



Karen Rowa, PhD, CPsych



HEALTH SCIENCES
Psychiatry & Behavioural
Neurosciences

Research Work

Karen Rowa is a psychologist at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton and an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also the Training Director of the Clinical Psychology Residency Program at St. Joseph's Healthcare in Hamilton, ON. Dr. Rowa's research focuses on the impact of safety behaviours on performance and likeability in social anxiety disorder, enhancing treatment outcomes for obsessive compulsive disorder, as well as the development of psychological ownership of possessions in hoarding disorder. Dr. Rowa has published over 50 peer-reviewed articles and chapters, as well as two books in the area of anxiety disorders, hoarding disorder, and obsessive compulsive disorder.

Current Research Projects Include:

- Psychological Ownership and Attachment in Hoarding
- Self-Concealment and Safety Behaviours in Social Anxiety Disorder
- Treatment of Pedophilic OCD: Clinician perspectives
- Validation of the Diagnostic Assessment Research Tool
- Understanding the Impact of Cannabis on Anxiety Symptoms and CBT outcome

Engagement Opportunities

Introductory Level

- Literature reviews
- Participant recruitment for particular studies

Intermediate Level

- Training and running participants through a research protocol
- Contributing to a poster presentation, workshop, or talk
- Conducting semi-structured clinical interviews for a tool validation project

Advanced Level

- Data analysis of existing datasets
- Assist in writing manuscript using existing dataset

If you are interested in learning more, please leave your contact information with the Research Office and/or contact Dr. Rowa at krowa@stjoes.ca