doubly burdened' (Schreiber, 1996), feeling depressed and knowing that they could not share their experiences with others.

Conclusions

Women's accounts of their subjective experiences of 'depression' provide a wealth of information for understanding depression among women. Analysis of the women's accounts suggests that their everyday lives are regulated by discourses of femininity, which dictate the practices of the 'good' woman in our society, i.e., a good mother and housewife. Such practices are integral to how 'depression' is experienced by women, how it is understood by women, and the coping methods women draw on to deal with their depressive experiences. In their attempts to enact the practices of the 'good' mother and housewife, many women normalize their depressive experiences; they cope with them in ways that allow them to 'go on' with their daily lives, in part by withdrawing from others and coping with their distress on their own.

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CONFERENCE INFORMATION

ASSOCIATION FOR WOMEN IN
PSYCHOLOGY
CHARTING A NEW COURSE!
MARCH 5 - 8, 1998
BALTIMORE MD

CONFERENCE INFORMATION:

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QUALITATIVE HEALTH RESEARCH CONFERENCE

February 19-21, 1998
VANCOUVER, BC

CONFERENCE INFORMATION:

4th Qualitative Health Research
Conference
c/o School of Nursing
The University of British Columbia
T201-2211 Wesbrook Mall
Vancouver, BC
V6T 2B5
Tel: (604) 822-7446
Fax: (604) 822-7466
E-mail: QHRConf98@nursing.ubc.ca

QUALITATIVE RESEARCH CONFERENCE

MAY 14 - 17, 1998
TORONTO, ON

CONFERENCE INFORMATION:

Qualitative Conference Coordinator
c/o Linda Muzzin
Room 6-215 Theory and Policy Studies in
Education

OISE/University of Toronto
252 Bloor Street West
Toronto, Ontario M5S 1V6
Tel: (416) 923-6641 x 4490
E-mail: l.muzzin@utoronto.ca

**CANADIAN PSYCHOLOGICAL
ASSOCIATION**
JUNE 4-6 1998
EDMONTON, AB

SUBMISSION DEADLINE: NOVEMBER
14, 1997.
CONFERENCE INFORMATION:
Canadian Psychological Association
1998 Convention
152 Slater St. #205
Ottawa, ON K1P 5H3
Tel: (613) 237-2144
Fax: (613) 237-1674

**AMERICAN PSYCHOLOGICAL
ASSOCIATION**
AUGUST 14-18 1998
SAN FRANCISCO, CA

SUBMISSION DEADLINE:
November 21, 1997
CONFERENCE INFORMATION:
Convention Office
American Psychological Association
750 First St., N.E.
Washington, DC 20002-4242
Tel: (202) 33606020

ANNOUNCEMENTS

1997 HYDE GRADUATE STUDENT RESEARCH GRANTS

Through the generosity of Janet Hyde, royalties from her book will be used to support four graduate student feminist research projects, each up to \$500.

Eligibility: Doctoral students in Psychology

Submission of proposals must include in this order:

1. a cover sheet including title of proposal, name of investigator, address, phone, fax number, and e-mail address
2. a 100-word abstract
3. a proposal (5-page, double-spaced maximum) organized around: purpose, theoretical rationale, procedures.
4. a 1-page statement of relevance to feminist goals and importance to the field
5. a faculty sponsor's recommendation, including a statement of why the research cannot be funded by other sources
6. an itemized budget, a justification and total amount requested specified (if additional funds are needed to ensure completion of the project, please specify sources)
7. the applicant's vita.

Send 5 collated copies to:
Jacquelyn W. White, Ph. D.
Department of Psychology
University of North Carolina at Greensboro
Greensboro, NC 27412

Deadlines: February 1 and July 1

Judging: A panel of psychologists will evaluate the proposals on the basis of theoretical and methodological soundness, relevance to feminist goals, applicant's training and qualifications to conduct the research, and feasibility of completing the project.

Progress Report: Grant recipients are expected to submit a summary or progress report within 18 months of receipt of a grant.

Sponsored by Division 35, Psychology of Women

PSYCHOLOGY OF WOMEN SECTION OF THE ONTARIO PSYCHOLOGICAL ASSOCIATION.

Interested in being a part of the rebirth of the Psychology of Women Section of the Ontario Psychological Association?

The purpose of the section will be to provide a forum for the exchange of ideas, theory, and practice in the area of women and psychology at the provincial level and to develop a network for support, information sharing, and workshop training within the province. If you're interested, please contact Dr. Brenda Bettridge, 2425 Front Road, Chute a Blondeau, Ontario, K0B 1B0 dakota@hawk.igs.net

CPA WEB PAGE

Stuart Hickox of the CPA main office is looking for interesting information pieces that might be put on the CPA Webpage for general "public-oriented" reading; e.g., "How to's, Guidelines on, Answers to Questions on, Violence and Kids, What You Should Know About, Finding Help", etc. APA has a number of very interesting pamphlet style information sheets on their webpage, and he has a feeling that there are likely similar Canadian pieces available from our members. If you are aware of anything of this sort, please contact Stuart Hickox by e-mail: stuart@cpa.ca.

IDEAS FOR WORKSHOPS?

CPA has initiated a format whereby CPA members can develop and present workshops to non-psychologist audiences.

The workshop presenters would receive a negotiated fee from CPA; CPA would market the workshop, pay associated costs and add any profits to its general revenues.

It is also possible for a Section, such as SWAP, to offer such a workshop where the presenters, i.e., Section members, would donate their time or work for a reduced fee and contribute all or part of their workshop fee to the Section. Anyone interested in more information about this option should contact the SWAP Coordinator, Meredith Kimball.

ABUSE PROTOCOLS

Dr. Kathy Lawrence of Women's College Hospital is conducting a project the primary focus of which is the development of a protocol regarding detection and intervention strategies for mental health professionals who have clients who are either currently being abused or have suffered violence in the past. At this stage of the project, she is looking for examples of existing protocols. If you have information or would like to learn more about the project, contact her at: Department of Psychiatry, Women's College Hospital, 76 Grenville St., Toronto, Ontario M5S 1B2.

NOMINATION OF CPA FELLOWS

Every year a few members of CPA are chosen to be Fellows. These are people who have made important contributions to the discipline of psychology through participation and leadership in CPA, and/or through research, teaching, or professional contributions to the discipline. Nominees must be members of CPA. SWAP has been active in ensuring that deserving women psychologists are so honoured. If you can think of anyone who should be nominated please send their name and address and your name, address and phone number (or e-mail address) to Meredith Kimball, Coordinator.

CPA BOARD MEETING

The CPA Board Meetings are November 8 and 9. Joanne Gallivan, is the SWAP liaison on the Board and if there is something you think the Board should consider you can communicate directly with her by mail, phone, or e-mail (Joanne Gallivan, Professor of Psychology University College of Cape Breton, Sydney, Nova Scotia, Canada, B1P 6L2 Phone: 902-563-1217; e-mail jgallivan@uccb.ns.ca)

STATUS OF WOMEN CANADA'S POLICY RESEARCH GRANTS

Status of Women Canada is inviting submissions to their Policy Research Fund. The deadline is December 12, 1997 and research on two themes will be funded: 1) Reducing Women's Poverty: Policy Options, Directions and Frameworks and 2) Factoring Diversity into Policy Analysis and Development: New Tools, Frameworks, Methods, and Applications. If you want a copy of the the SWC guidelines and instructions, contact the Coordinator, Meredith Kimball

RESOURCES AVAILABLE

From time to time, the CPA office sends to the SWAP Coordinator information that comes to the main office from the government and other sources. Depending on the content these items are either kept by the Coordinator or passed onto the Chair of the Status of Women Committee. Sometimes they are given to a member of SWAP to review and comment on. As a regular part of the Newsletter, these items will be listed along with a brief description of each. After each item the location of the document is indicated in parentheses. If any reader would like a copy of any of these documents, please contact either the Coordinator or the Chair of the Status of Women Committee and one of us will pass them onto you.

Items Received:

1. Canadian Firearms Centre: Short pamphlet and four one-page bulletins describing the implications of the new Federal Firearms Act. (Coordinator)
2. Status of Women Canada: Perspectives, Vol. 10, No. 1., Summer 1997 (publication of the Secretary of State,

Status of Women). (Coordinator)

3. Status of Women Canada: Canada's International Activities to Promote the Advancement of Women: Highlights (1990-1997). This is a summary of Canada's contributions to various multi-national organizations, including the UN. Free copies may be obtained by contacting the Status of Women Canada office (360 Albert St., 7th Floor, Ottawa, K1A 1C3; Phone: 613-995-7835; FAX: 613-943-2286; e-mail: vilas@swc-cfc.gc.ca)

4. Status of Women Canada: Women's History Month, October 1997: Discovering Women in Science and Technology. This is a short pamphlet giving bibliography and information about the history of Canadian women in science and technology.

SWAP WELCOMES YOUR INPUT

THE NEXT NEWSLETTER WILL BE PRINTED IN JANUARY, 1998. THE DEADLINE FOR SUBMISSIONS FOR THE NEXT NEWSLETTER IS 1 JANUARY 1998. PLEASE SEND ANY ITEMS TO THE EDITOR.