Seattle Pacific University  
School of Psychology, Family, & Community  

Research Conference, Awards Luncheon & Lecture on Faith & Professional Practice  

Wednesday, May 28, 2008  
Upper Gwinn Commons  
10:00 am - 4:00 pm  

Schedule  

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 - 11:00</td>
<td>Research Poster Session I</td>
<td>Foyer</td>
</tr>
<tr>
<td>11:00 - 11:30</td>
<td>Paper Presentations</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>11:30 - 12:00</td>
<td>Lunch Buffet</td>
<td>Queen Anne</td>
</tr>
<tr>
<td>12:00 - 12:30</td>
<td>Awards and Psi Chi Induction Ceremony</td>
<td>Queen Anne</td>
</tr>
<tr>
<td>12:30 - 1:00</td>
<td>Paper Presentations</td>
<td>Cascade Room</td>
</tr>
<tr>
<td>1:00 - 2:00</td>
<td>Research Poster Session II</td>
<td>Foyer</td>
</tr>
<tr>
<td>2:00 - 2:30</td>
<td>Lecture on Faith &amp; Professional Practice with Dr. David McKenna</td>
<td>Queen Anne</td>
</tr>
<tr>
<td></td>
<td>&quot;Faith at Work: A Lifetime of Learning&quot;</td>
<td></td>
</tr>
<tr>
<td>2:45 - 4:00</td>
<td>Round Table Discussion</td>
<td>Queen Anne</td>
</tr>
<tr>
<td></td>
<td>Dr. David McKenna; Douglas McKenna; Debra McKenna Blews; Suzanne McKenna Kinzer; Robert McKenna</td>
<td></td>
</tr>
</tbody>
</table>
Welcome to the sixth annual SPFC Research Conference, Awards Luncheon, and Lecture on Faith & Professional Practice

Poster Presentations: 10 AM Session - Upper Gwinn Foyer

#10-1 Clinical Psychology: Completed Quantitative Research Study
Stevens, A. D., Wilson, B. J., Muljat, A. M., Montague, R. A., Goodwin, N. P.
*Children's Physiological Responses to Emotional Films: Social and Emotional Outcomes.*
We investigated the relations among children's physiological reactivity and recovery to emotional events, negative expression of emotion in the home, and children's emotion knowledge, and social outcomes. Forty first-grade children and their families from Seattle participated. Participants completed a variety of assessments and children watched a series of emotion-eliciting film clips while cardiac functioning data (cardiac interbeat interval) was collected. Correlational analyses were conducted. Results suggest that parenting behaviors are related to children's physiological functioning. Physiological recovery from emotional arousal was related to children's understanding of others' emotions. Physiological reactivity was associated with poor social outcomes in children.

#10-2 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Knowles, K.
*Why We Move: Relationship Satisfaction and Motivation For Physical Activity.*
Research has shown motivation for physical activity to be driven by various components. Additionally, studies examining intimate relationships have highlighted variables associated with relationship satisfaction. The goal of the proposed study is to pursue a link between relationship satisfaction and motivation for physical activity. Coupled college students frequenting the school's athletic facility will be recruited to fill out surveys on the subject. It is hypothesized that relationship satisfaction can predict one's motivation for physical activity. Specifically, those individuals who are dissatisfied with their current relationship will score highest on motivational variables around physical appearance, and ego-related outcomes.

#10-3 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Flores, K. L.
*Effects of male therapists' emotional abuse upon female clients' confidence in their ability to perceive reality within the therapeutic relationship and life relationships in general: A qualitative inquiry.*
Having confidence in one's perceptions is a benchmark of safe and effective therapeutic relationships and of life relationships in general. But what happens when a person willingly subjects herself to a relationship consisting of a power differential and the expectation to completely trust and the person in power emotionally abuses the client, insidiously reinterpreting the client's perceptions of the therapist's harmful words and actions? Through clients' self-report this study will explore their experience of this phenomenon, how it occurs and how it extrapolates to life relationships for those previously abused and those who are not.
This study looks at the physiological and psychological expressions of early childhood sexual abuse in later life. The focus of this study is to identify a possible co-occurrence of psychological and physiological symptoms of past abuse, and if so what is the nature and predictability of this relationship. Furthermore, we seek to measure how the level of awareness contributes to the relationship between emotion-regulation, social preference, and problem behaviors.

The family unit has been shown to have a major effect on the well-being of each member, both positive and negative (Cole & McPherson, 1993). Extensive research has been done examining the effects families have on the depressive symptoms of their adolescent members (Crane & Wang, 2001). A surprising number of studies have found differences in paternal versus maternal effects on adolescent depression. In this study, we are aiming to identify correlations between maternal vs. paternal perception of romantic relationship health, paternal vs. maternal involvement with adolescents, and adolescent depression.


A study of 105 first-grade children from Seattle was conducted to explore the relationships between emotion-regulation, empathy, social preference, internalizing and externalizing symptoms, and social problems. It was predicated that emotion-regulation and empathy would predict social preference, externalizing and internalizing symptoms, and social problems. Further, we expected that empathy would partially mediate the relationship between emotion-regulation and child outcomes. Hierarchical regression analyses were conducted. Consistent with previous research, results indicated that children with better empathy and emotion-regulation had less social and externalizing problems. Further, children’s ability to empathize partially accounted for the relationship between emotion-regulation, social preference, and problem behaviors.

Missionary care: A qualitative investigation of the missions experience.

This study seeks to identify, by means of a qualitative analysis, the emotional and relational needs of Missionaries and how such needs shift throughout the missions experience. Face to face and telephone interviews with current and retired Missionaries will form a body of data from which directions for therapeutic interventions will be drawn. Furthermore, this investigation seeks to highlight crucial periods of emotional and relational need in the missionary process for the purpose of developing ideas regarding the timing and follow through of care services. Implications for future research, including empirical investigations, will also be discussed.

The effects of the family system on adolescent depression.

The family unit has been shown to have a major effect on the well-being of each member, both positive and negative (Cole & McPherson, 1993). Extensive research has been done examining the effects families have on the depressive symptoms of their adolescent members (Crane & Wang, 2001). A surprising number of studies have found differences in paternal versus maternal effects on adolescent depression. In this study, we are aiming to identify correlations between maternal vs. paternal perception of romantic relationship health, paternal vs. maternal involvement with adolescents, and adolescent depression.


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The road to marital intimacy of intercultural couples may be challenging at times, involving numerous systemic levels. The purpose of this study is to identify whether the effect of communication and conflict resolution skills for intercultural married couples can override the influence of cultural differences. This study examines 25 Chinese married couples (intramarried) and 25 married couples with 1 Chinese partner (intermarried) in relation to levels of intimacy and couple communication. Assessments used will be the PREPARE and the Personal Assessment of Intimacy Relationships.

Effect of mother/son adult attachment relationships on unpartnered middle-aged adult males’ intimate relationship quality.

A child’s secure attachment with his or her primary caregiver has been found to lead to higher relationship satisfaction later in life. The mother/son attachment relationship is especially influential in contributing to her adult son’s ability to maintain intimate relationships, and unhealthy mother/son attachments can have detrimental effects on an adult male’s sense of self and his ability to partner. This research proposal looks to investigate the quality of the intimate relationships of unpartnered males in middle adulthood in relation to the adult male’s current attachment relationship with his mother. Future research, clinical, and theoretical implications will be discussed.

Meeting Clinical Goals: Similar faiths of client and clinician

The purpose of this qualitative research proposal is to explore the experiences of women introducing their first biological child as it relates to self-reported marital satisfaction before and after childbirth. Data will be collected through 30 in-depth interviews with married women between the ages of 22 and 35 and who have one child between the ages of 2-5 years old. As this is a phenomenological interview, the same grand-tour question will be used in each interview. Data will be qualitatively analyzed allowing for comparison between younger and older mothers. The potential findings will offer a wider perspective on the impact of the birth mother’s age and marital satisfaction when counseling women about birth planning.
Effects of physical touch on the mental health.

Past research has shown that physical touch is essential to children surviving and thriving in infancy. This study aims to explore the effects of physical touch on the mental health. A quantitative survey will be conducted to determine the amount of touch participants receive on a daily basis, which forms of touch they find most calming or soothing, if they perceive touch to be important to their daily lives, and how they rate their mental health. Implications for clinical application will be discussed.

The effect of marriage mentoring on marital longevity and satisfaction.

This study seeks to examine the effects of marriage mentoring on the mentored couples in terms of marital longevity and satisfaction. It is a longitudinal study with a study group consisting of 50 heterosexual couples married less than one year who will receive psychoeducation and participate in a marriage mentoring program, and a control group of 50 heterosexual couples married less than one year who will not participate in the mentoring program, but will receive psychoeducation. Initial marital satisfaction survey will be given at the beginning of the study, and at 3, 8, 12, and 22 year intervals.

The influence of parental depression on offspring's emotional response to visual stimuli.

Past research has shown offspring of depressed parents are at a significantly higher risk than offspring of non-depressed parents for early-onset depression as well as influences offspring’s emotion regulation. This study seeks to investigate the influence of parental depression on emotional responses to visual stimuli. We hypothesize participants with depressed parents will have more depressed responses to the visual stimuli than those whose parents are not depressed. Preliminary results indicate that all participants had a more depressed response to the negative emotion-eliciting stimuli, but students with depressed parents do not rate visual stimuli more negatively than participants without depressed parents.

Effects of stress on sexual satisfaction.

Previous studies examining the impact of stress on sexual satisfaction found that relationship satisfaction and sexual activity are governed by problems experienced within the dyad that were related to stress arising outside the dyad. It was also found that higher levels of daily stress predicted less sexual activity for relationally dissatisfied women and more for relationally dissatisfied men. The present study examines sexual satisfaction in committed, cohabitating or married, heterosexual relationships and explores the relationship between sexual satisfaction and external stressors. This proposal seeks to determine the impact of stress on levels of sexual satisfaction in interpersonal relationships.
Ten male Sprague-Dawley rats are exposed to 36, 15 second, fixed-interval trials in which a small or large reinforcement (2 pellets) or a large reinforcement (6 pellets) were chosen by the subject for each trial. An inhibitory conditioned-stimulus is presented to the subjects by a light associated with the smaller choice (Group 1), or an excitatory conditioned stimulus is presented to the subjects (Group 2) with a light associated with the larger choice. To investigate the effects of the conditioned-stimulus on learning, the mean number of choices for the large reinforcement were compared between the two groups.

The Effects of Cue Salience on Operant Responding in Rats.

This study examined whether the cognitive-vulnerability/stress model (CV-Stress) of depression could be generalized beyond white youth to include those of other ethnicities/races. Participants included 514 youth (204 White, 119 Asian, 125 Black, and 52 Hispanic) who were followed longitudinally from 6th - 8th grade. Youth reported depression, attribution style and recent stressors at each assessment. White youth had significantly fewer depressive symptoms, less negative attribution style and fewer stressors than other ethnicities. Regression analyzes indicate that stress predicts depression for all ethnicities and ages. The CV-Stress model only predicts depression from the end of 7th grade and only for white youth.

An examination of the cognitive-vulnerability stress model of depression in an adolescent sample: Does it generalize across ethnicities/races?

This study examined whether the cognitive-vulnerability/stress model (CV-Stress) of depression could be generalized beyond white youth to include those of other ethnicities/races. Participants included 514 youth (204 White, 119 Asian, 125 Black, and 52 Hispanic) who were followed longitudinally from 6th - 8th grade. Youth reported depression, attribution style and recent stressors at each assessment. White youth had significantly fewer depressive symptoms, less negative attribution style and fewer stressors than other ethnicities. Regression analyzes indicate that stress predicts depression for all ethnicities and ages. The CV-Stress model only predicts depression from the end of 7th grade and only for white youth.

Effectiveness outcomes with Northwest Native American Children: Efficacy in attending The Alesek Institute After-School and Summer Culture Program.

This paper and subsequent survey explored (through parent-self report), the effectiveness of culturally competent family treatment for urban Native American children who attended The Alesek Institute After-School and Summer culture programs located in Fife, WA. A survey was given to the parents / guardians of children who have attended an Alesek program in hopes to assess client improvement or lack of, from the first week of attendance. It was the researchers' hope that through cultural sensitivity, traditional Northwest Native American activities, and emphasis on family, that there would be a positive correlation between program attendance and improved functioning.

Paper Presentations: 11 AM Session - Cascade Room

Presenter #1 Clinical Psychology: Completed Quantitative Research Study
The effects of sex and body shame on the relationship between self-objectification and depression.

Previous research suggests there is a strong relationship between self-objectification and depression. We examined the effects of body shame and sex on this relationship using multiple regression and CNLR bootstrapping in a sample of 94 participants. We hypothesized a moderated mediated relationship such that body shame would mediate the relationship between self-objectification and depression, with sex moderating this relationship. We found that body shame mediated the relationship between self-objectification and depression and that this relationship was particularly strong for women. Examining a moderator within a mediated relationship yielded particularly salient and novel information regarding the relationship between self-objectification and depression.

are girls socialized to ruminate more? Gender role identity and maternal response to failure as predictors of the gender difference in rumination in adolescence.

Previous research demonstrates a gender difference in rumination in early adolescence. This study examined mother-child gender role and maternal responses to failure as predictors of rumination in adolescence. Participants were 366 youth in a longitudinal study. Results indicated that girls reported significantly more rumination and feminine gender role identity. Mothers of girls were more likely to encourage emotional expression and use emotion-focused coping. Mothers of boys were more likely to minimize emotion and use distraction. These differences in child sex role, emotional encouragement, emotion focused coping, and minimization significantly mediated the gender difference in rumination.

Continued on next page
THE SCHOOL OF PSYCHOLOGY, FAMILY AND COMMUNITY
Is pleased to announce the

2007-2008 SPFC
Student Award Winners

DICKINSON FELLOWS
Clinical Psychology
Alyson Barry
Kristin D. Byington
Amelia J. A. Holder

Psychology
Kelly Ginney
Megan Leatherman

Marriage & Family Therapy
Esther Wanjihia

SCOTTISH RITE SCHOLARSHIP
Industrial/Organization Psychology
Glenna Chang

PHILIP ASHTON AWARD
Psychology
Thomas Carpenter

HAMMERSLA INTEGRATION AWARD
Psychology
Thomas Carpenter

DEPARTMENT OF PSYCHOLOGY FACULTY AWARDS
Tim Bauerle
Javier Almendarez-Bautista
Megan Leatherman
Susan Locke

PSI CHI INDUCTION CEREMONY

Paper Presentations: 12:30 PM Session - Cascade Room

12:30
Presenter #3 Undergraduate Psychology: Completed Quantitative Research Study
Carpenter, T. C., & Marshall, M. A.

Putting your faith where your mouth is: Intrinsic religious motivation, cognitive priming,
and attitude-action congruence.

Intrinsic religiosity, according to Allport and Ross (1967), motivates people to live out their reli­
gious values. Recent research, however, suggests that it may have more self-serving functions. This laboratory study tested Allport's original claim. 191 Christian college students completed a measure of intrinsic religiosity and the moral-hypocrisy paradigm (Batson et al., 2002), which allows one to reap the rewards of morality without behaving morally. Some participants also received religious priming. Intrinsic religiosity predicted higher congruence between participants’ values and behavior, but only when religiosity was primed. Findings support Allport’s view of
intrinsic religiosity, but with a greater emphasis on cognition.

12:45
Presenter #4 Clinical Psychology: Completed Quantitative Research Study
Byington, K.

The efficacy of a marriage mentoring program.

This study investigated the efficacy of a marriage mentoring program based on the Parrots’
2005 program. Results indicated that mentee and mentor couples did not significantly increase
their marital satisfaction over time spent in a marriage mentoring program (pre- versus post-test)
compared to a waitlist control group of mentee and mentor couples. Also, mentor couples’ mar­
tial satisfaction did not significantly increase linearly from pre-test to post-training and again at
post-test. Results suggest a crucial gap in the marriage mentoring program that may contribute
to a problem of perseverance identified through this study. Implications and directions for future
research are discussed.
#1-1 Undergraduate Psychology: Completed Qualitative Research Study
Bair, S., & Fitch, C.
To be or not to be: A comparative study of factors that influence commitment to career choice among pre-health students.
Choosing a career is a complex process. The current study is an attempt to translate previous findings regarding career development among undergraduates in general to students interested specifically in healthcare professions. Participants completed questionnaires that assessed factors of hypothesized importance in the career development process. We assessed differences between students who changed their career path and those that persisted and found that the latter have a wider breadth of previous career-related experience and are more confident of their future success. Other significant findings also emerged. These results will facilitate future research and have implications for both career and academic advisors.

#1-2 Marriage & Family Therapy: Completed Qualitative Research Study
Moore, R & Thompson, L.
Common Factors in positive experiences of twins and their parents.
Stress on families caused by multiple births is well documented, but the positive experiences in rearing multiples that could lend therapeutic direction have been overlooked. Multiples are traditionally used as subjects in research regarding nature versus nurture and assessed using the same constructs applied to singles. Research into the unique interpersonal aspects of the twin relationship is scarce. We propose an exploratory study of twins and their caregivers to determine the common factors contributing to a positive rearing experience. Using a mixed-method approach we anticipate contributing to future studies in the area of attachment, sibling relationships, and parenting.

#1-3 Marriage & Family Therapy: Completed Qualitative Research Study
Barthelow, M. & McOwen, B.
The relationship between meditative interventions in psychotherapy and the increase of functional activity of the brain.
Research supports the ability of longtime practitioners of meditation, such as Tibetan monks, to experience an increase in activation in the prefrontal cortex of the brain, a site associated with happiness, positive thought and emotion. The purpose of this study is to examine changes in the prefrontal cortex of client receiving psychotherapy containing meditative interventions. Quantitative methods will be used to examine clients diagnosed with Generalized Anxiety Disorder receiving 10 weeks of Internal Family Systems (IFS) therapy emphasizing guided meditations for Self. Activity levels in their prefrontal cortex will be examined prior to and after IFS treatment.

#1-4 Clinical Psychology: Completed Qualitative Research Study
King, D., Funasaki, K., Mezulis, A., & Hyde, J.
Cognitive vulnerability to depression in the transition to adolescence: Description & prediction of individual trajectories from age 11 to 15.
The increase of depression in adolescence has been conceptually explained by the cognitive vulnerability-stress model. In the current project, we examined how child temperament, sex, stress, and maternal feedback to failure predict changes in cognitive vulnerability from age 11 to 15. Results indicated sex differences in cognitive vulnerability over time, with girls becoming more vulnerable and boys becoming less vulnerable. Children with more negative temperaments and who experienced more stress in the transition to adolescence showed significant increases in cognitive vulnerability over time.

#1-5 Clinical Psychology: Completed Qualitative Research Study
This presentation discusses conceptualization and treatment strategies associated with a systems perspective of the psychosomatic couple. We suggest resistance to change, nurturance of the psychosomatic patient by one's partner, and rigid role taking promote relationship stability and individual pseudo-power at the cost of patient health. Psychotherapists can aid primary care physicians in more effective treatment for somatizing patients by educating physicians about the role of the couple relationship in the maintenance of psychosomatic disorder, how the somatizing patient can triangulate healthcare in the service of dysfunctional dyad homeostasis, and the utility of a multi-disciplinary, contextual approach to treatment of psychosomatization.

#1-6 Marriage & Family Therapy: Research Proposal/Theoretical Paper
Martinez, A. (2008)
Exploring the clinical implications for practice with multi-generational, cross-cultural, parent-adolescent relationships, this research emphasizes the need for cultural diversity acculturation awareness, assessment tools and implications for therapists working with diverse clients and families. Research suggests a cultural clash for individuals born outside the U.S. from a collectivist culture, raising families in the U.S., with more emphasis placed on the individual. In this qualitative study, adolescent clients and parents will be interviewed. This research takes a closer look at the family dynamics of the multi-generational, cross-cultural, parent-adolescent relationship, cultural double bind, and implications for therapists to be most effective with fami-

#1-7 Undergraduate Psychology: Completed Quantitative Research Study
Almendarez-Bautista, J., Barnett, T., Landfair, M., & Piilers, K.
Actual vs. self-report of weight and height in undergraduates at SPU.
This study seeks to determine if undergraduates at SPU will accurately self-report their weight
The disorder develops as a result of an underlying neurocognitive vulnerability combined with...
Ssome men desire loving, caring relationships (without fear) but are restrained from accepting objectification and disordered eating and that reasons for exercise have been associated with much less is known about how these relationships hold for men. We hypothesized that the relationships between self-objectification and disordered eating is partially mediated by both body dissatisfaction and disordered eating. While past research has been focused on women, this double-mediated model was analyzed separately for both men and women using Structural Equation Modeling in 180 participants. Results indicate that the model is a better fit for women than for men.

A literature review shows an absence of research on the relational preferences of men who are violent in domestic relationships. The proposed project will explore how older Chinese immigrants adapt to immigration. Based on previous research, older Chinese immigrants experience difficulty in changing their authority figures in families and the reliance of becoming more independent. This research will use qualitative research methodology and conduct semi-structured, face-to-face, and in-depth interviews. Potential findings may have practice implications for professionals who work directly with immigrants and ethnic minority groups.

The relational preferences of men who are violent in domestic relationships. A literature review shows an absence of research on the relational preferences of men who are violent in domestic relationships. Education model approaches to domestic violence assume men desire power and control in their relationships. Narrative Therapy model approaches assume men desire loving, caring relationships (without fear) but are restrained from accepting responsibility for the ways they impede such relationships from forming. A qualitative method will be used to explore men's preferences in domestic violence relationships. Potential implications of this exploration may inform therapeutic conversations and clinical interventions around the meanings of love, care, power, control, and responsibility in relationships.

The relationship between attachment style, relationship with God, and coping. The purpose of this study is to examine the relationship between attachment style, relationship with God, and coping in undergraduates at a Christian University. Three surveys will be given to participants who are three groups of adolescents from public, private and alternative schools who have answered questionnaires about current drug use, perceived parenting and religious attendance. Findings and conclusions will be discussed.

The high prevalence of substance use among adolescents and the potential risks involved is a cause for concern. This study examined contextual factors in adolescent activities that influenced the likelihood of substance use. Preliminary analyses indicate that first, church attendance is negatively correlated to substance use in adolescents. Additionally we found that church-based extracurricular activities significantly moderated church attendance and substance use. In contrast, school- and other-based activities were not statistically significant moderators. Finally, the hypothesis that church-based activities moderates the relationship between church attendance and substance use more than school- or other-based activities has not been fully investigated yet.

The relationship between attachment style, relationship with God, and coping. The current study will investigate the mediating relationship of shame and moderating relationship of childhood sexual abuse between the presence of insecure attachment dimension and the development of sexual addiction. One hundred men and women will be invited from local 12 step sexual anonymous groups. A regression analysis will be done to investigate this relationship.
this study seeks to investigate whether behavioral measures, such as coloring and frustration on a puzzle, are indicators of perfectionism and conscientiousness, and thus of academic achievement. Preliminary results show that the behavioral measures used in this study are not correlated with GPA or results from the Frost Multidimensional Perfectionism Scale.

The Effects of Deprivation on Self-control in Rats.
Ten male Sprague-Dawley were faded to choose large reinforcements (6 pellets) administered with a delay (6 sec), over small reinforcements (2 pellets) administered with no delay during fixed-interval trials. The purpose of the study was to examine the effects of deprivation on choice behavior. Conditioned-stimulus lights were used to indicate the size of reinforcement which the subject received. All subjects experienced deprivation and satiety, counterbalanced for order effects, and the subject's response choices were recorded. A 5 X 4 (deprivation level X conditioned effects) mixed ANOVA was conducted to examine choice as a function of deprivation level.

The effects of caffeine on motivation to complete a puzzle task.
This study seeks to investigate the effects of caffeine on motivation to do a simple puzzle task in an undergraduate population. Forty undergraduates at SPU were given either a caffeinated or decaffeinated drink and asked to perform a computerized puzzle task. The task was impossible to complete in the time given. Neither group knew whether they had consumed caffeine or not. Along with measuring the percentage of the puzzle completed, we also asked the participants two questions regarding motivation designed to tap their initial motivation before attempting the task, and their motivation to finish once they had a chance to work on the puzzle. The first question was asked before taking the test and the second was given after the task was attempted. We are in the process of running participants and plan to have results analyzed in time for the research festival.

Lecture on Faith & Professional Practice
2:00-2:30 Queen Anne Room

PROGRAM
WELCOME
Micheal Roe
Professor of Psychology
Dean, School of Psychology, Family, and Community

INTRODUCTION AND OPENING PRAYER
Robert McKenna
Chair & Associate Professor
Industrial/Organizational Psychology

LECTURE ON FAITH & PROFESSIONAL PRACTICE
"Faith at Work: A Lifetime of Learning"
Dr. David McKenna

Round-table Discussion
2:45-4:00 Queen Anne Room

A SPECIAL ROUND-TABLE DISCUSSION
The lecture will be followed by a forum with Dr. McKenna and his four children, all alumni of SPU: Douglas McKenna '74, retired Microsoft manager, executive coach, and consultant; Debra McKenna Blews '76, attorney and Cooley Law School professor; Suzanne McKenna Kinzer '82, Microsoft human resources generalist; and Robert McKenna '90, chair of SPU's Industrial/Organizational Psychology department. In this special forum, the family will explore the challenges of bringing their faith into their work in business and higher education.