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4th Annual
SPU School of Psychology, Family
& Community
Research Conference
10 - 3
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10 AM Session

10-1 Clinical Psychology: Empirical Study
Brunton, A., Brustad, S., Rastall, E., & Shepherd, L. ***Does Social Support Mediate the Relationship Between Extracurricular Involvement and Future Educational Goals?***

The purpose of this study is to examine the relationship between extracurricular participation and future educational aspirations as partially mediated by social support. We hypothesize that greater extracurricular involvement will be positively correlated with higher educational aspirations, and that students with higher levels of extracurricular involvement will perceive a greater sense of social support and consequently, set higher educational goals. Additionally, the researchers expect a stronger relationship between extracurricular involvement and educational goals for females, because they perceive a greater sense of social support than males at school. One-hundred forty high school juniors have been recruited to explore this relationship.

#10-2 Clinical Psychology: Theoretical Review & Proposal
Costanza, P., Uomoto, J., & Fordyce, D. ***Predictors of Recovery in Mild Traumatic Brain Injury: A Review of the Literature.***

This paper examines the latest research in recovery from mild traumatic brain injury (mTBI). Studies of concussed athletes indicate that the common course of recovery from mTBI is complete in three months. However, a certain population of patients who have incurred a mTBI report symptoms as late as two years post-injury, sometimes remaining symptomatic for their lifetime. The current research suggests that certain psychosocial factors contribute to chronic mTBI symptoms which are inconsistent with the natural recovery rate. A review of the psychosocial factors and possible interventions is provided.

#10-3 Psychology: Empirical Study
Moe, A., Pashby, S., Walrath, E., & Ward, R. ***Parental and Peer Influences of Religiosity in College Students.***

Studies show conflicting findings about whether attachment to parents or peers has more influence on student religiosity. We hypothesized that both would predict religiosity in college aged students, but that parental attachment would be a better predictor.

We found support for both as significant predictors, but of different aspects of religiosity in the use of three brief surveys. Our study supports parental attachment as predicting how religious students said they were, and the security they felt in knowing of God's existence and that peer attachment predicted how many religious services students attended and how often they felt reverence or devotion.

#10-4 Psychology: Empirical Study
Schmidt, J., Torres, A., Garland, A., & Von Hoffmann, C. ***Does Flexibility Mediate the Relationship Between Cross-Cultural Experience and Acculturation?***

Research shows that expatriates who are more flexible are more effective in cross-cultural contexts (von Oudenhoven et al., 2003). Cross-cultural experience itself has been found to increase aspects of flexibility (Gerner, Perry, Moselle, & Archbold, 1992). This study examines the relationship between cross-cultural experience, flexibility, and acculturation. College students from SPU and the UW were given questionnaires measuring cultural exposure, flexibility and acculturation. Results support the hypotheses, showing a positive correlation between fluency in a second language (an indicator of cross-cultural experience), flexibility, and acculturation to a secondary culture. Furthermore, flexibility mediates the relationship between cross-cultural experience and acculturation.

#10-5 Psychology: Empirical Study
Coleman, B., Goodman, D., Meserole, L., & Thomas, M. ***Determinants of Relationship Satisfaction: Expectations vs. Personality Traits.***

While there is no perfect equation for success in relationships, many factors determine the satisfaction of a couple. Two major determinants were observed: expectations of the ideal partner and personality traits, examining how each variable affects relationship satisfaction. It was hypothesized that similarity of a couple's expectations would be more likely to predict relationship satisfaction than similarity of their personality traits. Engaged or dating couples were individually asked to complete three separate surveys rating these variables. Results indicated correlations between satisfaction and several expectations, most notably a shared faith, and also between satisfaction and agreeableness.

#10-6 Psychology: Empirical Study
Palo, S., Rustia, K., Wheatley, S., & Young, E. ***Effects of Religious Community on Perceptions of Adulthood.***

Historically, American culture has marked the passage into adulthood by biological maturation or eligibility for marriage. But what marks adulthood today? We examined what criteria emerging adults use to define what makes someone an adult. We also examined the influence of religious community on their ideas about adulthood. We surveyed students from a religious university (SPU) and a secular university (UW). We hypothesized that students at the religious school would emphasize criteria relating to raising a family and other traditional Christian values more often than students at the

secular school. However, no significant difference was found between the two schools.

#10-7 Organizational Psychology: Empirical Study
Hayman, E., Town, J., Ferkovich, J. & Eckard, K. ***When the Pressure Is On: A Study of Differentiation of Organizational Leaders Under Stress.***

Despite the continued interest of the Differentiation of Self theory in the marriage and family arena, there has been little research applying this concept to business leaders in their emotional system at work. Leaders' regulation of their emotions when they are under pressure may be a key element of their effectiveness. A variety of business leaders responded to two different stress scenarios and took a modified Differentiation of Self Inventory – Revised instrument. This study examined the levels of leadership differentiation attributes that occurred in response to the stress situations and the role of gender as a moderator of specific attributes.

#10-8 Marriage and Family Therapy: Theoretical Review and Proposal
Mai, L., & Slechta, J. ***Factors that Contribute to Good Mothering.***

What makes a good mother? This study reviews literature on what factors contribute to good mothering such as age, career, social status, and emotional maturity. The literature shows older mothers give more non-verbal nurturing cues to their infants than younger teen mothers. We propose a mixed method of qualitative & quantitative studies to further investigate our question and to recognize trends in making decisions becoming a mother. Implications for clinicians and researchers are discussed.

#10-9 Clinical Psychology: Theoretical Review & Proposal
Wilson, B. J., Stevens, A. D., Leighty, A., Muljat, A., Katz, L. F., & Gottman, J. M. ***Children's Physiological Reactivity and Recovery: Relations to Social Competence and Parenting.***

Children's ability to regulate negative affect predicts success with peers. Parental responses to children's emotional behavior may influence children's emotional reactivity and recovery. We investigated children's physiological reactivity and recovery and its relations to parenting behavior and children's social and emotional competence. Fifty-four families participated in assessments of peer interactions, parent-child interactions during stress, and child facial expressions and physiology during emotional-eliciting films. Results revealed parenting was related to children's reactivity and arousal. Children's reactivity and recovery were related to affect, verbal behavior and internalizing/externalizing problems. Physiological variables represent a potentially useful way to operationalize reactivity and emotion regulation.

#10-10 Clinical Psychology: Empirical Study
Romero, H. ***Time Perspective, Acculturation, and Psychological Well-Being in Mexican Americans.***

The current study hypothesized that acculturation would moderate the relationship between Time Perspective and psychological well-being in Mexican Americans. Participants were 124 Mexican Americans. Results indicated that acculturation did not moderate the relationship between time perspective and psychological well-being. Present Hedonistic Time Perspective did not predict higher Positive Relations PWB compared to a Future TP. However, Future and Present Fatalistic TP were consistent predictors of psychological well-being. Results suggest that TP is a better indicator of psychological well-being than acculturation and that, compared to present hedonistic TP, Future TP may be more influential in Mexican-Americans than past research would suggest.

#10-11 Psychology: Empirical Study
Casas, F., Hamilton, H., Leon, S. Reichert, J. ***Parenting Styles, Religious Fundamentalism, and Homosexuality.***

We investigated a possible relationship between homosexual and heterosexual males' assessment of their parents' religious fundamentalism and parenting style. Survey results showed a statistically significant difference in the perceived amount of attention fathers gave, with heterosexual males reporting the most attention from their fathers, followed by homosexuals and then bisexuals. Our hypothesis that homosexuals would be more likely to come from religious fundamental backgrounds was not supported.

#10-12 Psychology: Empirical Study
Gale-Bolet, J., Tatro, C., & Wang, F. ***Locus of Control and Depression.***

Have you ever noticed how similar circumstances can cause some people to become depressed while other people may be seemingly unaffected? We conducted a correlational study of locus of control in relation to depression. In this study, we examined whether those with an external locus of control tend to be more or less depressed. We also examined the relationship between mood and internal vs. external attributions for performance in real-world situations. Our findings were consistent with the existing literature, in that we found a positive correlation between depression and external locus of control, and negative mood and external attributions.

11 AM Session

#11-1 Psychology: Empirical Study
Henson, J., Lustyk, M. K. B., Muljat, A., & Ward, R. ***Gender Differences in Exercise Motives and Habits.***

Staggering obesity rates in America have led researchers to investigate exercise as a behavioral medicine tool for weight loss and improved health. However, before prescribing a therapeutic exercise regimen, an understanding of gender differences in

exercise motives and patterns is needed. The purpose of this study was to investigate these gender differences and to determine if exercise motives predicted specific aspects of exercise behavior.

#11-2 Marriage and Family Therapy: Theoretical Review & Proposal
Lukens, L. & Weekes, E. ***Holy Sex: A Mixed Method Analysis of Clergy's Beliefs on Sexuality.***

Currently it seems that Christianity's and society's views on sexuality clash. 200 clergy will be interviewed and given questionnaires regarding the way they model and teach their congregations about sexuality from a Christian perspective. It is hypothesized that today's clergy avoid this topic due to a chasm between Christianity and sexuality. It is our hope that bridging this will bring to light the reality of the need for clergy to engage their congregation in this discussion.

#11-3 Psychology: Empirical Study
Andersen, A., Bartholomew-Garcia, A., Buban, S., Simmons, D., & Kaslow, E. ***Factors that Relate to Marital Timing.***

At SPU and many other college campuses around the United States, there is an idea known as "ring by spring". In later winter and early spring engagement rings begin appearing on the fingers of many female students. What is behind this? Previous research has shown a relationship between religiosity and marital timing (Xu, et al., 2005). Conservative Christians are more likely to marry at an earlier age than unaffiliated individuals. Surveys distributed to students from both Seattle Pacific University and University of Washington showed a consistent correlation between religiosity and desired age of marriage, although no correlation was found between educational aspirations and desired age of marriage.

#11-4 Clinical Psychology: Empirical Study
Anderson, A., Hedden, K., & Van Horn, H. ***The Relationship Between Perceived Parent-Child Bond and Automatic Thoughts as Mediated by Perceived Self-Competence.***

As the parent-child bond is an integral part of a child's developmental process, researchers examined the relationship between the parent-child bond and a child's frequency of negative automatic thoughts, the cornerstone of psychopathology. Perceived self-competence was hypothesized to mediate the relationship. Findings revealed that when the bond is characterized by care, there were significantly lower amounts of negative automatic thoughts and greater perceived self-competence, as well as a significant negative relationship between perceived self-competence and negative automatic thoughts. There was no significant relationship between parental control and automatic thoughts or perceived self-competence. Lastly, the mediated model was not supported.

#11-5 Marriage and Family Therapy: Theoretical Review & Proposal
Allred, D. & Mckenzie, D. ***Co-therapy with Couples: Does Gender Make a Difference?***

Our study is going to look at differences in couples' therapeutic experiences of co-therapist genders. This study will provide therapists and counselors with gender relational designs for the treatment modalities of clients. We will be deploying a mixed method design. The design will lean stronger on the process or qualitative methods than outcomes or quantitative methods.

#11-6 Marriage and Family Therapy: Theoretical Review & Proposal
Long, M., & Eskelson, C. ***Pets as Communicative Intermediaries: How They Regulate Expression of Affect Between Parent and Child.***

Although pet-assisted therapy has received recent attention in research and clinical practice, most studies have focused upon how a pet affects individual behavioral outcomes. In contrast, this mixed-method study hopes to reveal how the use of a pet as a communicative intermediary in therapy influences the expression of affect within parent and child relational process. Potentially, the results might direct therapists toward greater use of animals to act as catalysts or buffers for parents and children whose conversations in therapy are stifled by either safety or intensity concerns.

#11-7 Psychology: Empirical Study
Lahti, J., Malins, S., Sakikabara, S., Shaver, S., & Tormey, A. ***Littering, Attitudes, and Social Accountability.***

Social psychologists study the relationship between attitudes and behavior (Kraus, 1995). Jones, Sigall and Page (1971) studied social influences on expressed attitudes, they hypothesized that people often act inconsistently with their claimed attitudes. This study examined how factors such as social accountability and attitudes predict littering behavior. Seattle Pacific University students were asked to rate a series of pictures for aesthetic appeal. The study was conducted in one large and one small classroom. After the participants departed, envelopes left behind were collected. Results showed correlations between, class size and littering, and attitudes toward non-littered images and littering behavior.

#11-8 Clinical Psychology: Theoretical Review & Proposal
Kremmel, L. M., Wilson, B. J., Gunn, G., Agnor, C. J., & Croasdiill, M. ***Empathy, Emotion Knowledge and Prosocial Behavior in First-Grade Children.***

The present study sought to gain a better understanding of the relationships among emotion knowledge, empathy and prosocial behavior. 148 first-grade children participated in this study. Participants completed an assessment of emotion knowledge, the

Vocabulary subtest of the WISC-III; and a sociometric peer nomination interview. Teachers completed the prosocial subscale of the Teacher Checklist. After controlling for verbal ability, children's knowledge about sadness and empathy each had additive effects on prosocial behavior. These results suggest that children's ability to identify and understand sadness in others influences whether or not they will be empathic and act in a prosocial manner.

#11-9 Psychology: Empirical Study
Randolph, C., & Krentz, U. ***Differences in Mindfulness Between Males and Females in Athletes and Non-Athletes.***

It is generally assumed that athletes need to have a sense of awareness and attention of their body and surroundings that keeps them in the present and perform to their fullest potential. Past research from Hoffman (2001) found that male professional athletes have been shown to have a stronger awareness of their personal environment than non-athletes. However, Otha (1996) found that male black athletes had significantly weaker awareness of personal sexual identity and confidence compared to their non-athletic peers. This study seeks to clarify this contradicting evidence by investigating the general mindfulness (self and surroundings) of college athletes compared to non-athletes.

#11-10 Psychology: Empirical Study
Anderson, M., Damgaard, S., Krause, E., McCurley, F., Schaafsma, T. ***Birth Order and Decisiveness.***

The variety of personalities and lifestyles that can come from one set of parents sparked the interest for this study of birth order and decisiveness. Based on the work of Alfred Adler (1927), we hypothesized that first borns would be more decisive than non first borns (later borns) and that psychological birth order would be a better predictor of decisiveness than actual birth order. Surveys to measure psychological birth order and decisiveness were distributed to 105 undergraduate students at Seattle Pacific University. Contrary to our hypotheses, our results showed that neither actual nor psychological first borns were more decisive than later borns, although there were gender differences observed in decisiveness.

#11-11 Psychology: Empirical Study
Fielding, A., & Krentz, U. ***Gender Differences in the Mathematical Achievement of 2nd Through 10th Grade Students.***

This research investigates the differences in math achievement by 2nd through 10th graders from 32 states. The sample size of 1,838,957 students was organized into percentile distributions that were collected from the Northwest Evaluation Data Base. Past research has shown that boys are over-represented in the highest achievers and that girls' achievement tapers off in middle school (Leahey & Guo, 2001;). This study investigates the presence of these trends. Preliminary analysis confirms the first trend that there are more boys in the highest and lowest percentiles in math achievement,

and that these trends are similar across all grades.

**Psi Chi Induction
Presentation of Hammersla Award
12-1**

**SYMPOSIUM
Psychology and Faith
1 PM Session**

Presenter 1:

Clinical Psychology: Theoretical Review & Proposal
Kennedy, M. ***Healing Through Relationship: An Introduction to Interpersonal Grace.***

Interpersonal grace is currently being researched as a theoretical construct describing experiences in which an individual is offered a position of unmerited favor by another person or community which allows for growth, healing and transformation. Such experiences are being investigated through a qualitative dissertation examining the integral components of experiences of disgrace followed by grace-filled interpersonal relationships. This paper will introduce the concept of interpersonal grace and will explore its proposed components; how interpersonal grace differs from experiences of forgiveness; and how it is proposed to offer transformation following incidents of shame, humiliation, estrangement and disgrace.

Presenter 2:

Psychology: Empirical Study
Van Loo, K. ***Religiosity and Stereotypes of Asian Americans.***

Previous research has shown a direct relationship between prejudice and religion. However, many Christian teachings emphasize love and acceptance. The current study explores this contradiction. It was hypothesized that Asian Americans would be judged in a stereotypic fashion and religiosity would act as a moderator, such that higher levels of religiosity would correspond with a decrease in stereotypic ratings of Asian Americans. A covert measure of stereotypic attitudes and religiosity scales were completed by 46 participants. An Asian American target was rated as more competent and less warm than a Caucasian target regardless of participants' level of religiosity.

Presenter 3:

Clinical Psychology: Theoretical Review & Proposal
Barr-Jeffrey, A. ***Attachment to God, Religious Coping, and Clergy Burnout.***

This study will address the relationship between attachment to God, religious coping style,

and burnout in clergy, a population commonly exposed to burnout inducing stressors. It is predicted that higher scores among anxious and avoidant attachment dimensions are expected to correlate positively with negative coping styles. It is also predicted that negative coping styles will be positively correlated with burnout factors. This study is being conducted with a national sample of clergy (n=100) from the Evangelical Covenant Church. Because data collection is still in process, results are pending. Once collected, regression analyses will be conducted on the data in order to test the hypotheses.

**SYMPOSIUM
Health and Body Image
2 PM Session**

Presenter 1:

Clinical Psychology: Theoretical Review & Proposal
Carei, R. ***Evaluation of Yoga in the Treatment of Eating Disorders.***

This research project is a study of yoga in the treatment of outpatient adolescents with eating disorders. Participants include those with Anorexia Nervosa, Bulimia Nervosa, and Eating Disorder Not Otherwise Specified, who are randomized to one of two conditions. The conditions are: (a) yoga immediately: two-sessions per week of yoga for 8 weeks, and (b) yoga after 3 months (comparison group). The primary outcome measure for each participant is the Eating Disorder Examination score between baseline and end of treatment. Secondary outcome variables include anxiety, depression, and others.

Presenter 2:

Clinical Psychology: Empirical Study
Gerrish, W., & Lustyk, M. K. B. ***Motivated for Life: Gender Differences in Why We Exercise.***

Our purpose was to assess: (1) gender differences in exercise habits, motives and quality of life (QOL), (2) the predictability of QOL from exercise habits controlling for motives. Results revealed significant gender differences in exercise habits, motives and QOL with women reporting significantly higher QOL than men. Exercise habits and motives predicted QOL in men and women, however, motives served to moderate this relationship for women only. This latter finding is particularly relevant for primary care physicians of women who often prescribe exercise regimens to improve treatment outcomes. Addressing exercise motives in these regimens will likely improve patient compliance.

Presenter 3:

Clinical Psychology: Empirical Study

Byington, K. D., Gibbs, R. M., Murrillo, A., & Randa, L.

A. *The Effect of Media Influence on Male's Body Image: The Metrosexual Ideal.*

Currently, media promotes a metrosexual image of maleness, a body ideal based primarily on appearance. Rather than focusing on functionality, culture is now focusing on the male body as object. A community sample of 98 men participated in an online survey which examined the extent to which media's metrosexual image influences the way men view their bodies. Multiple regression was employed to determine the relationships between media influence, metrosexual behavior, and objectified body consciousness. Results indicated that metrosexual behavior significantly predicted objectified body consciousness. Contrary to hypotheses, metrosexual behavior did not mediate the relationship between media and objectified body consciousness.