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*Conference Program &
Published Abstracts*

*The 14th Annual UNI
College of Social and
Behavioral Sciences
Student Research Conference*



**University of
Northern
Iowa**

April 21, 2007
Schindler Education Center
University of Northern Iowa
Cedar Falls, Iowa

Welcome and Acknowledgments

Greetings!

Welcome to the conference. We are pleased to provide students with the opportunity to display their work. These students have been actively involved with these projects throughout the academic year and have produced outstanding projects of high caliber. It is our pleasure to have you visit our campus and participate in a day full of academic and scholarly activities. We hope that you have a great experience meeting new people, exchanging ideas, and finding out what students have been working on.

Research projects need strong leadership and we would like to thank the faculty advisors for their assistance and dedication to undergraduate and graduate education.

We would also like to thank the College of Social and Behavioral Sciences, and the Council for Undergraduate Research-Psychology Division for their generous financial support, as well as the UNI faculty, the Psychology Club, and Northern Iowa Family Services Organization, for all of their hard work as moderators, volunteers, and judges.

To learn more about the conference, visit the website:

http://www.uni.edu/psych/csbs_conf/csbs_main.htm

Enjoy the Conference!

The Conference Committee:
Emily Nodorf, Conference Coordinator
Erica Spies, Conference Coordinator
Betty Bagenstos, Conference Staff
Dr. Beverly Kopper, Event Chair

PROGRAM

Poster Setup – Schindler Lobby (Please have posters up by 9:00AM)	8:00am-9:00am
Onsite Registration & Breakfast - Schindler Lobby	8:00am-9:00am
Welcome & Opening Remarks- Room 244-245 Opening Remarks by CSBS Dean Jill Wallace Welcome by President Ben Allen, University of Northern Iowa	9:00am-9:15am
Keynote Speaker - Room 244-245 Dr. Christian Crandall <i>The Inherent Superiority of the Social Science Student: The Things You Know and Others Don't</i>	9:15am-10:15am
Break	10:15am-10:30am
Panel Sessions:	
<i>Finding a Job with a B.A. In the Social and Behavioral Sciences</i> Room 244-245	10:30am-11:45am
<i>Graduate School: What's It Like and How Do I Get There?</i> Room 247	10:30am-11:45am
Lunch (Schindler Lobby) & Faculty Research Highlights Rooms 244-245, 246 & 247 <i>*Please take lunch & enjoy faculty highlights</i>	12:00pm-1:00pm
Oral Presentations Rooms 246 & 247	1:00pm-2:15pm
Poster Presentations	1:00pm-2:30pm
Poster Awards & Closing Remarks	2:30pm-3:00pm
Remove Posters	3:00pm

Note: UNI students wishing to receive extra credit for attending should sign both morning and afternoon attendance sheets located at the registration desk.

PANEL DISCUSSION

Finding a Job with a B.A.

In the Social and Behavioral Sciences

Panel Moderator: Susan M Schwieger, Associate Director of Career Services

Room: 244-245

10:30am-12:00pm

Amber Jedlicka

Director of a dementia-specific Assisted Living

Assist with marketing of Friendship Village

Friendship Village, Cedar Falls, Iowa

B.A. in Family Services, Certificate in Gerontology, University of Northern Iowa

Completed Requirements to be a licensed long-term-care administrator.

Erin Powers

Chemical Dependency Outpatient Counselor

Youth and Shelter Services, Ames, IA

Program: M.A. 1st year Marriage and Family Therapy

Argosy University

B.A. Psychology and Family Services

Jake Schaefer, University of Northern Iowa

Program: M.A. 2nd year Mental Health Counseling Program

University of Northern Iowa

B.A. Family Services, University of Northern Iowa

PANEL DISCUSSION

Graduate School: What's It Like and How Do I Get There?

Panel Moderator: Elaine Eshbaugh, Ph.D.

Room: 247

10:30am-12:00pm

Benjamin Bristow University of Northern Iowa
Program: 2nd year Ed.S. School Psychology
B.A. in Psychology, University of Northern Iowa
M.A. in Educational Psychology, University of Northern Iowa

Erin Chapman Iowa State University
Program: 3rd year Ph.D. Human Development and Family Studies
B.A. in Science, Minors in Biology and Family Studies,
University of Northern Iowa
M.S. in Human Development and Family Studies,
Iowa State University

Brienna Gideon Iowa State University
Graduate Student
Academic and Financial Aid Advisor
B.A. Family Services, University of Northern Iowa

Kim Jorgensen University of Northern Iowa
Program: 2nd year M.A. Psychology, Clinical Science
B.A. Psychology, Luther College

Amie Langer University of Iowa
Program: 2nd year Ph.D. Clinical Psychology
B. S Psychology, Iowa State University
M.S. Clinical Psychology, University of Iowa

Jessica Moon
Director, University Honors Program
University of Northern Iowa
B.A. in Family Services, University of Northern Iowa
M.A.E. in Postsecondary Education: Student Affairs,
University of Northern Iowa

FACULTY RESEARCH HIGHLIGHTS

Please bring lunch and enjoy presentations.

12:00pm-1:00pm

ROOM 244-245

Sociology

Keith Crew

Criminology

Richard Featherstone

Anthropology

Jian Li

Psychology

Josh Suskind

ROOM 246

Political Science

Ken Basom

History

Reinier Hesselink

Women's & Gender Studies

Marybeth Stalp

ROOM 247

Design, Textiles, Gerontology & Family Studies

Elaine Eshbaugh

Social Work

Bill Downs

ORAL PRESENTATIONS

Please be respectful of the presenters and leave only during the breaks between speakers.

Session 1 Room 246

1:00pm Readings in Women's Literature

Kaitlin Korbitz

University of Northern Iowa

Faculty Sponsor: Li Jian, Ph.D.

Abstract:

This study aims show the connections and empowerment women's literature can produce. Specifically studied were literatures from India and North America, with an emphasis on literature discussing experiences with rape and domination. A variety of writers and topics were explored, including creative writing concerning teenage and adult rape experiences.

1:15pm Effects of Bimodal Voice-Object Learning on Infant Recognition Memory

Andrew R. Austin

Iowa State University

Faculty Advisor: Rhonda Bonett, Ph.D.

Abstract:

Previous research has shown an improvement of infant visual recognition memory for bimodal events (stimuli presented to two senses simultaneously), concurrent with the Intersensory Redundancy Hypothesis (Bahrick, Lickliter, and Flom, 2004). Most often, these bimodal events are arbitrary sight-sound pairings, designed to elicit temporal synchrony (Bahrick & Pickens, 1994; Lewkowicz, 1994). However, in face recognition research, similar improvement of memory (this time for faces) has been demonstrated using human voices as the sound stimulus (Brooks, Slater, Quinn, Lewkowicz, Hayes, & Brown, 2003). In the current study, relationship between the quality of sound stimulus (i.e., voices, arbitrary sounds) and object recognition memory was tested in a habituation paradigm. Forty infants between the ages of 10 and 14 weeks of age participated in the study with parental approval. An analysis of variance test was conducted on the data, and showed significantly more memory for the voice condition than the white noise condition, and the white noise condition than the no sound condition, $F(2, 37) = 34.632, p < .001$. That is, learning effect was stronger for the voice condition than all other conditions. These result contradict findings of the Intensity Hypothesis (Lewkowicz, 1994), by suggesting that quality of the stimulus presented, not simply the quantitative values impact learning in very young infants.

1:30pm The Effect of Mindfulness Meditation on Stress

Amanda McGillivray, Matt Hochstein, and Jason Drwal

Grinnell College

Faculty Advisor: Jason Drwal

Abstract:

Stress has been implicated in increased depression, decreased job satisfaction, disrupted personal relationships, and psychological distress (Shapiro, et al., 2005). One way to decrease stress, anxiety disorders, and depression is through mindfulness meditation, which involves becoming more aware of thoughts, emotions, and body sensations (Ramel, et al., 2004; Shapiro, et al., 2005). Mindfulness meditation involves learning how to pay attention to the present and accepting it without judgment as a means of becoming aware of maladaptive behavior in response to stress so individuals are more able to find a healthier way to cope with stress (Ramel, et al., 2004; Shapiro, et al. 2005). To further investigate this technique, we measured the effects of mindfulness meditation on stress and the correlation with physiological measures. Participants were students from a small, private liberal arts college (n= 29) recruited through campus e-mails and fliers. Participants were asked to meditate 7 ½ to 15 minutes a day for five days a week for three weeks. Mindfulness meditation involves attention to a specific object, such as breath or physical sensations while paying attention to thoughts and feelings without judgment (Ramel, et al., 2004). Participants in this study were told to focus on breathing patterns, while acknowledging thoughts and emotions that occurred during the meditation session without trying to change them. Self-assessment questionnaires addressing stress and physiological measurements, such as heart rate, cortisol levels, and respiration rate were taken pre- and post-meditation. We expected to find a decrease in stress and the physiological measures. In accordance with our expectations, we found that stress was significantly reduced after treatment ($t(22) = -3.69, p < .001$). The physiological measures, cortisol and respiration rate, did decrease, as expected; however, they were not significant. The physiological measures may not be significant due to too few participants.

1:45pm Religious Orientation and Authoritarianism on Gender Role Egalitarianism: Varying Attitudes

Chris Widmer & Sonci Kingery

Wartburg College

Faculty Advisor: Dr. Shaheen Munir

Abstract:

Research has shown gender role types are strongly associated with ideological standing of a given society and its members (Brinkenhoff & Mackie, 1985). At this moment in Western society, traditional gender roles are in question and traditionalistic beliefs are of interest for researchers who are examining connections between religious and political backgrounds in comparison to attitudes toward gender

role egalitarianism (Powlista, 2000). Studies have also connected traditionalistic thinking to authoritarian personality (Larson & Long, 1988). There has yet to be a study that incorporates gender, political ideology, religious orientation, and authoritarianism.

This study examined differences in religious orientation and authoritarianism on attitudes of gender role traditionalism. Measures used in this study were the Quest Religious Motivation Scale (Batson & Ventis, 1982), the Right-Wing Authoritarianism Scale (Altemeyer, 1988) and Traditional Egalitarian Sex Role Scale (Larson & Long, 1988). Also, a demographic survey was created to gather participants' political ideology, year in school, and gender.

Seventy five college students (26 males and 49 females, between the ages of 18 and 23 years) from a private liberal arts college in the Midwest participated in the study. Some participants received extra credit. Participants represent one of four class ranks (first and second year, $n = 42$, third and four or more year, $n = 33$).

It was hypothesized and supported by using a t-test analysis that upper-class students, females, liberals and those scoring high on quest scores would have high egalitarianism scores. Also by using a t-test analysis, conservatives were found to have low egalitarian attitudes. A greater separation in conservatives with high and low quest scores regarding egalitarianism was found using a 2 X 2 ANOVA indicating more polarized beliefs in conservative attitudes. This may reflect a specificity conservatives place on values and beliefs, having a greater sense of definition to what they believe, a phenomenon missing in liberal attitudes. Through a Pearson's product moment correlational analysis, both Quest religious orientation and egalitarianism was found to be negatively related to authoritarianism, $p < .01$. Interaction between political ideology and religious orientation may indicate a new orientation to social issues of gender and egalitarianism.

2:00 Psychometric Characteristics of the Reynolds Adolescent Depression Scale - 2

Stephanie Strouse

University of Northern Iowa

Faculty Advisor: Augustine Osman, Ph.D., ABAP

Abstract:

Depressed adolescents often report difficulty concentrating on their schoolwork, lower levels of performance, hopelessness, and loss of interest in previously enjoyable activities. Additionally, more serious problems with self-injurious behavior and suicide attempts are of great concern (Mash & Wolfe, 2005). During a 1-year period about 8% of 14 to 18-year-olds experience depression and approximately 20% experience at least one episode of major depression at some point during their adolescence (Lewinsohn, Clarke, Seeley, & Rohde, 1994). Furthermore, depression's internalizing nature makes diagnosis difficult and reliable and valid

measures crucial (Reynolds & Mazza, 1998). This project will examine correlates and moderators of adolescent depression, as well as the psychometric properties of Reynolds Adolescent Depression Scale-2 (RADS-2) (Reynolds, 2002) using an adolescent psychiatric inpatient sample. Factor structure, reliability, and convergent and divergent validity will be examined. Additionally, it is hypothesized that individuals with higher levels of family support will have lower levels of depression and shorter length of stay than individuals with lower levels of family support. Individuals with high resiliency scores are expected to show lower levels of depression and have shorter lengths of stay than those with low resiliency scores. Those with high levels of risk factors are expected to have higher levels of depression and longer lengths of stay than those with low levels of risk factors.

Session 2 Room 247

1:00pm Jezyk: Attitudes Toward Language in Poland

Angela Ott

University of Northern Iowa

Faculty Advisor: Cyndi Dunn, Ph.D.

Abstract:

Perceptual dialectology is the study of how people perceive differences in language. This study was designed to discover Polish college students' attitudes toward the dialects in Poland. Modeled after Dennis Preston's 1986 study of language attitudes in the United States, a map questionnaire was distributed to 100 Jagiellonian University and Krosno College students in Fall 2006. Participants drew boundaries around the areas where people speak differently in Poland and rated each area's correctness compared to Standard Polish. Most participants indicated between three to five regions; the most commonly named regions were Podhale, Katowice, Katowice/Wrocaw, Pozna, and Warsaw. Over half of the participants labeled an area in northern Poland as Kashubian. The regions with the most correct Polish were the Warsaw area and the eastern half of the country. Historical factors appear to play a role in the correctness of the dialects.

1:15pm The "Contributions of Savages" and "The Kindly Cooperation of Others": Dance, Race, and Class in U.S. Progressive Era Popular Culture

Matt Kinker

University of Northern Iowa

Faculty Advisor: Barbara Cutter, Ph.D.

Abstract:

Historical studies of the Progressive Era (1880-1920) have shown the centrality of the urban dance culture to shifts in popular culture conceptions of race and class. However, through either the exemption of the middle class' participation or the relegation of their activities to the role of reformer, historians have perpetuated a

cultural myth. My studies are aimed at examining the activity of the middle class in a cultural arena which is most often presented as antithetical to its nature. To do so I have examined popular periodicals, dance handbooks, etiquette manuals, and memoirs through close, interpretive reading. In my resulting argument, I claim that middle class participation is central to the construction of a classed and raced cultural space. In this space, white middle class anxieties about their relation to their bodies, racial conflict, urban relations, and socioeconomic changes combined to shift white dance culture from a form of uplift to a vicarious but visceral embodiment of an imagined ethnic other. Formerly an activity that stressed sociability, social cohesion, and mannered grace, white dance culture became a celebration of a "primal" other, embodied by perceptions of African-Americans, in which the behaviors necessary to the contemporary economic system were imagined to reside. Through this analysis I am able to trace the continuance of blackface as a cultural form, complicate one-dimensional depictions of the middle class in historical literature, and gain a more complex understanding of cultural politics in the U.S. Progressive Era.

1:30pm Father-Son Bonding: The Influence of Paternal Relationships on College Males' Sexual Behavior and Values

Erica L. Spies

University of Northern Iowa

Faculty Advisor: Gary Gute, Ph.D.

Abstract:

Several studies (Brewster et al., 1998; Pistella & Bonati, 1998; Whitaker et al., 1999; DiClemente et al., 2001) have found a correlation between close mother-child relationships during adolescence and adolescents' increased contraceptive use. A handful of studies (Dilorio et al., 1999; Dittus et al., 1997; Rodgers, 1999) have examined the influence of father-son relationships on adolescent males' contraceptive use; however, little research has examined the closeness of father-son relationships on college males' sexual behavior and contraceptive use. In their study of American males' sexual behavior, Billy, Tanfer, Grady, and Klepinger (1993) found that 90.1 percent of men ages 20 to 24 had had vaginal intercourse and 29.2 percent of men ages 20 to 24 had had one to three sexual partners. The present study will examine how father-son relationships influence college males' sexual behaviors and values.

A sample of 18- to 28-year-old college males (N=115) will be surveyed on their relationships with their fathers and their sexual behavior and values. Participants completed Hudson's (1993) Child's Attitude Toward Father (CAF) questionnaire to examine their relationships with their fathers that measures the presence and the intimacy level of father-child relationships from the child's perspective. To further evaluate sons' relationships with their fathers, participants assessed their fathers' perspectives by responding to five items from Dittus, Jaccard, and Gordon's (1997) study on the impact of fathers on African American Adolescents. The Mathtech Attitude and Value Inventory (Kirby, 1984) and the Contraceptive Attitude Scale

(Kyes) was used to measure attitudes and values regarding sexual behavior and contraceptive use, respectively. Cupitt's Sexual History Questionnaire (SHQ) was administered to determine sexual identity and behaviors.

Correlational analyses indicated that while level of satisfaction in paternal relationships does not appear to be significantly related to participants' attitudes towards contraception, it is related to participant's clarity in personal sexual values. Furthermore, analyses indicated that participants' perceptions of perceived paternal disapproval of premarital sex predict their attitudes toward premarital sex and a younger age of first penetrative sex. Future research should examine other factors that influence the relationship between father-son relations and college males' sexual behaviors and values.

1:45pm Human Rights in Russia

Ekaterina Stetsenko

University of Northern Iowa

Faculty Advisor: Philip Mauceri, Ph.D.

Abstract:

Russia is still an important member of the International community, and a good democratic standing is necessary for Russia's economic success and recognition. One of the obstacles that Russia meets on a way to democracy is the situation with human rights. According to the current Ombudsman of Russia, Vladimir Lukin, despite certain positive changes, the situation with human rights in Russia remained unsatisfactory. Troubles include those in socially-economic sphere, corruption and cases of inhumane treatment by police, problems of inefficiency in the judiciary system. In my research I tried to show the evidence of these problems.

I used publications of different authors and media reports, representing both Russian and Western view on the situation. Doing my research I found the evidence of the violation of women's rights and serious problems with market freedom in Russia. Besides that I would like to point out various abuses against military servicemen, including, but not limited to, the practice of "dedovshchina" - the violent, at times fatal, hazing of new junior recruits for the armed services, MVD, and border guards.

Studying each one of the problems with human rights in Russia, its causes and consequences, I came to a conclusion that no matter how difficult and complicated these problems are they are solvable. And Russia's future totally depends on how fast these solutions will be found, and how effective they will be.

POSTER PRESENTATIONS

Posters will be located at stations with numbers corresponding to those below.

Available: 9:00am-2:30pm

Authors Available: 1:00pm-2:30pm

1. Gender, Family Support, and Attachment Security in Midwestern College Students

Ashley M. Andrew and Elaine M. Eshbaugh

University of Northern Iowa

Faculty Advisor: Elaine M. Eshbaugh, Ph.D.

Abstract:

The researchers investigated the effects of gender and perceived social support from family on secure attachment style in 316 Midwestern college students. The participants resided in the dormitories at the University of Northern Iowa during the study. The students were sent a packet via campus mail containing the survey and a description of the incentives for participation. These rewards included various gift certificates to businesses near campus. There was a response rate of 64 percent and those who voluntarily participated were predominately female (74%) and European-American (98%). Two measures were used in this study. The first measure assessed secure attachment styles. The second evaluated social support from family. The results indicated that gender was significantly related to family social support and attachment security. Specifically, females had higher levels of social support from family than males, and females were more likely to be securely attached than males. The amount of family social support was also significantly positively correlated to attachment security. The results imply a need to educate families on the importance of providing social support to their family members, especially males. The data also imply how important it is for parents to practice secure attachment styles in their parenting throughout the lives of their children.

2. Utility of Responses on the BIAI-28 in an Undergraduate Sample

Erin Aude, Laurie Condra, Emily Nodorft, Jamie Ryan, and Augustine Osman

University of Northern Iowa

Faculty Advisor: Augustine Osman, Ph.D.

Abstract:

The BIAI is a four-dimensional inventory that was designed to assess Negative Affect about Appearance, Positive Affect about Appearance, Suicide Rumination, and Striving for Body Appearance. It consists of 28 items scored on a 5-point Likert style (1= Never, 5= Every Day). This inventory is the first to extend Orbach's bodily experience model to include positive affect, negative affect, and a behavioral component (see Orbach et al., 2001). Preliminary validation of the BIAI consisted of three studies following construction of the inventory. In the first study, large samples (N= 458) of nonclinical adolescents and adults were used to examine the factor structure of the BIAI. The resulting four-factor solution provided good fit estimates

with an even number of items for each factor. The second study evaluated internal consistency and test-retest reliability of the BIAI. Forty-five psychiatric inpatients, adolescents and adults, were administered the BIAI over a two-week period. The test-retest reliability estimates ranged from .87 to .96 for the varying subscales, and alpha reliability estimates ranged from .81 to .94. In the current study, we re-analyzed data from the third study to examine additional psychometric properties of this instrument. As in the original data set, participants included college undergraduates from two Midwestern universities. We used bi-factor analyses to examine how items perform when restrained to load on a single measure of global distress (G-factor). In addition, we explored potential gender differences on the BIAI total and subscale scores.

3. Effects of Bimodal Voice-Object Learning on Infant Recognition Memory

Andrew R. Austin

Iowa State University

Faculty Advisor: Rhonda Bonett, Ph.D.

Abstract:

Previous research has shown an improvement of infant visual recognition memory for bimodal events (stimuli presented to two senses simultaneously), concurrent with the Intersensory Redundancy Hypothesis (Bahrick, Lickliter, and Flom; 2004). Most often, these bimodal events are arbitrary sight-sound pairings, designed to elicit temporal synchrony (Bahrick & Pickens, 1994; Lewkowicz, 1994). However, in face recognition research, similar improvement of memory (this time for faces) has been demonstrated using human voices as the sound stimulus (Brooks, Slater, Quinn, Lewkowicz, Hayes, & Brown, 2003). In the current study, relationship between the quality of sound stimulus (i.e., voices, arbitrary sounds) and object recognition memory was tested in a habituation paradigm. Forty infants between the ages of 10 and 14 weeks of age participated in the study with parental approval. An analysis of variance test was conducted on the data, and showed significantly more memory for the voice condition than the white noise condition, and the white noise condition than the no sound condition, $F(2, 37) = 34.632, p < .001$. That is, learning effect was stronger for the voice condition than all other conditions. These result contradict findings of the Intensity Hypothesis (Lewkowicz, 1994), by suggesting that quality of the stimulus presented, not simply the quantitative values impact learning in very young infants.

4. Double ABC-X Stress Adaptation Theory Applied to an Alzheimer's Disease Dyad

Joan Baenziger and Dr. Peter Martin

Iowa State University

Faculty Advisor: Dr. Peter Martin

Abstract:

Many newly diagnosed older adults with Alzheimer's disease and their spouse experience major disruption in their routines and marital roles. The double ABC-X stress adaptation theory purports that perception of a negative new event produces stress over and above the stressful event itself. Subsequent events continue to build greater stress resulting in adaptation through role disintegration and reorganization. A cross-sectional interview of both a newly diagnosed older adult and his spouse was conducted using both qualitative and quantitative measures. Results showed increased stress in both caregiver and diagnosed spouse (dyad) with changes in activities of daily living capabilities. Resulting new roles for both members of the dyad included changing financial and social roles. A list of final conclusions and recommendations to ease stress of the couple were given, including taking part in a joint exercise class and attending a support group for persons with debilitating disease.

5. Perceptions and Attitudes of Immigrants in Iowa

Christine L. Bennett and M. Kimberly MacLin

University of Northern Iowa

Faculty Advisor: M. Kimberly MacLin, Ph.D.

Abstract:

Immigrant populations are important for the state of Iowa. While the population of Iowa decreases due to low birth rates, an aging population, and residents moving out-of-state, immigrants to Iowa have stabilized the population. Immigrant populations are significant in many parts of the state and have an influence in their communities. The residents of these communities have reacted in both positive and negative ways to the change. Many perceptions of the immigrant populations are based on ethnic stereotypes. In this study, we will use the Stereotype Content Model (SCM) and Integrated Threat Theory (ITT) to measure the perception of warmth, competence, and threat of a high status and low status immigrant group in Iowa. Bosnian immigrants will represent the high status group and Mexican immigrants will represent the low status group. These ethnic groups were chosen based on their presence in Iowa and were classified high status/low status based on prior research done on the SCM. Participants will be given a vignette describing a work situation and a vignette describing a social situation. They will then be asked their perceptions of the person described in the vignette. In half of the vignettes, the person will be described as a Bosnian immigrant. In the other half, the person will be described as a Mexican immigrant. The participants will then be asked questions on their attitudes toward these immigrant groups. The perceived differences of these populations will be compared. The study hypothesizes that Bosnian immigrants will be perceived as more competent, more warm, and less of a threat than Mexican immigrants in Iowa. There is limited data available on perceptions of and attitudes toward specific immigrant populations. As this population continues to grow and immigration continues to headline news stories, it is beneficial to understand the perceptions when making decisions that affect immigrants and the community.

6. Children's Preferences Over Novel Jobs: Sex Roles and Status

Sarah A. Bloom, Chelsea R. Adamus, and Andrew Q. Morse

University of Northern Iowa

Faculty Advisor: Joshua Susskind, Ph.D.

Abstract:

Gottfredson's (1981, 1996) Theory of Circumscription and Compromise emphasized that young children focus on gender as a basis of career aspirations whereas in middle childhood, children attend to gender and social status. Previous research regarding children's occupational preferences, typically show that boys hold more rigid sex role preferences than girls do (e.g., Helwig, 1998). One explanation for this finding is that masculine jobs tend to be higher in status than feminine jobs (Shinar, 1975).

If children are cognizant of these differences, then there is little reason for boys to want non-traditional occupations as these jobs tend to be lower in status than the highest status masculine occupations. In contrast, girls may be forced to either sacrifice status in order to aspire to a traditionally feminine occupation or the sex role of the occupation to acquire higher status. Thus awareness of the status differences and the rewards that go along with status between masculine and feminine occupations should lead boys to hold very rigid sex role-consistent vocational preferences, whereas girls' preferences should be more flexible as they have to weigh the costs and benefits of the status and sex role of each job. To deal with the confound between the status and sex role of the occupations, in the current research the stimuli will be novel occupations for which the children do not have pre-existing gender and status knowledge. We will show 6-to-8-year-olds and 11-13-year-olds a list of 18 novel jobs. The jobs will vary on whether the status is reported as low, moderate, or high, and whether more men, women, or equal numbers of men and women work in that field. The children will be asked how much they would like each occupation.

We expect that the boys' preferences will be more rigid in terms of the sex roles of the jobs than the girls' preferences.

7. Effects of On-Campus Living and School Identification on Attitude Change

Elise Cochrane, Melinda Bullock, and Katherine S. Corker

University of Northern Iowa

Faculty Advisor: Helen C. Harton, Ph.D.

Abstract:

Pluralistic ignorance plays a vital role in identity, especially in a residence hall environment. Resident assistants encourage feelings of attachment to the school. Because of this, students may perceive that others identify highly with the school, regardless of the true norm. This perception may then, via cognitive dissonance (Festinger, 1957), lead people to alter their attitudes to be more in line with the

perceived norm (Prentice & Miller, 1993). This study tests whether college students living on campus identify more with their University than off-campus students. We expect that on-campus students will also rate campus issues as more important and be less likely to change their attitudes on them as a result of discussion (see Krosnick, 1988).

276 students gave their opinions and importance ratings of issues they believed were being considered for their school. Then students discussed several of these issues using a computer chat program with four other participants. After discussing the issues, students again gave their opinions and importance ratings on the issues. They also rated their identity with the school and stated whether they lived on campus now, will in the future, or have in the past.

It is expected that students who have lived on campus or are living on campus currently will report greater identity with their school. It is also expected that students who live on campus will rate the school issues as more important and be less likely to change their opinions on these issues as a result of discussion, even when controlling for years at school.

These results may be important to Admissions Departments who promote on-campus living. Schools may wish to provide greater incentives to live on campus because it encourages greater identity with the school, which can increase the number of students staying at the school to get their degree. These results would also suggest that highly identifying with a group may make people less likely to change their opinions on issues related to that entity, even when they are discussing the issues with other group members.

8. Pain Stages of Change

Melinda Collingwood

University of Northern Iowa

Faculty Advisor: John Somerville, Ph.D.

Abstract:

The transtheoretical model (DiClemente & Prochaska, 1982) has been adapted to individuals with chronic pain. If individuals are not ready to change pain-response behaviors, relapse chances increase, therefore it becomes beneficial to understand an individual's level of readiness to change. The ability of current pain stages of change instruments to categorize individuals into distinct groups has been limited. The current study will attempt to measure the potential of pain acceptance to further assist in distinguishing individuals who are ready for pain-related behavior change from those who are not. Preliminary results show the Freiburg Questionnaire-Stages of Chronic Pain Management (FQ-STAPM; Maurischat, Härter, Auclair, Kerns, & Bengel, 2002) not to be reliable in categorizing pain patients into distinct stages of change readiness. In contrast, scores from FQ-STAPM subscales have offered interesting correlations with scores from distress and acceptance measures.

Participants seem to endorse different emotional and cognitive qualities as they deal with pain. Those who endorse items within the precontemplation subscale (not contemplating immediate behavior change) do not seem to report any significant levels of emotional or cognitive distress. Individuals endorsing items within the preparation subscale (seriously contemplating behavior change) report moderate to high levels of emotional and cognitive distress. They also seem to have reached a moderate level of unwillingness to experience pain. According to item responses in the action subscale (already attempting behavior change), individuals endorse less emotional and cognitive distress at this point and shift to significant rumination and an even higher level of unwillingness to experience pain. Finally, maintenance scale items seem to tap into an acceptance of pain and a willingness to engage in daily activities even with some level of pain present. Responses to maintenance items also correlate in a significant negative direction to items measuring emotion.

9. Tobacco Use Beliefs Among Samples of Adult Iowans

Melinda Collingwood and Ki H. Park

University of Northern Iowa

Faculty Advisors: Gene M. Lutz, Ph.D. and Melvin E. Gonnerman, Jr., Ph.D.

Abstract:

In 2006, the Center for Social and Behavioral Research (CSBR) conducted the Iowa Adult Tobacco Survey (ATS). This survey was the fourth in a series of state surveys describing adult tobacco use and beliefs regarding tobacco-related issues in Iowa. The results of these annual or bi-annual surveys have assisted the state and the Division of Tobacco Use Prevention and Control in assessing the progress made in reducing tobacco use among adult Iowans. Data for the 2006 ATS were collected from April 22 through July 8, 2006. Random samples of adults were interviewed via Computer Assisted Telephone Interviewing (CATI). Stratified random samples of adults (N = 1950) were interviewed about tobacco-related topics, including health diagnosis history and opinions about smoking-related health risks. Inferential statistics indicated significantly higher diagnosis rates for bronchitis, emphysema, diabetes, heart disease, and lung cancer for former and/or current smokers compared to those who had never smoked. Most adult respondents reported strong beliefs that cigarette smoking and second-hand smoke caused increased health risks for respiratory problems, but were less certain of the increased smoke-related risks for conditions such as sudden infant death syndrome or colon cancer. Comparing beliefs about health risks, significant differences were observed by gender, age, and smoking status. Women, younger adults, and individuals who had never smoked responded with greater certainty regarding the health risks of second-hand smoke, but even a large percentage of these groups (from about 25% to 50%) reported they did not know if smoking applies to colon cancer in adults or to sudden infant death syndrome. Past research results have indicated that individuals who smoke one pack or more cigarettes per day may increase their risk of colon cancer by approximately 40% (Slattery, Potter, Samowitz, Bigler, Caan, & Leppert, 1998). Second-hand

smoke may double the risk of sudden infant death syndrome (Anderson, Johnson, & Batal, 2005).

10. Everybody's Doing It But Me: Comparing Pluralistic Ignorance Across Behaviors

Katherine S. Corker

University of Northern Iowa

Faculty Advisor: Helen C. Harton, Ph.D.

Abstract:

Pluralistic ignorance is the phenomenon in which nearly all members of a group privately reject group norms but believe that other group members accept them, in spite of behavioral evidence to the contrary (Miller & McFarland, 1987). It has been shown to exist for bystander intervention (Darley & Latane, 1968) and health behaviors, especially alcohol use (Prentice & Miller, 1993), but there has been little research comparing to the extent to which pluralistic ignorance occurs for different behaviors. This study will compare the prevalence of pluralistic ignorance in personal grooming, study habits, leisure time, interpersonal relationships, emotional well-being, and drug use. It will also examine the relationship between pluralistic ignorance and alienation from the college community and society, replicating and extending Prentice and Miller (1993). Finally, I will compare levels of pluralistic ignorance across student and nonstudent populations.

165 college students as well as 100 participants recruited nationally via an internet survey completed questionnaires assessing pluralistic ignorance and alienation (Dean, 1961). Participants rated the likelihood that they, their best friend, the average student, and the average American would engage in particular behaviors or have particular attitudes.

It is expected that the attitudes and behaviors that people are most motivated to conceal (such attitudes about alcohol, illegal drug use, and emotional well-being) will show the highest degree of pluralistic ignorance. I also expect that pluralistic ignorance will be greatest for estimates of the average American's attitudes and least for estimates of one's best friend. Additionally, alienation (specifically social isolation) will correlate with high levels of pluralistic ignorance.

This study is expected to broaden the scope of previous pluralistic ignorance research. It will examine whether or not pluralistic ignorance varies across behaviors, providing insight into the extent of error in human judgment. This study will also extend Prentice and Miller's study of alienation by having students complete Dean's full alienation scale instead of a single item measure, and it will explore the practical implications for more fully integrating students into university communities by reducing alienation.

11. Women in James Bond Films: A Study of Bond Girls

Kristin Eckenrod

University of Northern Iowa

Faculty Advisor: Marybeth Stalp, Ph.D.

Abstract:

How are women portrayed in James Bond movies and how have they changed over time? The answer to this question may be significant to how women are portrayed in movies in general and how those portrayals have changed over time. I suggest that they are portrayed negatively in that they are seen as sexual objects or villainous spies and that the portrayals have changed positively over the last forty years. I chose to analyze each of the twenty-one official James Bond movies that have been produced from the 1960s to the present time. I observed each of the female lead characters from each movie and evaluated them based on four criteria. The four criteria are name, appearance, job description, and relationship to the main character, James Bond. I found that most of the women's names contained double entendres and that the women were of above average attractiveness. I found that the women in James Bond films are portrayed as either damsels in distress or villains, and that both types of characters eventually have sex with James Bond. These portrayals have changed very little over the past forty years, although there have been some positive changes in regards to the women being portrayed as damsels in distress. These findings support my first hypotheses and have implications for the types of messages that are sent to audience members about women and how to treat them.

12. Cross-cultural Study of Relational Aggression

Qijuan Fang, Cathy DeSoto, and Jennifer Bumgarner

University of Northern Iowa

Faculty Advisor: Catherine DeSoto, Ph.D.

Abstract:

Relational aggression features attempts to harm other's interpersonal relationships and has been posited to show a sex difference such that females engage in it more so than males (Merrell et al., 2006), whereas boys tend to be more physical in their aggression (French et al., 2002). Few studies have investigated attitudes about the perpetrators of these types of aggression in the context the aggressor being a male versus a female. To our knowledge, none have done so from a cross-cultural perspective. The sample included 297 American college students (123 males; 174 females) and 232 Chinese college students (128 males; 104 females). They were queried about how they would respond to scenarios involving children engaging in aggressive behavior. The gender of the children depicted varied so that half of participants read scenarios about male children, and half read identical scenarios but with female children (e.g., "You are supervising children in a school play area. One little boy (girl) pushes another boy/girl down. The boy (girl) who was pushed down gets up and punches the other boy (girl)" There were four possible choices

regarding relative blame and there were scenarios about both physical and relational aggression. Chinese participants were more likely to feel that the one who retaliates behaved worse. In the USA sample, "the one who punches behaved worse" was chosen by only about 2% of respondents, whereas among Chinese participants, it was selected over 20% of the time (18% of male; 24% of female). Girls in the USA tended to view both relational aggression and physical aggression as equally unacceptable, but Chinese girls disapproved of the child displaying relational aggression more than other types of aggression, especially if the children involved were male. These data suggest that cultural effects have a strong influence on attitudes about how males and females should respond to aggression and what types of aggression are acceptable.

13. Maladaptive Attachment Predicting Anxiety Sensitivity in Married Individuals

Emily Georgia, Amie Langer, and Erika Lawrence

University of Iowa

Faculty Advisor: Dr. Erika Lawrence

Abstract:

Anxiety disorders affect over 40 million Americans, and this debilitating condition has always demanded research (Somers, Goldner, & Waraich, 2006). Overlooked, however, are the millions of people who suffer from sub-clinical anxiety; not meeting diagnostic criteria for an anxiety disorder but still experiencing marked distress. Sub-threshold symptoms of anxiety have the potential to affect many areas of an individual's life. Social and interpersonal functioning may suffer, as relationships with significant others become strained and unstable. Research examining the connection between mental health and maintaining a satisfying marriage has shown that each spouse's level of anxiety predicts not only their own marital satisfaction, but their spouse's as well. The more anxious either spouse was, the more dissatisfied he or she was with the marriage (Whisman, Uebelacker, & Weinstock, 2004).

Although there are many factors influencing the development of anxiety, one requiring further support is attachment. This construct describes specific behaviors that typify an individual's actions and reactions in relationships. Previous research has indicated that individuals possessing attachment styles associated with negative models of self report increased levels of anxiety sensitivity than those associated with positive models of self (Watt et al., 2004). Additionally, adaptive attachment, exemplified by comfort with closeness, tends to be associated with higher marital satisfaction. Conversely, maladaptive attachment, exemplified by insecurity with closeness, is related to lower satisfaction for both husbands and wives (Feeney, 1994).

The present study seeks to investigate the role attachment plays in predicting anxiety symptoms in married individuals. The goal is to determine whether maladaptive attachment predicts higher anxiety sensitivity in the early years of marriage. Data

were collected at four time points from a sample of 102 newlywed couples; 3, 12, 21, and 30 months after marriage. Couples completed self-report questionnaires including measures of anxiety symptoms (Beck Anxiety Inventory; Beck, et al., 1988) and attachment style (Experiences in Close Relationships-Revised scale; Fraley, Waller, & Brennan, 2000). Multiple regression analyses will be used to analyze the data. The knowledge obtained from this study will be used to aid development of treatment strategies to help couples experiencing anxiety that may affect marital functioning.

14. Biocultural Significance of Human Female Menopause

Meghan Gillette

University of Northern Iowa

Faculty Advisor: Tyler O'Brien, Ph.D.

Abstract:

This project will focus on the biocultural significance of human female menopause. Many people wonder why human females experience menopause while many other mammals do not. Through my research, I have found five plausible, yet sometimes contradictory, theories concerning human female menopause. These theories help to explain biological reasons for menopause, why humans experience it but many other animals do not, and sociocultural explanations for it. I will compare and contrast these theories from scholarly articles and books, compile them in this project, and comment accordingly. I believe I will find that human female menopause is mainly caused by the need for preserving the mother in order to raise her existing children longer and more effectively than if she was continuously reproducing up until death. If she becomes infertile, she will be able to focus on the children she has already born, and in turn give them a better chance of reaching reproductive age. However, I will present all five theories so that others may ponder the question and look at the research themselves.

15. Who Goes to Iowa Gambling Treatment Providers?

Lesley A. Hiebing and Ki H. Park

University of Northern Iowa

Faculty Advisors: Gene E. Lutz, Ph.D. and Melvin E. Gonnerman, Jr., Ph.D.

Abstract:

In 1997 The Iowa Department of Public Health (IDPH) began administering treatment services for problem gamblers. The Iowa Gambling Treatment Program (IGTP) focuses on public awareness, education and training, the 1-800-BETS-OFF helpline, and formal counseling and treatment. Currently there are 10 publicly funded gambling treatment providers in the state, some with multiple sites. Treatment providers offer information, referrals, education services, and counseling (e.g., family, individual, group, domestic violence) to individuals with problem gambling, as well as to "concerned others", such as spouses. To assess the impact of gambling treatment, the Iowa Gambling Treatment Outcome System (IGTO) was created as a five-part

process: recruiting clients, tracking clients, collecting data during treatment, interviewing clients six months after discharge from treatment, and analyzing outcomes by comparing data received at time of treatment, during treatment, and after treatment. As a part of IGTO, the Center for Social and Behavioral Research (CSBR) receives questionnaires from the clients of the treatment programs. The questionnaires are completed by individuals who voluntarily agree to participate at up to five points in time: at admission, after two months of treatment, at discharge, after 12 months of treatment if they are not discharged by that time, and at 6 months after discharge. The questionnaires ask about gambling behaviors during the past month, as well as demographic, social functioning and financial issues. The purpose of the present analysis is to describe (e.g., demographic profiles, gambling behaviors) those gamblers who receive publicly funded treatment for problem gambling in Iowa.

16. Priming Children's Categorization of Social Targets at the Subgroup Level

Krystal Johnson, Ashley Salvatore, and Rachael Robnett

University of Northern Iowa

Faculty Advisor: Joshua Susskind, Ph.D.

Abstract:

Prior research demonstrates that people encode information about others on the basis of social categories such as gender and ethnicity. The present study utilized the matching statements paradigm to examine how these categorization processes function in children and pre-adolescents. This method involves having participants observe a conversation between people of several social categories. After watching, the participants are asked to match statements from the conversation with the people who made them. More within-category mistakes (e.g., mistaking one man for another) than between-category mistakes (e.g., mistaking a man for a woman) indicate that the participant attended to that category. Past research (e.g., Taylor, Fiske, Etcoff, & Ruderman, 1978) has found that adults follow this pattern of categorization. Stangor, Lynch, Duan, and Glass (1992) observed that adults combine social features to categorize individuals at a subgroup level (e.g., Black female).

Subsequent studies (e.g., Bennett & Sani, 2003) have found that elementary school children also make more within-category errors for gender and for ethnicity. Susskind (in press) found that 10- to 13 categorized social targets at the subgroup level.

The present study is designed to assess (a) how younger children categorize targets that vary on two dimensions (i.e., gender and ethnicity) and (b) whether priming the gender or ethnicity categories will affect how young children and preadolescents categorize the targets. We were also interested in investigating whether children's categorizations at the subgroup level inhibit their categorizations at the global level.

To assess whether priming the categories of gender and ethnicity affects children's categorization of social targets, the researchers provided the children with one of three sets of instructions. The children were either given instructions meant to prime gender or ethnicity or received instructions that did not prime either category.

The children were then presented with a conversation between adults who varied on ethnicity and gender. Afterwards, they were asked to determine who said each statement. A 2 (target's gender) x 2 (target's ethnicity) x 3 (prime) ANOVA will be conducted to analyze the participants' misattributions. The number of within- and between-category mistakes will be analyzed in order to gauge the children's categorization processes.

17. Aversive and Modern Racism: Are Liberals Nicer to Homosexuals?

Kimberly Jorgensen, Duoc Nguyen, Kimberly Kochurka, and Helen Harton
University of Northern Iowa
Faculty Advisor: Helen Harton, Ph.D.

Abstract:

Dovidio and Gaertner's (1998) Integrated Model of Racism proposes that political liberals are more likely to display aversive racism (Dovidio & Gaertner, 1986), and conservatives, modern racism (McConahay, 1986). In support, Kochurka, Holt, and Harton (2006) found that liberals, and not conservatives, were more willing to help an attitudinally similar homosexual than heterosexual confederate. Liberals, however, were less willing to help the homosexual confederate than conservatives when there was an "excuse" (i.e., when the confederate was attitudinally dissimilar). Demonstrating modern racism, conservatives were less likely to help an attitudinally similar homosexual than heterosexual confederate. In this study, we further examined liberals' hypothesized conflict between their automatic negative responses to those who are "different" and their desire to be non-prejudicial. We predicted that for liberals, there should be a discrepancy between the positivity of their interaction with a homosexual and their stated desire to help the person when there was no "excuse" for not liking the other person. Conservatives should have no such conflict.

Seventy-seven heterosexual undergraduate students interacted over the computer with a "homosexual" or "heterosexual" confederate who either agreed or disagreed with them. After the chat, participants rated how willing they would be to help their chat partner. Confederates, blind to participants' political orientation and the hypotheses of the study, rated the positivity of their interactions.

Discrepancy scores were created by subtracting z-scores of the confederates' ratings from z-scores of participants' ratings of their willingness to help the confederate. Liberals responded with more hostility than their ratings of desire to help would suggest (positive discrepancy score) toward attitudinally similar homosexual confederates, but not toward dissimilar confederates. Conservatives responded with

slightly less hostility than their helping intentions would suggest for the similar homosexual confederate.

Results provide further support for Dovidio and Gaertner's (1998) Integrated Model of Racism and its application to sexual prejudice. Not only are liberals more likely to offer to help a homosexual than a heterosexual (when not doing so could be attributed to prejudice), but this reaction may be an overcompensation for automatic negative responses manifested in their interaction style.

18. Readings in Women's Literature

Kaitlin Korbitz

University of Northern Iowa

Faculty Advisor: Li Jian, Ph.D

Abstract:

This study aims show the connections and empowerment women's literature can produce. Specifically studied were literatures from India and North America, with an emphasis on literature discussing experiences with rape and domination. A variety of writers and topics were explored, including creative writing concerning teenage and adult rape experiences.

19. Deliberate Self-Harm and Reward Seeking/Punishment Inhibition Tendencies

Carmen Krapfl, Donielle Reed, Kari Shaw, and Seth Brown

University of Northern Iowa

Faculty Advisor: Seth Brown, Ph.D.

Abstract:

Recent research has revealed that deliberate self-harm behavior has become more common in the last two decades. An increase in self-harm behavior frequently leads to bodily injury, but could have implications for other dangerous behaviors such as suicide and drug abuse. Those prone to purposely hurting themselves may have a higher pain tolerance or feel excitement through self-harm behaviors. People likely to self-harm may also have a lower sense of inhibition in terms of behaviors such as self-harm. The purpose of this study was to research possible connections between deliberate self-harm behavior and reward seeking/punishment inhibition tendencies of participants. It is hypothesized that participants with high punishment inhibition and/or reward seeking tendencies will be more likely to have engaged in deliberate self-harm behavior. Over 150 research participants were given the Deliberate Self-Harm Inventory (DSHI) and the Behavioral Inhibition System/Behavioral Activation System (BIS/BAS) scales. These results will have implications for those engaging in self-harm behaviors and trained professionals working with deliberate self-harmers in assessing those likely to self-harm. Further research is needed in prevention strategies in relation to self-harm behaviors.

20. Self Efficacy: Do You Need it to Succeed?

Carmen Krapfl and M. Kimberly MacLin

University of Northern Iowa

Faculty Advisor: M. Kimberly MacLin, Ph.D.

Abstract:

Albert Bandura's self-efficacy research has revealed the benefits of accurate academic and social self-efficacy in predicting success in individuals (Bandura, 1986). The purpose of this study was to determine how academic and social self-efficacy levels compare between university honors and non-honors students. Participants were undergraduate university students at a midwestern university. Honors students met all the requirements for membership in the university honors program. It was hypothesized that honors students would score higher on academic self-efficacy than non-honors students, but would have lower social self-efficacy scores than their non-honors peers. Self-efficacy research has shown that successful past experiences have a highly influential impact on self-efficacy levels (Bandura, 1977). It is hypothesized that honors students will have higher academic self-efficacy than their non-honors counterparts because they have had more successful academic experiences in the past. Conversely, it is hypothesized that non-honors students will have higher social self-efficacy levels than honors students because their personalities are more conducive to social interactions. Previous research has given evidence that honors students' personality characteristics lead them to value independence and autonomy more than non-honors students (Mathiasen, 1985). This need for independence and autonomy may lead honors students to interact with peers less often and have fewer social successes to heighten their social self-efficacy than non-honors students. Participants were invited to complete questionnaires on background information, general self-efficacy, academic self-efficacy, and social self-efficacy. Results show that honors and non-honors students do not differ significantly in their general or social self-efficacy levels.

21. Protective Factors in Multiple Suicide Attempters and Experiences of Abuse

Karrie McCabe, Nicholas Floch, Amy Steger, Ashley Salvatore, and John E. Williams

University of Northern Iowa

Faculty Advisor: John E. Williams, Ph.D.

Abstract:

Using archival data, we examined the performances of scores on the Reasons for Living Inventory for Adolescents (RFL-A) in samples of adolescent psychiatric inpatients with multiple suicide attempts with and without exposure to the trauma of abuse. The RFL-A is composed of five factors: family alliance (7 items), suicide-related concerns (6 items), self-acceptance (6 items), peer acceptance and support (6 items), and future optimism (7 items). A total RFL-A score is also derived. Of the 328 adolescent psychiatric inpatients, 132 (40.2%) with multiple suicide attempts were exposed to a range of traumatic events that included sexual, physical assaults,

or both; 196 (59.8%) with multiple suicide attempts were not exposed to these interpersonal traumatic events. An appropriate nonclinical control group (101 boys, 97 girls) was included to evaluate further the known-group validity of scores on the RFL-A in the clinical samples. In addition to the RFL-A, the inpatient adolescents completed a set of questionnaires that included the Beck Hopelessness Scale (BHS), the Suicidal Behaviors Questionnaire-Revised (SBQ-R), the Adolescent Psychopathology Scale (APS), and the Trauma Symptoms Check-List (TSCC). The control participants completed the RFL-A, the BHS, and the SBQ-R. First, because the structure of the RFL-A has not been evaluated with this combined clinical samples, we assessed the fit of the 5-factor RFL-A. As expected, the model was good as indicated by the following fit estimates: Robust chi-square = 710.70, df = 454, R-CFI = .960, R-NNFI = .956, RMSEA = 0.042 (90%CI = .036, .047). Estimates of internal consistency were good (i.e., values $\geq .80$) in each study sample. In most of the analyses, adolescents with exposure to traumatic abuses reported fewer reasons for living than either the psychiatric control (all ps < .05) or the nonclinical control (all ps < .05) groups. In a series of logistic regression models, the RFL-A total score was useful in differentiating between the responses of these study participant

22. The Effect of Mindfulness Meditation on Stress

Amanda McGillivray, Matt Hochstein, and Jason Drwal

Grinnell College

Faculty Advisor: Jason Drwal

Abstract:

Stress has been implicated in increased depression, decreased job satisfaction, disrupted personal relationships, and psychological distress (Shapiro, et al., 2005). One way to decrease stress, anxiety disorders, and depression is through mindfulness meditation, which involves becoming more aware of thoughts, emotions, and body sensations (Ramel, et al., 2004; Shapiro, et al., 2005). Mindfulness meditation involves learning how to pay attention to the present and accepting it without judgment as a means of becoming aware of maladaptive behavior in response to stress so individuals are more able to find a healthier way to cope with stress (Ramel, et al., 2004; Shapiro, et al. 2005). To further investigate this technique, we measured the effects of mindfulness meditation on stress and the correlation with physiological measures. Participants were students from a small, private liberal arts college (n= 29) recruited through campus e-mails and fliers. Participants were asked to meditate 7 ½ to 15 minutes a day for five days a week for three weeks. Mindfulness meditation involves attention to a specific object, such as breath or physical sensations while paying attention to thoughts and feelings without judgment (Ramel, et al., 2004). Participants in this study were told to focus on breathing patterns, while acknowledging thoughts and emotions that occurred during the meditation session without trying to change them. Self-assessment questionnaires addressing stress and physiological measurements, such as heart rate, cortisol levels, and respiration rate were taken pre- and post-meditation. We expected to find a decrease in stress and the physiological measures. In accordance

with our expectations, we found that stress was significantly reduced after treatment ($t(22) = -3.69, p < .001$). The physiological measures, cortisol and respiration rate, did decrease, as expected; however, they were not significant. The physiological measures may not be significant due to too few participants.

23. Further Validation of Scores on the Multi-dimensional Suicide Inventory-28

Lindsay McQuillen, Stuart Schroeder, Kristy Burgess, Kirstin Choma, and Beverly A. Kopper

University of Northern Iowa

Faculty Advisor: Beverly A. Kopper, Ph.D.

Abstract:

A brief, 28-items inventory, the Multi-dimensional Suicide Inventory-28 (MSI-28; Osman et al., 2007), was developed and the related total and subscale scores were validated in samples of college undergraduates. In particular, the MSI-28 is designed to tap two protective and two risk dimensions of the suicide related construct. Three studies were conducted. The first study outlines steps in the development procedures for the MSI-28. The MSI-28 items are rated on a 5-point Likert-type scale, ranging from 1 (absolutely false) to 5 (absolutely true). Exploratory common factor analyses (EFA) identified four moderately inter-related factor scales, each composed of seven items: (a) familial support (e.g., "I believe that my family will never let me down"), (b) positive self-perception (e.g., "I believe strongly in myself"), (c) suicide rumination (e.g., "I cannot stop thinking about killing myself"), and (d) negative affect (e.g., "During the past 2-3 weeks, I have felt more irritable or cranky than usual"). In addition to evaluating estimates of internal consistency, Study 2 evaluated the fit of the 4-factor oblique model in an independent sample of undergraduates. Multiple fit estimates were used to assess the fit of (a) one-factor model, (b) a 4-factor oblique model, and (c) a second-order oblique model. The estimates for both the 4-factor and second-order solutions were good. The purpose of Study 3 was to assess further, estimates of internal consistency and concurrent validity that included convergent and discriminant validity. The results provided strong support for the preliminary factor structure, reliability, and validity of the MSI-28.

24. Alternative Bingo: A game for Teaching Statistical Sampling and Probability

Tory Medinger, Kirstin Choma, and Carolyn Hildebrandt, Ph.D.

University of Northern Iowa

Faculty Advisor: Carolyn Hildebrandt, Ph.D.

Abstract:

Undergraduate psychology students often have misconceptions about statistical sampling and probability. Alternative Bingo is an effective way to teach or review these topics in a fun, game-style format. Seventy-nine undergraduate psychology students (34 men and 45 women) played the game, listened to a short lecture-demonstration, and then played the game again. Analyses of pre- and post-test data showed significant gains in students' understanding of statistical sampling and

probability. Student evaluations of the game and lecture-demonstration were positive. We recommend this game for teaching probability and statistical sampling at the college level.

25. Social Class and Public Visibility of Tattoos

Billie Moorehead, Kristen Johnson, Nicole Nees, Melissa Ring, & Alex Zellmer

University of Northern Iowa

Faculty Advisor: Kristin Mack, Ph.D. and Joe Gorton, Ph.D.

Abstract:

During the last 20 years, the popular media and a growing body of academic literature has contributed to the conventional wisdom that tattooing is now mainstream form of self expression. However, a careful review of the academic literature reveals that social scientists have produced almost no empirical data regarding the influence of social class on decisions about tattooing. This study examined the influence of social class on two dependent variables pertaining to tattoos. First, we examined the influence of social class on whether a person has or does not have a tattoo. Second, we evaluated whether the social class of tattooed respondents affected the visibility of their tattoos. Using OLS and logistic regression analysis, we analyzed the influence of class while controlling for other factors such as gender, religiosity, and risk taking behaviors. Survey data was collected from 407 male and female college students. Among the study participants, 29 percent had a tattoo. The logistic regression analysis revealed that after controlling for various social factors, social class did have not a statistically significant influence on whether respondents had a tattoo. However, the OLS regression revealed that among respondents who were tattooed, social class had a statistically significant inverse relationship on tattoo visibility. From this analysis we conclude that while contemporary tattooing is less deviant than it was 20 years ago, it has not yet achieved the type of mainstream acceptance frequently described by many journalists and social scientists.

26. Political Orientation, Race, and Dating Preferences: Are White Liberals More Positive toward African –American Dating Partners?

Duoc V. Nguyen, Ryan Weipert, Abbie Close, and Stephanie Strouse

University of Northern Iowa

Faculty Advisor: Helen C. Harton, Ph.D.

Abstract:

Dovidio and Gaertner's (1998) Integrated Model of Racism proposes that political liberals are more likely to display aversive racism (Dovidio & Gaertner, 1986), and conservatives, modern racism (McConahay, 1986). In previous research supporting this model, liberals show favoritism toward African Americans (AA) over European Americans (EA), whereas conservatives do the reverse. Liberals, but not conservatives, also display greater physiological arousal to the touch of an AA vs. EA experimenter, illustrating the hypothesized conflict characteristic of aversive racism.

In that study, however, no impressions of the experimenter were gathered, leaving the possibility that the arousal was due to something other than conflict-induced dissonance. In the current study, we measured participants' physiological arousal as they evaluated targets in a study of "dating preferences." Heterosexual EA college students viewed faces of opposite-sex persons pre-tested to be moderately attractive and rated these targets' desirability as dating partners. Women rated AA and EA targets as equally attractive when the experimenter was EA, and AA targets as more attractive when the experimenter was AA. Liberal men rated the EA targets as more attractive regardless of experimenter race. For women and liberal men, lower attractiveness ratings were associated with increased heart rates. Liberals and women may have felt guilty about rating faces as low in attractiveness, leading to an increase in heart rate; however, this guilt did not seem to be associated with target race. Implications of these results for the Integrated Model and the problems of interpreting measures of physiological arousal are discussed.

27. Jezyk: Attitudes Toward Language in Poland

Angela Ott

University of Northern Iowa

Faculty Advisor: Cyndi Dunn, Ph.D.

Abstract:

Perceptual dialectology is the study of how people perceive differences in language. This study was designed to discover Polish college students' attitudes toward the dialects in Poland. Modeled after Dennis Preston's 1986 study of language attitudes in the United States, a map questionnaire was distributed to 100 Jagiellonian University and Krosno College students in Fall 2006. Participants drew boundaries around the areas where people speak differently in Poland and rated each area's correctness compared to Standard Polish. Most participants indicated between three to five regions; the most commonly named regions were Podhale, Katowice, Katowice/Wrocaw, Poznan, and Warsaw. Over half of the participants labeled an area in northern Poland as Kashubian. The regions with the most correct Polish were the Warsaw area and the eastern half of the country. Historical factors appear to play a role in the correctness of the dialects.

28. Job Characteristics and College Student School Satisfaction

Carla Pasker

University of Northern Iowa

Faculty Advisor: Adam Butler, Ph.D.

Abstract:

With the rising costs of university tuition, many students are forced to work while attending classes. Of full-time students, 46% work 25 or more hours per week; of those students, 42% stated their work hurt their grades (The Federation of State PIRGs). It is key to look at the relation between college satisfaction in order to strengthen intentions of remaining in college (Staats & Partlo, 1990). One variable

that does not have a wide body of research pertaining to college satisfaction is employment. I propose giving student employees work control will increase college satisfaction, which will be mediated by work-school congruency.

There were 253 undergraduate participants from the University of Northern Iowa in the study. Of these, 172 were female while 81 participants were male. Age ranged from 18 to 44, with the mean of 20.74. Students averaged taking 14.47 credits during the semester, while working an average of 21.2 hours per week. To determine the relationship between job control and school satisfaction, I used Baron and Kenny's Median and Moderation Theory. The first step found a greater level of job satisfaction was related to a greater level of school satisfaction ($\beta = .18, p < .01$). The second step found that a greater level of job control was related to a greater level of work/school congruency ($\beta = .34, p < .001$). The third step found that a greater level of work/school congruency was related to a greater level of school satisfaction, when job control was controlled ($\beta = .24, p < .001$). The fourth step found that a greater level of job control was related to a greater level of school satisfaction, when work/school congruency was controlled ($\beta = .10, p = .12$). Work/school congruence completely mediates the relationship between job control and school satisfaction.

Employers with college student employees should implement tasks with work/school congruency to increase the students' school satisfaction. With the rising cost in tuition, many students are forced to work while being a full-time student. Therefore, developing tasks that would apply work/school congruency will better the students' school satisfaction. In return, this will increase intentions of remaining in college.

29. The Effectiveness of Mindfulness Meditation for Stress Reduction

Iliana Radneva, Benjamin Archer, and Jason Drwal

Grinnell College

Faculty Advisor: Jason Drwal, Ph.D.

Abstract:

Introduction: There is extensive literature showing the mindfulness-based stress reduction (MBSR) programs are effective in reducing stress, anxiety, depression, and general medical symptoms in clinical as well as nonclinical populations (Kabat-Zinn et al., 1992; Miller, Fletcher, & Kabat-Zinn, 1995; Shapiro, Schwartz, & Bonner, 1998). We developed a program modeled after the successful and well-established MBSR program developed at the University of Massachusetts Medical Center (Kabat-Zinn, 1982). This program, however, requires eight weekly ninety-minute classes and recommends 45 minutes of out-of-class practice every day. In an attempt to create an easier-to-follow program, we used only one component of the program – mindfulness-based meditation. We chose this component because it is easy to learn and participants can practice it in a variety of situations, unlike the yoga component of the program.

Methods: Participants were recruited through campus wide e-mails and fliers at a small private liberal arts college. Twenty-nine students took part in the study; twenty-three completed both pre- and post-meditation-training assessments, which included self-reports of anxiety, mindfulness, and average number of minutes meditated per day as well as a psychophysiological assessment of heart rate taken through an ECG. Participants were asked to meditate between 7.5 and 15 minutes for at least five days for three weeks. The study had a within-group design.

Results: As predicted, paired t-tests of post- to pre- changes showed significant decreases in anxiety and significant increases in mindfulness ($t(22) > |3.00|$, $p < .001$). Contrary to expectations, the average number of minutes meditating per day negatively correlated with post minus pre mindfulness scores ($r = -.41$, $p < .055$). It should be noted that most participants increased in mindfulness; however, the improvements in mindfulness were smaller for people who meditated more. The correlation of meditation time and post minus pre changes in anxiety was not significant ($r = .13$). Contrary to our predictions, there was no significant reductions in heart rate pre- to post-meditation.

Discussion: Results are consistent with existing literature and support our hypothesis that participation in the mindfulness-based meditation program leads to reduced stress and improved mindfulness. We did not observe changes in heart rate. This may be because such changes require more than three weeks to occur, while the psychological changes occur rather rapidly. Contrary to our expectations more time meditating during the study was associated with smaller improvements in mindfulness. A possible explanation for this negative correlation is that with more meditation mindfulness increased but together with it expectations from self increased as well. Thus, when self-reporting their mindfulness levels during the final session, participants could have underestimated their improvement, because they might have compared it with their newly established (higher) levels of mindfulness.

Acknowledgements: We would like to thank Dr. Jason Drwal, Grinnell College, for his mentorship and advice.

30. Attachment, Loneliness, and Depression in Female College Students

Jason Richmann and Elaine M. Eshbaugh

University of Northern Iowa

Faculty Advisor: Elaine M. Eshbaugh, Ph.D.

Abstract:

The current research hypothesized that insecure attachment will be positively related to loneliness and depression among female college students. The participants were gathered from the dorms of a medium sized Midwestern university. The students were sent a packet containing the survey and a description of the incentives for participation. Of those who received a packet 64% participated and were predominately female (74%). Only females ($N = 234$) were included in this study.

Measures of loneliness, depression, and attachment (security, avoidant, ambivalent worry, and ambivalent merger) were used in this analysis. The results indicated that securely attached female college students were less likely to report feeling lonely and depressed. Also, female college students higher in all three types of insecure attachment (avoidant, ambivalent worry, and ambivalent merger) were more likely to be higher in loneliness and depression. By practicing a secure attachment style of parenting parents can better equip their children for the future. These results show a need for parents to become more aware of the kind of relationship they have with their children and the parenting style they are implementing

31. Father-Son Bonding: The Influence of Paternal Relationships on College Males' Sexual Behavior and Values

Erica L. Spies

University of Northern Iowa

Faculty Advisor: Gary Gute, Ph.D.

Abstract:

Several studies (Brewster et al., 1998; Pistella & Bonati, 1998; Whitaker et al., 1999; DiClemente et al., 2001) have found a correlation between close mother-child relationships during adolescence and adolescents' increased contraceptive use. A handful of studies (Dilorio et al., 1999; Dittus et al., 1997; Rodgers, 1999) have examined the influence of father-son relationships on adolescent males' contraceptive use; however, little research has examined the closeness of father-son relationships on college males' sexual behavior and contraceptive use. In their study of American males' sexual behavior, Billy, Tanfer, Grady, and Klepinger (1993) found that 90.1 percent of men ages 20 to 24 had had vaginal intercourse and 29.2 percent of men ages 20 to 24 had had one to three sexual partners. The present study will examine how father-son relationships influence college males' sexual behaviors and values.

A sample of 18- to 28-year-old college males (N=115) will be surveyed on their relationships with their fathers and their sexual behavior and values. Participants completed Hudson's (1993) Child's Attitude Toward Father (CAF) questionnaire to examine their relationships with their fathers that measures the presence and the intimacy level of father-child relationships from the child's perspective. To further evaluate sons' relationships with their fathers, participants assessed their fathers' perspectives by responding to five items from Dittus, Jaccard, and Gordon's (1997) study on the impact of fathers on African American Adolescents. The Mathtech Attitude and Value Inventory (Kirby, 1984) and the Contraceptive Attitude Scale (Kyes) was used to measure attitudes and values regarding sexual behavior and contraceptive use, respectively. Cupitt's Sexual History Questionnaire (SHQ) was administered to determine sexual identity and behaviors.

Correlational analyses indicated that while level of satisfaction in paternal relationships does not appear to be significantly related to participants' attitudes

towards contraception, it is related to participant's clarity in personal sexual values. Furthermore, analyses indicated that participants' perceptions of perceived paternal disapproval of premarital sex predict their attitudes toward premarital sex and a younger age of first penetrative sex. Future research should examine other factors that influence the relationship between father-son relations and college males' sexual behaviors and values.

32. Parent-Adolescent Communication: Let's Talk About Sex

Erica Spies, Aimee Peters, Janel Irvin, Sarah Gravert, and Abbey Gilpin

University of Northern Iowa

Faculty Advisor: W. Michael Fleming, Ph.D.

Abstract:

According to the Centers for Disease Control and Prevention, national surveys indicate that substantial portions of adolescents are sexually active (CDC, 1998). Since the 1950s, the amount of high school students who are sexually active has doubled; in fact, half of all high school students report being sexually active with 16 percent reporting having had four or more sexual partners (CDC, 1998). At the same time, a debate exists regarding who bears primary responsibility for sexuality education of youth in the United States (Eisenberg, Sieving, & Resnick, 2004; Schaalma, Abraham, Gillmore, & Kok, 2004). Educators and parents see an increasing need to include parents in this matter (Eisenberg, Sieving, & Resnick, 2004). Moreover, adolescents report that they want to talk about sex and sexuality-related issues with their parents (Pistella & Bonati, 1998). However, the majority of parents report little or no communication with their children concerning such issues (Hutchinson & Cooney, 1998). To further understand the role parents play in their adolescent children's sexual behavior, the role of parent-child communication was examined and appropriate programming and curriculum designed.

33. Chairs and Bitrochanteric Width on UNI Campus: An Anthropometric Study

Michelle Vanderah and Julia Wignall

University of Northern Iowa

Faculty Advisor: Tyler O'Brien

Abstract:

The purpose of our project is to compare the width of new chairs to old chairs found on the University of Northern Iowa campus. Specifically, we will look at the old wooden chairs found in Sabin, as well as the new Herman Miller Caper Chairs found in various buildings such as Lang Hall, Maucker Union, and the ITTC building. Next, we will measure the bitrochanteric width (the width of the pelvis and surrounding soft tissue) of males and females 18 to 20 years of age. Our goal is to identify if there is a correlation between current bitrochanteric width and the width of old and new chairs.

The first objective of our research will be to determine whether or not a change in the width of chairs has occurred by the purchase of newer chairs. Then we will determine if the bitrochanteric width of males and females is significantly different. Finally, we will determine whether or not a correlation exists between males and/or females and the width of new chairs. The materials we will use will consist of a bench to measure subjects on, paper to mark each individual, a spread sheet to record the data, writing utensils, a metric tape measurer, and a calculator.

The way we will measure the chairs is by measuring the seat at a specific predetermined location. We will measure straight across, rather than trying to compensate for the curvature of the chair. Secondly, we will measure our human participants' bitrochanteric width by having them sit on a flat surface with a piece of paper on the surface. We will then have them mark the sides of their hips on the paper and designate the paper with a number. We will later go back and measure the width of the subject based on the marks left on the paper. From this research, we will find that the average chair width has increased in newer chairs as compared to old. We will also find that females, having on average a wider pelvis, better fit the width of the new chairs.

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