2015
Program Guide
Lecture on the Integration of Faith and Professional Practice

*The WoW (Words of Wisdom) From My Moses Moments: Leading With Integrity*

*with invited lecturer*

C. Douglas Johnson, PhD  
Professor of Leadership and Management  
Georgia Gwinnett College

Most people have moments in their personal and professional lives when self-doubt creeps in and they begin to question whether they have the capacity to complete the task before them, especially in a leadership role. During these times it is important to remember the adage, “God does not call the qualified; he qualifies the called.” Through words of wisdom from his personal journey and integration of research on faith at work, Dr. Doug will highlight characteristics essential for leading with integrity during these “Moses Moments,” for those chosen to lead.

**ABOUT OUR SPEAKER**

Currently serving as a professor of leadership and management at Georgia Gwinnett College, C. Douglas Johnson (“Dr. Doug”) is trained as an industrial-organizational psychologist (PhD 2001, University of Georgia), with prior educational and applied experience as an accountant and human resources professional. He combines his professional, personal, and spiritual experiences to inform his research, which sits at the intersection of career and diversity management, with an emphasis on organizational outsiders within. He has published and/or presented over 100 papers, serves as an associate editor for Management Teaching Review, and serves on the Academy of Management Diversity and Inclusion Theme Executive Committee. He is a devoted husband and father who enjoys gospel music, writing poetry and short stories, and designing word-search puzzles.
Clinical Psychology - Completed quantitative research study
Willey, B., DeSimone, J. & Kuhn, M.

Maladaptive behaviors in response to weekly stressors: The moderating role of trait negative affect, rumination, and impulsivity

Disordered eating, non-suicidal self-injury (NSSI), and problem drinking are common maladaptive behaviors. Researchers propose that maladaptive behaviors can serve as emotion regulation strategies when indviduals face life-stressors. The current study examines the relationship between stress and maladaptive behaviors as moderated by trait-level vulnerabilities (negative affectivity, rumination, and impulsivity) in a sample of 92 undergraduate students. We hypothesized that individuals high in trait-level vulnerabilities would be particularly likely to engage in maladaptive behaviors when faced with weekly stressors. Results indicated that individuals who ruminated when faced with stressful, negative events were more likely to engage in maladaptive behaviors.

Clinical Psychology - Completed quantitative research study
Holguin, J., Vieselmeyer, J., & Mezulis, A.

The role of resilience and gratitude in posttraumatic stress and growth following a campus shooting

This study investigated the role of resilience and gratitude in the relationship between trauma exposure, posttraumatic stress and posttraumatic growth following the campus shooting at Seattle Pacific University. The purpose of this study is to understand characteristics about trauma (physical/emotional proximity, posttraumatic stress symptoms) and protective characteristics (resilience, gratitude) that contribute to growth. Participants were 359 students, faculty and staff. Results of our mediation model suggest both resilience and gratitude can be conceptualized as protective mechanisms, while resilience may prevent negative outcomes in contrast to gratitude that may act as a coping mechanism in response to adverse symptoms following trauma.

Undergraduate Psychology; Clinical Psychology - Research in progress
Bikos, L. H., Rodney, H., Gowen, M., Kramer, R., & Cline, T.

Doublewhammy: Exploring calling trajectories in the context of trauma exposures (squared)

Exposure to traumatic events and contexts often results in stress and growth. Using cohort approach, we report the results of calling trajectories for 98 SPU SPRINTers with regard to their exposures to international service in developing countries (often with recent histories of warring or natural disaster) and the June 5, 2014 campus shooting. Preliminary results suggest different trajectories on dimensions of search for and presence of (a) transcendent summons, (b) purposeful work, and (c) prosocial orientation as a function to the timing of the campus shooting relative to their 18 months of longitudinal data.
Clinical Psychology - Completed quantitative research study
Bikos, L. H., Rodney, H., & Gowen, M.
**Calling, vocational Identity, and psychological well-being: A test of alternate models in international immersion learning returnees**

Researchers have generally determined positive relations between endorsement of a calling and outcomes such as life satisfaction. Research results become less clear when the calling construct is disaggregated into its constituent parts. We compared two models (serial mediation v. moderated moderation) of the effects of search-for and presence-of calling on vocational identity and psychological well-being in 74 returnees from international immersion learning programs. Statistical support was found for both models and suggested that in the absence of a presence of a calling, students experienced lower vocational identity, and in turn, lower psychological well-being when they were searching for a calling.

Clinical Psychology - Completed qualitative research study
Huyhn, K., MinhDan, T., Gowen, M., Rodney, R., & Bikos, L.H.
**A mixed method program evaluation of the Positive Reentry in Corrections Program**

The Positive Reentry in Corrections Program (PRCP) teaches offenders skills that facilitate re-entry into the community. Offenders participated in weekly lectures, discussions, and homework assignments focused on positive psychology principles. Results of a 2 x 2 mixed design ANOVA indicated significant pre-post-intervention improvement in on gratitude, hope, and life satisfaction for inmates enrolled in both 8 (n = 31) and 12 (n = 31) week programs. Qualitative results from this mixed method evaluation suggested that participants gained mastery of positive psychology skills, they engaged in positive relationships, and felt better equipped to tackle the reentry challenges.

Clinical Psychology - Completed qualitative research study
Roberts, C., O'Connell, C., Patton, K. & Bikos, L.
**Emotional proximity as a moderator of psychological well-being following trauma**

This study explores the longitudinal impact that such a trauma has on psychological well-being (PWB; Stewart, Ware, Sherbourne, & Wells, 1992, p.102). The change in the trajectory of PWB after the trauma is likely moderated by the emotional proximity to the event. Participants (N = 19) completed six surveys over 12 months assessing PWB and an additional survey assessing heir emotional proximity to the shooting. Our results indicated that emotional proximity functioned as a moderator on psychological well being across time.
This literature review examines the efficacy of Eye Movement Desensitization and Reprocessing (EMDR) relative to other evidence-based treatments for Posttraumatic Stress Disorder (PTSD), such as Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT). The paper explores the problem of PTSD; outlines the history, theory, and initial trials of EMDR; and examines five randomized controlled trials which compare EMDR to PE or CPT. Results suggest that neither treatment model produces significantly greater reductions in PTSD symptoms, though there is evidence that EMDR may be better tolerated and produce desired results faster than other treatments.

The purpose of the present study is to test the Avoidance of Negative Emotional Contrast model in a longitudinal experience sampling study. We recruited 92 undergraduate students to participate in an eight-week prospective study during which they completed measures to assess GAD symptoms, worry, affect, and sensitivity/avoidance of negative contrast. We expected that GAD symptoms would moderate the relationship between sensitivity to negative contrast and negative affect. Specifically, we predicted that individuals that scored higher on trait/state contrast sensitivity would score higher on trait/state negative affect, and that this relationship would be stronger for individuals with GAD symptoms.

Children diagnosed with autism spectrum disorder (ASD) often display poorer language and functional communication abilities compared to typically developing (TD) children. Research shows these deficits negatively affect the developmental trajectories of children with ASD (Ganz, Lashley, & Rispoli, 2010). We investigated the moderating effect of parental synchrony on the relation between developmental status (ASD vs. TD) and functional communication during a parent-child free play task. We expect developmental status predicts functional communication and that the effect of parental synchrony will be stronger for the ASD group. Participants (n = 63) included children ages 3:0-6:11 matched on mental age and gender.
Intensity of parenting stress, child negative emotionality, and the interaction of parent’s self-regulation skills

Parenting a child with ASD is associated with parental stress. Negative emotionality and maternal self-regulation affect parenting stress. Sixty-one children and their parents were in this study. Hierarchical regression indicated the interaction between child negative emotionality and parent self-regulation skills accounted for significant variance in parenting stress intensity. Parent self-regulation skills buffered high stress intensity even when child’s negative emotion was high. In contrast, the stress of parents with lower SR skills was linked to their child’s NE. Parent self-regulation strategies of negative emotions may buffer against child’s negative emotionality on parental stress. Implications of this research will be discussed.

Promoting therapist creativity in Marriage and Family Therapy training

This study will explore how accessing therapist creativity in marriage and family therapy (MFT) training can help scaffold recent graduates as family therapists. Beginning MFT’s may struggle with when to include children or feel undertrained with engaging children in family therapy. This study will explore if intentional incorporation of individual therapist creativity can help support the foundation for beginning MFTs. Participants of this qualitative study will include professors, current students, and recent graduates practicing family therapy. Interviews and focus group discussions will be conducted on “How therapist creativity is currently stimulated in MFT training.” Implications may guide techniques and methods of MFT training and therapist creativity.

Strings attached: Love and expectations, the changes from partnering to parenting

Research demonstrates individuals hold love expectations throughout the partnering process. Little research has been conducted on love expectations and potential shifts throughout the developmental process. This research proposal explores changing love expectations from partnering to parenting. Phenomenological interviews with 20 young adult, engaged couples will be conducted with each partner separately about “How do you feel loved the most by your partner?” A second round of individual interviews will be conducted within the first year of couple’s first child. Phenomenological data analysis will be completed. Potential implications illuminate changes that could occur in love expectations between couples across developmental stages.
The use of Adlerian early recollections technique with emotionally focused therapy to enhance marital satisfaction, intimacy, and affect management in distressed couples

This study will compare the effectiveness of combining the Adlerian technique of early recollections (ER) with emotionally focused therapy (EFT) in treatment of marital dissatisfaction in distressed couples. Couples seeking therapy will be assigned to one of three treatment groups: EFT alone, EFT in combination with ER, or a wait-list control. Measures of relationship satisfaction, intimacy, and affect will be obtained pre and post treatment using the Dyadic Adjustment Scale, Marital Intimacy Questionnaire, and Managing Affect and Differences Scale. Data will be analyzed using a two-way ANOVA. Projected results are increased effectiveness of therapy in all categories in the group receiving combined treatment.

An alternative method for treating oppositional defiant disorder: An emotionally focused family therapy approach

This study will examine the effectiveness of emotionally focused family therapy as a non-behavioral treatment method of oppositional defiant disorder in children from single-parent households. This research expands on previous behavioral research conducted with children diagnosed with oppositional defiant disorder. Participants will take pre and post-test measures on parent–child relationship satisfaction and oppositional behaviors using the Parent–Child Relationship Questionnaire, a modified version of the Family Relationships Measure, and the Oppositional Defiant Behavior Inventory. Data will be analyzed with an ANOVA. It is hypothesized that treatment will increase the parent–child relationship satisfaction and decrease oppositional defiant behaviors.

Sexually explicit material and couple sexual satisfaction

This study will examine the relationship between the purpose of the use of sexually explicit materials (SEM) and couple sexual satisfaction. Heterosexual couples will be given a questionnaire about the purpose of their SEM use and their level of sexual satisfaction. Responses will be analyzed using an ANOVA. This proposed study will address the limited research regarding the effects of SEM use within a couple’s sexual relationship and will explore whether the purpose of SEM use impacts sexual satisfaction.
A journey along the same path: Shared military experience and client satisfaction

This study will examine the effects of therapist and client having shared military experience and the impact on client satisfaction. Military couples are in need of mental health services attending to the experience of military culture and special confidentiality concerns. Multicultural research demonstrates shared cultures between the provider and client improves treatment effectiveness and therapeutic relationship. Participants are recruited through Tricare Insurance, utilizing networked providers. A pre- and post-therapy survey, Satisfaction with Therapy and Therapist Scale—Revised, will be administered to 200 couples. Potential clinical implication may be clients have higher satisfaction when the therapist also has military experience.

Parent-child closeness and the age of child's first sexual experience

Supportive parenting decreases the probability of approval of sexual activity. A positive mother-child relationship shows protective factors against risky sexual behavior. This study hopes to expand the research to look at how the perceived closeness within the parent-child relationship effects the age of the child's first sexual experience. The study will survey college freshman looking at perceived closeness, parental knowledge, parental control and sexual communication as it relates to their mother. Three quantitative surveys, and one qualitative survey, will be used to assess the relationship in hopes of understanding its effects on age of first sexual experience.

Body image and sexual satisfaction in women

Nearly 40% of women of all ages report having sexual problems. Psychological and social issues can have a profound impact on sexual functioning. Given the impact of society and media on female body image it is worth investigating further the connection between body image and sexual functioning. The purpose of this quantitative study is to explain the relationship between female personal body image and perceived sexual satisfaction within heterosexual, committed relationships. Sixty participants will complete the Body Image Concern Inventory and the Golombok Rust Inventory of Sexual Satisfaction. Regression analysis will be used to explain the impacts of concerns with body image on sexual satisfaction.
Marriage & Family Therapy - Research proposal
Mancini, K., & Woods, N.

Parental support groups: The effect on parents with autistic children on parental stress and the reduction of ASD symptoms

Parents with children diagnosed with an Autism Spectrum Disorder (ASD) experience higher levels of stress than parents with typically developing children. There is limited research of the effectiveness of non-psychoeducational group therapy with these families. In this study, participants will be placed into two groups: eight week family group therapy group and a waitlist control group. Parental stress will be measured by the Autism Parenting Stress Index (APSI) and ASD symptoms will be measured by the Autism Spectrum Disorder-Behavior Problems for Children (ASD-BPC). A repeated measures ANOVA will be used from data collected at the beginning, end, and follow up.

Marriage & Family Therapy - Research proposal
McMahon, A. J., & Suess, R. K.

Does this filter make me look fat and divorced?: How social media’s influence on body image affects marital relationships

Research shows social media usage negatively influences body image. This study will look at how social media's influence on body image affects marital relationships. The study will be comprised of a group of 100 couples between the ages of 23 to 45, married for two or more years. Each partner will complete the Social Media Questionnaire, the Body and Appearance Self-Conscious Emotions Scale (BASES) and the Dyadic Adjustment Scale. Researchers will use a multiple regression analysis to determine if the couples with high scores on the Social Media Questionnaire will have lower body-esteem scale scores and marital satisfaction.

Marriage & Family Therapy - Research proposal
Vriesman, L. R.

How the process of honoring a trauma narrative through sharing or witnessing in couple therapy impacts the couple relationship

Individual trauma experienced by one partner of a couple dyad inevitably impacts the couple relationship, often causing systemic problems. This study aims to explain how honoring the trauma narrative through sharing or witnessing alongside one's partner in couple therapy impacts the couple's relationship long-term. A qualitative study coding and categorizing the experiences of 10 couples participating in weekly therapy over the course of a year will be conducted six months post treatment. This study aspires to confirm the effectiveness of trauma processing with couples as well as to increase the insight of couples into their own healing processes.
Clinical Psychology - Completed quantitative research study
Holguin, J., Vieselmeyer, J., & Mezulis, A.

The role of resilience and gratitude in posttraumatic stress and growth following a campus shooting

This study investigated the role of resilience and gratitude in the relationship between trauma exposure, posttraumatic stress and posttraumatic growth following the campus shooting at Seattle Pacific University. The purpose of this study is to understand characteristics about trauma (physical/emotional proximity, posttraumatic stress symptoms) and protective characteristics (resilience, gratitude) that contribute to growth. Participants were 359 students, faculty and staff. Results of our mediation model suggest both resilience and gratitude can be conceptualized as protective mechanisms, while resilience may prevent negative outcomes in contrast to gratitude that may act as a coping mechanism in response to adverse symptoms following trauma.

Undergraduate Psychology - Completed quantitative research study
Lats, T. V.

Acculturative family distancing, religious support, and psychological well-being among Eastern European immigrants residing in Western Washington

Despite the rapid growth of the immigrant population in the United States, the acculturation process and its impact on immigrant mental health is not well understood. This study investigated the relations between acculturative family distancing (AFD), religious support, and well-being in a sample of Eastern European immigrants residing in Western Washington (N = 200). As expected, AFD was linked to decreased well-being. In addition, religious support moderated the relations between AFD and well-being, such that religious support protected against the detrimental influence of AFD on well-being. The findings have implications for community-based mental health interventions targeting Eastern European immigrants.

Industrial/Organizational Psychology Ph.D. Program - Completed quantitative research study
Osterdahl, S. M., Redding, J. D., Pizelo, T., & McKenna, R. B.

Calling and purpose in work and life: A validation study

Calling and purpose are characterized as essential motivating factors that positively predict various outcomes including leadership effectiveness, work motivation, and personal meaning. The objective of the current study was to evaluate the psychometric properties of four factors within the Calling and Purpose Inventory (CAPI), encompassing calling and purpose in the context of work and life. Resulting scale structure and model fit indicates the CAPI provides the potential for a more detailed, multidimensional examination of a leader’s sense of calling and purpose in work and life.
Industrial/Organizational Psychology M.A. Program; Industrial/Organizational Psychology Ph.D. Program - Completed quantitative research study

Chung, H., Rodriguez, M., Voetmann, K. R., Matthew, N., & Kendall, D.

How outside-of-work socialization leads to willingness to mentor through affect-based trust

Mentoring is an important mechanism by which individuals grow personally and professionally, but little is known about how workplace mentorships emerge. In this study, we explore the potential role that outside-of-work socialization (OWS; a type of informal networking) plays in increasing people's willingness to mentor others through the primary mediator of affective trust. This study included 237 individuals, who participated through Amazon's Mechanical Turk platform. Results indicated that OWS increased an individual's willingness to mentor (i.e., career development and psychosocial support) through affect-based trust, demonstrating that OWS is potentially an effective pathway to cultivate mentoring relationships.

Poster Session II 12:45 - 1:45

1

Undergraduate Psychology - Completed quantitative research study
Chase, B. K., Davenport, J. M., & Easter, J. A.

Risk-sensitive foraging: Reward quality and delay to reward

Past Risk-sensitive Foraging (RSF) studies manipulated delay to reward and reward magnitude. RSF research revealed that changes in reward quality resulted in changes in a forager's preference for a variable or fixed return. However, no studies have investigated the effects of changes in reward quality and delay to reward on risk-sensitivity. Therefore, the current experiment was designed to explore rats' preference for a variable or fixed option when delay to reward and reward quality were manipulated. We observed that changes in delay to reward and reward quality caused subjects' preference for a variable option to change respective to baseline responding.

Undergraduate Psychology - Completed quantitative research study
Crowder, R., Shepherd, E., & Kahikina, T.

The effect of ambient odor on short retention memory recall

Previous experiments have examined the effect ambient odor has on memory at both the time of encoding and recalling. This experiment examines the effect ambient odor has on memory when present at only the time of encoding. In the present study, participants were randomly assigned to three different treatment groups: control, unpleasant odor, and pleasant odor. No statistically significant difference was observed between the groups. This result was inconsistent with previous studies and could infer that ambient odor has an effect on memory when present at both encoding and recalling.
The relationship between Christian faith and practice and self-control

Self-control has been defined as abstaining from immediate gratification for a later reward that yields a larger return. While self-control has been shown to be related to higher IQ as well as lower rates of substance abuse and eating disorders, research is unclear as to how to increase self-control. However, many religious traditions try to cultivate self-control amongst their followers. For example, Christian traditions view self-control as a fruit of the Spirit. Therefore, the goal of the current study was to determine if a relationship between Christian faith and practice and self-control exists.

Difference between perseverance and patience: Examining self-regulation and self-control

Contemporary experiments concerning self-control and self-regulation frequently treat self-controlled and self-regulation as synonymous. Although, these two measures of choice behavior are procedurally and conceptually different. For example, self-controlled choices address the distinction between larger, later reinforcers vs. smaller, sooner reinforcers, and self-regulation measures an individual's perseverance at a difficult task. Given potential differences in self-control and self-regulation, the purpose of the current experiment was to examine the relationship between self-control and self-regulation and argue the importance of delineating the two constructs as separate measurements of choice behavior.

Poor body image exacerbates hemodynamic reactivity to a laboratory stressor in women: Assessing the moderating role of mindful body awareness

Poor body image is prevalent in women and associated with stress. We assessed whether mindful body awareness (MBA) moderates the relation between poor body image and stress. MBA is awareness of non-emotive physical sensations. Forty women completed assessments of body image and MBA. Hemodynamic responses to a stressor were monitored. Women with poor body image displayed greater hemodynamic reactivity. Conversely, women high in MBA displayed less hemodynamic reactivity. Moderation analyses revealed that MBA significantly buffered the effect of poor body image on hemodynamic reactivity. This lends support for development of mindfulness-based interventions for stress.
The role of attention skills in an inhibitory control task for children with and without autism spectrum disorders

Children with autism spectrum disorder (ASD) exhibit greater difficulties with behavioral inhibition and attention compared to typically developing (TD) children (Corbett & Constantine, 2006; Sturm, Fernell, & Gillberg, 2004). Additionally, behavioral inhibition has been shown to facilitate social, emotional, and academic competence in children. Our study included ASD and TD young children (n = 111) and their teachers. Results indicated that children's attention problems explained the relation between diagnostic status and their behavioral inhibition skills. Understanding mechanisms that might help explain behavioral inhibition difficulties in children with ASD could aid in the development of more effective interventions.

Spontaneous mimicry: Reflection of facial expression in children with autism

Imitation of facial expressions has been shown to enhance the speed and accuracy of emotion recognition. We will investigate the extent to which preschool children with autism and typically developing children imitate emotions. We anticipate a sample size of 40. Children’s expressions will be monitored while they watch a video of a man’s face morphing into four different expressions. Data collection is in progress, however we expect to find that children with autism demonstrate longer durations of expressions, and less of their expressions will match the expression of the man in the video.

Linking the emotion regulation of children with ASD and ADHD symptomology

Children with ASD often exhibit greater ADHD symptoms than typically developing children. Additionally, children with ASD often exhibit greater difficulty with emotional regulation. Research suggests that strong emotion regulation skills can help mitigate negative outcomes. Therefore, examining emotion regulation skills may inform treatment for children with comorbid ADHD and ASD. Our research examined the association between status and ADHD symptoms. We hypothesized that this relationship is mediated by emotion regulation skills. The study included 82 children, ages 3:0 to 6:11 and their parents. Results supported the positive association between status and ADHD symptoms and mediating role of emotion regulation skills.
Adaptive Functioning Skills and Anxiety Symptoms in Young Children with ASD

School-age children and adolescents with autism spectrum disorders (ASD) exhibit elevated rates of anxiety symptoms compared to their typically developing (TD) peers. It is important to identify early risk factors that place these children at greater risk for anxiety. Preliminary research has identified adaptive functioning skills as one such risk factor. In the current study we investigated these relations with seventy-five children (ages 3:0 – 6:11 years), their parents, and teachers. We found that children with ASD who exhibited higher levels of adaptive functioning skills experienced greater anxiety symptoms. Further implications for children with ASD and TD are discussed.

Links between ASD and self-regulation abilities on adaptive functioning skills

Children with autism spectrum disorder (ASD) often exhibit difficulties in adaptive skills and self-regulation skills compared to peers with typical development (TD). We investigated whether the self-regulation skills of children with ASD would serve as a protective factor for their characteristically lower adaptive skills. To examine this, we tested whether children's self-regulation skills moderated the association between developmental status and adaptive skills. Results (N = 75) indicated parent-reported adaptive skills of children with ASD were stronger when they had better self-regulation skills. This suggests interventions targeting self-regulation may be related to improvements in adaptive skills for children with ASD.

Acceptance of emotions as a buffer for the negative effects of inconsistent discipline on externalizing behaviors in children with ASD

Parenting techniques focusing on emotions associated with children's externalizing behaviors can increase behavioral compliance and decrease externalizing behaviors in ASD. We explored relations among inconsistent discipline, parental acceptance of child's emotions, and externalizing behaviors. Participants included 25 children with ASD and their parents. Findings indicated high levels of parental acceptance of child's emotions buffered children from increased rates of externalizing problems regardless of inconsistent discipline style. Results elucidate the buffering effects of parental acceptance on externalizing behaviors in ASD, even in the presence of inconsistent discipline style. Better understanding child's emo-
Clinical Psychology - Completed quantitative research study
Campbell, C., Underbrink, E. G., Varma, M., Harris, J., & Stewart, D. G.

Interpersonal consequences as motivator to cope with frequency of substance use: Impact of impulsivity

Adolescent substance use is a leading concern with numerous consequences (NIDA, 2008). The current study examined interpersonal consequences (IP) as factors that activate motivation (MO) and coping skills (TC) to decrease adolescent substance use (SU), and the moderating role of impulsivity (IMP). Participants were 13-17 years old and referred to a substance use intervention. Serial mediation and moderation analyses indicated a significant indirect effect of IP on SU through MO and TC for both alcohol (B = -.0069, CI95 = -.0246, -.0008) and marijuana (B = .0325, CI95 = .0868, -.0069) and a significant moderating effect of impulsivity for marijuana.

Clinical Psychology - Completed quantitative research study
Hamann, R., Kurtz, F. B., Olson, S. M., & Thoburn, J. W.

The association between synchrony and attraction as mediated by eye gaze

This study explores the associations between romantic attraction, behavioral synchrony, and eye gaze, occurring between unacquainted individuals. We hypothesized that behavioral synchrony would positively predict attraction, and that eye gaze would mediate this relationship. Seventy undergraduate male and female students, ages 18 to 22, were paired for in-person interactions, and coded for synchronous and eye gaze behaviors. Participants completed the Interpersonal Attraction Inventory after the in-person interaction. Regression analysis using PROCESS Macro yielded a nonsignificant mediation. We hope that our findings coupled with future modifications in research design will give a clearer understanding of the innate elements contributing to romantic attraction formation.

Clinical Psychology - Theoretical paper
Lucas, H. L., Kurtz, F. B. & Thoburn, J. W.

Marriage longevity: A psychosocial approach to marriage

This poster presentation will discuss a paradigm shift in motivations for marriage, focusing on marriage being as much a vehicle for attachment and personal growth as it has been an institution for serial monogamy. The motivations for marriage have traditionally stemmed from environmental pressures on procreation and providing family resources. Primarily, we propose a systems psychology approach focusing on how interlocking growth and relational factors, including attachment, development, companionship, and love, might promote enduring monogamy. A focus on discussing marriage as a medium for maturity provides a model that offers couples positive reasons to stay together and grow together.
Marriage & Family Therapy - Research proposal
Vernon-Cole, K. A., & Whitt, A.

How do premarital casual attitudes towards sex impact later marital sexual satisfaction?

Casual sex has become a familiar occurrence in the context of today’s sexual culture. There is little research exploring how premarital casual attitudes and behaviors towards sex impact the sexual relationship of a committed, marital relationship. This qualitative, phenomenological study will interview 8-10 married couples where at least one partner identifies previous casual attitudes and behaviors regarding sex. The 45 minute interviews will be coded and categorized to explore emergent themes.

Marriage & Family Therapy - Research proposal
Ansari, R., & Bates, M. E.

Spousal involvement: Does it make a difference?

This study compares the effects of couple therapy and individual therapy on marital satisfaction for patients with chronic pain and their spouses. Thirty chronic pain patients and their spouses will be randomly assigned to one of the three treatment groups: couples therapy, patient only therapy, and control group. The Marital Satisfaction Inventory-Revised (Snyder) and 10 marital satisfaction measures from the Dyadic Adjustment Scale (Spanier) will be used to assess marital satisfaction pre- and post-therapy. Projected results are that couples therapy is more effective than individual therapy in improving marital satisfaction for both patient and spouse. Repeated measures ANOVA will be used to analyze the data.

Marriage & Family Therapy - Research proposal
Elmore, L. A.

How gender roles impact couples’ sexual and emotional intimacy and overall marital satisfaction

This study will examine the relationship between gender roles, emotional intimacy, sexual intimacy, and marital satisfaction in couples identifying with traditional or egalitarian marital roles. Thirty couples, half identifying as “traditional” and half as “egalitarian”, will be assessed using The Dyadic Adjustment Scale and the ENRICH Couple Scale. An ANOVA will be used to examine the level of agreement between spouses, the levels of emotional and sexual intimacy, and marital satisfaction.
Perceived effects of postpartum depression on the couple relationship

This proposed qualitative research will explore perceived effects of Postpartum Depression on couple relationships. This phenomenological study will interview 12 heterosexual couples married at least two years, recently had their first child, and the female having been diagnosed with postpartum depression. Participants will be asked to participate through a local center for pregnancy and newborns in the Seattle area and complete a 50 minute interview of “What are the perceived effects that postpartum depression has had on your couple relationship?” Interviews will be conducted with both members of the couple. Phenomenological data analysis will determine potential emergent themes with implications for clinical application.

The cost of caring: A couple’s experience of having a child with cancer

Childhood cancer impacts many facets of a family’s life including instrumental functioning, financial stress, and emotional distress. These stressors can trigger attachment needs and create marital tension. This qualitative study will explore how these stressors influence a couple’s relationship. Ten couples from Seattle Children’s Hospital will complete an adult attachment inventory during intake and a 6 month follow up phenomenological interview of how the experience of having a child with cancer impacts a couple’s marital relationship. Anticipated clinical implications will involve understanding how to best support the psychosocial needs of the couple, as they support their family.

Using group psychotherapy to treat symptoms of burnout in middle school teachers

Teachers' work is becoming more complex, intensive and emotionally demanding. The purpose of this study will be to examine the impact of group psychotherapy aimed at reducing symptoms of burnout in middle school teachers. Research on negative consequences of teachers experiencing work-related stress is limited. Fifty participants will participate in eight weeks of group therapy treating symptoms of burnout and will complete the Maslach’s Burnout Inventory (MBI) pre and post treatment. Each group of the five groups will have 10 teacher-participants. Data analysis will include comparison to a non-participant control group in an effort to determine effectiveness of therapy.
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 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 the Beck Depression Inventory, Beck Anxiety Inventory and two new suicide measures, an increase in suicidal behavior is predicted.
2014-2015 was a busy academic year for SPFC student scholars:

Fifty-eight SPFC undergraduate and ninety-three graduate students participated in research projects alongside their faculty mentors.

Ten doctoral students successfully presented dissertation proposals, and fifteen successfully defended their completed dissertation research.

Six SPFC graduate students received external awards or recognitions. Taylor Moss was elected to the WAMFT Board; and Ingrid Johnston, Jenny Cooke Malstrom, and Lauren Rimkus received WAMFT 2015 Student Scholarships. Tracey Ward received a scholarship from the Arc of Washington State; and Joanne Sparrow was selected to be a fellow in the University of Washington’s Leadership in Neurodevelopmental Disabilities (LEND) training program.

One hundred one SPFC undergraduate and graduate students and alumni co-authored with faculty ninety-two research papers or posters presented at state, regional, national, or international professional conferences.

Sixty-two SPFC undergraduate and graduate students and alumni co-authored with faculty twenty scholarly publications.

Conference Addendum

Marriage and Family Therapy- Research Proposal
Hall, J., Moss, T., & Yrani, T.
“Does is matter where you sleep before the wedding?” The impact of premarital cohabitation on relationship satisfaction after marriage.

This study aims to investigate changes that occur in marital satisfaction and sense of self for couples who cohabited prior to marriage and those who did not. The researchers hypothesize that there will be qualitatively different changes between groups. Research will be mixed method including quantitative measures for sense of self and relationship satisfaction and a qualitative interview to explore couples’ understanding of relationship changes. The couples will participate in an interview prior to and 6 to 12 months following their wedding. Researchers anticipate findings will help practitioners to better equip couples with realistic expectations.