

DR. CHRISTIE NELSON BIOGRAPHY

Dr. Christie Nelson got an early start toward her professional career by presenting her own research at ILLOWA on two separate occasions before graduating from Monmouth College in 2006. Her first ILLOWA presentation occurred at Augustana College in 2004 and was on the importance of visual cues in the formation of perceptions. Her second presentation, at Monmouth College in 2006, was an exploration of attitudes and stigma toward various treatments of mental illness.

Upon graduating with her Bachelor's Degree, Dr. Nelson went on to earn both her Master of Arts (MA) degree and her Doctorate in Psychology (PsyD) from Forest Institute of Professional Psychology in Springfield, MO. Dr. Nelson is a licensed clinical psychologist who has a rich history of working with individuals with mental illness and addictions, primarily within the criminal justice system. Her responsibilities have included assessment of competency to stand trial, detection of malingering, pre-employment police evaluations, individual and group therapy, and a variety of risk assessments. With her training in crisis negotiation, Dr. Nelson has also implemented various crisis intervention strategies in order to address high risk situations.

Dr. Nelson's work for the Department of Justice at the Federal Bureau of Prisons has included assessing individuals for risk of suicide/self-harm, dangerousness to others, competency in relation to the institutional disciplinary hearings, need for protective custody, risk of sexually abusive behavior, risk of sexual victimization, and the need for psychotropic medication. Further, she is experienced in conducting psychological evaluations of mentally ill inmates, including the administration, scoring, and interpretation of personality, neuropsychological, cognitive, objective, and risk assessment measures.

Currently, as a Drug Abuse Program Coordinator at the United States Penitentiary in Leavenworth, KS, Dr. Nelson's duties have further grown to include supervising drug treatment specialists through live, group, and individual supervision. Dr. Nelson has provided professional expertise to a variety of local agencies to address the current opioid epidemic. On a personal level, she enjoys traveling, exercising, spending time with her family, and rooting for the Chicago Bears. She is an unashamed fan of Nintendo, Ninja Turtles, and Harry Potter.

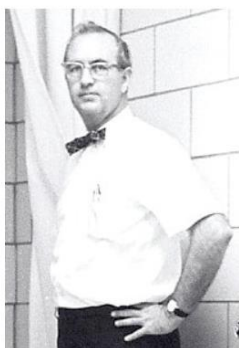
CONFERENCE HISTORY

ILLOWA is one of oldest continuing undergraduate psychological research conferences in the United States. Established 1973, ILLOWA was created when James Joyce and Kermit Hoyenga of Western Illinois University, Dean Wright of Monmouth College and Gary Francois of Knox College established a mechanism by which local colleges and universities could enhance interaction with each other and provide an educational research experience for their students.

ILLOWA has since expanded over to include nine educational institutions in Illinois, Iowa and Missouri. ILLOWA established its first website in 1998, at Culver-Stockton (Mo.) College. Since fall 2001, undergraduates who present at ILLOWA can also submit their papers for possible inclusion in the *Journal of Psychological Inquiry*.

The conference's programming format has remained relatively unchanged over the years in that only undergraduates are allowed to present their findings from empirical research projects. The host institution provides lunch, a visiting keynote speaker and absorbs the cost of the convention. The convention's site of is on a rotational basis. The date of the convention, if scheduling permits, is the Saturday before the Midwestern Psychological Association's annual convention.

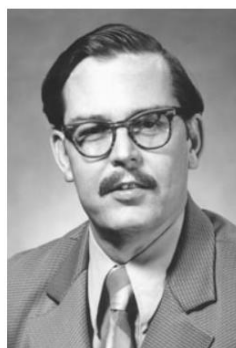
The ILLOWA conference has been mentioned in *Teaching of Psychology*, *Eye on Psi Chi* and in the *APA Monitor*. Additionally, ILLOWA has been cited as one of the major undergraduate conferences in the United States. See: Smith and Davis (2010) *The psychologist as a detective: An introduction to conducting research in psychology (5th Ed.)*.



James Joyce
Western Illinois University



Kermit Hoyenga
Western Illinois University



Dean Wright
Monmouth College



Gary Francois
Knox College

MacMurray College will host next year's conference in 2018.

- **Augustana College** – 1976, 1986, 1990, 1995, 2004
- **Cornell College** – 1985
- **Culver-Stockton College** – 1998, 2007, 2013, 2020
- **Eureka College** – 2003, 2012, 2019
- **Knox College** – 1977, 1980, 1984, 1988, 1993, 1997, 2002, 2009, 2015, 2022
- **Monmouth College** – 1975, 1978, 1982, 1989, 1994, 1999, 2006, 2011, 2017
- **St. Ambrose University** – 1981, 1992, 2001, 2008, 2014, 2021
- **Western Illinois University** – 1974, 1979, 1983, 1987, 1991, 1996, 2000, 2005, 2010, 2016, 2023

ILLOWA 2017

SCHEDULE OF EVENTS

Time	Event	Location
8:00 – 8:40 AM	Registration	2 nd Floor Center for Science and Business (CSB)
	Breakfast	Mellinger Commons (CSB) 1 st Floor CSB
8:40 – 8:55 AM	Opening Remarks	Pattee Auditorium (CSB) 1 st Floor CSB
9:00 – 10:30 AM	Paper Session I A: Experimental B: Relationships, Attraction & Sexual Behavior C: (Sub)culture, Diversity & Attitudes D: Clinical	CSB 270 CSB 273 CSB 276 CSB 278
10:30 – 10:45 AM	Break	Mellinger Commons (CSB)
10:45 – 11:45 AM	Keynote Speaker: Dr. Christie Nelson	Pattee Auditorium (CSB)
11:45 – 12:45 AM	Cafeteria Lunch (give lunch ticket to the check-in person)	Main Floor - Stockdale Center (handicap access to main floor)
11:45 – 12:45 PM	Cafeteria Faculty Lunch (give lunch ticket to the check-in person)	Public Dining Room (PDR) (Main Floor Stockdale Center)
12:45 – 3:00 PM	Paper Session 2 A: Drug Use & Biopsychology B: Affect Regulation & Developmental C: (Sub)culture, Diversity & Attitudes D: Cognition	CSB 270 CSB 273 CSB 276 CSB 278

Paper Sessions At A Glance

Paper Session 1A: CSB 270 Experimental

- 9:00 The Effects of a Holistic Patient Centered Approach on Breast Cancer Outcomes**
AUTHOR(S): Rebecca Louison & Tori Roe
SPONSOR: Jen Lee
INSTITUTION: Mount Mercy University
- 9:15 Loss vs. Gain in Recycling Willingness**
AUTHOR(S): Will Strobel
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 9:30 Can Motivational Interviewing Increase Collaborative, Pro-Environmental Activism?**
AUTHOR(S): Sofia Tagkaloglou
SPONSOR: Tim Kasser
INSTITUTION: Knox College
- 9:45 Hunger is Ruff: The Effect of Resource Availability on Male Preference of Canine Body Weight**
AUTHOR(S): Lenora Keegan
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 10:00 Creativity, Surprise, and Disorganization: The Effect of the Environment or Surprise on Creativity**
AUTHOR(S): Rebecca Rue
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 10:15 Cursing Choice Relative to Arousal Level**
AUTHOR(S): Abigail Barton
SPONSOR: Heather Hoffmann
INSTITUTION: Knox College

Paper Session 1B: CSB 273 Relationships, Attraction & Sexual Behavior

- 9:00 Do Parenting Styles Differ According to Ordinal Position and Gender of Children?**
AUTHOR(S): Ryan Robbins, David Stevenson, Jessica Nelson & Kendra Ward
SPONSOR: Eva Ferguson
INSTITUTION: Southern Illinois University-Edwardsville
- 9:15 Young Adult Sexual Behaviors and Influences on STD Screening**
AUTHOR(S): Kelsey Weyforth
SPONSOR: Marsha Dopheide
INSTITUTION: Monmouth College
- 9:30 Color Perception: Assessing Cognitive Task Performance and Perception of Attractiveness**
AUTHOR(S): Ronald Drummond
SPONSOR: Guy Boysen & Gerald McDonnell
INSTITUTION: McKendree University
- 9:45 Is a Dominance/Submission Relationship the Key to Romantic Success?**
AUTHOR(S): Morgan Ochoa
SPONSOR: Eugene Mathes
INSTITUTION: Western Illinois University
- 10:00 Ostracism and its Effects on Levels of Happiness in College Students**
AUTHOR(S): Christian Baginski
SPONSOR: Kristin Larson
INSTITUTION: Monmouth College
- 10:15 Attraction of the Fittest: A Study of Psychical Based Attraction and Similarities**
AUTHOR(S): Sam Barnhart
SPONSOR: Richard Beans
INSTITUTION: Greenville College

**Paper Session 1C: CSB 276
(Sub)culture, Diversity & Attitudes**

- 9:00 Attitudes Toward Police Brutality**
AUTHOR(S): Emily Hascher
SPONSOR: Ann Fulop
INSTITUTION: Eureka College
- 9:15 Academic Motivations and Stress in Indian and American College Students of Different SES Backgrounds**
AUTHOR(S): Shashank Neelagiri
SPONSOR: Tim Kasser
INSTITUTION: Knox College
- 9:30 Selection Predictors to Improve Hiring of Assistant Resident Advisor Candidates**
AUTHOR(S): Amber Clover, Lauren Christo, Amy Grogan, Aubrey Smith, Kelemen Lee & Morgan Lain
SPONSOR: Allen Huffcutt
INSTITUTION: Bradley University
- 9:45 College Students' Attitudes Towards LGBTQ+ Individuals**
AUTHOR(S): Ashley Weissert
SPONSOR: Guy Boysen
INSTITUTION: McKendree University
- 10:00 Holistic Thinking and Using Analogy**
AUTHOR(S): Ziyue Cui
SPONSOR: Tim Kasser
INSTITUTION: Knox College
- 10:15 Strong but Broken: Detecting the Collectivism and Individuality in the Military Subculture**
AUTHOR(S): Megan Killian
SPONSOR: Guy Boysen
INSTITUTION: McKendree University

**Paper Session 1D: CSB 278
Clinical**

- 9:00 Factors Influencing Social Interaction with Individuals Diagnosed with Mental Illness**
AUTHOR(S): Samantha Estrada
SPONSOR: Marsha Dopheide
INSTITUTION: Monmouth College
- 9:15 The Interaction of Depression with Sleep Quality and Duration**
AUTHOR(S): Alex Hewit
SPONSOR: Joan Wertz
INSTITUTION: Monmouth College
- 9:30 Sticks and Stones? Examining the Effect of Descriptive Labels on Individuals with Symptoms of Mental Illness**
AUTHOR(S): Macie Wrightsman
SPONSOR: Kristin Larson
INSTITUTION: Monmouth College
- 9:45 Does Trauma Centrality Predict Students' Requests for Trigger Warnings?**
AUTHOR(S): Madeline Bruce
SPONSOR: Sara O'Brien
INSTITUTION: Knox College
- 10:00 An Evolutionary Analysis of Stigma Toward Mates with Mental Illness**
AUTHOR(S): Emily Thompson & Rachel Kaltwasser
SPONSOR: Guy Boysen
INSTITUTION: McKendree University
- 10:15 Attachment and Anxiety Sensitivity**
AUTHOR(S): Cheri Newell
SPONSOR: Robert Intrieri
INSTITUTION: Western Illinois University

**Paper Session 2A: CSB 270
Drug Use and Biopsychology**

- 12:45 Individual Differences Associated with Caffeine Use and Caffeine Motives**
AUTHOR(S): Keith Ritter
SPONSOR: Jonathan Hammersley
INSTITUTION: Western Illinois University
- 1:00 The Potential Neurotoxicant Effects of Brominated Flame Retardants and the Potential Neuroprotective Properties of Huperzine-A**
AUTHOR(S): Kyle Bradberry
SPONSOR: Marsha Dopheide
INSTITUTION: Monmouth College
- 1:15 Comparing Herbal and Pharmaceutical Treatments for PTSD-Like Symptoms in Mice**
AUTHOR(S): Brianna Hooker
SPONSOR: Sandra McFadden
INSTITUTION: Western Illinois University
- 1:30 The Effects of K-Tape on Ankle Stability**
AUTHOR(S): Katelyn Stauffer & Breanne Begeman
SPONSOR: Melissa Holt
INSTITUTION: Culver-Stockton College
- 1:45 Psychological Influences on Physical Strength and Endurance**
AUTHOR(S): DreeAnn Barr
SPONSOR: Joan Wertz
INSTITUTION: Monmouth College
- 2:00 Texts from Last Night: A Study on Personality and Drunk Texting Behavior**
AUTHOR(S): Keanna Knox
SPONSOR: Guy Boysen
INSTITUTION: McKendree University
- 2:15 Perceived vs. Actual Use of Misused Substances**
AUTHOR(S): Micheal Waters
SPONSOR: Jonathan Hammersley
INSTITUTION: Western Illinois University
- 2:30 Does Religion Lead to Problematic Drinking for Neurotic People?**
AUTHOR(S): Hilary Dunn
SPONSOR: David Lane
INSTITUTION: Western Illinois University

**Paper Session 2B: CSB 273
Affect Regulation**

- 12:45 The Impact of Music on Stimulated Pain**
AUTHOR(S): Jamie Bible
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 1:00 Sex Differences in Regulating Emotion**
AUTHOR(S): Kayla Smiley
SPONSOR: Scott Hemenover
INSTITUTION: Western Illinois University
- 1:15 The Effect of Pet Ownership on College Students' Stress Levels**
AUTHOR(S): Anna Wells
SPONSOR: Guy Boysen
INSTITUTION: McKendree University
- 1:30 Satisfaction of Basic Needs in Relation to Passion and Perseverance**
AUTHOR(S): Andrew Domkuski
SPONSOR: Aaron Shilling
INSTITUTION: Monmouth College
- 1:45 Emotion Regulation of College Students Motives**
AUTHOR(S): Andrew Schack
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 2:00 I Want to Feel Sad: Trait-Consistent Affect Regulation Motives**
AUTHOR(S): Natasha Kelch & Angelina Weglarczyk
SPONSOR: Scott Hemenover
INSTITUTION: Western Illinois University
- 2:15 The Silencing the Self Scale: Construct Validity, Gender Differences, and Relationships with Depression**
AUTHOR(S): Mia Ko
SPONSOR: Tim Kasser
INSTITUTION: Knox College
- 2:30 Effects of Alcohol and Emotional Stability on Positive Relations**
AUTHOR(S): Angelina Weglarczyk
SPONSOR: David Lane
INSTITUTION: Western Illinois University

**Paper Session 2C: CSB 276
(Sub)culture, Diversity & Attitudes**

- 12:45 Culture and Emotion Recognition**
AUTHOR(S): Juan Mora
SPONSOR: Aaron Shilling
INSTITUTION: Monmouth College
- 1:00 Skin Tone, Media, and Self-Perception of Beauty in Black Women**
AUTHOR(S): Crystal Singletary
SPONSOR: Sara O'Brien
INSTITUTION: Knox College
- 1:15 Coping, Unmet Need, and Attitudes Toward Receiving Psychological Help in a College Population**
AUTHOR(S): Jessica Govis
SPONSOR: Blake Nielsen
INSTITUTION: Monmouth College
- 1:30 Gender Differences in Attitudes and Knowledge of Aging in Undergraduate Students**
AUTHOR(S): Maria Kurth
SPONSOR: Robert Intrieri
INSTITUTION: Western Illinois University
- 1:45 How Whites Perceive Black and White Debaters with Different Policy Debate Styles**
AUTHOR(S): Clara Torres
SPONSOR: Heather Hoffmann
INSTITUTION: Knox College
- 2:00 White Racial Identity and White Privilege Attitudes**
AUTHOR(S): Cameron Kubler, Caitlin Loughary, Emily Claros & Kristy Keefe
SPONSOR: Kristy Keefe
INSTITUTION: Western Illinois University
- 2:15 You Say Tomato, I Say Tomahto: Judgements Based on Accents**
AUTHOR(S): Marjorie Price
SPONSOR: Richard Beans
INSTITUTION: Greenville College

**Paper Session 2D: CSB 276
Cognition**

- 12:45 Does Mindfulness Training Improve Working Memory Capacity?**
AUTHOR(S): Hassan Shehadeh & Robert Cox
SPONSOR: Ann Fulop
INSTITUTION: Eureka College
- 1:00 Cognitive Dissonance: Decision Making with Confidence**
AUTHOR(S): Alayna Moore
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 1:15 The Effects of Color on Memory**
AUTHOR(S): Erin Gilmore
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 1:30 The Effects of Lab Coats on Accuracy and Reaction Rate: An Experiment on Enclothed Cognition**
AUTHOR(S): Victoria Bledsoe
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 1:45 What's Your Name Again? The Production Effect in Memorization for Face-Name Associations**
AUTHOR(S): Corinne Weber
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 2:00 Cell Phone Possession Attachment**
AUTHOR(S): Kristin Knudsen
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 2:15 Neon Memory: Whether the Act of Highlighting Really Improves Memory**
AUTHOR(S): Jessica Fulling
SPONSOR: Richard Beans
INSTITUTION: Greenville College
- 2:30 The Effects of Handwritten vs. Electronic Note Taking on Test Scores**
AUTHOR(S): Sarah Watts
SPONSOR: Richard Beans
INSTITUTION: Greenville College

9:00 AM: The Effects of a Holistic-Patient-Centered Approach on Breast Cancer Outcomes

AUTHORS: Rebecca Louison & Tori Roe

SPONSOR: Jen Lee

INSTITUTION: Mount Mercy University

Relative dose intensity (RDI) is the association between the intended dose and schedule of chemotherapy versus the actual dose and schedule. Research indicates an RDI of <85% has limited or nonexistent benefits, but approximately 56% of Breast Cancer (BC) patients are below this. The goal is to examine effects of a patient-centered, holistic approach on RDI in a BC sample. Also, examine associations among RDI and characteristics (age, treatment type, stage). Records of 163 participants ($M = 61.5$, $SD = 12.7$) were examined from a clinic that offers a holistic approach (i.e., patient active treatment decision-making, chair yoga, reiki, and nutritional counseling). This approach led to higher RDI (96%) than the recommended RDI (85%). RDI also differed between treatment type, with a treatment of taxotere, and Cytosan ($RDI = .996$; $SD = .008$, $n = 27$) having a significantly higher RDI than others. Suggesting this approach improves BC treatment outcomes.

9:15 AM: Loss vs. Gain in Recycling Willingness

AUTHOR: Will Strobel

SPONSOR: Richard Beans

INSTITUTION: Greenville College

This study was conducted to measure an individual's willingness to recycle in regards to what could be lost or gained. A sample of 60 Greenville College students was given one of two different pamphlets that were said to be part of a recycling program being carried out at their college. 30 students were given a pamphlet that explained what they could gain by recycling and 30 students were given a pamphlet that explained what they could lose if they did not recycle. After this had been administered, participants were asked to rate their willingness to recycle on a 1 to 7 scale (1 being "very unwilling" and 7 being "very willing"). The expected outcome was that framing the pamphlet with what one could lose would result in greater willingness to recycle than the pamphlet framed with what one could gain.

9:30 AM: Can Motivational Interviewing Increase Collaborative, Pro-Environmental Activism?

AUTHOR: Sofia Tagkaloglou

SPONSOR: Tim Kasser

INSTITUTION: Knox College

This study tested ways to encourage individuals to engage in collaborative activist pro-environmental behaviors (PEBs). 345 college students were surveyed about their PEBs, and 37 were randomized to receive an experimental session (Motivational Interviewing, a humanistic counseling approach) or a control session (which aimed to inform and convince participants to change their behaviors). In both sessions, subjects worked with the experimenter to set two goals relevant to collaborative, activist PEBs that they would pursue for the next 7 weeks. All subject were then immediately surveyed about their self-determined motivation and self-efficacy for their goals and their perceptions of the experimenter. Results showed that the extent to which subjects felt supported by the experimenter, regardless of group, positively correlated with their reports of self-determined motivation and self-efficacy at the end of the session. At 7 weeks, goal progress, self-determined motivation and self-efficacy were also assessed; those results will be presented.

9:45 AM: Hunger is Ruff: The Effect of Resource Availability on Male Preference of Canine Body Weight

AUTHOR: Lenora Keegan

SPONSOR: Richard Beans

INSTITUTION: Greenville College

Sociologically, men from low-resource communities are more likely to choose mates that have a heavier body weight, and men from high-resource communities are more likely to choose mates that have a thinner body weight. In relation to this, Nelson and Morrison (2005) performed a study that examined how the level of hunger affects male preferences of female body weight. That study used images of female bodies with different weights. The purpose of this study is to test whether the resource availability effect applies to male preference of animal body weight. Subjects were classified into two groups: hungry and satiated. Each group was shown three images of dogs with different body weights and asked to choose which image they preferred. The hypothesis was that men who were hungry would be significantly more likely to select the dog with the heavier body weight than the satiated men.

10:00 AM: Creativity, Surprise, and Disorganization: The Effect of the Environment or Surprise on Creativity

AUTHOR: Rebecca Rue

SPONSOR: Richard Beans

INSTITUTION: Greenville College

The research I replicated was by Vohs, Redden, and Ryan (2014). Their research suggested that not only does disorder cause misbehavior, but also unconventional or creative behavior. They hypothesized that participants were less creative in an organized environment than in a disorganized environment. They found significant results in their research. Previous research showed that surprise can cause creative decisions (Ritter et al., 2012). Therefore, to extend Vohs et al research I warned participants upon entering the disorganized environment about the condition of the room. I believe that higher creativity was caused by the disorganization of the room, not by the surprise of entering a messy room.

10:15 AM: Cursing Choice Relative to Arousal Level

AUTHOR: Abigail Barton

SPONSOR: Heather Hoffmann

INSTITUTION: Knox College

This study examined the impact of sexual arousal on curse word choice. 9 college-aged heterosexual males watched two sexual clips and one comedy clip while choosing from a list of 30 words, including 15 measured curses. Finally, participants rated words for social offensiveness. A significant main effect of arousal level was found using the objective offensiveness measure. No such effect was found using the subjective measure. Follow-up t-tests revealed significance between the high arousal and control conditions, between the low arousal and control conditions, but not between the high and low arousal conditions. Furthermore, participants' subjective ratings of curse offensiveness positively correlated with the objective ratings. Thus, college-aged males used more offensive curse words when generally sexually aroused than when not sexually aroused.

Paper Session 1B: 9:00 – 10:30 AM
CSB 273
RELATIONSHIPS, ATTRACTION, & SEXUAL BEHAVIOR

9:00 AM: Do Parenting Styles Differ According to Ordinal Position and Gender of Children?

AUTHORS: Ryan Robbins, David Stevenson, Jessica Nelson & Kendra Ward

SPONSOR: Eva Ferguson

INSTITUTION: Southern Illinois University - Edwardsville

The present study assessed if the leadership styles that parents used during the formative years of childhood differed according to the ordinal position and gender of the child. University students answered a Ferguson Parental Inventory (PVi) of their parents' styles in terms of Lewin's (1948) three types: Autocratic, democratic, and laissez Faire. An additional style, competitive, was added on the basis of factor analytic evidence from previous data. Two significant findings emerged. One was a significant interaction between ordinal position and mothers' parenting style: The only child reported receiving the least autocratic and the least competitive style. Concerning gender of the child, both mother and father were reported to show less competitive styles and more democratic style for girls than boys. Societal values appear to be related to parenting style.

9:15 AM: Young Adult Sexual Behaviors and Influences on STD Screening

AUTHOR: Kelsey Weyforth

SPONSOR: Marsha Dopheide

INSTITUTION: Monmouth College

Despite many prevention plans to decrease the spread of sexually transmitted diseases (STDs), nearly one million cases accrue globally daily (Newman et al., 2015). This online survey gathered information about potential factors that may influence participants' decision to seek STD testing. Results (N=250) indicated that those more comfortable talking to their partner about STD history were more likely to get tested than those less comfortable. There was no difference in how much trust people had in their partner and the likelihood of getting tested. There was also no significant difference in whether or not people would get tested dependent on the presence of symptoms. Results also indicated no significant influence of fear of parent notification in getting tested. Furthermore, the top three reasons participants chose for not getting tested were lack of symptoms (69.5%), trust in their partners (54.0%), and not believing they would sleep with infected people (38%).

9:30 AM: Color Perception: Assessing Cognitive-Task Performance and Perception of Attractiveness

AUTHOR: Ronald Drummond

SPONSORS: Guy Boysen & Gerald McDonnell

INSTITUTION: McKendree University

People have cognitive associations with certain colors. These associations can impact information processing in areas as diverse as cognitive-task performance and interpersonal attraction. Cognitive-task performance was measured among participants (N = 120) who attempted to solve a list of 30, single-solution anagrams with five letters in five minutes in either green, red, or black ink. Results indicated that the participants who solved green anagrams solved more than the other two conditions. Perception of attractiveness was measured among participants (N = 43) who rated 20 photos (10 male, 10 female) on either red or white backgrounds based on the participants' perception of appeal towards the photo. Results indicated that the female participants rated both males and females higher when the photos were on the white background.

9:45 AM: Is a Dominance/Submission Relationship the Key to Romantic Success?

AUTHOR: Morgan Ochoa

SPONSOR: Eugene Mathes

INSTITUTION: Western Illinois University

According to the circumplex theory of dyadic social relationships are most successful if one person is dominant and the other submissive The purpose of this research was to determine if dominance-submission complementarity in romantic relationships create successful relationships A related purpose was to determine if dominance-submission complementarity with respect to sexual relationships creates successful relationships Thirty-seven couples participated couples separately filled out Probability of Marriage 0/10 we will definitely not marry to 10/10 we are engaged/married or have made specific plans to marry Sternberg's Commitment Scale Rubin's Romantic Love Scale the Dominance and Submission Scales of Locke's Circumplex Scales of Interpersonal Values modified to apply to romantic relationships and Sexual Dominance and Submission Scales created by the author For Female Probability of Marriage significant effects were found for Female Sexual Dominance Male Sexual Submission and the Female Sexual Dominance by Male Sexual Submission interaction Using median splits and analysis.

10:00 AM: Ostracism and its Effect on Levels of Happiness in College Students

AUTHOR: Christian Baginski

SPONSOR: Kristin Larson

INSTITUTION: Monmouth College

Exclusion has been common practice for humans since our earliest days of evolution. Many humans participate in ostracizing others and do not fully comprehend its impact on the excluded individual and their happiness (Williams and Nida, 2011). In this study, two groups of individuals played a game of cyberball where the player simulates a three-person game of catch on a computer. One group played a normal game of catch, and the other group was ostracized by the two "confederates." afterwards both groups will take the Sonja Lyubomirsky Happiness measure. The results from both of these groups will be compared to see if there are any significant findings.

10:15 AM: Attraction of the Fittest: A Study of Physical Based Attraction and Similarities

AUTHOR: Sam Barnhart

SPONSOR: Richard Beans

INSTITUTION: Greenville College

This study measured both the difference in preference among female athletes and female non-athletes and measured female's overall preferences for athletic appearing males or non-athletic appearing males. A total of 80 participants were given a sheet of paper with 10 photos of males, 5 of which were dressed in athletic-wear, while the other 5 were dressed in business-casual wear. Participants were asked to rank-order, on a scale of 1 to 10, the pictures of the males (1 being the style they preferred to see the most, 10 being the style they would prefer to see the least. I hypothesized that the female non-athlete participants, on average, would rank-order the photos of the non-athletic appearing males higher than the photos of the athletic-appearing males; and, the female athlete participants, on average, would rank-order the photos of the non-athletic appearing males lower than the photos of the athletic-appearing males.

Paper Session 1C: 9:00 – 10:30 AM
CSB 276
(SUB)CULTURE, DIVERSITY, & ATTITUDES

9:00 AM: Attitudes Toward Police Brutality

AUTHOR: Emily Hascher

SPONSOR: Ann Fulop

INSTITUTION: Eureka College

An increasing concern over police-community relations throughout the United States motivated researchers to investigate the nature of individual's attitudes toward police and the influenced of those attitudes. Various factors have been identified by many previous studies as influences on individual's attitudes toward police. The purpose of this study is to determine the extent to which race, gender, and residential background have effect on an individual's attitudes toward the police. In addition, this study attempt to determine whether gender, race, and residential background have the most significant effects on attitudes toward police. The findings of this research study are based on the analyses of data that was collected through self-administered questioner that was given to 58 undergraduate students.

9:15 AM: Academic Motivations and Stress in Indian and American College Students of Different SES Backgrounds

AUTHOR: Shashank Neelagiri

SPONSOR: Tim Kasser

INSTITUTION: Knox College

Individuals in school perform differently depending on the level of intrinsic and extrinsic motivation that they experience. Sheldon and Kasser (2008) found that participants overemphasized extrinsic goals (e.g., money) and deprioritized intrinsic goals (e.g, autonomy) when they were threatened about their existence, financial situation, and/or interpersonal relationships. It is predicted that SES is negatively correlated with stress and extrinsic motivation and positively correlated with intrinsic motivation in college students. Stress should be negatively correlated with intrinsic motivation and positively correlated with extrinsic motivation. Stress should act as a mediator between SES and intrinsic/extrinsic motivation. There was a significantly negative correlation between SES and stress. There were no correlations between SES and intrinsic/extrinsic motivation. There was a significantly positive correlation of stress with extrinsic motivation (external regulation). A regression analysis found that stress acts as a mediator between SES and extrinsic motivation (external regulation).

9:30 AM: Selection Predictors to Improve Hiring of Assistant Resident Advisor Candidates

AUTHORS: Amber Clover, Lauren Christo, Amy Grogan, Aubrey Smith, Kelemen Lee & Morgan Lain

SPONSOR: Allen Huffcutt

INSTITUTION: Bradley University

The goal of this study is to improve the processes utilized by Bradley University Residential Living in hiring assistant resident advisors (ARAs). This study is designed to implement performance improvements in the selections of ARAs with the use of a revised assessment of candidates. Revised measures include a big-five personality test, behavioral and situational interview questions, simulations, and an evaluation completed by the candidate's current resident advisors. Archival selection and performance evaluations will be analyzed and compared to candidate selection and performance evaluations. When comparing the archival data to newly selected candidate data, we expect to find a significant improvement in the prediction of performance of ARAs selected with the revised interview system.

9:45 AM: College Students' Attitudes Towards LGBTQ+ Individuals

AUTHOR: Ashley Weissert

SPONSOR: Guy Boysen

INSTITUTION: McKendree

Lesbian, gay, bisexual, transgender, and queer (LGBTQ) rights has become more recognized in today's culture. However, LGBTQ individuals still experience harassment, violence, homophobia, and discrimination. To make this harder on LGBTQ individuals the transition from high school to college is one of the most challenging times in their lives. This study examines college students' attitudes toward LGBTQ people and the differences across gender, religion, major, age, and interactions with LGBTQ people.

10:00 AM: Holistic Thinking and Using Analogy

AUTHOR: Ziyue Cui

SPONSOR: Tim Kasser

INSTITUTION: Knox College

It is known that compared to their Western counterparts, people in East Asian cultures employ a more holistic thinking style and pay more attention to relations. Similarly, relations between objects also play a very important role in analogical thinking according to Structural-Mapping Theory. I hypothesized that compared to Westerners, people from East Asian cultures would more likely notice analogies, and such effect was mediated by attention to relations, a sub-construct of holistic thinking. A cross-cultural study was carried out in America and China using the Analysis-holism Scale and a self-designed Analogical Thinking Test. Results did not support my hypothesis. Future studies should try to create better measures for analogical thinking.

10:15 AM: Strong but Broken: Detecting the Collectivism and Individuality in the Military Subculture.

AUTHOR: Megan Killian

SPONSOR: Guy Boysen

INSTITUTION: McKendree University

Previous research on the military subculture, based largely on case studies, indicated that there is strong sense of community within the military subculture. The purpose of this study was to compare individuality/collectivism in civilians to current and former members of the armed services. A convenience sampling and snowball sampling was used to recruit participants (N = 100). Participants completed a condensed version the Auckland Individuality Collectivism Scale (AICS) and a new measure to determine if the collectivism of the military subculture is significantly different than that of the civilian population.

9:00 AM: Factors Influencing Social Interaction with Individuals Diagnosed with Mental Illness

AUTHOR: Samantha Estrada

SPONSOR: Marsha Dopheide

INSTITUTION: Monmouth College

Distinguishing which specific behaviors associated with bipolar disorder make people less likely to socialize with individuals diagnosed with bipolar disorder is difficult. This survey (N=110; 18-65 years or age) examined various factors that influenced the likelihood of participants interacting with persons diagnosed with bipolar disorder. These factors included participant age, participants' past experience with persons diagnosed with mental illnesses, and the various types of symptoms of bipolar disorder (i.e., both 1) positive and 2) negative a) emotional, b) behavioral, and c) cognitive symptoms). Results showed a weak positive relationship between participant age and both negative emotional and negative behavioral symptoms. Overall, positive emotional symptoms also resulted in a significantly greater likelihood of participant interaction than other symptoms. Finally, a significant difference was discovered between participants' likelihood of interaction and past experiences with individuals diagnosed with mental illness.

9:15 AM: The Interaction of Depression and Sleep Quality and Duration

AUTHOR: Alex Hewit

SPONSOR: Joan Wertz

INSTITUTION: Monmouth College

Projections have estimated that in the year 2020 depression will be the world's leading cause of disability (WFMH, 2012). This may cause problems as we know little about depression, but we do know that sleep disturbances are a common symptom. This study used surveys and a cell phone application to track both the subjective and objective sleep quality of participants, as well as the sleep duration in a naturalistic study. These surveys were then correlated with the participants' scores on a self-report depression scale. The data are hypothesized to show that depressed participants will sleep longer and shorter than the average participant.

9:30 AM: Sticks and Stones? Examining the Effect of Descriptive Labels on individuals with Symptoms of Mental Illness

AUTHOR: Macie L Wrightsman

SPONSOR: Kristin Larson

INSTITUTION: Monmouth College

Labeling categorizes things into groups that are easily understood so that quick, almost immediate and seemingly subconscious judgments can be made (Link & Phelan, 2001). Labelling individuals with mental illness place them into categories for pre-conscious judgment which can have harmful effects in areas including employment and overall well-being (Overton and Medina, 2008; Link, 1987). The current study looks at three labels that could be assigned to individuals with mental illness and measures them on perceived definition, perceived friendliness, desired social distance and willingness to hire. These variables are used to understand the perceptions of the lay public, and their possible negative effects, specifically in the area of employment. Results show no significant difference between the labels and four independent measures. The lack of statistical significance could result from a number of variables including, but not limited to, a decline in the stigmatization of individuals with labels of mental illness.

9:45 AM: Does Trauma Centrality Predict Students' Requests for Trigger Warnings?

AUTHOR: Madeline Bruce

SPONSOR: Sara M O'Brien

INSTITUTION: Knox College

Trigger warnings (TWs) are defined as an alert before presented material that warns readers of potentially disturbing content. They have become a controversial topic. The present study aims to build on previous TW literature – much of which is opinion-based – in order to assess traits of undergraduates who want TWs, particularly their level of trauma centrality, PTSD symptomology, and physiological reactivity to a TW. An experimental paradigm is employed where participants will be randomly assigned to see a TW, a movie rating, or no warning before watching a movie clip. The dependent variable will be physiological stress in response to the warning (vs. none), measured by heart rate, respiration rate, and electrodermal activity. A 3 (TW, movie rating, control) by 2 (high/low centrality) by 2 (high/low PTSD) ANOVA will be used to test the hypothesis that high PTSD and centrality will positively predict more anxiety when TWs are presented.

10:00 AM: An Evolutionary Analysis of Stigma Toward Mates with Mental Illness

AUTHORS: Emily Thompson & Rachel Kaltwasser

SPONSOR: Guy Boysen

INSTITUTION: McKendree University

Mental illnesses are highly stigmatized in today's society; those affected face disadvantages through society's reactions in addition to the difficulties that already arise from the disease itself. The purpose of our research was to assess the gender differences of mate selection regarding long-term versus short-term partners and the importance of high versus low resources. Participants (N = 367) consisted of Amazon Mechanical Turk volunteers. The participants read a scenario depicting a potential romantic partner. The study design was a 2 (male, female) x 2 (mental illness, no mental illness) x 2 (high resources, low resources). The participants rated descriptions of romantic partners based on their potential as a short-term date, short-term mate, and long-term mate. There were significant effects of sex, mental health, and resources. The results were consistent with previous stigma research and evolutionary theory.

10:15 AM: Attachment and Anxiety Sensitivity

AUTHOR: Cheri Newell

SPONSOR: Robert Intrieri

INSTITUTION: Western Illinois University

There is an accruing data base to support the distinct role of anxiety sensitivity in the etiology of anxiety disorders. There is currently an interest in understanding how early experiences with caregivers may shape the development of anxiety sensitivity and subsequent anxiety disorders. The purpose of the current study is to examine the relationship between attachment and anxiety sensitivity. This study examined the role of anxiety sensitivity (ASI; Peterson & Reiss, 1987) in relation to attachment using two different measures: Experiences in Close Relationships-Revised (ECR-R; Fraley, Waller, & Brennan, 2000) and the Inventory of Parent and Peer Attachment (IPPA; Armsden & Greenberg, 1987). Three hundred forty-four university students completed self-report measures assessing attachment perceptions and anxiety sensitivity levels. Results showed that securely attached participants held significantly lower levels of anxiety sensitivity compared to insecurely attached individuals. There were also significant differences across parent and peer attachment alienation perceptions (IPPA) on anxiety sensitivity (IPPA).

Paper Session 2A: 12:45 – 3:00 PM

CSB 270

DRUG USE AND BIOPSYCHOLOGY

12:45 PM: Individual Differences Associated with Caffeine Use and Caffeine Motives

AUTHOR: Keith Ritter

SPONSOR: Jonathan Hammersley

INSTITUTION: Western Illinois University

The purpose of this study was to assess individual differences associated with caffeine use and caffeine motives. As college students may be unaware of the risks of excessive caffeine use, assessing characteristics of caffeine use in this population is potentially important. Using partial correlational analyses to control for age and smoking, individual differences were associated with caffeine use and motives using State-Trait Personality and Big-Five Inventories, and Caffeine Motives Questionnaire in 108 participants. Caffeine intake was significantly, inversely correlated with Agreeableness, indicating that higher caffeine intake was related to lower Agreeableness, $r(100) = -.22$, $p = .024$. Trait Anxiety was positively correlated with negative affect regulation motives, $r(100) = .29$, $p = .002$, while Trait Curiosity trended toward positive correlation with cognitive enhancement motives, $r(100) = .183$, $p = .057$. Possible implications of differential caffeine use and motives for caffeine use based on personality will be discussed further.

1:00 PM: The Potential Neurotoxicant Effects of Brominated Flame Retardants and the Potential Neuroprotective Properties of Huperzine-A

AUTHOR: Kyle Bradberry

SPONSOR: Marsha Dopheide

INSTITUTION: Monmouth College

Polybrominated diphenyl ethers (PBDEs) have both central and peripheral neurotoxic effects on living organisms. PBDEs are flame retardants used in many domestic and industrial products (Alaee et al., 2003). Several studies show that PBDEs disrupt Ca^{2+} mediated signal transduction resulting in acetylcholine (ACh) reduction in the synapse (Kodavanti et al., 2015). Huperzine-A (Hup-A) is a nootropic agent with neuroprotective effects on learning and memory through its ability to inhibit acetylcholinesterase (AChE) (Raves et al., 1997). The purpose of this study was to understand the impact of PBDE-47 and Hup-A on memory and learning. It was expected that PBDE would impair memory performance in rats, but that Hup-A would attenuate this impairment. Performance on the Morris Water Maze (MWM) was observed. Rats exposed to both PBDE and Hup-A spent significantly less time in the correct quadrant on test day than those exposed to Hup-A only. No other significant findings emerged.

1:15 PM: Comparing Herbal and Pharmaceutical Treatments for PTSD-Like Symptoms in Mice

AUTHOR: Brianna Hooker

SPONSOR: Sandra McFadden

INSTITUTION: Western Illinois University

Post-traumatic stress disorder (PTSD) is a psychological disorder that affects a substantial number of people who have witnessed or personally experienced a traumatic event. An enhanced or exaggerated acoustic startle response (ASR), reflecting heightened sensitivity to unexpected, loud sound, is a common feature or hallmark symptom of PTSD. This study aimed at exploring the relative effectiveness of an over-the-counter herbal compound, St. John's wort, in reducing symptoms of PTSD, compared to an SSRI antidepressant. Thirty-six mice were tested for ASR at the start of the study, then PTSD-like symptoms were induced using a well-established paradigm of predator exposure. Mice were retested after a one week treatment period. The data showed a statistically significant difference between St. John's Wort and Sertraline confirming the hypothesis that St. John's Wort would have a greater decrease in PTSD like symptoms.

1:30 PM: The Effect of K-Tape on Ankle Stability

AUTHORS: Katelyn Stauffer & Breanne Begeman

SPONSOR: Melissa Holt

INSTITUTION: Culver-Stockton College

K-Tape is a relatively new tool that allows for the patient to have increased stability at a specific area on the patient's injured body part. The purpose of this study was to determine if K-Tape would help improve ankle stability in the average college students. Participants included 40 individuals enrolled at Culver-Stockton College and were randomly assigned to one of two groups. One group received K-Tape and the other group, which was the control group, did not receive K-Tape. Both groups played the Wii Fit Ski Jumping game as a measurement tool for ankle stability. Each participant had two practice attempts and four attempts that were recorded. The results of the study showed no significant relationship between those who received K-Tape versus those who did not receive K-Tape. The results did show that those who exercised had better ankle stability scores than those who did not exercise.

1:45 PM: Psychological Influences on Physical Strength and Endurance

AUTHOR: DreeAnn Barr

SPONSOR: Joan Wertz

INSTITUTION: Monmouth College

The purpose of this study was to discover if underlying psychological factors, such as mental toughness, competitiveness, and verbal encouragement (VE), could play a role in the exertion of physical strength and endurance. Fifty subjects were separated into two groups; one group of control subjects and one group receiving the independent variable, VE. A TAKIE hand grip dynamometer was used to record peak grip strength (PGS) and endurance time data. Further, two questionnaires were issued to determine whether mental toughness or competitiveness could be factors in physical strength exertion. Although there was no significance found between the two groups and the manipulation of verbal encouragement, data analyses did reveal significant differences between gender and athletic involvement in relation to peak grip strength, as well as between athletic involvement and endurance time. Also, significant differences were found between athletes and non-athletes in relation to mental toughness.

2:00 PM: Texts from Last Night: A Study on Personality and Drunk Texting Behavior

AUTHOR: Keanna Knox

SPONSOR: Guy Boysen

INSTITUTION: McKendree University

Drunk texting has become common among college students. The current research explored what motivates individuals to drunk text and if this behavior could be attributed to their personality. A study was conducted on a sample of 100 undergraduate students on a college campus. A variation of a 42-question Drunken Motive Index combined with the Ten Item Personality Index was given to students to see if personality predicts drunk texting behavior and how it differs from their everyday texting habits. The researcher hypothesized that students' personality will positively correlate to drunk texting behavior and sought to find out if individuals who do not drink display similar behaviors and motivations.

2:15 PM: Perceived vs. Actual Use of Misused Substances

AUTHOR: Micheal Waters

SPONSOR: Jonathan Hammersley

INSTITUTION: Western Illinois University

We examined relationships between perceived and actual use of commonly abused substances among college students. Data was collected from 107,919 students across 158 campuses using American College Health Association- National College Health Assessment- II (ACHA-NCHA-II) during fall 2008/spring 2009. The survey questioned participants' actual use and perceived peer use of various substances within the last 30 days. Rates of use within last 30 days were: cigarettes, 11.4% and marijuana, 14.9%. Perceived rates of peer use within last 30 days were: cigarettes (83.9%) and marijuana (79.9%). When controlling for gender, age, sexual orientation, and year in school there was a small correlation ($r = .07$) between actual cigarette use and perceived cigarette use and a larger correlation ($r = .22$) between actual marijuana use and perceived marijuana use, $ps < .001$. Other substances were also examined. Findings on substance use will be explained in the context of social learning theory.

2:30 PM: Does Religion Lead to Problematic Drinking for Neurotic People?

AUTHOR: Hilary Dunn

SPONSOR: David Lane

INSTITUTION: Western Illinois University

The purpose of this study was to investigate the relationship between neuroticism and problematic drinking as moderated by religious faith. It was predicted that neurotic people who were religious would show higher levels of overall alcohol use than emotionally stable people who were not religious. Undergraduate students were administered an online survey to assess personality, religious involvement, and problematic alcohol use. Participants were categorized as high or low on neuroticism and religious faith. An ANOVA revealed that neurotic people who were less religious demonstrated the least problematic alcohol usage, whereas religious neurotics exhibited the most problematic alcohol usage. These findings underscore the complex nature of religiosity. An inclination toward negative affect, coupled with struggles in one's religious faith, could increase the likelihood that an individual would turn to consuming alcohol to cope with stress.

Paper Session 2B: 12:45 – 3:00 PM
CSB 273
AFFECT REGULATION & DEVELOPMENTAL

12:45 PM: The Impact of Music on Stimulated Pain

AUTHOR: Jamie Bible

SPONSOR: Richard Beans

INSTITUTION: Greenville College

The present study was designed to address a popular concept in psychomusicology, the impact of music on participants' stimulated catharsis via the use of a cold-pressor test. Research was conducted on 60 participants using two different types of music. Participants listened to classical music, dubstep music, or no music to function as a control group. Heart rate, pain perception, and length of time hand was submerged in ice water were recorded. I conducted one-way ANOVAs to determine the impact of music condition upon participants' heart rate, pain perception, and time that they held their hand in the ice bath. The ANOVAs were not significant for any effect. These results are not in keeping with previous cold-pressor studies (Finlay & Anil, 2015; Silverstini, Piguët, Cedraschi, & Zenter, 2011; Wolfe-Rodriguez, 2014) that showed a link between music style and pain tolerance. Implications or explanatory factors are explored with implications for future studies.

1:00 PM: Sex Differences in Regulating Emotion

AUTHOR: Kayla Smiley

SPONSOR: Scott Hemenover

INSTITUTION: Western Illinois University

Affect regulation involves trying to change how one feels, and is often guided by hedonic goals to increase pleasant and decrease unpleasant feelings (Gross, 2014). However, various personal characteristics can predict regulatory goals. One such characteristic is gender: Sex norms exist regarding the experience and expression of emotions such that women (v. men) are expected to feel and express more pleasant feelings and men (v. women) are expected to feel and express more unpleasant feelings (Brody & Hall, 2008). As social norms are powerful predictors of everyday behavior (Myers, 2015), I expected that females (v. males) would report stronger motives to increase pleasant feelings and weaker motives to increase unpleasant feelings. Results partially supported predictions with women reporting a weaker motivation to decrease pleasant feelings ($p < .05$) and a marginally significantly weaker motivation to increase unpleasant feelings ($p < .10$). Implications for affect regulation are discussed.

1:15 PM: The Effect of Pet Ownership on College Students' Stress Levels

AUTHOR: Anna Wells

SPONSOR: Guy Boysen

INSTITUTION: McKendree University

Some environments, such as the college campus, are more conducive to stress than others. Due to the apparent, ever-growing prevalence of stress, individuals constantly seek new outlets and means by which they can achieve stress relief. One such outlet occurs through pet ownership, but the existing research does not indicate whether the type of pet may also influence the level of stress relief the owner experiences. A survey assessed the possible relationship between the type of pet owned, if at all, and stress relief during the academic semester. I hypothesize that dog owners will experience lower levels of stress during their academic semester than those who do not own a dog. The implications are that college students who experience high levels of academic stress may want to consider pet outreach programs offered by on-campus counseling centers, or invest in buying a pet.

1:30 PM: Satisfaction of Basic Needs in Relation to Passion and Perseverance

AUTHOR: Andrew Domkuski

SPONSOR: Aaron Shilling

INSTITUTION: Monmouth College

The study examined how the satisfaction of each of self-determination theory's three needs, autonomy, competence, and relatedness, are associated with the motivational orientation known as grit, which is passion and perseverance toward a valued goal (Deci & Ryan, 1991; Duckworth, Peterson, Mathews, & Kelly, 2007). Self-determination theory (SDT) attempts to explain the development of intrinsic motivation, which appears to share certain features with grit such as interest and persistence. Furthermore, grit appears to be malleable (Heckman, Humphries, & Kautz, 2014), opening the door for research on developmental and motivational determinants. The present research investigated the connections among the needs of autonomy, competence, and relatedness and grit. An online survey method was used to measure basic need satisfaction and grit. Although Pearson correlations showed that all needs were associated with grit, a multiple regression analysis found that a sense of competence was the most important predictor.

1:45: Emotion Regulation of College Student's Memories

AUTHOR: Andrew Schack

SPONSOR: Richard Beans

INSTITUTION: Greenville College

Prior research was conducted examining the recall and recognition memories among younger, middle-aged, and older adults when given positive, negative, and neutral stimuli (Carstensen, Charles, & Mather, 2003). To imitate a portion of this study, a convenient sample of 40 college students at Greenville College were given an informed consent document and a demographic questionnaire with the final prompt of the demographic questionnaire being one of two independent variables: (1) Write a paragraph describing a depressing memory, (2) Write a paragraph describing an enjoyable memory. Afterwards they took a test where they were given 40 words, one after another, of positive, neutral, or negative impact. My hypothesis is that participants asked to describe an enjoyable memory will select more positive words and participants asked to describe a depressing memory will select more negative words. This research shows that the quality of our thoughts impacts our actions.

2:00 PM: I Want To Feel Sad: Trait-Consistent Affect Regulation Motives

AUTHORS: Natasha Kelch & Angelina Weglarczyk

SPONSOR: Scott Hemenover

INSTITUTION: Western Illinois University

Affect regulation is often driven by trait-consistent motives. People seek out emotional states they are familiar with which reflect the nature of their affective lives (Tamir, 2016). Participants ($N = 260$, M age = 20, $SD = 2.56$) completed an online survey including items asking how commonly they experienced PA and NA (e.g., 'I often feel positive/negative moods or emotions'), how much they valued PA NA (e.g., 'Negative/positive moods and emotions are valuable in my life') as well as the motivation to increase and decrease PA NA. Correlations revealed that the more common PA NA were in participants' lives the more they valued them, $ps < .01$, and the more common and valued affect was, the stronger was the desire to increase those states. Moreover, neuroticism was positively associated with the motivation to increase NA, and extraversion and self-esteem were positively associated with the motivation to increase PA.

2:15 PM: The Silencing the Self Scale: Construct Validity, Gender Differences, and Relationships with Depression

AUTHOR: Mia Ko

SPONSOR: Tim Kasser

INSTITUTION: Knox College

The present study sought to examine the construct validity of the four-factor Silencing the Self Scale (STSS; Jack, 1992) as well as understand sex differences in the pattern of responses using 540 participants, 226 women (41.8 %) and 314 men (58 %). Three factor analyses, one for men, women and the whole sample revealed several key departures from the original scale, including a three-factor solution for women with Divided-Self and Self-Silencing merging into one factor and a Self-Concealment factor to replace Divided-Self for men. In addition to the structural finds, a significant interaction was found between gender, Externalized-Self Perception, and Divided-Self in the prediction of depression which suggests that Externalized Self-Perception is a unique predictor of depression compared with the other STSS subscales. The second study currently underway seeks to replicate the results from study 1 and further explore the construct validity of the STSS.

2:30 PM: Effects of Alcohol and Emotional Stability on Positive Relations

AUTHOR: Angelina A Weglarczyk

SPONSOR: David Lane

INSTITUTION: Western Illinois University

The purpose of this research was to focus on the interaction between alcohol use, emotional stability and its effects on positive relationships. Past research has found that individuals who reported high levels of social support were less likely to report engaging in alcohol use (Wormington, Anderson, Tomlinson, & Brown, 2012). Similarly, emotional stability is related to less alcohol use (Jackson & Sher, 2003). Therefore, in the current study, it was hypothesized that participants who had low emotional stability and were high in alcohol use would report the least positive relations. The study consisted of 98 college students that completed an online questionnaire. Contrary to expectations, the results showed that participants that had low emotional stability but high alcohol use had high positive relations. It is possible that alcohol stabilizes neurotic individuals' emotions, so they can have positive relations with others.

Paper Session 2C: 12:45 – 3:00 PM
CSB 276
(SUB)CULTURE, DIVERSITY & ATTITUDES

12:45 PM: Culture and Emotion Recognition

AUTHOR: Juan Mora

SPONSOR: Aaron Shilling

INSTITUTION: Monmouth College

This study examined which groups experience distress from adapting to a new culture and assimilating, also known as acculturative stress. From previous work on social exclusion, we predicted that groups facing acculturative stress (e.g., students from urban areas attending a rural college) will show lower self-esteem and increased attention to social cues compared to other groups. We asked participants to complete demographic information, the SAFE-R Scale, which measures acculturative stress, the Rosenberg Self-Esteem Scale, and the real or fake smiles task. A one-way ANOVA showed that urban students experienced significantly more acculturative stress than rural or suburban students ($p < .01$). However, the groups did not significantly differ in self-esteem or performance on the smiles task. These results suggest that participants from urban environments, compared to participants from suburban or rural environments, do have higher SAFE-R average scores, indicating higher levels of acculturative stress.

1:00 PM: Skin Tone, Media, and Self-Perception of Beauty in Black Women

AUTHOR: Crystal Singletary

SPONSOR: Sara O'Brien

INSTITUTION: Knox College

The lack of representation and/or negative representation of Black beauty in media may result in low self-perception of beauty in Black women. Previous experimental studies of media ideals and Black women have not used images of Black women, nor have they tracked the lasting effect of internalized media ideals with repeated measures. In the present study, Black undergraduate women will watch positive or negative media portrayals of Black beauty and complete repeated measures of self-perception of actual and desired skin tone. It is hypothesized that (1) Black women who watch the positive portrayal will have higher self-perception than those who watch the negative portrayal, and (2) Black women who watch the positive portrayal will have a smaller discrepancy between actual and desired skin tone compared to those who watch the negative portrayal. It is also predicted that both of these effects will be moderated by skin tone.

1:15 PM: Coping, Unmet Need, and Attitudes Toward Receiving Psychological Help in a College

Population

AUTHOR: Jessica Govis

SPONSOR: Blake Nielsen

INSTITUTION: Monmouth College

Many students struggle with mental health with no professional guidance, even though it is readily available to them in the form of university counseling centers. To support students who may need more encouragement to seek help, it is important to understand which students seek help on their own, and which suffer in silence. In this study, undergraduate students were asked a series of questions about their background, their coping mechanisms, their experience of unmet need for mental help in college, and their attitude toward professional mental help. It was hypothesized that students of various disadvantaged backgrounds would experience unmet need and would have less positive attitudes towards mental help. It was also hypothesized that students experiencing unmet need would cope differently than students who did not. Additionally, it was hypothesized that students from rural towns would have less positive attitudes towards professional mental help than would students from other communities.

1:30 PM: Gender Differences in Attitudes and Knowledge of Aging in Undergraduate Students

AUTHOR: Maria Kurth

SPONSOR: Robert Intrieri

INSTITUTION: Western Illinois University

By 2030, about 18% of the US population will be 65 and older. With the expected demographic changes, ageism, the discriminative behavior and negative attitudes displayed towards people as a result of their age (Butler, 1969), has been a topic receiving extensive attention. The purpose of this study was to uncover gender differences from college students. It was expected that females would be less ageist when compared with males, based on previous research (Bodner, Bergman & Cohen-Fridel, 2012; Kalavar, 2001; Rupp, Vodanovich, & Credé, 2005). Results from this showed that significant differences were found between genders on: avoidance, FSA total scores, ASD Instrumental and Integrity subscales, and positive contact. These results demonstrate that, consistent with previous research, women are on average less ageist than men.

1:45 PM: How Whites Perceive Black and White Debaters with Different Policy Debate Styles

AUTHOR: Clara Torres

SPONSOR: Heather Hoffmann

INSTITUTION: Knox College

This study was an attempt to measure racial bias in Whites when judging policy debaters of different races and with different styles of debating. Policy is a specific kind of debate that involves speaking very fast, using jargon, and trying to get the most arguments in as possible during timed speeches. The debate styles were: traditional and kritikal, which commonly focuses on social justice issues. I measured how Black debaters using a kritikal debate style focusing on race compared to Black debaters using traditional styles. I also compared how Black and White debaters were scored. The Black and White debaters using kritikal arguments focused on race. I predicted that Black kritikal debaters would score lowest on the four categories: clarity, logos, ethos, pathos. I also predicted that White debaters would score higher than Black debaters regardless of debate style. Overall, findings were consistent with my hypotheses.

2:00 PM: White Racial Identity and White Privilege Attitudes

AUTHOR: Cameron Kubler, Caitlin Loughary & Emily Claros

SPONSOR: Kristy Keefe

INSTITUTION: Western Illinois University

Racism is still a major problem in society; however, little is known about White racial identity (Chavez, 1999). Individuals' alignment to their racial group identity is theorized to influence racial attitudes and behaviors (e.g., Cross, 1987). One purpose of this study is to get a better understanding of how racial attitudes might be related to one's racial identity. Helms, 1995 proposed that Whites develop racial identity through six statuses: Contact, Disintegration, Reintegration, Pseudo-independence, Immersion/Emersion, and Autonomy. Each status represents specific behaviors and attitudes which Whites develop about racial identity (Helms, 1984). We aim to assess Whites' racial identity statuses and explore if their attitudes and understanding differ on racial identity and White Privilege (WP). We want to explore possible relationships between White identity statuses and their attitudes about WP.

2:15 PM: You say Tomato, I say Tomahto: Judgements based on Accents

AUTHOR: Marjorie Price

SPONSOR: Richard Beans

INSTITUTION: Greenville College

This study examined cultural biases regarding two speech accents, specifically a British and an American accent. Previous research supports the idea that people have a subconscious need for similarity within their culture. People rate a speaker with an accent like their own more positively than a speaker with an accent that is different from their own (Nelson, Signorella, & Botti, 2016). Forty participants—either Greenville College students or community members—were randomly assigned to listen to a portion of a monologue read with either an American accent or a British accent. Participants were asked to rate the speaker on positive qualities (i.e., competent, articulate, and inviting) and negative qualities (i.e., unattractive and dislikable). I hypothesized that participants will rate the American accent more positively than the British accent. Results and implications will be discussed.

12:45 PM: Does Mindfulness Training Improve Working Memory Capacity?

AUTHORS: Hassan Shehadeh & Robert Cox

SPONSORS: Ann Fulop & Marygrace Kaiser

INSTITUTION: Eureka College

Working memory capacity is the capacity of information that is actively being worked to complete a task. Our question for this study is, does mindfulness training improve working memory capacity? We predicted that working memory capacity would improve for the experimental group that went through a 2-week mindfulness training. A computerized automatic operational span task (OSPAN) measured working memory capacity for 38 participants (21 mindfulness training and 17 no training). Measurements were taken before mindfulness training and after training. A 2 (pre-post) X 2 (mindfulness training and no training) mixed ANOVA revealed a significant interaction effect over time with mindfulness training [$F(1, 36) = 10.6, p = .002$]. Participants who practiced mindfulness improved their working memory capacity scores.

1:00 PM: Cognitive Dissonance: Decision Making with Confidence

AUTHOR: Alayna Moore

SPONSOR: Richard Beans

INSTITUTION: Greenville College

Festinger's (1957) theory of Cognitive Dissonance suggests that individuals will modify their judgments to match their decisions after they've been made in an effort to alleviate distress produced by the uncertainty regarding the best-chosen alternative. The participants ($N=40$) were randomly assigned to control group 1- those asked to rate their confidence after their estimations of how many gumballs were placed into a gumball machine, and group 2- those asked prior to their estimation. I hypothesize that group 1 will rate higher overall in their confidence ratings when compared to those asked prior – group 2 (Rosenfeld, Kennedy, Gicalone, 1986).

1:15 PM: The Effects of Color on Memory

AUTHOR: Erin Gilmore

SPONSOR: Richard Beans

INSTITUTION: Greenville College

This study examined the effect of color on memory. Zimmer, Steiner, Ullrich, and Ecker (2002) performed an experiment on the influence of color on memory, which my study attempted to replicate with extension. Their study looked at memory differences between color and black and white images. In my study participants were shown a slideshow of twenty images that were either color, altered color, or black and white images. After viewing the slideshow participants took a stretching break, and were then required to recall as many of the images as they could. I hypothesized that the altered colored images would induce participants to scrutinize the images longer, thus causing them to recall more images, while participants viewing the black and white images would recall the least amount. Data has been collected and the results will be presented at the conference.

1:30 PM: Effects of Lab Coats on Accuracy and Reaction Rate: An Experiment on Enclothed Cognition

AUTHOR: Victoria Bledsoe

SPONSOR: Richard Beans

INSTITUTION: Greenville College

Enclothed cognition is based on two requirements: individuals experience the physical wearing of the clothing and a specific, symbolic meaning is attached to the item. While nurses' scrubs invoke sympathetic and caring behavior (Lopez-Perez, 2016), swimsuits decrease mathematical test scores due to distractions from self-objectification (Fredrickson, 1998). This study considered the effects of a doctor's lab coat, similar to experiments conducted by Adam and Galinski (2012). While the research describes participants in lab coats having greater selective attention results, the participants used in this study (n=19) showed slower reaction times when wearing a lab coat than participants who did not wear a lab coat (n=20). Possible implications include the effects of social inhibition and the anxiety of wearing a different type of clothing than a participant is used to wearing, so further studies in enclothed cognition must consider what participants are already used to experiencing.

1:45 PM: What's Your Name Again? The Production Effect in Memorization for Face-Name Associations

AUTHOR: Corinne Weber

SPONSOR: Richard Beans

INSTITUTION: Greenville College

The present study tested the production effect as a potential encoding strategy for memorizing face-name associations. Eighty-eight participants (49 females, 39 males) took a computerized memory test that presented 24 face-name pairs to learn during a study phase. Participants either repeated the name verbally or silently to themselves and were later asked to write down the correct name for each face with a cued recall. The results concluded that there were no significant differences between the group that verbalized the names and the group that was silent. Previous research conducted by Hourihan and Smith (2016) has also revealed that the production effect does not have an impact on the ability to remember face-name associations. The hypothesis was that the participants who read the name aloud would score higher on the memory test than the participants who read the name silently.

2:00 PM: Cell Phone Possession Attachment

AUTHOR: Kristin Knudsen

SPONSOR: Richard Beans

INSTITUTION: Greenville College

Cell phones are a ubiquitous part of society, as they are used for more than just communication. Studies have shown cell devices are distracting in all facets of our lives. Possession attachment theory suggests as cellular technology becomes more accessible, our attachment to our cell phones grows. The purpose of this study was to determine if people have formed a possession attachment to their cellular devices, resulting in a lack of attention and deficiencies in task-performance. To examine this hypothesis, participants were split into two groups; one with their cell phone visibly present and the other with their cell phone removed out of sight from the testing room. Each group performed two cognitive tests. I hypothesized participants who were separated from their cell phones would have a greater deficit in overall performance than participants who could see their cell phones. Collected data and results will be presented at the conference.

2:15 PM: Neon Memory: Whether the Act of Highlighting Really Improves Memory

AUTHOR: Jessica Fulling

SPONSOR: Richard Beans

INSTITUTION: Greenville College

The present study looks at the effects of the act of highlighting on memory and test taking. 60 college students were divided into 3 groups. They were: (a) control group, (b) active highlighting, and (c) passive highlighter group. The participants read an article. The first group was told to just read the article as it was. The second group was told to highlight the important parts. The third groups read the article with the answer highlighted within the article. One week later they were tested over the article. The results of the experiment showed that those who actively highlighted the article did slightly better than those who were given the highlighted answers. This means the act of highlighting actually help memory more, rather than passively reading the correctly highlighted answers. This help shows that active strategies help students when they read textbooks, which is what recent research supports.

2:30 PM: The Effects of Handwritten Versus Electronic Note-taking on Test Scores

AUTHOR: Sarah Watts

SPONSOR: Richard Beans

INSTITUTION: Greenville College

With technology advancement, computers are becoming more common in the lecture hall of colleges. Research suggests that taking laptop notes is less effective than taking longhand notes for learning (Aragón, Delgado, Navarro, Menacho, & Romero, 2016; Mueller & Oppenheimer, 2014). The present study suggests that there is not a significant difference between the results of those taking longhand notes compared to those taking laptop notes. Forty students (14 men, 26 women) from Greenville College watched a four-minute TedEducation talk then listened to a three-minute song. Participants were given a seven-question test over the material covered in the TedEd talk. Participants who took handwritten notes ($n=19$) ($M= 4.95$) did not score significantly higher than those who took computer notes ($n=21$) ($M= 4.29$) but did score higher on average. The hypothesis stated the participants in the handwritten group would score significantly higher than those in the computer note taking group which was rejected.

Thank you!

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Western Illinois University

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