



THE SCHOOL OF PSYCHOLOGY, FAMILY, AND COMMUNITY  
AT SEATTLE PACIFIC UNIVERSITY PRESENTS

*The Ninth Annual*  
Research Conference, Awards Luncheon, and  
Lecture on the Integration of Faith  
& Professional Practice



Conference Guide 2011

## Research Poster Session I

10:00 - 11:00 a.m.

10-1

Clinical Psychology: Completed Quantitative Research Study

Arger, C., Simonson, J., Sánchez, O., & Mezulis, A.

### **Brooding and cognitive style: Mediating temperament and depression in students.**

Recent developmental models of depression (e.g. Hyde, Mezulis, & Abramson, 2008) have attempted to integrate affective and cognitive vulnerabilities by positing that the temperamental feature negative emotionality (NE) paves the way for cognitive vulnerabilities, which in turn convey risk for depressive symptoms. Few studies, however, have examined how cognitive vulnerabilities such as negative cognitive style and brooding mediate the relationship between NE and depressive symptoms. We found in a sample of 109 college students (72% female, Mean Age, 20.71 [SD 1.45]) that both negative cognitive style and brooding mediated the relationship between NE and depressive symptoms.

10-2

Clinical Psychology: Research in Progress

Burpee, A., & Shipley, L.

### **An investigation of drinking motives as a mediator between emotion dysregulation and alcohol-related problems.**

Emotion dysregulation has long been linked to problems and impairment from alcohol use. The purpose of this study was to examine whether drinking alcohol to cope with negative affect explains the relationship between emotion dysregulation and alcohol-related problems. Eighty-nine undergraduate college students aged 19 to 48 completed self-report questionnaires that assessed emotion dysregulation, motives for drinking alcohol, and alcohol-related problems. We found that drinking to cope mediated the relationship between emotion dysregulation and alcohol-related problems. These findings demonstrate the potential of interventions targeting emotion regulation skills in affectively dysregulated alcohol drinkers. Keywords: emotion dysregulation, alcohol-related problems, drinking to cope, motives

10-3

Clinical Psychology: Research in Progress

Davis, K.A., Laney, T., Rudolph, M.E., & Mezulis, A.H.

### **Physiological arousal mediates the relationship between trait negative affectivity and state rumination.**

Research has conceptualized rumination as characterized by biases in attentional disengagement from negative stimuli. Prior theory has suggested that trait negative affectivity (NA) may be one temperamental vulnerability that leads to these attention biases, and that this association may be mediated by heightened physiological arousal in response to stress. The current study examines relationships between NA, physiological arousal following a laboratory stress induction, and state rumination. We hypothesize that high NA individuals will display attention biases following the stress induction, as compared with low NA individuals, and that this relationship will be mediated by physiological arousal.

10-4

Clinical Psychology: Research in Progress

Forman, R., Kocheleva, J., Yamamoto, M., McKinney, S., Bikos, L. H., & Myr, N.

**Student perspectives on their learning experiences overseas: 12 months post re-entry.**

In an increasingly interconnected world, university-sponsored international experiences (i.e. study abroad) are gaining popularity. Despite their lauded effects, past research offers limited insight into measurable impacts of these experiences. Seeking an empirical understanding of how university sponsored international programs impact students, we conducted a longitudinal investigation into undergraduate students' global learning outcomes and pertinent psycho-social-spiritual variables that develop through international experience. We examined how students' perceptions of their own worldview were impacted using the Consensual Qualitative Research (CQR) approach. Students expressed that international experiences fostered a broadened worldview and informed a more cohesive and advanced understanding of the world.

10-5

Clinical Psychology: Research in Progress

Haven, E. L., Manangan, C. N., & Sparrow, J. K.

**Social skills in children with autism spectrum disorders: The buffering effects of parent-child interactions.**

The prevalence rates of autism spectrum disorders (ASD) are alarming in light of the adverse outcomes associated with this disorder which result partly from poor social skills. Research suggests that parent-child interactions contribute to the development of social skills in children. This study examined the association between the quality of parent-child interactions and children's social skills. Social skills of 18 ASD and 18 typically developing children between the ages of 3:0 through 6:11 years were assessed through teacher reports. Parent-child interactions were coded for parent positive affect, emotional support, and cohesiveness. Data will be analyzed using hierarchical linear regression.

10-6

Clinical Psychology: Completed Quantitative Research Study

Huynh, K. H., Hall, B., Hurst, M., & Bikos, L.H.

**Evaluating the effectiveness of a positive psychology re-entry intervention for prisoners in Washington State correctional facilities.**

We evaluated the Positive Re-entry in Corrections Project which is based upon positive psychology principles and teaches offenders skills that facilitate re-entry into the community to reduce recidivism rates. Two groups of inmates (n= 30, n= 30) met weekly to participate in a positive psychology intervention. A mixed design ANOVA was conducted to evaluate the pre- and post measures of hope, gratitude and life satisfaction between groups. Preliminary analyses found significant differences across time for all constructs of interest, but group membership did account for any additional variance. The intervention was effective in increasing positive attributed in offenders.

10-7

Clinical Psychology: Completed Quantitative Research Study  
*Huynh, K.H., Zurawski, M., Bikos, L.H., & Pegram, K.L.*

**Evaluation of a career development intervention for youth in residential treatment.**

We report the results of sequential studies involved in the development and evaluation of a career exploration intervention. Workshop curriculum was adapted from O'Brien et al. (2000), an intervention that demonstrated some efficacy with at-risk high school programs. Study 1 was a 5-week quasi-experimental evaluation with treatment ( $n = 27$ ) and control ( $n = 27$ ) conditions. Study 2 was a non-experimental evaluation of an expanded 12-week intervention. Results of a mixed-design ANOVA with one repeated measures factor and one between subjects factor indicated no statistically significant differences. The mixed results and the challenges of evaluation in applied settings is discussed.

10-8

Clinical Psychology: Research in Progress  
*Schoenfield-McNeill, J., Wilson, B. J., Haven, E., Sparrow, J., Moody, E., & Harris, B.*

**Delay of gratification and autism: Links to attention problems.**

The ability to delay gratification (DoG) for an immediate reward and maintain goal-directed behavior for a later reward, a robust measure of self-regulation in children, has not been examined in preschoolers with autism (ASD). Preschoolers, typical or ASD ( $N = 30$ ) participated. Two hierarchical regression models were analyzed. In model 1, status, ( $p < .03$ ), and self-regulatory behavior predicted time waited, ( $p < .001$ ). In model 2, status, ( $p < .001$ ), and time waited on the DOG task predicted attention problems, ( $p < .05$ ). Findings suggest that ability to wait is associated with fewer attention problems in children with ASD.

10-9

Clinical Psychology: Completed Quantitative Research Study  
*Siesseger, M. B., Dal Maso, M., & Thoburn, J. W.*

**Commitment, martial experience, and female mate preferences.**

The purpose of our study is to clarify the effect of commitment level on female mate preferences (FMP), as well as the role of marriage experience as a moderator of FMP. The tenets of Sexual Strategies Theory argue both that FMP differ between short- and long-term mating strategies and that there is overlap of preferences between short- and long-term strategies. Additionally, a non-evolutionary attachment perspective argues that pair-bonding, rather than sexual strategies, influence FMP. An online survey was used to collect data from 118 women in committed, romantic relationships. The data will be analyzed to clarify the influences of FMP.



10-10

Industrial/Organizational Ph.D. Program: Completed Quantitative Research Study  
Ecker, D. L., & McLellan, J. R.

**On-the-job development: An examination of intentional actions and managerial support.**

The purpose of the current research study was to explore two factors, intentional actions and managerial support, which are thought to influence the extent to which employees develop on the job. It was hypothesized that managerial support would act as a moderator between intentional actions and participation in developmental activities. Participants consisted of graduate students ( $N = 95$ ) from a private university, and were asked to fill out three self-report questionnaires. A significant main effect was found for intentional actions. Overall, the results suggest that self-motivated, purposeful actions do account for unique variance in participation in developmental activities.

10-11

Marriage and Family Therapy: Research Proposal  
Bellomo, K., & Molleston, A.

**Attachment and deployment: Effects of multiple deployment on marital satisfaction.**

Divorce and marital distress rates in military couples tend to surge during war times. Looking specifically at marital dissatisfaction due to not one, but multiple separations due to deployment, we theorize that marital satisfaction decreases as opposed to couples with one or no deployments. Using a normalized measure of marital satisfaction at the beginning of coupled soldiers' careers as well as pre and post deployments, we will ascertain the effects of multiple deployments on marital satisfaction.

10-12

Marriage and Family Therapy: Research Proposal  
Cho, M., & Gilbert, T.

**Foster childrens' well-being: The efficacy of family therapy on foster family and children.**

Typically, most foster children deal with multiple placements. During their transitions, they are not given the time or opportunity to process their emotional needs brought on by these changes. The purpose of our research is to see what difference family therapy can have over these children. The research will compare 15 individuals (age 2-17) who have gone through therapy and those who have not. These two groups will be compared to each other through a qualitative interview

10-13

Marriage and Family Therapy: Research Proposal  
Engstrom, A., & Hovaguimian, S.

**The effects of Animal Assisted Therapy in conjunction with family psychotherapy on children and adolescents of divorce: A longitudinal study.**

Many therapeutic institutions worldwide incorporate Animal-Assisted-Therapy (AAT). Research indicates that AAT increases self-esteem, client motivation, positive social behaviors, and psychophysiological health, and decreases symptoms of depression, anxiety, and problematic behavior. This longitudinal study seeks to determine the efficacy of AAT on children and adolescents of divorce over two years, using therapy dogs in conjunction with family psychotherapy. We anticipate that experimental groups will exhibit greater decrease in problematic symptoms and increase in wellness over control groups. Adjustment will be gauged by administering four periodic tests and a pre-test comprised of family and personal adjustment measures; data will be analyzed by MANOVA.

10-14

Marriage and Family Therapy: Research Proposal  
Gibson, L.

**Parallel processes or correlation between teenage girls' self esteem and differentiation of self.**

The purpose of this mixed-method 14 week longitudinal study is to determine if a correlation exists between differentiation of self and self-compassion, within the population of teenage girls. The research is designed to score teenage girls in terms of their level of differentiation and self-compassion before and after completing a 14 week group therapy session designed to increase levels of differentiation. If a correlation exists between these constructs then it would give therapists additional tools in helping adolescent teenage girls increase their self-compassion.

10-15

Marriage and Family Therapy: Research Proposal  
Giesbers, N., & Chapman, J.,

**The effects of premarital sexual activity on Christian couples.**

Due to polarizing messages sent by the Church and a secular society surrounding sexuality, Christian couples are often conflicted with how to incorporate their sexuality into relationships. While there is research assessing the influence religion has on premarital sexual behavior, research has not been done to evaluate the effect premarital sexual activity has on the individual faiths within the relationship. Therefore, the purpose of our study is to use multiple regression analysis to evaluate whether engaging in premarital sexual activity causes Christians in relationships to distance themselves from God due to the guilt and shame they experience.

10-16

Marriage and Family Therapy: Research Proposal  
Green, T., & Lupambo, M.

**Trauma and culture: Exploring the impact of the couple's cultural construct on Emotion Focused Therapy.**

Posttraumatic stress (PTSD) is identified as manifesting significant attachment injury affecting the emotional bonds in couples. Emotion Focused Therapy (EFT) is used effectively to strengthen the attachment bonds and transform the couple relationship into a healing agent. The effect of the individual, interdependent, or mixed cultural construct of the couple with the efficacy of treating PTSD with EFT is the focus of this study. Couples with both partners diagnosed with PTSD will receive twelve weeks of EFT therapy with testing instruments administered pre and post treatment and analyzed with an ANOVA comparing attachment bonds and change by cultural group.

10-17

Marriage and Family Therapy: Research Proposal  
Haffner, J., & Gray, H.

**Influence of maternal differentiation of self on adult daughter relationship satisfaction.**

Research indicates that aspects of maternal psychosocial health have significant influence on factors contributing to adolescent daughters' satisfaction in relationships. These factors include sexuality, forgiveness, conflict management and separation anxiety. To date, the direct relationship between maternal differentiation of self and adult daughters' marital satisfaction has not been examined. To test our hypothesis that high levels of maternal differentiation of self will correlate with high levels of marital satisfaction, we plan to concurrently administer the Dyadic Adjustment Scale to fifty married couples and the Level of Differentiation of Self Scale to the mothers of wives participating in the study.

10-18

Marriage and Family Therapy: Research Proposal  
Hall, T.

**The effects of emotional and behaviorally disabled adolescents on their typically developing siblings.**

Students that have been labeled as Emotionally and Behaviorally Disabled by their school district represent a diverse demographic with a variety of mental health concerns. There may be common themes that run through this population in their homes. Unfortunately, there has been minimal research done on the effects of this population on their typically developing siblings. This work seeks to expand on the limited research that has been done in this area by completing structured interviews with these siblings to find qualitative themes which can aid in future research.

10-19

Marriage and Family Therapy: Research Proposal  
*Liffick, C.*

**Exploring self leadership as a possible protective factor for chemical dependency.**

This research proposes to conduct a cross sectional survey study to examine (using Pearson product-moment correlations) the relationships between measures of self leadership (as defined within the main concepts of the Internal Family Systems model) and chemical abuse and/or dependence (measured by the addiction severity index). Other research has found a strong positive relationship between high self leadership qualities and good psychological and physical wellness. This would indicate that those individuals who express a higher level of self leadership would have less severe chemical abuse and/or dependency symptoms. If our findings support a significant relationship between strong self leadership and decreased addiction severity, this would be a possible avenue for further research into the effects of increased self leadership on prevention and treatment in substance abuse programs

10-20

Marriage and Family Therapy: Research Proposal  
*McCully, B., & Robinson, H.*

**Married to a therapist - as easy as it seems?: Relationship trends among therapists and their spouses.**

The following is a proposed longitudinal research study measuring the marital satisfaction of spouses of graduate students in two-year Marriage and Family Therapy programs compared to those married to graduate students in two-year mathematics programs. Marital satisfaction surveys will be administered to spouses three months prior to the beginning of their spouses' program, one year after the program begins, and one year after the program ends. The data will be compared in terms of significant differences in marital satisfaction between the two different programs and between the two different schools by using a 2-way ANOVA

10-21

Marriage and Family Therapy: Research Proposal  
*Moore, G., & Kathleen, D.*

**Married co-therapists experience with couples therapy.**

Research on co-therapists' experiences with couple's therapy has been minimal in the last 30 years. Even less is known about the experience of married co-therapists with couples. Married co-therapists providing marriage counseling appears to offer benefits in the areas of modeling and joining and increasing the therapists' ability to observe interaction patterns. Yet, co-therapy can be expensive for the clients. This study will interview 10 couples about their experiences of providing co-therapy to couples. Perceived benefits and difficulties for the therapists and clients, the use of modeling relationship skills and issues such as in-session leadership will be explored.



10-22

Marriage and Family Therapy: Research Proposal

*Myers, A., & Pippitt, K.*

**Animal-assisted family therapy: The effects on family functioning.**

The purpose of this study is to examine how animal-assisted therapy can support family therapy in increasing family functioning. There has been little research conducted on the effectiveness of animal-assisted therapy with families. Participant families will receive family therapy alone or family therapy along with the use of a therapy dog. Participants will provide demographic information and complete the FACES IV before and after treatment to assess for the effects on family cohesion, flexibility, and communication. A two-way ANOVA will be used to determine the interaction between the treatment groups and the presence of a family pet on family functioning.

10-23

Marriage and Family Therapy: Research Proposal

*Penick, S., & Auger, J.*

**Evaluating the effectiveness of outdoor interventions in family therapy.**

Through this study we hope to demonstrate that family therapy modalities can be effective in increasing family satisfaction and harmony. Although different modalities have been offered, outdoor therapy offers a unique and challenging experience. Most often individuals undergo outdoor therapy, but an individual focus cannot effectively address the presenting family system concerns. By engaging in outdoor therapy, families can increase their satisfaction through working on the same problem together. Outdoor therapy will also ensure greater communication between members and increase family involvement in treatment outcomes. Families are also more likely to maintain improvements made during their outdoor family therapy experience because the entire system is changed through this process. This study intends to compare families in a traditional office setting, utilizing an outdoor ropes course and a combination of

10-24

Marriage and Family Therapy: Research Proposal

*Reyna, J., & Mazzoncini, S.*

**Healthy sexuality: Impacts of healthy sexuality development on relationship satisfaction.**

The development of a person's sexual self-concept and its impact on overall relationship satisfaction is an area in need of further study. The ways that individuals are socialized to understand their sexuality has the potential to greatly impact relationship satisfaction. Healthy sexuality incorporates a wide range of factors including accurate information about sexual functioning, how positive or negative people perceive their sexuality, and the shame or acceptance the experience in relation to their sexuality. Through an assessment survey this study investigates the impact of a healthy sexuality on the overall relationship satisfaction of couples in various stages of life.

10-25

Marriage and Family Therapy: Research Proposal  
Schwab, E.

**Time frame of initial sexual experiences with current partner, and the longevity of said partnered relationship.**

In our current reality of social construction, no prediction model exists for individuals entering partnered intimate relationships to attain specific desired outcomes. This project's goal is to identify possible explanations of differing variables at the initial sexual experience with one's current partner on longitudinal relationship duration and current level of satisfaction; how factors around a couple's first sexual experience affect the duration and outcome of said intimate relationship. Data will be longitudinally collected through survey, and analyzed through multiple regression analysis.

10-26

Marriage and Family Therapy: Research Proposal  
Shadbakht, M., & Cameron, J.

**Hope and expectancy in therapy: Hopeful interventions that promote therapeutic success.**

This study will analyze the correlation of therapeutic factors that promote hope and expectancy for clients and therapeutic success. The method will be implemented through observation and coding of taped sessions. A developed categorization will be used to analyze hopeful interventions and discover the correlative significance between the use of specific hopeful interventions and the success of therapy. Based on previous research, the findings of this study should be significant and should identify specific interventions that can be used to instill hope and ultimately encourage therapeutic success.

10-27

Undergraduate Psychology: Completed Quantitative Research Study  
Celli, B., Kloes, K., & Krentz, U.

**Exploring Beauty in Art: Investigating correlations of preference and presence of visual elements.**

The question of what is beautiful has been explored for centuries; the question still stands whether it is the individual elements of art or personal preference that determine beauty. To understand if the sum of preferred elements is related to liking, which would merit high sum paintings universally beautiful, we conducted a study in which undergraduate students rated 100 paintings in categories of elements of art (contrast, balance, etc.) and liking. If the sum of the visual elements plays an important role in how much subjects like the painting, then we would expect a correlation and agreement across subjects.

10-28

Undergraduate Psychology: Completed Quantitative Research Study  
Church, A., Fullerton, A., Ballard, S., Reaves, D., Cook, A., Kuyper, A., & Craft, B.

**The effects of cognitive depletion on self-regulation.**

Research on cognitive depletion has found that cognitively stressed individuals perform poorly on a self-regulation task compared with individuals who are not cognitively stressed. The current study investigated the relationship between cognitive depletion and self-regulation. Participants were divided into two research groups: the experimental group and the control group. Participants in the experimental group completed three different cognitively stressful tasks and a self-regulation task, whereas participants in the control group watched a dolphin video in lieu of cognitively stressful tasks. Results demonstrated that there was no difference between the two groups. Future research should include more sensitive measures of self-regulation.

10-29

Undergraduate Psychology: Completed Quantitative Research Study  
DeJong, S., Joo, M., Kim, T., & Ukosakul, M.

**The effects of white noise on learning and memory in *Rattus rattus*.**

The current study examined the impact of noise on rat's (*Rattus norvegicus*,  $n=3$ ) ability to learn a radial-arm maze. This study predicted that when the rats were exposed to white noise they would run faster and more accurately when compared to completing the maze in silence. While the study resulted in statistically insignificant differences between the noise conditions, a trend toward differences in learning in the two noise conditions was observed. Future studies designed to investigate the effects of noise on learning that use a larger sample size are warranted.

10-30

Undergraduate Psychology: Completed Quantitative Research Study  
Kuyper, A., Plunkett, N., Hess, K., Clowe, C., & Pulido, C.

**Focused journal writing and stress in college students.**

Stress is prevalent in many people's lives and journaling may be a way of self-help therapy to reduce stress. The purpose of this study was to study the effects of focused writing on stress. We hypothesized that journaling about positive and negative experiences would reduce stress. Fifty-two students from Seattle Pacific University completed a focused writing activity based on one of three prompts – negative, neutral, or positive. The negative prompt group showed higher levels of stress, whereas the positive prompt group showed lower levels of stress. Also, the negative group was more aroused than the control condition.

10-31

Undergraduate Psychology: Completed Quantitative Research Study

Madany, A., Henson D., Peter, B., Turner K., & Yabroff, A.

**Changing attitudes toward people with disabilities: The use of role play among college students.**

Attitudes toward individuals with disabilities can be affected by educational and behavioral interventions. This study examined the use of role-play as a means to change attitudes among a college student population. We hypothesized that both first-hand and second-hand experiences using a role-play task with a wheelchair would lead participants to have more positive attitudes toward people with disabilities than a control group. A convenience sample of 29 Seattle Pacific University undergraduate students was recruited. Some significant differences in attitudes toward people with disabilities were found between the experimental groups, and also between genders.

10-32

Undergraduate Psychology: Research Proposal

Maddox, A.

**Effect of mindfulness on self-compassion in anorexic and bulimic patients.**

This proposal suggests an investigation of the effect of mindfulness and relaxation therapy on self-compassion in patients with anorexia nervosa (AN) and bulimia nervosa (BN). Participants will be randomly assigned to undergo 1 month of group therapy in either mindfulness or relaxation therapy. I hypothesize a main effect of therapy with mindfulness having the greater improvement in self-compassion for both AN and BN. I also hypothesize an interaction effect between therapy and eating disorder type with BN patients improving more in the mindfulness group and AN patients improving more in the relaxation group. The implications for therapy are discussed.

10-33

Undergraduate Psychology: Completed Quantitative Research Study

Maddox, A., Lake, M., & Erickson, T. M.

**Bringing out the best in people: Effects of personality on moral elevation.**

Moral elevation is responding to acts of virtue with inspiration, the desire to become a better person, and prosocial motivation (Haidt, 2003). Little research has examined personality correlates of elevation. We tested whether the personality factors of engagement with moral beauty, the "Big Five" traits, depression, and obsessions with contamination predict levels of elevation and self-disgust in response to writing about a past deed that was ethical or unethical. We hypothesize that those who are higher in adaptive personality traits, and lower in maladaptive traits, experience higher elevation after the task. Results and implications for elevation are discussed.

10-35

Undergraduate Psychology: Research Proposal  
Stanton, P. E.

**Frequency of epimeletic behavior in Bottlenose dolphins (*Tursiops truncatus*) in response to a distressed swimmer.**

Social complexity in dolphins, which includes epimeletic, or helping, behaviors, has been the subject of extensive field observation. In addition to directing epimeletic behaviors towards conspecifics, bottlenose dolphins will also aid other species of dolphins, other cetacean and even humans. However, peer-reviewed reports of dolphin-human altruistic interactions and research regarding mechanisms mediating that altruism are scarce. The possibility of a system of reciprocal altruism will be investigated by repeated measures factorial with presence of peers (present, absent) and familiarity with swimmer (stranger, familiar) using an actor to simulate a distress scenario.

10-36

Undergraduate Psychology: Theoretical Paper  
Will, M. N., Wilson, B. J., & Lee, J.

**Maternal scaffolding predicted by children characteristics: Children with and without autism.**

Scaffolding is a parenting behavior that is associated with positive child outcomes (i.e. literacy, problem solving, and standardized tests). There are a small number of research studies looking at scaffolding and children with ASD. Thus, the purpose of the present study is to examine whether the frequency of maternal scaffolding is related to the child's developmental status. Researchers hypothesized that frequent maternal scaffolding will be predicted by a child's developmental status. The results suggest that a higher verbal comprehension predicted a greater frequency of maternal scaffolding. Moreover, mothers of the participants with ASD were more likely to provide frequent scaffolding.



## Paper Presentations I

11:00-11:30 a. m.

PPI - 1

Clinical Psychology: Completed Qualitative Research Study  
Huynh, K. H., De Paul, N. F., Bikos, L. H., & Pegram, K. L.

### **Advocacy for international immersion learning experiences in doctoral psychology curricula.**

We investigated the integration of international immersion learning experiences into APA accredited doctoral level clinical and counseling psychology programs. Our sampling strategy was purposive and strategic. Participants (N = 11) were identified by relevant publications or stakeholder referral. During the investigation, stakeholders advocated for increased international engagement, citing contributions to professional development, cultural competency, and personal growth. Analyses from a Consensual Qualitative Research Investigation (CQR; Hill et al., 2005; Hill, Thompson, & Williams, 1997) resulted in 5 domains and 24 core ideas. Domains include program structure, personal motivation, outcomes of experience, cultural impacts on professional practice, and contributors to success.

PPI-2

Marriage and Family Therapy: Research Proposal  
Rainey, P.

### **Telehealth treatment for couples with cancer: A cost-effective psychosocial intervention.**

For psychotherapy to help families in financially sensitive health care systems, it must provide effective as well as cost-effective treatment. Medical cost-effectiveness research supports the notion that psychosocial interventions are not only effective, but also economical. The purpose of this study will be to assess if internet-based family systems intervention can be as cost-effective as face to face psychosocial treatments for couples with at least one partner diagnosed with cancer.

11:45-12:15

Lunch Buffet (by reservation only)

12:15-12:45

School of Psychology, Family, & Community  
Awards Ceremony & Psi Chi Induction

## Paper Presentations II

1:00-1:30 p.m.



PPII -1

Industrial/Organizational M.A. Program: Completed Qualitative Research Study  
*Erismann, A. M., Daniels, D., & Lambie, S. K.*

### **The fruit of the spirit: Application to performance management.**

Current performance appraisals were analyzed to examine whether the “Fruit of the Spirit” are currently being measured and rewarded in the workplace. The fruit are specifically: Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control (Galatians 5:22-23). Management literature has linked similar constructs to positive outcomes such as performance, leadership, and satisfaction. A preliminary study shows that some, but not all of the “fruit” are commonly reflected. This research suggests the importance of certain Christian values in the present day workplace and outlines future research on developing a measure of the fruit for selection and development in organizations.

PPII -2

Undergraduate Psychology: Completed Qualitative Research Study  
*Shilling, E. A., Douglas, H.A. C., & Lustyk, M. K. B.*

### **Can premenstrual symptoms or sleep characteristics explain increased luteal phase hemodynamic reactivity in women?**

This study determined whether symptoms and/or sleep characteristics explained hemodynamic reactivity to laboratory stressors in freely cycling women tested during mid-follicular and luteal cycle phases. During testing, heart rate (HR) was monitored via electrocardiography and an auto-inflatable sphygmomanometer took timed blood pressure (BP). Participants also completed the Pittsburg Sleep Quality Index and Shortened Premenstrual Assessment Form. HR and systolic BP reactivity were significantly greater in the luteal than follicular phase but neither symptoms nor sleep characteristics predicted this increased reactivity. Within cycle analyses revealed that both symptoms and sleep characteristics explained luteal phase responses in HR, BP, and state anxiety. Results are discussed highlighting methods used to study

## Research Poster Session II

### 1:30-2:30 p.m.

1-1

Clinical Psychology: Theoretical Paper  
*Dal Maso, M., Thoburn, J. W., & Baker, R.*

#### **A systems approach to reconciliation and recovery for clergy sexual misconduct.**

Clergy sexual misconduct is a well-documented problem (e.g., 14% of pastors have sexual relations with someone other than a spouse while in the ministry). The purpose of our presentation is to use a family systems perspective to understand the prevention, assessment, treatment, and rehabilitation of clergy sexual misconduct, and to provide practical guidelines for treating the clergy system following sexual misconduct. Our approach uses a systems epistemology supported by research and task-based treatment modalities to examine the interplay between the intrapersonal life of the pastor, his or her interpersonal relationships with spouse and family, and the congregation and denominational leadership.

1-2

Clinical Psychology: Research in Progress  
*Dyson, S. & Garner, M.*

#### **Contribution of sedentary behavior and rumination to somatic symptoms and depressive symptoms.**

Multiple somatic symptoms represent a costly burden to our healthcare system. Mechanisms which contribute to somatic symptoms must be better understood. We explored the hypothesis that sedentary behavior may be associated with greater depressive and somatic symptoms, and that a ruminative response style may mediate this relationship. Preliminary analyses ( $N = 43$ ) indicate correlations between depressive and somatic symptoms ( $r = .43, p < .01$ ), between rumination and depressive symptoms ( $r = .75, p < .01$ ) and between somatic symptoms and rumination ( $r = .52, p < .01$ ). Path analysis will be used to examine rumination as a mediator.

1-3

Industrial/Organizational Ph.D. Program: Completed Quantitative Research Study  
*Edwards, R., & North, M.*

#### **Trust how far? The influence of perceived risk on behavioral interdependence.**

Cooperation has been associated with improved individual and group outcomes. We proposed that high levels of cooperation arise from high levels of interpersonal trust, and this relationship would be moderated by perceptions of risk to self. Specifically, there would be a relatively steep, positive relationship between trust and cooperation when risk is low, but a comparatively less-steeply positive relationship when risk is high. In a survey of 202 undergraduate college students, there was a strong, positive relationship between cooperation and trust. However, no interaction was observed. Results suggest that heightened cooperation is likely when individuals initiate and build interpersonal trust.



1-4

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

*Kocheleva, J. A., Forman, R. L., Yamamoto, M. E., McKinney, S. K., & Bikos, L. H.*

**Globetrekking: Student development 12 months post-reentry.**

Although the effects of study abroad experiences have been researched for over 50 years, many questions remain. To address some of these questions, we investigated global learning outcomes and related psycho-social variables for university-sponsored international experiences. Both study abroad and short-term mission trip students (N = 66) participated in this 15 months-long study. Results indicated that participants who traveled to countries with higher GDPs, compared to lower GDPs, experienced an increase in introspective/critical thinking and international interests. In addition, students who traveled on short-term mission trips experienced an increase in international interests, psychological well-being, global mindedness, and vocational identity.

1-5

Marriage and Family Therapy: Research Proposal

*Dibble, W., & North, N. A.*

**The resilient therapist trainee: Establishing the relationship between self-of-the-therapist training and resiliency.**

The relationship between self of the therapist training in Marriage and Family Therapy, Master of Counseling and Master of Social Work programs and trainee resiliency will be studied. Trainees' degree of differentiation as well as levels of burnout will be evaluated at two intervals in trainees' clinical training, at the outset of clinical experience and again after six months of clinical experience. A structured questionnaire, in which trainees will describe their experiences in writing, will be administered through an online survey medium. Written accounts will then be categorized and coded for evaluation.

1-6

Marriage and Family Therapy: Research Proposal

*Hughes, E.*

**Effectiveness of the integration of family therapy on the quality of life for children undergoing chemotherapy radiation treatment.**

This study is working to delineate the effectiveness of integrating family therapy into a child's pre-existing treatment regime of childhood cancer. Researchers work to determine whether the addition of family support improves the child's well-being and outlook on the physical and emotional battles one faces being treated with chemotherapy radiation. A survey will be completed in their first visit as well as subsequent visits while in treatment and finally an exit survey once the family completes therapy. It is theorized that the identified client (child undergoing chemotherapy treatment) will have an increase in quality of life.

1-7

Undergraduate Psychology: Research Proposal  
Celli, B.

**Premarital counseling, sexual behaviors and cohabitation: Counteracting negative factors in marriage.**

Many past studies have shown strong correlations between marital outcomes and a variety of premarital behaviors. Premarital counseling is shown to increase marital satisfaction, while generally certain premarital sexual behaviors and premarital cohabitation decrease marital satisfaction. Counseling, in theory, could counteract the negative marital satisfaction consequences that stem from these premarital behaviors. In this study, I will investigate the longitudinal effect of premarital cohabitation (cohabit during dating, post-engagement, after marriage), premarital sexual behaviors (none, oral sex, intercourse), and premarital counseling (none, post-engagement, post-engagement/post-marriage) on marital satisfaction and marital longevity.

1-8

Undergraduate Psychology: Completed Case Study  
Craft, B., Church, A., Reaves, D., Cook, A., Fullerton, A., Kuyper, A., & Ballard, S.

**Reward quality causes difference in self-controlled choice bias in *Rattus norvegicus*.**

The present experiment was designed to study the effects of reward quality on self-controlled choice bias. It was hypothesized that subjects exposed high calorie rewards would become more impulsive than subjects exposed to low calorie rewards. In the current experiment, subjects (male rats, *Rattus norvegicus*,  $n=10$ ) were divided into the Rich Reward Group ( $n=5$ ) and Poor Reward Group ( $n=5$ ), and received differential exposure to sugar and grain pellet rewards across three treatment conditions. The findings demonstrated that the subjects in the Poor Reward group made statistically significantly more self-controlled choices than the subjects in the Rich Reward Group.

1-9

Undergraduate Psychology: Completed Quantitative Research Study  
Eisenreich, B.R., Craft, B.B., & Bester-Meredith, J.K.

**Risk sensitive foraging in California mice.**

Risk sensitive foraging theory (RSFT) examines how individuals assign value to different foraging options. Traditionally, RSFT has been thought to be governed by an individual's daily energy budget (DEB), in that individuals will seek out resources that meet their DEB while minimizing the risk involved. However, present research has indicated that additional factors of past experience and metabolic regulation may also influence risk sensitivity. California mice (*Peromyscus californicus*) were subjected to varying levels of deprivation in a risk sensitive paradigm. Results from the study revealed a divergent trend of risk aversion despite deprivation indicating a possible self-regulation of metabolic rates.

1-10

Undergraduate Psychology: Completed Quantitative Research Study  
*Erickson, T., Hess, K. & Pulido, C.*

**Pure and impure: Exploring the “Third Dimension” of social cognition and its interpersonal impact.**

Individuals may interpret social behaviors in terms of perceived “moral purity,” but little research has examined this dimension. In study one, participants listed behaviors which they considered dirty/impure or clean/pure. Coded responses revealed sexual, lying, and selfish behaviors as “dirty” acts, whereas religious practices and helping behaviors commonly comprised “pure” behaviors. In study two, participants rated liking of behaviors varying systematically in interpersonal traits (dominance, warmth, and purity). We expect purity will predict liking independent of the other two dimensions. Results and implications will be discussed.

1-11

Undergraduate Psychology: Completed Quantitative Research Study  
*Henson, D., Fukushima, R., & Erickson, T.*

**Restoring balance: Transgressions and moral elevation.**

Past studies revealed that thinking about one’s own ethical transgressions induces disgust and desire for physical cleansing. In addition, witnessing morally uplifting behavior induces a sense of purity and desire to help others. This study examined the effects of recalling an ethical or unethical memory on moral emotions and accessibility of cleansing concepts and likelihood of helping behavior. It also tested the hypothesis that watching a morally elevating video restores positive moral emotions more effectively than an amusing or emotionally neutral video. Results and implications for further research into elevation will be discussed.

1-12

Undergraduate Psychology: Completed Quantitative Research Study  
*King, K. A., Manangan, C., Wilson, B. J., & Panotes, A.*

**Does maternal emotion coaching moderate the relation between child temperament and specific entry behaviors?**

Children must possess various social skills to initiate and acquire peer relationships, especially in school-like settings. In these settings, children are often faced with opportunities to join ongoing play with peers. However appropriate strategies, also referred to as entry behaviors, must be implemented to join these dyads/groups. The goal of the current study was to investigate whether maternal emotion coaching moderated the relation between child temperament characteristics (i.e. negative emotionality and surgency), and emotion regulation strategies as it pertains to entry situations. We found that maternal emotion coaching does alter the relation between child temperament and specific entry behaviors.

1-13

Undergraduate Psychology: Research in Progress  
Kloes, K., Celli, B., & Krentz, U.

**Perceptions of beauty in art: Baby preferences.**

Beauty in art is largely composed of a few key aspects universally agreed to be “beautiful” including texture, pattern, focal point, contrast, complexity, and balance and beauty can also be determined by “the eye of the beholder.” Babies are particularly interesting because they have less cultural knowledge of beauty and are less mature cognitively than adults. We will show a slideshow to babies and determine if they prefer altered versions of popular paintings or the originals based on their perceived preferences. It’ll be interesting to see if babies have the same perceptions of beauty that adults do.

1-14

Undergraduate Psychology: Completed Quantitative Research Study  
Leshner, K., Burden, R., & Erickson, T. M.

**YouTube as character formation?: Morally elevating videos increase daily compassionate goals beyond amusing or neutral videos.**

Videos that display virtuous behavior trigger moral elevation, a positive emotion that evokes a desire to help others. However, no research has tested daily effects of moral elevation versus other positive emotions (e.g., amusement). Participants watched daily morning videos considered either morally uplifting, amusing, or neutral for ten days and took a self-evaluation in the evening. Individuals who watched morally uplifting videos scored significantly higher in compassionate goals, positive affect, and experiencing elevation, consistent with our hypothesis. This shows that moral elevation may be a stronger contributor to pro-social well being than other positive emotions.

1-15

Undergraduate Psychology: Completed Quantitative Research Study  
Rohrbach, C.M., Church, A.C., Bennett, J.M., & Craft, B.B.

**The effects of reward quality on risk-sensitive foraging.**

Risk-sensitive Foraging Theory (RSFT) describes foragers’ risk-prone or risk-averse choice biases as the result of fluctuations in a forager’s daily caloric energy, variation in the amount of reward, or variation in delay to reward. However, few studies have addressed the effects of reward quality on choice. The present study examined the influence of reward quality on a forager’s sensitivity to risk. Subjects ( $n=10$ ) in the Rich Reward Group ( $M=6.44$ ,  $SD=5.13$ ) received sugar where the Poor Reward Group ( $M=14.4$ ,  $SD=4.23$ ) received grain. An Independent Samples t-Test confirmed that foragers’ choices are influenced by reward quality,  $t(8)=-2.68$ ,  $p=.028$ ,  $d=-1.69$ .

**Decisional balance, substance use patterns and motivation to change among adolescents in a school-based intervention.**

Decisional balance is a cognitive process of self generated pros and cons of behavior and change. While decisional balance has been used in studies with alcohol using college students, it has not been examined in adolescent populations. We are studying decisional balance as a predictor of the pattern of substance use and motivation to change in high school students receiving a brief substance use intervention. 50 high school students completed a decisional balance worksheet, a drug and alcohol questionnaire and a motivation to change scale. We will use multiple regression analysis to predict use outcomes from decisional balance score.

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**2010-11 was a busy academic year for SPFC student scholars:**

Fifty-two SPFC undergraduate and one hundred two graduate students participated in research projects alongside their faculty mentors.

Eight SPFC doctoral students successfully presented dissertation proposals and nineteen successfully defended their completed dissertation research.

Two SPFC graduate students received state-level awards, and five SPFC graduate students or recent alumni received national awards. These included a fellowship from Arc of Washington State, Outstanding Student Award from WAMFT, and awards from the APA divisions of Family Psychology, Rehabilitation Psychology, and the Society for the Psychological Study of Men and Masculinity.

Ninety-four SPFC undergraduate and graduate students and alumni co-authored with faculty seventy-five research papers presented at state, regional, national, or international professional conferences.

Thirty-three SPFC undergraduate and graduate students and alumni co-authored with faculty thirty-five scholarly publications.

- ~ Dr. Lynette Bikos: Director of Research; Associate Professor of Clinical Psychology
- ~ Dr. Baine Craft: Director of Research; Assistant Professor of Psychology
- ~ Dr. Scott Edwards: Director of Clinical Training and Research; Associate Professor of Marriage and Family Therapy
- ~ Dr. Dana Kendall: Director of Research; Assistant Professor of Industrial/Organizational Psychology