School of Psychology, Family, and Community

Student Research Conference

Awards Luncheon

Psi Chi Induction Ceremony

May 27, 2009

10:00 am - 2:00 pm

Upper Gwinn Commons

#10-1
Undergraduate Psychology: Completed Quantitative Research Study
Myr, N., Barkett, A., Johnston, M., Burnett, K., & Craft, B.B.
The effect of a conditioned stimulus on choice behavior in Rattus rattus.
Using the Behavior Systems Approach, previous research suggested that a long-delay, conditioned stimulus (CS) elicited a general search mode similar to choice studies that investigated self-controlled responding. Conversely, a short-delay, CS elicited a focal search mode similar to an impulsive choice (Timberlake, 2001). The present study explored how an auditory, CS led to either an increase in self-controlled or impulsive responding. Results indicated that CSs had no effect on choice behavior. Implications and limitations of the study are discussed.

#10-2
Undergraduate Psychology: Completed Quantitative Research Study
Carroll, H.A., Jung, C., Lowell, C., & Craft, B.B.
Relationships between caloric deprivation and risky behavior in human participants.
Self regulation theories suggest risky behavior is influenced by ego depletion. Many factors may influence risk including food consumption. Therefore, the present study assesses the influence of caloric deprivation on ego depletion, and subsequently, risky behavior. We predicted that the more caloricity deprived an individual is, the more likely they will display risky behaviors. Participants (n = 21) were randomly assigned to either 1) positive (no fasting), 2) negative (12 hours fasting), or 3) neutral (two hours fasting) energy groups. Participants completed the Iowa Gambling Task (IGT) to measure risky behavior. Results will be analyzed via one-way analysis of variance.

#10-3
Undergraduate Psychology: Research in Progress
Myr, N., Jung, C., Carroll, H., & Craft, B.B.
Shortened version of the metacognitive awareness inventory.
The two-factor model developed by Schraw and Dennison (1994) defines metacognition as knowledge of one's own cognitive processes. Schraw and Dennsion developed the Metacognitive Awareness Inventory (MAI), a lengthy 52-item measure, in order to analyze the two major factors of metacognition: 1) knowledge about cognition, and 2) regulation of cognition. Previous Factor Analysis revealed poor factor loadings for the eight subscales. Therefore, a shortened 22-item MAI was created to assess metacognition with greater validity. Confirmatory Factor Analysis will be used to assess factor loadings for the MAI. A shorter questionnaire will result in a more parsimonious measure of metacognition.

#10-4

Undergraduate Psychology: Research in Progress

Myr, N., Dehnert, K., Kruse, K., & Craft, B.B.

The effects of cognitive depletion on risky behavior.

This study investigated whether cognitive budgets are causal factors that contribute to ego depletion and consequently, risky behaviors as measured by the Iowa Gambling Task (IGT). The ego-depletion model is of importance to the present study because as the ego is depleted, risky behaviors are more likely to occur (Baumeister, Bratslavsky, Muraven, & Tice, 1998). We hypothesized that the participants assigned to the cognitive negative condition would make risky choices when performing the IGT. Participants were randomly assigned to two groups: cognitive negative and cognitive neutral. We plan on analyzing the data using an independent samples t test.

#10-5

Undergraduate Psychology: Research in Progress

Barrett, G.S.

Attitudinal and personality differences between college majors.

Professional counseling cannot help people who are not willing to seek out treatment. One hundred nineteen participants were recruited from Seattle Pacific University to complete a survey containing Fischer and Farina's (1995) abridged version of Attitudes Toward Seeking Professional Psychology Help Scale and Gosling, Renfrow, and Schwann's (2003) Ten Item Personality Inventory. Biology and business students scored significantly lower than psychology students in terms of willingness to seek counseling. Agreeableness was found to significantly and positively correlate with positive attitudes toward counseling, while emotional stability significantly and negatively correlated with positive attitudes toward counseling.

#10-6

Clinical Psychology: Completed Qualitative Research Study

Muljat, A.M., Wilson, B.J., Oliver, T. C., Kottke, S., & Petaja, H.

Family expressiveness and child emotionality: Mediating role of inconsistent parenting.

Negative emotionality is linked to internalizing and externalizing problems. This study examined two family variables that might influence children's negative emotionality: negative expressiveness and inconsistent parenting. Negative expression within the family environment is related to children's emotional understanding. Inconsistent parenting, defined as endorsing contradictory parenting practices, has been shown to be associated with various negative child outcomes, including conduct problems. We hypothesized that family negative expressiveness would predict child negative emotional lability. Our results suggest that the interaction of emotional expressiveness with inconsistent parenting is an important factor when considering children's emotional development.

#10-7

Undergraduate Psychology: Completed Quantitative Research Study

Langer, R.M., Dehnert, K.D., Wilson, B.J., Oliver, T., & Lasher, L.D.

A mother's sense of divine calling as a socializing agent.

Parents who focus on issues of spirituality and religiosity with their children experience significantly more desirable outcomes than negative outcomes in family life. However, the degree of calling for mothers to act as socializing agents in their children's religious development has not yet been investigated. The purpose of this study was to develop and validate an interview that investigates mothers' sense of divine calling as a socializing agent to their children. Analyses of the interviews indicated concurrent validity with a previously standardized measure. Additionally, this study focused on what mothers hold as important when socializing their children regarding faith issues.

#10-8

Clinical Psychology: Completed Quantitative Research Study

Lasher, L., Lucey, S., Montague, R.A., & Wilson, B.J.

Emotion regulation: A mediator between empathy and prosocial behavior.

A child's ability to self-regulate and empathize with peers is related to positive social outcomes. Our study examines the role of emotion regulation skills and empathy on prosocial behavior. Ninety-two first-grade teachers rated participants' emotion regulation skills, ability to empathize, and prosocial behaviors. Hierarchical regression analyses revealed that emotion regulation partially mediated the relationship between empathy and prosocial behavior. Emotion regulation plays an important role in translating empathy into prosocial behavior. Perhaps children who empathize but have poor regulation skills do not know what to do with the strong emotions they feel for others. Implications for interventions are discussed.

#10-9

Undergraduate Psychology: Completed Quantitative Research Study

Carson, B., Pippitt, K., Dehnert, K., Muljat, A.M., & Wilson, B.J.

Children's Negative Emotionality and Social Problems: The Mediating Role of Empathy.

Research demonstrates that children's negative emotionality predicts behavior problems (e.g. externalizing, internalizing, social problems). Children with more frequent and intense negative emotions score lower on measures of empathy. We hypothesized that empathy would mediate the relation between negative emotional lability and social problems. After controlling for empathy, the effect of negative lability on social problems was still significant, $\Delta R2 = .20$, $F (1, 92) = 25.18$, $p < .001$, but the standardized betas dropped from .51 to .49. Our results suggest that empathy partially mediates the relation between negative lability and social problems, but other factors are worthy of study.

#10-10
Clinical Psychology: Completed Quantitative Research Study
Schoenfield-McNeill, J., Wilson, B.J., & Luna, J.J.
Children's Executive Attention: Relations to Social-Emotional Competence and Behavior Regulation.
Social-emotional competence contributes to children's school success. Research has shown that attention predicts academic and social outcomes for young children, especially for children at risk. Specifically, executive attention processes are related to children's social-emotional competence. However, the mechanism through which executive attention affects social-emotional competence is not well understood. We hypothesized that behavior regulation would partially mediate the relation between executive attention and social-emotional competence in preschool children. Results suggest that behavior regulation partially mediates the relation between executive attention and social-emotional competence. Future research on social-emotional competence should continue to include measures of both executive attention and behavior regulation.

#10-11
Clinical Psychology: Completed Quantitative Research Study
Schoenfield-McNeill, J., Wilson, B.J., & Luna, J.J.
Children's Executive Attention: Relations to Academic Performance and Behavior Regulation.
Children's academic performance is an important aspect of their school success, and executive attention abilities are related. It is important to understand factors that affect school competence, especially in children who are at risk for school failure. Previous work linked behavior regulation to executive attention and school competence. We hypothesized that behavior regulation would partially mediate the relation between executive attention and academic performance. The results suggest that behavior regulation does not mediate the relation between executive attention and academic performance. However, using measures of both behavior regulation and executive attention could strengthen future studies on children's school competence.

#10-12
Clinical Psychology: Theoretical Paper
Gilmore, S.J. & Thoburn, J.
Investigating the Efficacy of Interpreter Mediated Cognitive-Behavioral Therapy for Refugees with Posttraumatic Stress Disorder.
Over 2.5 million refugees have been resettled into the United States (United States Department of State, Bureau of Population, Refugees, and Migration, 2001). Using an interpreter in therapy for refugees adds many layers to an already complex endeavor. Cognitive-behavioral therapy (CBT) has been shown to be an effective treatment choice for posttraumatic stress (PTSD), but is lacking empirical support for CBT facilitated by an interpreter in the treatment of PTSD among the refugee population. This paper asserts a theoretical rationale for the utilization of interpreter-mediated CBT in treating PTSD among refugee populations, along with testable hypotheses for future research.

#10-13

Clinical Psychology: Theoretical Paper

Jones, K.C., Vines, L.M., Ahmad, Z.S., Bentley, J.A., & Thoburn, J.W.

Current reintegration programs for U.S. military veterans: Are they adequately holistic?

To ensure long-term health for returning veterans, effective reintegration requires integrating physical, neurological, psychological, and family therapy services holistically. However, holistic approaches are currently underused. For example, many reintegration programs fail to adequately include family members, despite past research indicating the effectiveness of family inclusion on symptom reduction in the veteran (Wheeler & Bragin, 2007). Although some reintegration programs provide aspects of systems care, the majority of programs do not offer comprehensive care. This poster will examine current reintegration programs to compare differing available integrative services in order to begin discussion of a proposed model of holistic care.

#10-14

Industrial/Organizational Ph.D. Program: Completed Qualitative Research Study

Kocheleva, J., King, D., Chang, G.C., McKenzie, A., Roenicke, C., Campbell, V., Eckard, K., & Bikos, L.H.

Consensual Qualitative investigation into the repatriation experiences of missionary kids.

We interviewed young adult, repatriated missionary kids (MKs, n = 9) and their supporters (n = 4) regarding the repatriation difficulties of MKs. The interviews allowed the participants to shape the direction, depth, and breadth of the content. As a result, we acquired a rich, multi-angle perspective of the repatriation process. The analysis of the data resulted in 3 domains for MKs (adjusting to the home country, MK identity and personal growth, and support systems) and 4 domains for their supporters (adjustment, identity, relationships, and support systems) and 16 core ideas in each domain elaborating on the themes.

#10-15

Clinical Psychology: Completed Quantitative Research Study

Gibbs, R., Kocheleva, J., & Bikos, L.H.

Toward a career adaptability model of understanding the expatriate transition.

The Life-Span approach to career development, and in particular the career adaptability and life role salience constructs, provide a unique perspective for developing a model of expatriation to a foreign country. In recent studies, the Culture Shock model has been found inadequate to explain the process of transition to a foreign country. Additionally, models originating from human resources and business perspectives emphasize the outcome of a successful placement and downplay the role of psychosocial variables. Our project tests tenets arising from career adaptability construct with data from a sample of female, expatriate spouses on assignment in Turkey.

#10-16

Clinical Psychology: Completed Quantitative Research Study

Bore, T.R., Kocheleva, I., Klemens, M., Randa, L. King, D., Gibbs, R., Agatonovic, J. & Bikos, L.H.

Adding rigor to an evaluation of an organic social service intervention.

Project SAFE is a home-grown intervention program at an Everett, WA youth shelter, created in response to overwhelming parental demand for help with at-risk youth. SPU collaborated with Project SAFE to evaluate the effectiveness of initial phone consultations and follow-up services in reducing the likelihood of the youth leaving home as well as increasing parental hope, increasing parenting self-efficacy, and reducing frustration with the adolescent situation. Our presentation will address our difficulties and solutions in working with muddy data and challenges in obtaining significant and relevant results. Despite the obstacles, the academic/agency partnership has resulted in benefits for both sides.

#10-17

Clinical Psychology: Research in Progress

King, D., De Paul, N., Forman, R., & Bikos, L.H. (2009).

Internationalizing the Psychology Curriculum: A CQR analysis of undergraduate and graduate approaches.

How can academic institutions internationalize their psychology curricula? The purpose of our qualitative investigation is to explore how recognized stakeholders in undergraduate and graduate psychology programs are defining an "internationalized curriculum," what they are anticipating as outcomes of the programs, and what successes and challenges they are experiencing. So far, interviewees have stated a need for the psychological community in the U.S. to recognize and move away from an ethnocentric mentality and for students to be given the opportunity to experience other cultures in vivo and to work collaboratively with students from around the world.

#10-18

Clinical Psychology: Completed Quantitative Research Study

Welton, S.R., Calabrese, D., & Jones, K.C.

The effects of mindfulness on the relationship between state anxiety and attentional control.

Converging lines of research have suggested that mindfulness interventions mitigate the effects of anxiety on performance (Jha, Krompinger, & Baime, 2007). While most mindfulness literature examines the effects of long-term mindfulness interventions, the current study investigated the effects of a short-term mindfulness intervention. The purpose of this study was to test the hypothesis that mindfulness will decrease the negative effects of state anxiety on attentional control. Results of a one-way ANOVA did not support the hypothesis; however, the mean differences among conditions suggested a trend toward the mitigating effects of mindfulness on the relationship between state anxiety and attentional control.

#10-19

Industrial/Organizational Ph.D. Program: Research Proposal

Mecham, V., Chahil, S., Campbell, I., Campbell, T., & Diddams, M.

The use of impression management during communications in varied technological media.

Advancements in communication systems are altering the way work activities are conceptualized. In particular, work activities are no longer limited to clearly defined organizations, locations, formats and hierarchies. Additionally, with newer collaborative communication systems such as text-based wikis or avatar-based collaboration, individuals can no longer rely on traditional methods for managing how others, especially their manager, view their performance. The purpose of this proposal is to determine how impression management occurs under conditions of text- or avatar-based communication. The presentation will show demonstrate how we are collecting data for this technology mediated field experiment

#10-20

Undergraduate Psychology: Completed Quantitative Research Study

Corley, J., Dlugosh, C., Jung, C., & Pohlman, D.

Do Individuals with Siblings Have Better Social Skills Than Only Children?

This study examines the relationship between sociability and having siblings. Participants were placed in either groups of two or four and had a ten-minute "get-acquainted" conversation. The hypothesis was that participants without siblings would be rated more social in a group of two than a group of four, and participants with siblings would be rated more social, particularly in the group of four. Results showed participants without siblings were rated more social by themselves and their conversation partner when in a group of four. Participants with siblings were no more social in either group.

#10-21

Undergraduate Psychology: Completed Quantitative Research Study

Burns, K., Greeno, H., McMahan, A., & Waddingham, J.

The effect of music on the mood of college students.

Smith and Noon (1998) found that music caused significant changes in mood; Balch and Lewis (1996) found that fast tempo songs produced higher arousal than slow music. The present study combined varying tempos and genres of music to determine their effect on mood. The four categories of songs were slow-tempo classical, fast-tempo classical, slow-tempo hip-hop, and fast-tempo hip-hop. In a sample of 57 SPU participants who listened to one of these categories for 10 minutes, there was a significant effect of tempo on mood, such that lower positive and negative emotions were reported in the fast-tempo groups.

#10-22

Undergraduate Psychology: Completed Quantitative Research Study

Carson, B., Broetje, W., Frankland, J., & Rote, K.

Meditation, personality, and awareness of another's presence.

This study tested the effects of meditation and personality type on how well a person could sense another's presence under conditions of sensory deprivation. Forty SPU students wore sensory deprivation gear, and were asked to raise their hand if they felt another person was in the room; an experimenter entered twice during the trial. After five minutes of guided meditation, participants were tested again, and completed a personality inventory. Participants were significantly more accurate at detecting another's presence after meditating. A trend in the data suggests that introverts were somewhat more sensitive than extroverts to the presence of others.

#10-23

Undergraduate Psychology: Completed Quantitative Research Study

Beckman, K., Dehnert, K., Portinga, J., & Spatacean-Cotner, D.

Priming effects of media on cognitive processing: Students' implicit attitude formation of male and female aggression.

This study examined the effect of media priming on the cognitive accessibility of aggression, examining both the effect of the target aggressor's gender and the gender of the participant. Consistent with past research (Bushman, 1998; Bushman & Geen, 1990; Hof, Huber, & Weiss, 2008), participants who watched aggressive film clips showed greater subsequent cognitive accessibility of aggression-related words than participants exposed to neutral scenes. Of the 77 total participants in the sample, male participants who viewed aggressive film clips of females scored highest on the assessment. The schema-incongruence of female physical aggression may have been responsible for this finding.

#10-24

Undergraduate Psychology: Completed Quantitative Research Study

Barkett, A., Bauer, K., Chaney, J., & Mutascu, M.

The effect of creative expression on a self-reported measure of anxiety.

Research indicates that as little as one hour spent in creative expression can reduce stress and anxiety (Walsh, Martin, and Schmidt, 2004). Gender may moderate the health benefits of creative activity, as women are more emotionally expressive than men (Ursula et al., 2006). The present study investigated the interaction of gender and creative activity on self reports of anxiety in 45 SPU students. The data showed a significant main effect of creativity, but no effect of gender and no interaction effect on state anxiety. Participating in even a brief creative activity appears to have immediate benefits on mood.

#10-25
Industrial/Organizational Ph.D. Program: Research in Progress
Boyd, T.N.
The Surprising Impact of Purpose: The Moderating Effect of Calling on the Relationship Between Job Demands and Burnout.
Employee burnout exacts a high cost on both individuals and organizations. High levels of job demands are accepted as a strong antecedent of employee burnout. Most research seeking to reduce burnout has focused on contextual issues such as reducing job demands or increasing job resources and social support. Person variables, such as calling and vocation, have not been explored. These variables may play an important part in reducing burnout when it may not be feasible to change the job itself. This study contributes to the employee wellness literature through exploring calling as a potential moderator of the job demand/burnout relationship.

#10-26
Marriage and Family Therapy: Research Proposal
Pressar, G.W. & Thompson, E.E.
Problem Gaming in Adolescents: Effectiveness of Setting Limits on Time Played.
This research proposal will examine the effectiveness of two interventions for reducing the negative impact of excessive time spent playing World of Warcraft has upon the lives of "problem" adolescent gamers and their families. One intervention is a moderate withdrawal from play, and a second intervention is cutting all access to game play. Volunteer families will be divided into three treatment groups. The effectiveness of each approach will be measured by the amount of conflict within the family, by the child's academic performance, by the level of video game addiction, and by family self-report.

#10-27
Marriage and Family Therapy: Research Proposal
Lenhardt, S., & Dean, L.L.
Puppet therapy with grieving children: A qualitative research study.
Children affected by the death of a loved one can face many challenges including: dealing with emotions, difficulties with social groups, and behavior problems. This qualitative research focuses on whether developmentally appropriate play through experiential therapy with puppet play helps mediate healthy bereavement process in young children.

#10-28
Marriage and Family Therapy: Research Proposal
Couch, S.B.
The role of anxiety in sexual addiction.
The relationship between anxiety and sexual addition has been studied in some populations with limited findings that a correlation exists. This study proposes to look deeper into the relationship between the two factors, specifically anxiety's effect on addiction. The hypothesis being tested states that as anxiety is lowered that sexual addiction is affected and changed as well. This finding would have implications for theories of sexual addiction tx, therapists working with sexually addicted clients as well as the clientele of the sexually addicted themselves. Implications for further research are also addressed. Mixed methods of quantitative inventories of clients and qualitative interviews of therapists will be used.

#10-29
Marriage and Family Therapy: Research Proposal
Giese, J.A., & Shetter, T.C.
Investigating out-patient, time-limited sexual addiction group treatment in a Christian context: A Qualitative Study.
Group therapy is considered an essential component in the treatment of sexual addiction, but has not been evaluated for efficacy in the context of an evangelical Christian belief system. We propose, through the use of qualitative questionnaires, to inquire into the experiences of group participants and facilitators on Christian colleges and universities, to see how group treatment models hold up in a Christian context. This study aims to provide direction for future research in the group treatment of sexual addiction.

#10-30
Marriage and Family Therapy: Research Proposal
Brannon, S.L., & Bratt, E.L.
Treatment of posttraumatic stress disorder (PTSD): A comparison of lifespan integration techniques and cognitive-behavioral therapy.
Research supports the concept of brain plasticity, which enables the reorganization of neural passageways.Lifespan Integration (LI) is a recently developed therapeutic approach designed to promote rapid healing in trauma victims. Using a technique called an "affect bridge," neural passageways that underlie problematic schemas are rerouted and integrated to allow more adaptive behavior. Cognitive-behavioral therapy (CBT) is widely used in the treatment of PTSD. This proposal seeks to compare the effectiveness of LI and CBT interventions.

#10-31
Marriage and Family Therapy: Research Proposal
Faucette, K. & Smith, S.J.
What are the long term effects of sexual reorientation therapy on individuals experiencing same sex attraction?
The intent of our proposed research is to examine what the long term effects of sexual reorientation therapy are on individuals experiencing same sex attraction. Sexual reorientation therapy has been at the center of controversy in the psychotherapy field for quite some time, and various researchers have study whether sexual reorientation is helpful or harmful to clients; however, there are few studies which explore the long term effects sexual reorientation therapy has on clients. Additionally, our proposed research intends to broaden the scope of individuals studied to include more diverse populations.

#10-32
Marriage and Family Therapy: Research Proposal
Allred, S., & Heffernan, A.
Climbing out of the gulf of infidelity: An examination of successful affair recovery tools.
The purpose of this study is to search out and identify essential rituals/tasks needed to successfully help couples transverse the gulf in their relationship brought about by one of them having an affair. In this study we view an affair to be the sexual attraction and sexual liberation on one or both individuals within a committed relationship that leads to "a symptom of unresolved and/or unhealthy emotional Dynamics" (Moultrup, 2004, p. 268). The desire of this study is to present the identified rituals/tasks as guidelines for future marriage therapists to help in a couples development and recovery following an affair.

#10-33
Marriage and Family Therapy: Research Proposal
Fleehart, S., & McMurtrey, A.L.
Vicarious traumatization and the family therapist: A systemic look at personal implications of trauma work.
This research proposal will explore the implications of vicarious traumatization on the family life of therapists. A qualitative study will be proposed, in which methods include interviewing therapists and therapist's families about the effects of vicarious traumatization on family functioning. This proposed research will broaden the depth of the existing research into the realm of family therapists as well as into personal experiences of family life for therapists struggling with vicarious traumatization. Implications for the clinical context will also be discussed.

#10-34

Marriage and Family Therapy: Research Proposal

Zeimet, E.C.

Treating marital infidelity: Comparing the efficacy of the interpersonal trauma model to cognitive-behavioral couple therapy and a control group.

Infidelity is a prevalent issue for couples and can be one of the more challenging problems to address in couples counseling. The interpersonal trauma model has been proposed as an effective treatment for the trauma and devastation of an affair. A randomized trial will be used to test the efficacy of the interpersonal trauma model as a treatment for couples dealing with infidelity in comparison to couples receiving cognitive-behavioral couple therapy and a control group. Implications for the clinical realm will be discussed.

#10-35

Undergraduate Psychology: Research in Progress

Krentz, U.C., Chen, C., Lee, J. M., Lucey, S., Olden, K., Patterson, J., & Weston, D.R.

Adaptation of the Functional Emotional Assessment Scale as a level of impairment measure for infants and toddlers.

Despite evidence of serious and persistent problems in infants and toddlers, little is known about diagnosing levels of impairment in this population. The goal of this project is to adapt an existing research based, observational measure of child social and emotional functioning, the Functional Emotional Assessment Scale, as a clinical tool. The FEAS codes the affective, communicative, interactive, cognitive, motor and sensory organization of the child as supported by mother. This poster will discuss the methods used to revise the FEAS for clinical use and propose future assessment of relationships between scores and child characteristics, attachment, and psychosocial risk factors.

#10-36

Clinical Psychology: Completed Quantitative Research Study

Cox, S., Funasaki, K., King, K., & Mezulis, A.H.

Rumination Domain Specificity and Its Association with Depression Symptoms among Adolescents.

Using a community sample of 65 adolescents, the purpose of this study is to examine the extent to which rumination in particular domains in combination with stress in those domains is predictive of later depressive symptoms; and whether considering rumination from a domain-specific, vulnerability-stress model contributes to our understanding of the sex difference in depression. Our results indicate that sex is not predictive of negative life events. While negative life events in all domains were predictive of later depressive symptoms, the interaction of negative life events and rumination was not significant.

#10-37
Clinical Psychology: Research in Progress
Simonson, J.L., & Mezulis, A.H.
The relationship between biological sex, gender role, and rumination.
Rumination has been linked to the increased rate of depression in girls relative to boys in the transition to adolescence. It has been hypothesized that gender role socialization may partially account for level of rumination. In a sample of 65 High School students, the relationship between biological sex, gender role, and rumination was examined. Biological sex was found to predict rumination. In addition, feminine gender role significantly mediated the relationship between biological sex and rumination. These findings help further explain the relationship between biological sex and rumination.

#10-38
Marriage and Family Therapy: Research Proposal
Babin, S., & Philipps, C.
The potential impact of hatha yoga and/or acupuncture on traditional therapeutic processes.
This research proposal will explore the potential positive impact that Hatha yoga and/or Acupunture have on traditional therapeutic processes. Clinical and theoretical implications will be discussed.

#10-39
Marriage and Family Therapy: Research Proposal
Kopko, K.
Impact of Parents' Infidelity on Children.
Infidelity not only has great impact on the marriage, it also affects the children emotion. Children may feel trap in the parents tensed emotion. There are many factors that lead to infidelity; though most of the factors point to dissatisfaction on marriage. The purpose of the study is to conduct a quantitative analysis examining the effect of therapy for the children who parents are recovering from infidelity.

Paper Presentation II: 11:00-11:30 pm

PP#11-1
Clinical Psychology: Completed Quantitative Research Study
Gerrish, W.G., Carroll, H.A., & Lustyk, M.K.B.
Mindful menses: An oxymoron, or are we on to something?
Cultivating non-judgmental, present moment awareness (i.e., Mindfulness) improves somatic and affective symptoms of various conditions. Few investigations of mindfulness' effects on women's

PP#11-1 Continued
health exist. We explored interrelationships among trait mindfulness, premenstrual symptomatol-
ogy (PMSR), and menstrual attitudes. Female students (n = 128) reported PMSR, menstrual atti-
tudes, and trait and dispositional mindfulness. Significant intercorrelations exist among variables.
Multiple regressions with interaction probing revealed that mindfulness traits moderate the relation-
ship between menstrual attitudes and PMSR. Thus, cultivating mindfulness may lessen negative at-
titudes towards - and perhaps improve management of - premenstrual symptoms. Implications for
future treatment interventions are discussed.

SPFC Awards Luncheon: 11:30-12:30 pm

Paper Presentation II: 12:30-1:00 pm

PP#12-1
Undergraduate Psychology: Completed Quantitative Research Study
Carroll, H.A., Donovan, J., Knight, P., & Craft, B.B.
The effects of past experience on baseline responding in rats.
Disequilibrium hypothesis suggests responding has some probability of homeostasis resulting from
evolutionary history or past experiences. This experiment hypothesized past food deprivation would
influence current responding in rats. Subjects (Sprauge-Dawley rats, n = 10) experienced three,
five-day conditions of 20 15s fixed-interval trials within operant chambers. Group 1 experienced
treatment levels of 90%, 100%, 90% and Group 2 experienced 90%, 80%, and 90% deprivation,
relative to ad lib body weight. Response frequency was analyzed by Mixed ANOVA and post hoc
analyses. Results revealed significant differences in responding due to treatment order, suggesting
changes in responding was influenced by past deprivation.

Poster Session II: 1:00-2:00 pm

#1-3
Undergraduate Psychology: Completed Quantitative Research Study
Abbott, M.T., Holgate, H., Johnson, R., & Patterson, J.L.
Contrast Effect and Self-Control with Sugar and Grain Pellets.
This study investigated how self-controlled responding was affected by changes in reinforcement.
Subjects were Sprague Dawley, male rats (n = 2), maintained at 80% free-feeding weight. Across
three treatments, each subject received a different pattern of reinforcement with sugar and grain
pellets. Choice preference between self-controlled and impulsive responding was measured within
operant conditioning chambers. Results showed that individuals with access to sugar demonstrated
less self-control than those with access to grain. The order in which the rewards were presented did
not significantly effect responding. Self-control was influenced by situational factors such as previ-
ous experience, quality, and delay of reward.

#1-4
Undergraduate Psychology: Completed Quantitative Research Study
Carroll, H.A., Langer, R.M., Craft, B.B., & Island, H.D.
The effects of deprivation on self-control in humans.
The purpose of the current study was to determine the effects of energy on self-controlled and im-
pulsive choosing by using an energy resource model explanation. It was hypothesized that a college
-aged sample would display a preference for the self-controlled or impulsive option depending on
the amount of time the participants fasted. Results found that increases in deprivation caused an
increase in self-controlled choices. This is different than previous research on self-regulation (Vohs
& Baumeister, 2004) and self-control (Forzano & Corry, 1988) where energy was manipulated.
Theoretical and procedural differences may account for such contradictory results.

#1-5
Undergraduate Psychology: Theoretical Paper
Donovan, J.A., Carroll, H., Knight, P., Craft, B.B.
Two fixed interval schedules: Temporal contiguity and reinforcement timing.
Fixed Interval (FI) schedules are used to record operant responding within response-reinforcer con-
tingencies. However, the literature lacks specific instructions for when reinforcement should opti-
mally occur. Two variations of FI schedules were examined in two similar rat studies. FI-A delivered
reinforcement upon one additional response after the completion the trial. FI-B delivered reinforce-
ment immediately upon trial completion, given at least one response was made within the trial.
These results suggest that FI-A is a more salient measure of responding, due to a stronger associa-
tion between the response and the reinforcer, which can be explained by temporal contiguity.

#1-6
Clinical Psychology: Completed Quantitative Research Study
Montague, R.A., Wilson, B.J., King, K.A.
Parent experiences and social outcomes for boys with developmental delays.
Understanding how parenting-styles are related to social outcomes may provide insight into appro-
priate parent interventions for children with social problems, especially children with delays. This
study examined how parenting-style and control related to social outcomes for children with and
without delays. Results suggested that the relationship between social problems and a child-
focused parenting-style, which involves appreciating the experience of watching their child explore
and grow independently, was stronger for children with delays. When parents were not concerned
about how their child's behavior affected their own self-esteem, thus permitting their child to ex-
plore, children with delays had better social outcomes.

#1-7
Clinical Psychology: Completed Quantitative Research Study
Pruviance, L., Lee, J., Wilson, B.J.
Correlates between maternal emotion coaching and child behavior.
Past research has found that emotion coaching of anger in children is often associated with increased levels of social skills. In this study, we explore this relationship cross-culturally and in populations of low socio-economic status. We hypothesized that mothers who emotion coach will have children who display better social skills and less externalizing behaviors. Results show an inverse relationship between mothers' coaching of anger and their children's social skills and a positive relationship between mothers' coaching of sadness and externalizing problems in their children.

#1-8
Undergraduate Psychology: Completed Quantitative Research Study
Carpenter, H., Locke, S., Carroll, H.A., & Lustyk, M.B.K.
Relationships among trait mindfulness and premenstrual symptom reports.
Standard cognitive-behavioral therapy fails to successfully treat premenstrual syndrome (PMS) or premenstrual dysphoric disorder (PMDD) (Lustyk et al., 2009). Since newer therapies incorporating mindfulness have proven beneficial for conditions that share symptoms with PMS/PMDD, research is needed to determine if mindfulness and premenstrual symptoms interrelate. In this survey, premenstrual symptom reports (PMSR), trait and, dispositional mindfulness in women (N=127) were assessed. Analyses revealed several statistically significant inverse relationships indicating that higher mindfulness was associated with less severe PMSR. Such relationships warrant further investigation to evaluate if the cultivation of mindfulness is beneficial in treating premenstrual symptoms.

#1-10
Clinical Psychology: Completed Quantitative Research Study
Susan J. Locke, Johanna M. Portinga, Hilary A. Carpenter, Haley A. Carroll, M. Kathleen B. Lustyk.
Menstrual cycle variations in premenstrual symptoms and quality of life reports.
Impaired Quality of Life is inherent to Premenstrual Syndrome (PMS) and Premenstrual Dysphoric Disorder (PMDD); however, the diagnostic criteria focus mostly on affective symptoms. Therefore, the present study assessed relationships between premenstrual symptom reports (PMSR) and Quality of Life reports (QOLR). Freely cycling women (n = 87) completed PMSR and QOL assessments during their follicular and luteal cycle phases. T-tests revealed a non-significant difference in PMSR; however, a statistically significant luteal phase decrease in QOLR was noted. PMSR failed to predict luteal QOLR. As such, PMS/PMDD may go undiagnosed, and potentially untreated.

#1-11

Clinical Psychology: Research in Progress

Gilmore, S.J., & Lee, J.

Time perspective as a mediating factor between parental socioeconomic status and student's academic goal setting abilities.

School success is vital to students' abilities to be successful later in life. Parental socioeconomic status has been implicated in past research to be related to student school success. We investigate the mediating effect of time perspective on the relationship between parental SES and student academic achievement. Approximately 100 undergraduate students completed a survey that assessed parental SES, student's goal setting abilities, and student time perspective. Based upon social learning theory, children of parents who have experienced both vocational and academic success are hypothesized to have children who have a future oriented time perspective and better goal setting abilities.

#1-12

Clinical Psychology: Completed Qualitative Research Study

Agatonovic, J., Gibbs, R., Bikos, L.

A Program Evaluation of Legal Advocacy Services for Victims of Sexual Assault.

Results of a Consensual Qualitative Investigation of the effectiveness of legal advocacy services at King County Sexual Assault Resource Center were derived from interviews with 10 stakeholders including victims, prosecutors, defense attorneys, law enforcement, legal advocates and board members. Five major themes emerged from the process including role of advocate, justice/community system characteristics, communication/networking among professionals, outcomes, workload/resources, and advocate negatives. Core ideas were identified in each domain and used to identify measures of social support and self-efficacy. Additionally, the advocate role domain was utilized to create a measure of victim satisfaction, and all measures will soon be psychometrically evaluated.

#1-13

Clinical Psychology: Completed Quantitative Research Study

Wilter, A.

Attachment insecurity, transliminality, and mystical experiences in adulthood.

Previous findings within the psychology of religion support the hypothesis that intense spiritual experiences compensate for unmet attachment needs. Based upon these findings, a relationship between attachment insecurity and mystical experiences was proposed. Further, transliminality was expected to moderate the strength of the relationship. Transliminality refers to "a hypersensitivity to psychological material emanating from the unconscious, and, simultaneously, a hypersensitivity to stimulation from the external environment" (Thalbourne, 2006, p. 159). It was expected that adults with attachment insecurity and high transliminality would report greater degrees of mystical experiences. Results did not support the study's main hypotheses.

#1-14
Clinical Psychology: Completed Quantitative Research Study
King, D., & Chidester, J.
Evaluating the Effects of Father Presence on Altruistic Behavior in Adults.
The Administration for Children and Families (ACF) reports children who have involved fathers are significantly more likely to display pro-social behavior and empathy. Based on past research we created a model that examined the relationship between father presence and altruistic behavior in adults with altruistic motive and ability to detect need as mediating variables. While post hoc analysis did not reveal a relationship between father presence and altruistic motive, the analysis did find a positive relationship between mother-presence and altruistic motive for daughters but no relationship between mother-presence and altruistic motive for sons.

#1-15
Clinical Psychology: Research in Progress
Agatonovic, J., Romano, E., & Smith, L.
Rumination and chronic pain: A cognitive vulnerability-stress model moderated by pain self-efficacy.
Individuals suffering from chronic pain often endure physical, emotional, and psychological distress that cannot be alleviated by current medical techniques. Consequently, research and practice has begun to focus on cognitive interventions of ways to cope with chronic pain. According to the cognitive vulnerability – stress theory of depression, the interaction of a negative cognitive style with stressors predicts depression. Particularly, a ruminative focus on negative events is positively related to depression and anxiety. The objective of this paper was to examine the relationship of ruminative coping styles and stressors on depression and anxiety moderated by pain self-efficacy in chronic pain patients. We hypothesized that rumination in interaction with stressors moderated by pain self-efficacy will predict depression and anxiety.

#1-16
Undergraduate Psychology: Research Proposal
Patterson, J.
Anxiety, Depression, and Previous Exposure to Suicide: Predictors of Suicidal Behavior.
Anxiety, depression, and previous exposure to suicide are hypothesized risk factors for suicidal behavior. This research expands on previous knowledge of these risk factors. The relationship between these suicidal risk factors and increased suicidal behavior is examined. An increase in suicidal behavior is expected with the presence of depression, anxiety, or previous exposure to suicide. An even greater increase is expected if two or more of these risk factors are present. Through the use of depression, suicide, and anxiety measures, an increase in suicidal behavior could be visible.

#1-18

Marriage and Family Therapy: Research Proposal

Catalano-Hutmacher, C.V., & Ishaq, M.

A difficult decision for therapists: accommodation vs. facilitated disclosure of infidelity secrets.

A difficult and sometimes polarizing decision for therapists is how to proceed with couples following private disclosure of infidelity by one of the partners. Some therapists are driven to facilitate disclosure based on concerns regarding ethics, attachment consequences, and promotion of healing while others are more inclined toward accommodation of infidelity secrets in a compassionate effort to reduce volatility, trauma, and distress following a disclosure. We propose that facilitating voluntary disclosure by one partner promotes the greatest possibility for healing and future success of the couple.

#1-20

Marriage and Family Therapy: Research Proposal

Bagan, A.

The relationship between mindful awareness training and physician effectiveness

Much research has been conducted examining the usefulness of mindfulness techniques for physicians, but little has been conducted regarding the most useful ways to implement the training of physicians in mindfulness techniques. The author proposes that research be conducted on existing training sites in an effort to understand which models are most effective.

#1-21

Marriage and Family Therapy: Research Proposal

Thomas, D. & Whitaker, S.

Helping the whole family: Clinical interventions for siblings of children with pervasive developmental disorders.

When a child is diagnosed with a pervasive developmental disorder, a family may seek intervention and treatment for the diagnosed child. Yet prior research has shown the experience of a pervasive developmental disorder impacts the child's siblings and parents. Family therapists can play a unique role in addressing the experience of the whole family, including typically developing siblings, when coping with a child with a pervasive developmental disorder. This study explores possible interventions to encourage communication, reduce stress, and reduce incidence of maladaptive behaviors in siblings of children with pervasive developmental disorders.

#1-22

Marriage and Family Therapy: Research Proposal

Schaper, K.L.

The effect of successful trauma work with patients of Fibromyalgia Syndrome.

This research will explore the effectiveness of trauma work on patients living with Fibromyalgia Syndrome (FMS), specifically if successful trauma work with these patients reduces their pain. To measure the effectiveness, two groups will participate in the pretest-posttest randomized control group. Implications of this research in the clinical, theoretical and research context will be discussed. Important themes that will be explored are a) the impact of childhood trauma on adults living with FMS; b) the measure of success in working through the trauma for each patient; and c) the level of pain in FMS patients after completing trauma-work.

#1-23

Marriage and Family Therapy: Research Proposal

Swanson, C. & Lewis, G.

Engaging children in the treatment of alcoholism and the family.

The proposed study will focus on the inclusion of children of alcoholics for treatment planning. Research shows that children are affected negatively by alcoholism and suffer an increase risk of becoming problem drinkers themselves. The object of the study is to develop effective methods that will improve outcomes for the problem drinker, concerned significant other and their children. Furthermore by intentionally including children in the treatment program their risk of alcohol abuse and dependence will decrease. Assessment of family functioning using inventories for depression, self-esteem, anxiety and drinking problems will be used to measure progress.

#1-24

Undergraduate Psychology: Research Proposal

Kincade, R. & Krentz, U.C.

Beauty and the baby: Assessing the development of aesthetic preference in 6-8 month old infants.

The perception of beauty is universal within human cultures, yet its development in infancy remains elusive. Our research aims to help illuminate the beginnings of sensitivity to beauty by measuring aesthetic preference in 6-8 month old infants. Using a preferential looking paradigm, we will track visual fixation of sets of paired contrasting images. The images will be classical art "masterpieces" that are paired with duplicates that vary from the originals in the use of stylistic elements such as symmetry, color contrast, and luminance.

#1-25

Marriage and Family Therapy: Research Proposal

Savage, L.

An Exploration of the Benefits of Massively Multiplayer Online Role-Playing Game Play on Adolescents' Real Life Socialization and Personal Development.

When one examines the evolution of video games, massively multiplayer online role-playing games (MMORPG) represent a new gaming phenomenon because they offer a different gaming experience – a persistent, networked, interactive, narrative environment in which players collaborate, strategize, plan and interact with objects, resources, and other players worldwide. As millions of people become immersed in these new virtual societies, potentially different consequences will pose both unique risks and benefits from their use. If MMORPGs are here to stay, what are the possible unique benefits parents can embrace through their adolescents' participation in these games?

#1-26

Marriage and Family Therapy: Research Proposal

Warren, B.

Spirituality and Theory, Hand-in-Hand When Working with Therapy Clients in a Family Therapy Context.

Over recent decades research has shown that spirituality has begun to enter the work some doctors do with patients, and even into the work that some therapist do with clients. The benefits of mixing spirituality into these fields of work shows promising results that some contend are not valid. This research proposal submits the idea for study that using spirituality in the family therapy environment when working with families has benefits similar to those of the medical and other therapy paradigms. The idea of this research is to assess couples and families on spirituality and religiosity levels, as well as other assessment measures, through valid and reliable methods. Results will support the research question; namely, family therapy practice that includes spirituality and religiosity as a major component of therapy enhances outcomes for families. This proposal will be based upon a solid literature review and sound methods and measures. The methods and measures will be presented, as will be the reasoning behind the usage of those methods and measures.

#1-27

Marriage and Family Therapy: Research Proposal

Davis, G. & Jones, B.

The emerging adult: Clinical considerations for MFT's.

Marriage and Family therapists ought to have an awareness of their client's process through developmental stages. Recent literature posits that a sub category has entered into Erickson's eight stages of development between adolescence and adulthood (18-25). This research focuses on the new concept of emerging adults. It aims to bring clarity to conflicted relational interactions that take place between emerging adults and their family members. Data is gathered through empirical research, two self-report surveys and clinical interviews. It is then summarized and evaluated to broaden the Marriage and Family therapist's clinical understanding of transitional phases, familial conflicts and relational interactions.

The School of Psychology, Family, and Community
What we offer at the undergraduate and graduate levels:

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SPFC offers a breadth of academic programs: B.A and B.S. in Psychology; M.S. in Marriage and Family Therapy*; Certificate in Medical Family Therapy; M.A. and Ph.D. in Industrial/Organizational Psychology; and, Ph.D. in Clinical Psychology**.

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*Nationally Accredited by the American Association for Marriage and Family Therapy
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School of Psychology, Family and Community Mission

Faculty, staff and students in the School of Psychology, Family, and Community strive to become a community of learners who are:

Guided by Faith

- Exploring the implications of vital expressions of Christian faith for the human condition, as well as for emotional and relational healing and health.

Rooted in Academic Discipline

- Fostering rigorous and creative learning environments, as well as contributing primary scholarship to the scientific study of psychological and social processes.

Committed to Service

- Grounding our learning community in the theory, research, and application of our disciplines in order to produce skilled graduates who can serve with character and competence in a broken world.

- Nurturing creative partnerships with our local community and beyond in order to serve in and learn from socially and culturally diverse settings.