45TH ANNUAL PSYCHOLOGY RESEARCH CONFERENCE

Department of Psychology

Business Hall 104 | Rowan University
April 18, 2019

# About the Conference

The Rowan University Psychology Department's Annual Research Conference has been an ongoing tradition for 45 years. Its intent is to allow students from our undergraduate and graduate programs the opportunity to present their research findings in a professional context.

# Psychology Department Mission

The mission of the Psychology Department is to provide a high-quality education to undergraduate and graduate students, engage in cutting-edge research in a variety of disciplines and sub disciplines within psychology, and to provide services to children and their families in the South Jersey region.

Students in our department work with faculty members on novel and innovative research across the diverse subfields within psychology as well as being placed in community agencies and businesses to experience first-hand how psychological science is applied to practice.

## Department Head, Psychology Department

Dr. Georita Frierson

## Conference & Awards Committee

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| Dr. Lisa Abrams, Chair | Sherry Pujji (student member) |
| Mr. Dan Dantinne | Dr. Bethany Raiff |
| Ms. Brenda Harkins | Dr. Christina Simmons |
| Dr. Jim Haugh | Dr. Eve Sledjeski |
| Dr. Val LaMastro | Dr. Karyn Tappe |
| Dr. Brittany Martinez | Mr. Alex Ward |

Special thanks to all the student volunteers!

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# Conference Schedule

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| 9:00 | *Evaluating the Use of Mobile Applications in Clinical Practice*<br>**Danielle Schweitzer, Kyle Chudzinski, B.A.,** Sean Martin, B.A., Juliana D'Onofrio, M.A., Krista Herbert, M.A., & Jim A. Haugh, PhD<br>Advisor: Dr. Jim A. Haugh |
| 9:15 | *Do Social Support or Decentering Moderate the Relationship Between Mindfulness and Psychology Distress?*<br>**Jared Richards,** Gabrielle Chin, A.B., Amanda Colangelo, Victoria Kloster, Emma McBride, B.A. & Sc., & Jeffery Greeson, PhD<br>Advisor: Dr. Jeffery Greeson |
| 9:30 | *Data-Based Supervision: Applying Performance Management Methodology in a Research Laboratory*<br>**Jessica A. Nastasi, B.A.** & Bethany Raiff, **PhD**<br>Advisor: Dr. Bethany Raiff |
| 9:45 | *Evaluating Brain Wave Reactivity to correct/incorrect feedback across the Schizoaffective Spectrum*<br>**Manny Alvarez** & Tom Dinzeo, PhD<br>Advisor: Dr. Tom Dinzeo |
| 10:00 | *A Behavioral Economic Measure of Demand for Physical Activity*<br>**Connor Burrows** & Bethany Raiff<br>Advisor: Dr. Bethany Raiff |
| 10:15 | *On the Origins of the Domains of Technology Use Survey*<br>**Devin Massaro, M.A., Sherry Pujji, M.A.,** & Tom Dinzeo PhD<br>Advisor: Dr. Tom Dinzeo |
| 10:30 | *Social Media Use in College Students*<br>**Thomas O'Kane, Dylan Cleary, Trina Ganguly, Georgtoria Wion,** & Eve Sledjeski, PhD<br>Advisor: Dr. Eve Sledjeski |
| 10:45 | Poster Session Set-up |
| **11:00** | **Poster Session I** |
| 12:00 | LUNCH BREAK |
| 1:00 | *The Potential Moderating Effects of Sleep Hygiene and Stress on Quality of Life in those with Schizotypy*<br>**Thomas O'Kane,** Eve Sledjeski, PhD, & Tom Dinzeo, PhD<br>Advisors: Dr. Eve Sledjeski & Dr. Tom Dinzeo |
| 1:15 | *The Effect of Color of Time Perception and Task Performance in College Students*<br>**Melissa Banuelos, Max Hart, Jake Hensz, Chad Shire,** & Eve Sledjeski, PhD<br>Advisor: Dr. Eve Sledjeski |

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| 1:30 | *Assessing the Reinforcing Functions of Prescription Stimulant Abuse Among College Students*<br>**Matthew J. Dwyer,** Mitchell Kaplan, Connor Burrows, Bethany Raiff, & Kimberly C. Kirby<br>Advisor: Dr. Bethany Raiff & Dr. Kimberly C. Kirby |
| 1:45 | *Depression on YouTube: A content analysis*<br>**Michael Huchler, A.A.,** & Juliana D'Onofrio, M.A., & Jim A. Haugh, PhD<br>Advisor: Dr. Jim A. Haugh |
| 2:00 | *Do you JUUL? Predictors of Stimulant Use in Undergrads*<br>**Casey Belgio, Brandon McHugh, Gabrielle Longo, Angela Spadafino,** & Eve Sledjeski, PhD<br>Advisor: Dr. Eve Sledjeski |
| 2:15 | *Association between Delay Discounting and Diabetes Management*<br>**Heather Leung-VanHassel** & Bethany Raiff, PhD, BCBA-D<br>Advisor: Dr. Bethany Raiff |
| 2:30 | *Observing the Psychological and Physiological Factors Affecting Working Memory*<br>**Olivia Corallo, Sydney Dickerson, Marlena Richeal,** & Eve Sledjeski, PhD<br>Advisor: Dr. Eve Sledjeski |
| 2:45 | *Romantic Attraction, Behavior, and Identity in an Asexual Population*<br>**Corey Doremus, M.A.,** Meredith Joppa, PhD & DJ Angelone, PhD<br>Advisor: Dr. Meredith Joppa & Dr. DJ Angelone |
| 3:00 | **Poster Session II** |
| 4:00 | **BREAK** |
| 4:30 | **Psi Chi Induction & Annual Awards Ceremony** |

# Poster Sessions

| | Poster Session I (11:00am-12:00pm) |
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| 1 | *Activity Tracker Validity Study*<br>**Sukhmani Minhas**, Connor Burrows, B.S., Caitlyn Upton, M.S. Mitchell Kaplan, & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 3 | *Evaluating Outcomes of the Observer Effect for Graphing Single Subject Designs*<br>**Schyler Newman**, Jessica Nastasi, & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 5 | *A Social Support Training Intervention for Smoking Cessation*<br>**Bryana Zurad, Brendan Gerrity**, Connor Burrows, Kimberly C. Kirby, PhD, Jessica Nastasi, & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 7 | *A Laboratory Model of Video-Game Based Contingency Management for E-Cigarette Smoking*<br>**Caitlyn Upton, M.S.** & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 9 | *Identification of Alternative Instructional Methods When Physical Guidance is Contraindicated*<br>Gianna Visceglia, **Brendan Gerrity, Nadia C. Tis**, Wayne W. Fisher, Amanda Zangrillo, & Christina A. Simmons<br>Advisor: Dr. Christina A. Simmons |
| 11 | *An Analysis of Alternative Items and Activities during Schedule Thinning with Functional Communication Training*<br>Amanda N. Zangrillo, **Gianna M. Visceglia, Janelle A. Pierce**, & Christina A. Simmons<br>Advisor: Dr. Christina A. Simmons |
| 13 | *Bayesian statistics in psychological studies: how informed and modified uniform priors differ from significance testing*<br>**Cory M. Monteleone** & Dustin A. Fife, PhD<br>Advisor: Dr. Dustin A. Fife |
| 15 | *Project PAN: Relationship between Physical Health and Non-Suicidal Self-Injury*<br>**Alex Jaffe, M.A.**, Mikayla Santana, B.A., Danyella Greene, M.S., Noelle B. Smith, Ph.D., Pierre Leon, M.A., Alicia E. Meuret, Ph.D.,Georita Frierson, Ph.D.<br>Advisor: Dr. Georita Frierson |
| 17 | *RU Mindful: Are Religious Students More Mindful, with Greater Psychological Well-Being?*<br>**Amanda Colangelo, Victoria Kloster**, Jared Richards, Gabrielle Chin, A.B., Emma McBride, B.A. & Sc, & Jeffery Greeson, PhD<br>Advisor: Dr. Jeffery Greeson |
| 19 | *RU Mindful: Trait Mindfulness and Better Mind-Body Health in Rowan Students-*<br>*An Interim Analysis*<br>**Gabrielle Chin, A.B., Emma McBride, B.Sc.**, & Jeffery Greeson, PhD |

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| | Advisor: Dr. Jeffery Greeson |
| 21 | *Human Factors Assessment of Discharge Documents used for Care Coordination*<br>Anna DiPietro, **Peter Mounas, Alisha Costa**, & Patrice Tremoulet, PhD<br>Advisor: Dr. Patrice Tremoulet |
| 23 | *An Examination of Alcohol Use as a Protective Factor Subsequent to Sexual Violence*<br>**Danika Charles, B.A.**, Ebru Yucel, M.A., DJ Angelone, Ph.D., Meredith Joppa, Ph.D., Nicole Cantor, M.A.<br>Advisors: Dr. D.J. Angelone & Dr. Meredith Joppa |
| | **Poster Session II (3:00pm-4:00pm)** |
| 2 | *Measuring Demand for Stimulants Among College Students: Purchase Task Replication and Model Comparison Study*<br>**Mitchell Kaplan, Matthew J. Dwyer**, Jessica Nastasi, Connor Burrows, & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 4 | *Delay Discounting and Sedentary Lifestyles: How Physical Activity Levels are Related to Impulsive Choice*<br>**Ashley Fox** & Bethany Raiff, PhD<br>Advisor: Dr. Bethany Raiff |
| 6 | *Inspired: A Mobile Video Game for Smoking Cessation*<br>**Samantha R. Beckett, Mariana Cardenas, Shawn M. Gleason**, Jessica A. Nastasi, B.A., Bethany Raiff, PhD, Darion Rapoza, PhD, Dan Scherlis, MBA. & Nicholas Fortugno<br>Advisor: Dr. Bethany Raiff |
| 8 | *Employee Tenure as a Moderator of Job Satisfaction & Turnover Intention*<br>**Zachary Levey** & Eve Sledjeski, PhD<br>Advisor: Dr. Eve Sledjeski |
| 10 | *The day after: an exploration of college students' hangover cures and symptoms*<br>**Paige Ryan** & Chelsie Young, PhD<br>Advisor: Dr. Chelsie Young |
| 12 | *Investigating Relationships Between Alcohol Use, Exercise, and Aggression*<br>**Erik Bollendorf** & Chelsie Young, PhD<br>Advisor: Dr. Chelsie Young |
| 14 | *Differential Results of Diverted and Divided Attention in Caregiver-Conducted Functional Analyses*<br>Jessica A. Nastasi, **Brieanna M. Sanchez, Donald F. Daly**, &<br>Christina A. Simmons, PhD<br>Advisor: Dr. Christina A. Simmons |
| 16 | *Evaluation of an Indirect and Direct Attention Preference Assessment*<br>Sherah U. Somervell, Jessica A. Nastasi, **Ariana A. Cacace, Nia F. Tift**, & Christina A. Simmons PhD<br>Advisor: Dr. Christina A. Simmons |
| 18 | *How do novel seat positions impact usability of child restraints?* |

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| | **Brendan Corr, Debbie Quarino,** & Patrice Tremoulet, PhD<br>Advisor: Dr. Patrice Tremoulet |
| 20 | *The Effect of #Fitspiration Messaging on College Students' Fitness Center Use: An Experimental Pilot Study*<br>Sabrina DiBisceglie, B.S., Megan Brown, B.S., **Emily Vendetta,** Darlene Jules, Jennilee Bradley, & Danielle Arigo, PhD<br>Advisor: Dr. Danielle Arigo |
| 22 | *Does Social Support Buffer against the Influence of Depressive Symptoms on motivation for Illness Management in Prediabetes?*<br>**Kristen Pasko, B.S.** & Danielle Arigo, PhD<br>Advisor: Dr. Danielle Arigo |

# Oral Presentation Abstracts

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**Title**: *Evaluating the Use of Mobile Applications in Clinical Practice*

**Authors:** Danielle Schweitzer, Kyle Chudzinski, B.A., Sean Martin, B.A., Juliana D'Onofrio, M.A., Krista Herbert, M.A., & Jim A. Haugh, PhD

**Student Presenter**: Danielle Schweitzer & Kyle Chudzinski, B.A.

**Program**: B.A. in Psychology; M.A. in Clinical Mental Health Counseling
**Advisor**: Dr. Jim A. Haugh
**IRB#:** Pro2018002221

**Abstract**: Mobile health (mHealth) is an emerging area of healthcare. Research suggests that using mHealth as an adjunct to psychotherapy is both feasible and can potentially enhance the therapeutic process (Levin et al. 2017). To date, few studies have explored psychotherapists' use of and attitudes towards mHealth. To examine this question, a nationally representative sample of psychologists will be surveyed on their opinions regarding mobile applications in their practice.

While data collection is ongoing, the current sample consists of 79 psychologists (61% female) licensed in New Jersey with an age range of 28 to 81 (M=55.29; SD=13.39). Approximately 71% of psychologists indicated that they at least somewhat believe mobile applications could help their clients overcome mental health concerns. Moreover, 52% of psychologists either agree or strongly agree that they would like to further incorporate mobile applications into their practice. However, 65% of psychologists reported no familiarity with research literature on mobile applications and 84% of psychologists reported being unaware of any resources that could be used to make informed decisions regarding application use. A commonly reported concern from psychologists also pertained to whether they had the knowledge to make effective use of different mobile applications (62%).

Overall, preliminary results suggest that psychologists believe that the integration of mobile applications within their practice may benefit their clients. However, current lack of information regarding resources, empirical support, and how to effectively guide clients to use mobile applications seem to serve as significant barriers to implementation.

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**Title**: *Do Social Support or Decentering Moderate the Relationship Between Mindfulness and Psychological Distress?*

**Authors:** Jared Richards, Gabrielle Chin, A.B., Amanda Colangelo, Victoria Kloster, Emma McBride, B.A. & Sc., & Jeffery Greeson, PhD

**Student Presenter**: Jared Richards

**sProgram**: B.S. in Psychological Science
**Advisor**: Dr. Jeffery Greeson
**IRB#:** Pro2017001693

**Abstract**: Trait mindfulness, social support, and decentering are each associated with low levels of stress and negative affect. However, the extent to which social support and decentering – a core quality of mindfulness – interact with mindfulness to maintain emotional well-being is poorly understood. Therefore, it is hypothesized that the relationship between mindfulness and psychological symptoms, including anxiety, depression, and stress symptoms, is moderated by decentering and emotional support from peers. To address

hypotheses, a sample of Rowan University students (n=274; 69.0% female; 67.9% white; mean age=21.11) was recruited to participate in a brief online survey study (RU Mindful) which included the Cognitive and Affective Mindfulness scale, the decentering subscale of the Experiences Questionnaire, NIH PROMIS measures of Emotional Support, Anxiety, and Depression, and the Cohen-Hoberman Inventory of Physical Symptoms. Linear regression analysis were used to examine whether the associations between mindfulness and anxiety, depression and stress symptoms are each moderated by decentering and emotional support. While there were main effects of mindfulness, decentering and emotional support on anxiety, depression and stress symptoms, neither decentering nor emotional support had significant interaction effects with mindfulness on outcomes. In conclusion, among Rowan students, mindfulness, decentering and emotional support independently predicted levels of negative affect and physical stress symptoms but this association between mindfulness and emotional well-being was not moderated by decentering or emotional support.

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**Title**: *Data-Based Supervision: Applying Performance Management Methodology in a Research Laboratory*

**Authors:**  Jessica A. Nastasi, B.A. & Bethany Raiff, PhD

**Student Presenter**: Jessica A. Nastasi, B.A

**Program**: M.A. in Applied Behavior Analysis
**Advisor**: Dr. Bethany Raiff
**IRB#:** N/A

**Abstract**:  Performance management is a subsection of Organizational Behavior Management that focuses on the development and utilization of evidence-based technology (e.g., performance feedback, staff training) to improve staff performance and increase overall system outcomes. One cornerstone of performance management is the objective measurement and delivery of reinforcement contingent on evidence of target behaviors. The performance matrix is a tool that allows managers to select and feasibly measure target behaviors, or pinpoints, and deliver daily or weekly scores representative of each individual's performance. Scores can be utilized to determine the appropriate magnitude and type of reinforcement for delivery, and allow the organization of regular oversight of behaviors influencing system efficiency and output. The current project seeks to evaluate and describe the application of performance management techniques to the development and management of the Health & Behavioral Integrated Treatments Research Unit at Rowan University. The research unit's performance matrix includes pinpoints targeting adherence to deadlines, communication, and meeting participation. Weekly matrix results were used to deliver reinforcement (e.g., praise, additional responsibility) and corrective feedback as necessary. Previous research suggests utilizing a positive reinforcement based approach in contrast to traditional punitive measures for managing behaviors in the workplace to improve long-term outcomes and performer satisfaction. Implications and future directions for lab management will be discussed.

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**Title**: *Evaluating Brain Wave Reactivity across the Schizoaffective Spectrum during Stress?*

**Authors:** Manny Alvarez & Tom Dinzeo, PhD

**Student Presenter**: Manny Alvarez

**Program**: B.S. in Psychological Science
**Advisor**: Dr. Tom Dinzeo
**IRB#:** Pro2016001031

**Abstract**: Differentiating between schizophrenia and bipolar spectrum disorders has become increasingly difficult as they share fundamental similarities, leading to evidence for the schizoaffective spectrum—a continuum of mood and psychosis. Despite the overlap, schizophrenia and bipolar spectrums appear to differ in the underlying mechanisms that regulate approach (behavioral activation system: BAS) and avoidance (behavioral inhibition system; BIS) behaviors. Schizophrenia-spectrum disorders appear to be more reactive to negative feedback (BIS), whereas, bipolar-spectrum disorders appear to be more reactive to anticipated positive feedback (BAS). Within the literature, however, little is understood of the relationship between approach and avoidance behaviors and subclinical spectrum conditions (schizotypy, hypomania, mixed). By analyzing EEG reactivity (event-related-potentials), the current study sought to examine subclinical reactivity to negative and positive feedback. We predicted that those with higher levels of schizotypy would have higher reactivity to negative feedback and decreased reactivity to positive feedback while we predict the inverse for those with higher levels of hypomania. Additionally, we explored the reactivity to positive and negative feedback in subclinical mixed symptomatology. Participants (n=160+) were grouped by symptom clusters (schizotypy, hypomania, and mixed) and were exposed to a mild stressor via a change blindness paradigm that involved two conditions: positive and negative feedback. Brain wave activity was collected during this paradigm. The current study may help identify unique and shared features of these spectrum-disorders that may contribute to more targeted and effective early interventions. Results and further implications to be discussed.

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**Title**: *A Behavioral Economic Measure of Demand for Physical Activity*

**Authors:** Connor Burrows & Bethany Raiff, PhD

**Student Presenter**: Connor Burrows

**Program**: PhD Clinical Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2019000340

**Abstract**: Only 1 in 5 individuals meet criteria for recommended levels of physical activity. Suboptimal levels of physical activity can lead to negative health outcomes, making this a primary public health concern. There may be individual differences in people's learning histories that may lead to physical activity functioning as a conditioned reinforcer for some, but not others. Currently, there is no measure that assesses the behavioral economic "demand" (or value) for physical activity. Behavioral economics seeks to summarize choice between competing reinforcers via microeconomic models that produce several quantitative measures of reinforcer value. Behavioral economics may provide insight into reinforcer value and its sensitivity to increasing "costs", and may further be utilized as an instrument to track the value of exercise over the course of an intervention. The current study seeks to: 1) Develop and validate a hypothetical purchase task to measure "demand" for physical activity across an array of time commitments, and 2) Explore how different "physical activity" frames affect response patterns between individuals. In particular, differences in response patterns will be assessed via "open" and "closed" economy frames. Future research ought to assess the extent to which nonlinear regression models utilized in the behavioral economics literature can be applied to a hypothetical purchase task for physical activity demand, and assess modeling strategies for data that do not conform to traditional behavioral economic demand models.

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**Title**: *On the Origins of the Domains of Technology Use Survey*

**Authors:** Devin Massaro, M.A., Sherry Pujji, M.A., & Tom Dinzeo, PhD

**Student Presenter**: Devin Massaro, M.A. & Sherry Pujji, M.A

**Program**: PhD Clinical Psychology
**Advisor**: Dr. Tom Dinzeo
**IRB#:** Pro2019000453

**Abstract**: Technology is a widespread part of our modern society and has been shown to interact with our mental and physical health. However, there is no easy and reliable self-report measure that accurately assesses technology use. One of the greatest difficulties with assessment of technology use is keeping pace with emerging trends in technology. Given the importance of evaluating the interplay between technology use and mental health, it is essential to find ways to assess technology use in nuanced, yet non-invasive manners. As such, the authors of the current project have created a measure to more accurately capture technology use and the motivation for its use. This measure is called the Domains of Technology Use Survey (DOT.US) which is a self-report measure examining the use of different technological platforms (i.e. social media, video games, video streaming, etc.), time spent using these platforms, and motivators of technology usage. In addition to these elements, the DOT.US measures the extent of dysfunctional technology use. We believe that this measure provides a flexible, modular framework that can be adapted by researchers to capture emerging trends in technology. Further information about the development of this measure will be discussed.

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**Title**: *Social Media Use in College Students*

**Authors:** Thomas O'Kane, Dylan Cleary, Trina Ganguly, Georgtoria Wion, & Eve Sledjeski, PhD

**Student Presenter**: Thomas O'Kane, Dylan Cleary, Trina Ganguly, & Georgtoria Wion

**Program**: B.A. in Psychology & B.S. in Psychological Science
**Advisor**: Dr. Eve Sledjeski
**IRB#:** Pro2018000276

**Abstract**: Body image, the opinion someone has of their own body, is an important construct to study as a poor body image is associated with many aspects of general well-being, such as poor quality of life (Duarte, Ferreira, Trindade, & Pinto-Gouveia, 2015; Griffiths et al., 2017), poor self-esteem (Furnham, Badmin & Sneade), and eating disorders (Polivy & Herman, 2002). Researchers have sought to identify factors predictive of the development body image in an effort to provide evidence-based programs to promote a healthy body image. Some factors associated with body image are social media usage, personality, and stress. In the present study we used a self-report questionnaire to measure social media use (Facebook, Instagram, Twitter, and Snapchat), body image, personality, and stress. We anticipated that higher levels of social media usage would be associated with a worse body image. Furthermore, we investigated the potential moderating roles of personality (i.e. neuroticism and conscientiousness) and perceived stress on the relationship between social media usage and body image. More specifically, it was believed that the relationship between social media usage and body image will be strongest in individuals with high levels of neuroticism, low levels of conscientiousness, and high levels of perceived stress. Results will be discussed.

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**Title**: *The Potential Moderating Effects of Sleep Hygiene and Stress on Quality of Life in those with Schizotypy*

**Authors:** Thomas O'Kane, Eve Sledjeski, PhD, & Tom Dinzeo, PhD

**Student Presenter**: Thomas O'Kane

**Program**: B.A. in Psychology
**Advisor**: Dr. Eve Sledjeski & Dr. Tom Dinzeo

**IRB#:** N/A

**Abstract**:  Risk for schizophrenia (i.e., schizotypy) is associated with both greater levels of stress and poorer quality of life (QOL). However, there is little known about how sleep routines and behaviors surrounding sleep, referred to as 'sleep hygiene', may also contribute to reduced wellbeing. A series of a priori hypotheses were developed prior to a secondary analysis of a larger dataset. There were 385 participants who completed all of the questionnaires of interest. We anticipated that higher levels of schizotypy would be correlated with a worse QOL, poor sleep hygiene, and higher levels of reported stress. In addition, we also anticipated that levels of sleep hygiene and stress would moderate the relationship between schizotypy and quality of life. Results showed that higher levels of schizotypy were associated with a poor sleep hygiene (r=.37, p<.01), and worse sleep hygiene was associated with higher levels of stress (rs ranging from=.25-.27, ps<.01). In our regression models, higher levels of schizotypy ($\beta$=-.37) and stress ($\beta$s=-.27) were found to be significantly predictive of a worse quality of life (ps<.01). Worse sleep hygiene ($\beta$=-.12) was also found to be significantly predictive of a worse quality of life (p<.01). Contrary to our expectations, neither stress nor sleep hygiene significantly moderated the relationship between schizotypy and quality of life. These findings suggest that there are multiple independent predictors of a person's quality of life.

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**Title**: *The Effect of Color of Time Perception and Task Performance in College Students*

**Authors:**  Melissa Banuelos, Max Hart, Jake Hensz, Chad Shire, & Eve Sledjeski, PhD

**Student Presenter**: Melissa Banuelos, Max Hart, Jake Hensz, & Chad Shire

**Program**: B.S. in Psychological Science
**Advisor**: Dr. Eve Sledjeski
**IRB#:** Pro2018000277

**Abstract**:  Prior research suggests that red stimuli create a greater time distortion than other colors, and that the direction of the distortion (i.e. underestimation or overestimation) varies with context. Research also shows that red stimuli tend to have negative effects on performance in academic contexts, perhaps due to the psychological and physiological arousal. This study specifically investigates the effect of arousal on this relationship, being the first to investigate the relationship between color (red vs. blue), arousal, time perception, and task performance in a mediation model. It is expected that red stimuli will cause poorer performance and greater overestimation of duration compared to a blue control group. It is also expected that the effect of color on time perception and task performance will be explained by arousal. Participants were randomly assigned to a red and a blue condition and completed a maze task printed in either red or blue ink while their heart rate was monitored. Upon completion of the maze, they were asked to estimate the time they took to complete the task, and this estimate was compared to their actual time on the task. They also filled out a measure of subjective emotional response. The analysis will be a mediation model conducted through hierarchical linear regression, with physiological and subjective arousal as potential mediators for the relationship between color and both task performance and time distortion. Results will be discussed.

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**Title**: *Assessing the Reinforcing Functions of Prescription Stimulant Abuse Among College Students*

**Authors:**  Matthew J. Dwyer, Mitchell Kaplan, Connor Burrows, Bethany Raiff, & Kimberly C. Kirby

**Student Presenter**: Matthew J. Dwyer

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. Bethany Raiff, & Dr. Kimberly C. Kirby

**IRB#:** Pro2017001975

**Abstract**: Non-medical prescription stimulant use (NMPSU), such as using medications like Ritalin, Adderall, and Concerta without a prescription or at a higher dosage than prescribed, is a rising trend in American adults, and use is most prevalent among college age adults. Survey research among experienced users has identified several reasons students are engaging in NMUPS, including enhancement of cognitive, athletic, and social performance, but less is known about how the relative reinforcing value differs based on the reasons of use. Behavioral economic drug purchase tasks have been used to capture reinforcer strength and motivation for use for prescription drugs and other substances. For this study, we developed the Functional Stimulant Purchase Task to measure demand for stimulant-like drug effects. A sample of 116 students experienced with NMPSU were recruited from two universities. Descriptive results indicated the highest endorsed reasons for use corresponded with higher demand across multiple metrics. Mixed model comparison analysis demonstrated that while demand for stimulant medications does differ based on reason for use, individual preference is a better predictor for demand. These initial results support the importance of accounting for function of use when assessing reinforcer strength, and encourage adoption of a functional approach to future studies using hypothetical purchase task measures.

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**Title**: *Depression on YouTube: A content analysis*

**Authors:** Michael Huchler, A.A., & Juliana D'Onofrio, M.A., & Jim A. Haugh, PhD

**Student Presenter**: Michael Huchler, A.A.

**Program**: B.A. in Psychology
**Advisor**: Dr. Jim A. Haugh
**IRB#:** N/A

**Abstract**: Major Depressive Disorder is the most common global mental health illness, affecting more than 300 million people worldwide (World Health Organization [WHO], 2018). Individuals commonly turn to the Internet for information on mental health (Fox & Purcell, 2010). The second most popular website on the Internet is YouTube (Alexa Internet, 2019). YouTube is a user-generated website where anyone can post videos. Given the popularity, individuals turn to YouTube for information pertaining to mental health. Previous studies have examined the overall quality of such information available on YouTube. For example, content analyses have been conducted on videos depicting schizophrenia, ADHD, and self-injury (Athanasopoulou et al, 2017; Kang et al, 2017; Lewis et al, 2015). However, no study has attempted to examine the information on depression that is available to viewers through YouTube. The purpose of the current study is to analyze the content within YouTube videos that present information on depression. Specifically, we aim to examine the videos for information related to symptoms of depression, comorbid disorders, etiologies of depression, and treatments of depression, including professional modalities and coping strategies. While coding is ongoing, our sample currently includes 8 videos and we plan to code a total of 150 videos upon completion of the study. Qualitative data relevant to the study aims and the overall quality of videos will be presented.

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**Title**: *Do you JUUL? Predictors of Stimulant Use in Undergrads*

**Authors:** Casey Belgio, Brandon McHugh, Gabrielle Longo, Angela Spadafino, & Eve Sledjeski, PhD

**Student Presenter**: Casey Belgio, Brandon McHugh, Gabrielle Longo, & Angela Spadafino

**Program**: B.S. in Psychological Science

**Advisor**: Dr. Eve Sledjeski
**IRB#:** Pro2018000275

**Abstract**:  Use of licit stimulants such as caffeine and nicotine are quite common among college students, yet pose health risks with overuse. The purpose of this study is to assess possible predictors of licit stimulant use in college students. To date no research study has examined predictors on the use of caffeine and nicotine in one statistical model. Most research has relied on separate regression analyses to identify predictors of either caffeine use or nicotine use. Furthermore, these variable-centered statistical approaches examine the relationship between variables across the entire sample. In contrast, person-centered statistical approaches such as Latent Class Analysis (LCA) examine the presence of homogeneous subgroups in the sample allowing for the identification of individual differences within the sample. Using LCA we will explore the presence of latent classes based on combinations of predictors and licit stimulant use. Participants were college students recruited through social media and the SONA participant pool database. Participants completed self-report questionnaires assessing various kinds of caffeine and nicotine (cigarettes, e-cigarettes, JUULs), procrastination habits surrounding schoolwork using Lay's Procrastination Scale, academic stress, using the Academic Expectations Stress Inventory, and parental pressures using the Inventory of Parental Influence. LCA via the poLCA package in R we explored the presence of latent classes among our variables. Academic stress, parental pressure, procrastination, caffeine use, and nicotine use were included as variables in the model. Results will be discussed.

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**Title**: *Association between Delay Discounting and Diabetes Management*

**Authors:**  Heather Leung-VanHassel & Bethany Raiff, PhD

**Student Presenter**: Heather Leung-VanHassel

**Program**: M.A. in Applied Behavior Analysis
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2018000020

**Abstract**:  Diabetes affects millions of American lives and poor management can lead to devastating health issues, including death. A high percentage of those diagnosed are poor at managing their blood glucose levels. A possible factor contributing to poor adherence is individual differences in preference for immediate gratification. For example, eating items high in carbohydrates, rather than items low in carbohydrates, because of the immediate satisfaction despite potential long term negative consequences. Previous research has mainly focused on those diagnosed with Type 1 diabetes; however, the current study focused on individuals diagnosed with both Type 1 and Type 2. Participants were adults recruited through postings on social media such as Facebook, Instagram, Reddit, Twitter, and Rowan Announcer, as well as doctors' offices via flyers posted in waiting areas. Participants completed a survey that consisted of an adjusting amount procedure to determine the rate at which they discount delayed rewards. Currently there are 56 participants ranging from 18 - 71 years, 36 of whom were diagnosed with Type 1 diabetes and 20 of whom were diagnosed with Type 2. Analyses are ongoing; however, if the results replicate previous studies then poorer diabetes management will be related to higher rates of delay discounting (i.e., greater impulsive choice). If this current study replicates these findings, impulsivity may be a feasible target for future interventions to improve diabetes management in individuals diagnosed with both Type 1 and Type 2 diabetes.

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**Title**: *Observing the Psychological and Physiological Factors Affecting Working Memory*

**Authors:**  Olivia Corallo, Sydney Dickerson, Marlena Richeal**,** & Eve Sledjeski, PhD

**Student Presenter**: Olivia Corallo, Sydney Dickerson, & Marlena Richeal

**Program**: B.S. in Psychological Science
**Advisor**: Dr. Eve Sledjeski
**IRB#:** Pro2018000195

**Abstract**:  College students reported stress to be one of the top factors that affected their academic performance (Association ACH, 2017; Frazier, Gabriel, Merians, & Lust, 2018). Stress might affect academic performance in part through its deleterious effect on working memory. Understanding the interrelationships between stress (both chronic and acute) and its effect on working memory could help identify who is at most risk for poor performance in college and provide avenues for developing targeted interventions. The present study examined the moderating effects of chronic stress on the relationship between acute stress and working memory. We anticipate that those in the acute stress condition with a history of chronic stress will recall the fewest words. Furthermore, the study will explore the effects of individual responses to the acute stressor via heart rate and perceived stress. Participants were undergraduate students recruited via social media posts and the SONA participant database. Participants were randomly assigned to one of two acute stress conditions: math test or neutral video. Participants were verbally presented with 16 words, completed the acute stress task, and then asked to recall the words. Heart rate was monitored throughout the study. Word recall served as a measure of working memory. Following the tasks, participants completed two questionnaires: a daily hassles scale to measure chronic stress and a stress analogue scale to measure perceived stress. A three-way ANOVA will be conducted to determine if our hypothesis is supported. Results will be discussed.

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**Title**: *Romantic Attraction, Behavior, and Identity in an Asexual Population*

**Authors:**  Corey Doremus, M.A., Meredith Joppa, PhD & DJ Angelone, PhD

**Student Presenter**: Corey Doremus, M.A.

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. Meredith Joppa & Dr. DJ Angelone
**IRB#:** Pro2016001125

**Abstract**:  Background: Recent discussion of asexuality has led to increased understanding as a sexual orientation and current research suggests that approximately 1% of adults identify as asexual (Bogaert, 2004; Poston & Baumle, 2010). Asexuality is typically defined as a lack of sexual attraction to anyone or anything, yet despite this absence of sexual attraction a significant amount of asexual individuals experience romantic attraction and desire (Vares, 2018). In contrast to the amount of online community romantic discussion there is a dearth of research examining it in the literature. Research of romantic attraction and its differences from sexual attraction will increase understanding of the marginalized asexual community and the role of romantic attraction in relationships of all sexual identities.

Method: An online survey via Qualtrics was distributed through the discussion board AVEN and listservs serving the asexual community. Data collected was analyzed through the visualization algorithm tSNE (t-distributed Stochastic Neighbor Emdedding) to inform further analysis.

Results: Of the sample of 290 participants, 59% identified as female, 16% as male, and 25% self-described. The sample was 80% Caucasian, 4% African-American, 5% Asian, and 6% Multiracial. Preliminary data was visualized using tSNE and both unique and overlapping clusters were observed, suggesting that patterns of behavior, identity, and attraction are complex and intertwined.

Conclusion: Preliminary results indicate complex structures underlying these data and relationships of the constructs of interest. Romantic and sexual attraction, identity, and behavior are intertwined in an incredibly complex manner and further examination and delineation is required to generate more robust understanding.

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# Poster Sessions Abstracts

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**Title**: *Activity Tracker Validity Study*

**Authors:** Sukhmani Minhas, Connor Burrows, B.S., Caitlyn Upton, M.S. Mitchell Kaplan, & Bethany Raiff, PhD

**Student Presenter**: Sukhmani Minhas

**Program**: B.A. in Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2016001392

**Abstract**: There has been a significant increase in the number of wearable activity trackers being purchased annually and the numbers are continuing to increase. Forty eight percent of the individuals who purchase the devices are younger than 35 and are considered early adopters of technology. Most studies to date have focused on validating activity trackers in "normal" weight participants. The absence of systematic validation of popular activity trackers among diverse participant populations is problematic as it 1) hinders the extent to which activity trackers may be valid measures across diverse weight groups within a research context, and 2) may impact the utility of such devices for popular use among populations who might benefit the most from the technology. In the proposed study we will examine the validity of a variety of physical activity trackers (e.g., Fitbit Charge HR, Fitbit Flex, Actigraph Activity Tracker) across a variety of weight groups against direct observation. Variation from observed step count will be examined across several weight categories.

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**Title**: *Measuring Demand for Stimulants Among College Students: Purchase Task Replication and Model Comparison Study*

**Authors:** Mitchell Kaplan, Matthew J. Dwyer, Jessica Nastasi, Connor Burrows, & Bethany Raiff, PhD

**Student Presenter**: Mitchell Kaplan & Matthew J. Dwyer

**Program**: B.A. in Psychology; PhD in Clinical Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2017001975

**Abstract**: Nonmedical prescription stimulant use (NMPSU) is an increasing public health issue among young adults, and college students are particularly vulnerable to their use. Behavioral economic research suggests that demand for a substance (i.e., the behavior-strengthening nature of the drug compared to the relative cost of using) can provide a meaningful index of risk among users. Hypothetical drug purchase tasks have been used to provide an efficient quantitative measurement of drug demand for a range of substances without the need for in- vivo exposure. However, only one study has applied this approach to measuring NMPSU among college students. The purpose of the current study was to replicate the use of a stimulant purchase task to measure demand for prescription stimulants. A sample of 85 students experienced in NMPSU completed a hypothetical purchase task to measure consumption of prescription stimulants across 25 prices. Pilot demographic data of experienced users and measures of demand will be presented, along with a description of initial findings, limitations, and possible future directions as this project continues.

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**Title**: *Evaluating Outcomes of the Observer Effect for Graphing Single Subject Designs*

**Authors:**  Schyler Newman**,** Jessica Nastasi, & Bethany Raiff, PhD

**Student Presenter**: Schyler Newman

**Program**: N/A
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2018000319

**Abstract**:  The "Observer Effect," a type of reactivity, occurs when people show an increase in skills by actively observing others while collecting data on them engaging in that skill. The "observer effect" has been shown to increase safety skills of individuals conducting safety observations on their peers. Although the observer effect has been shown to be effective in traditional workplace settings, the current study seeks to extend the application of this phenomenon to a novel setting, demographic, and skill: college students learning to graph data using Excel. Behavior Skills Training has previously been used to teach graphing skills, however the observer effect has not been explored in this context previously. In this two-part study, a multiple baseline across participants design will be used to evaluate whether scoring another person's correctly implemented graphs improves their own graphing accuracy. First, participants will be prompted to read the graphing instructions and then create a graph using Microsoft Excel. Next they will watch a video demonstration that explains the scoring checklist and how to use it. Once they have watched the demonstration they will score confederate graphs. The participants will then be asked to create their own graphs again using Excel. Two weeks after the scoring checklist session, participants will complete a follow up session to determine whether the improved graphing effect maintained. Recruitment has just begun (target sample of N = 8 participants) for this study. Students are expected to show increased accuracy of graph construction after scoring graphs, consistent with previous studies demonstrating an "observer effect." If these anticipated outcomes are supported it will provide evidence of the generality of the observer effect, while also offering a fast, easy, and inexpensive method for teaching individuals to create accurate graphs in Excel.

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**Title**: *Delay Discounting and Sedentary Lifestyles: How Physical Activity Levels are Related to Impulsive Choice*

**Authors:**  Ashley Fox & Bethany Raiff, PhD

**Student Presenter**: Ashley Fox

**Program**: M.A. in Applied Behavior Analysis
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2016001147

**Abstract**:  Delay discounting is a topic that has garnered significant attention in the field of Applied Behavior Analysis due to its many applications, especially to health behaviors. Previous studies have identified that physical activity levels influence how quickly a person will discount delayed rewards. However, past research has not compared and contrasted the differences in delay discounting between groups of already physically active individuals, and their sedentary counterparts. The IPAQ (International Physical Activity Questionnaires) is utilized to determine activity levels, and an adjusting monetary choice questionnaire to assess each participant's "indifference point"—where they choose the more immediate, smaller award over the larger, delayed reward, and vice-versa. These results will be analyzed to determine if active participants are slower to discount delayed rewards. This is an ongoing study (n=67, target N=100) recruited via Rowan Sona. Planned analyses include non-linear regression and a model comparison between the active and sedentary groups.

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**Title**: *A Social Support Training Intervention for Smoking Cessation*

**Authors:** Bryana Zurad, Brendan Gerrity**,** Connor Burrows, Kimberly C. Kirby, PhD, Jessica Nastasi, & Bethany Raiff, PhD

**Student Presenter**: Bryana Zurad & Brendan Gerrity

**Program**: B.A. in Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** Pro2017001870

**Abstract**: Successful smoking cessation typically requires multiple attempts due to the high rate of relapse among well-validated interventions. Relapse rates may be associated with the failure to address natural contingencies maintaining cigarette use, thus the development of functional cessation methodology is warranted. The proposed intervention provided social support training to concerned significant others (CSOs) of cigarette users and consisted of 5 remotely delivered 45-minute sessions during which CSOs were taught skills related to functional assessment, positive communication, treatment entry, and contingency management. Participants were randomized between active treatment (n = 6) and control conditions (n = 5). Control sessions involved psychoeducation related to smoking cessation, based on the National Cancer Institute's 'Clearing the Air' pamphlet. Currently, 2 active treatment participants have completed the intervention, 2 have withdrawn, and 2 are currently enrolled. Between active treatment and control, retention rates were 66% and 80% respectively. All CSOs enrolled in the active treatment condition reported initiating quit attempts, compared to 20% of control CSOs (n = 1). Although preliminary results are optimistic, further research is needed to confirm the efficacy of the intervention against control. Additionally, alternative methods of treatment delivery (i.e., within the context of primary care) ought to be explored in order to maximize accessibility, treatment efficacy, and to optimize treatment adherence.

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**Title**: *Inspired: A Mobile Video Game for Smoking Cessation*

**Authors:** Samantha R. Beckett, Mariana Cardenas, Shawn M. Gleason, Jessica A. Nastasi, B.A., Bethany Raiff, PhD, Darion Rapoza, PhD, Dan Scherlis, MBA. & Nicholas Fortugno

**Student Presenter**: Samantha R. Beckett, Mariana Cardenas, & Shawn M. Gleason

**Program**: B.A. in Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** ProG0520140170

**Abstract**: Cigarette smoking remains the number one cause of preventable morbidity and mortality in the U.S. One third to one half of smokers attempt to quit at least once; however, approximately 94% of quit attempts result in relapse. Inspired is a mobile videogame-based contingency management intervention for smoking cessation. The intervention is a mobile application using in-game "virtual rewards" that are delivered contingent on smoking abstinence. These rewards can be used to meet game objectives and interact with other players. The prototype was tested with treatment seeking-smokers (N=28) who reported that the intervention would be helpful for quit attempts, but that the game lacked variety. The prototype testing was used to develop a full version of the game, specifically designed to compete with smoking. Researchers addressed the prototype feedback by designing levels with different enemy types, graphical design, level structure, and weapons depending on the level played. Players must submit negative CO samples with a mobile CO monitor to gain access to cosmetic points which are multiplied if the player submits consecutive

negative samples. A clinical trial with 114 treatment-seeking smokers will be conducted to provide support for Inspired as a rigorous, yet enjoyable, intervention for smoking cessation.

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**Title**: *A Laboratory Model of Video-Game Based Contingency Management for E-Cigarette Smoking*

**Authors:** Caitlyn Upton, M.S. & Bethany Raiff, PhD

**Student Presenter**: Caitlyn Upton, M.S.

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. Bethany Raiff
**IRB#:** N/A

**Abstract**: Although e-cigarettes are seen as a lower risk alternative to combustible cigarettes, concerns have arisen in the field about the status of e-cigarettes as a gateway to combustible cigarette use in young adults and adolescents. Contingency management is one behavior analytic intervention that involves delivering a reinforcer (usually monetary) contingent on objective evidence of desired behavior change, and has been particularly effective for substance use disorders, including cigarette smoking. However, cost and sustainability of CM treatments remain a challenge. One potential means of combating the issue of cost may be the use of video-games as cost-effective reinforcement delivery systems. The poster will cover a study proposal which aims to develop a video game-based model of contingency management for adult e-cigarette users, and thus assess the feasibility and potential efficacy of this approach. Participants will engage in a computer task wherein every 30-seconds, for 10 minutes, they will be prompted to choose between abstaining or taking a puff of an e-cigarette. For every 30-seconds that the participant abstains from taking a puff, the participant will earn a new level and escalating in-game reward. It is anticipated that participants will take fewer puffs during the experimental condition than they take during the control condition. If the number of puffs is lower in the experimental condition, that would suggest the game-based rewards may be capable of reinforcing e-cigarette abstinence, and may be a viable alternative to monetary contingency management interventions.

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**Title**: *Employee Tenure as a Moderator of Job Satisfaction & Turnover Intention*

**Authors:** Zachary Levey & Eve Sledjeski, PhD

**Student Presenter**: Zachary Levey

**Program**: B.S. in Psychological Science
**Advisor**: Dr. Eve Sledjeski
**IRB#:** Pro2019000430

**Abstract**: Employees who have a longer tenure with their organization are less likely to intend to leave their organization. Additionally, employees who intend to leave their organization tend to report lower levels of job satisfaction, though variables such as tenure may moderate this relationship. The present study evaluates the relationship between organizational tenure, turnover intention, and job satisfaction. Tenure was hypothesized to moderate the relationship between turnover intention and job satisfaction. Specifically, employees who intend to leave were predicted to have significantly lower job satisfaction than employees who have no turnover intention amongst employees who have a tenure of less than 20 years, but not employees who have a tenure greater than 20 years. Participants volunteered from a population of United States federal employees and self-reported their turnover intention, tenure, and job satisfaction through the 2017 Federal Employee Viewpoint Survey. A two-way between-subjects ANOVA reported a significant interaction between tenure

and turnover intention on job satisfaction. However, the hypothesis was not supported. The results, potential limitations, and implications of the study are discussed.

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**Title**: *Instructional method comparison project*

**Authors:**  Wayne W. Fisher, Amanda Zangrillo, Gianna Visceglia, Brendan Gerrity, Nadia C. Tis, & Christina A. Simmons, PhD

**Student Presenter**: Brendan Gerrity & Nadia C. Tis

**Program**: B.A. in Psychology
**Advisor**: Dr.  Christina A. Simmons
**IRB#:** Pro2018002421

**Abstract**:  In applied behavior analysis, therapists commonly use interventions involving physical guidance to treat escape-maintained problem behavior (i.e., problem behavior has resulted in getting out of work). Despite its commonality in many instructional strategies, physical guidance may be contraindicated in some situations. For example, it may be aversive to some individuals, evoking problem behavior that competes with skill acquisition, or may be difficult to implement with larger individuals, or inappropriate to implement with individuals who have a history of physical abuse. The current study systematically evaluated the efficacy of alternative instructional strategies to teach multi-step tasks to four participants (range, 5-18 years), at an outpatient clinic for destructive behavior. In Study 1, a multiple baseline across three equally-matched arbitrary tasks was conducted to compare the effectiveness of a multiple opportunity probe, a single opportunity probe, and three-step guided compliance. Data were collected on percentage of steps completed independently, completion time, problem behavior, and participant preference for instructional method. In Study 2, the instructional strategy identified as most effective in Study 1 was successfully used to teach multi-step work tasks. All participants mastered tasks more efficiently using the multiple opportunity probe over physical guidance and participants preferred the instructional methods without physical guidance. Results of social validity questionnaires indicated the social acceptability of procedures identified in Study 1. The current study provides a methodology to evaluate alternative instructional methods when physical guidance may be contraindicated and results suggest the utility of the multiple opportunity probe as a viable alternative to physical guidance.

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**Title**: *The day after: an exploration of college students' hangover cures and symptoms*

**Authors:**  Paige Ryan & Chelsie Young, PhD

**Student Presenter**: Paige Ryan

**Program**: B.S. in Psychological Science
**Advisor**: Dr.  Chelsie Young
**IRB#:** 20160529848 & CR00000276

**Abstract**:  Previous studies show that drinking alcohol is a way to cope with stress, making binge drinking common on college campuses. Thus, hangovers are prevalent among college students. Many of these binge drinking episodes and hangover symptoms result in negative consequences such as academic impairment, blackouts, and student attrition. This study evaluated hangovers using the Hangover Symptoms Scale and asked participants to describe symptoms of a hangover and what they use to cure their hangovers. Participants consisted of 1362 college students (79.37% female) from two Texas universities. To be eligible

for the study, participants had to 18-25, report experiencing a hangover in the past 3 months, and engage in at least 30 minutes of moderate physical activity per week. Participants completed questionnaires online about their alcohol use, hangover symptoms, demographics, and answered open-ended questions about symptoms of a hangover and what they do to cure their hangovers. Results: Hangover symptoms were positively associated with participant age, year in school, the number of drinks consumed per week, how frequently students reported drinking, how much they drink on a typical occasion, and their perceived norms for how much they think other students drink. Two coders content coded the symptoms and cures and found common themes. Specifically, the most common hangover symptoms were: headache, nausea, fatigue, dehydration, and vomiting. The most common hangover cures were: medicine, food, water, and sleep. These findings provide insight into how college students experience hangovers and can be incorporated into future intervention strategies aimed at reducing these negative consequences.

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**Title**: *An Analysis of Alternative Items and Activities during Schedule Thinning with Functional Communication Training*

**Authors:** Amanda N. Zangrillo, Gianna M. Visceglia, Janelle A. Pierce, & Christina A. Simmons
Paige Ryan & Chelsie Young, PhD

**Student Presenter**: Gianna M. Visceglia & Janelle A. Pierce

**Program**: B.A. in Psychology
**Advisor**: Dr. Christina A. Simmons
**IRB#:** Pro2018002421

**Abstract**: Functional communication training (FCT) is commonly used to treat socially-mediated problem behavior (Carr & Durand, 1985). After teaching a functional communication response, clinicians often conduct schedule thinning using multiple or chained schedules (Hanley et al., 2001). Clinicians may add alternative items/activities during S$\Delta$ periods to improve outcomes. A consecutive controlled case series was conducted with the last 25 patients (64% with autism spectrum disorder; mean age = 9.76) referred to a severe behavior clinic for destructive behavior to evaluate schedule thinning during FCT. Alternative items/activities were added for 40% of participants, following a mean of 123.71 sessions (range, 0-201). Across participants, a mean of 271.21 sessions (range, 56-945) was conducted to reach the terminal schedule. We evaluated variables that may impact the addition of items/activities (e.g., function, age, diagnosis, communication modality). Preliminary results support the inclusion of alternative items/activities at the onset of schedule thinning as they are generally added after numerous sessions and failed treatment and would improve the social validity of treatment (e.g., toys and attention readily available) or potentially allow clinicians to simultaneously treat multiple functions (e.g., demands presented when tangible items are unavailable). A mean 93.25% reduction in destructive behavior (range, 74%-100%) was observed across participants.

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**Title**: *Investigating Relationships Between Alcohol Use, Exercise, and Aggression*

**Authors:** Erik Bollendorf & Chelsie Young, PhD

**Student Presenter**: Erik Bollendorf

**Program**: B.A. in Psychology
**Advisor**: Dr. Chelsie Young
**IRB#:** 2016-05-29848 & CR00000276

**Abstract**:  Research focusing on the relationship between alcohol and aggression has been a prime focus for many branches of law enforcement, as well as several fields of psychology including neuropsychology, forensic psychology, and social psychology. In addition, recent findings showing positive relationships between alcohol use and physical activity have created a need to identify factors that contribute to our understanding of what is driving this association. We think that individuals who are higher in aggression might show stronger associations between alcohol and exercise. This study will examine whether aggression moderates the positive link between alcohol use and physical activity. Our participants included 1289 college students (79.29% female) aged 18-25 who had a hangover in the last 3 months and reported 30+ minutes of moderate physical activity each week. Participants completed measures of their alcohol use, aggression, physical activity, and demographics in a one-time online survey. First, we tested whether alcohol and physical activity were positively correlated in our sample and found that they were, replicating past work. Then we tested whether physical and verbal aggression moderated this positive association for vigorous physical activity and moderate physical activity. Only the interaction between verbal aggression and moderate physical activity in predicting alcohol use was significant. Thus, the evidence does not support aggression as a moderator of physical activity and alcohol use. Future studies can continue looking at other factors that help us understand why physical activity and alcohol use are positively correlated.

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**Title**: *Bayesian statistics in psychological studies: how informed and modified uniform priors differ from significance testing*

**Authors:**  Cory M. Monteleone & Dustin A. Fife, PhD

**Student Presenter**: Cory M. Monteleone

**Program**: B.A. in Psychology
**Advisor**: Dr. Dustin A. Fife
**IRB#:** N/A

**Abstract**:  While nearly synonymous with psychological research, null hypothesis significance testing has increasingly drawn scrutiny by some. A growing body of quantitative psychologists argue that p-values are easily misinterpreted, replicability is too easily assumed, and confidence in significant results is often too high. To ameliorate the human factors problem, some have advocated for alternatives such as confidence intervals/effect sizes (CI/ES; Cumming, 2014), graphical approaches (Loftus, 1996) and Bayesian statistics (Kruschke & Liddell, 2018). Yet the implementation of Bayesian statistics in psychological research is scant, often because of the need to elicit prior values to inform analysis. In this study, we used statistical simulation modelling to approximate the differences between the use of uniform priors (which is congruent with the assumption of significance testing), modified half-uniform priors, and informed priors as compared to significance testing values. Results suggest that uniform priors perform about as well as significance values, but both informed and half-uniform priors are far more accurate at estimating distribution when compared to significance testing.

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**Title**: *Differential Results of Diverted and Divided Attention in Caregiver-Conducted Functional Analyses*

**Authors:**  Jessica A. Nastasi, Brieanna M. Sanchez, Donald F. Daly, & Christina A. Simmons, PhD

**Student Presenter**: Brieanna M. Sanchez & Donald F. Daly,

**Program**: B.A. in Psychology
**Advisor**: Dr. Christina A. Simmons
**IRB#:** Pro2018002421

**Abstract**:  Positive reinforcement in the form of access to attention is a commonly identified function of aberrant behavior (Beavers et al., 2013). Clinicians frequently evaluate attention in a functional analysis (FA) to determine the maintaining role of this consequent variable. However, the antecedent of restricted attention may differentially evoke problem behavior whether attention is diverted (i.e., one person to another activity) versus divided (i.e., between two or more individuals). Determining which type(s) of restricted attention evoke aberrant behavior may influence FA results and subsequent treatment. In this study, two separate conditions were included in the FA when the functional assessment interview conducted with all participants receiving in-home behavioral services indicated that both diverted and divided attention were likely to evoke problem behavior. The case manager for each client conducted the FA as they typically would with the addition of diverted and divided attention conditions. All FAs were conducted by caregivers. Preliminary results suggest differing patterns across participants with a function identified in neither condition (16.67%), both conditions (50%), and only one condition (33.33%). No significant difference was found for number of sessions in each condition. Further questions that may better differentiate attention types and improve the efficiency of FAs are discussed.

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**Title**: *Project PAN: Relationship between Physical Health and Non-Suicidal Self-Injury*

**Authors:**  Alex Jaffe, M.A., Mikayla Santana, Danyella Greene, M.S., Noelle B. Smith, PhD, Pierre Leon, M.A., Alicia E. Meuret, PhD., & Georita Frierson, PhD

**Student Presenter**: Mikayla Santana

**Program**: B.A. in Psychology
**Advisor**: Dr. Georita Frierson
**IRB#:** Pro2016001166

**Abstract**:  Background: Non Suicidal Self-injury (NSSI) is the deliberate act of harming oneself with no suicidal intent (Favazza, 1998; Muehlenkamp, 2006; Pattison & Kahan, 1983). Many undergraduates partake in this behavior, with rates as high as 35% (Gratz, 2006; Laye-Gindhu & Schonert-Reichl, 2005; Whitlock, Muehlenkamp, & Eckenrode, 2008). Perceived stress is not often discussed as a contributing risk factor for NSSI even within studies examining college students. Purpose: The relationship between perceived stress, health behaviors, and their effect on urges to engage in NSSI behavior is considered. Methods: One hundred seventy-five undergraduate students aged 18-28 (M=20.02; SD=10.0, 59.3% female) took an online survey using random sampling at Rowan University. Participants were recruited using an IRB approved flyer as well as the undergraduate psychology pool. Students recruited through the psychology pool received four SONA credits for completion of the survey. Results: The final sample consisted of 175 participants; however, 108 students were included in the overall analysis. After running a zero inflated model regression, the relationship between negative affect and urge to engage in self injury was above one. The relationships between negative affect and urge to self injure (p=0.014) and emotion regulation and urge to self injure (p=0.021) had significant p-values. Conclusions: A statistically significant relationship between negative affect, emotion regulation, and urge to self injure. Consistent with the literature, the more stress one endorses, the more at risk they are to partake in NSSI. Future direction should include a more in depth and comprehensive analysis of the coping skills used.

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**Title**: *Evaluation of an Indirect and Direct Attention Preference Assessment*

**Authors:**  Sherah U. Somervell, Jessica A. Nastasi, Ariana A. Cacace, Nia F. Tift, & Christina A. Simmons PhD

**Student Presenter**: Ariana A. Cacace & Nia F. Tift

**Program**: B.A. in Psychology
**Advisor**: Dr. Christina A. Simmons
**IRB#:** Pro2018002421

**Abstract**: Clinicians frequently use tangible preference assessments; however, types of attention are typically arbitrarily selected for assessment and treatment. A structured attention preference assessment interview was developed to assess attention across 9 categories. Caregivers of children with autism spectrum disorder identified a mean of 8.13 (range, 6-10) forms of preferred attention across 6.63 (range, 5-8) categories. The most identified categories were physical games, praise, and mild physical attention and least identified were eye contact and group attention. Caregivers then ranked the types of attention in two ways. First, caregivers ordered notecards with the type of attention from most to least preferred. Next, a paired stimulus preference assessment was conducted by asking the caregiver to select the child's preferred attention between two notecards. A hierarchy was created by pairing each type of attention. The rank order correlation between these methods was 0.83 (strong correlation). A paired stimulus preference assessment was conducted with the child participant using images of each type of attention identified. Rank order correlation between the caregivers' preference assessment and the child's was 0.20 (weak correlation). The mean administration time of the interview and rankings was 29 min 35 s and the child preference assessment was 18 min 57 s.

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**Title**: *RU Mindful: Are Religious Students More Mindful, with Greater Psychological Well-Being?*

**Authors:** Amanda Colangelo, Victoria Kloster, Jared Richards, Gabrielle Chin, A.B., Emma McBride, B.A. & Sc, & Jeffery Greeson, PhD

**Student Presenter**: Amanda Colangelo & Victoria Kloster

**Program**: B.A. in Psychology
**Advisor**: Dr. Jeffery Greeson
**IRB#:** Pro2017001693

**Abstract**: Mindfulness is one's ability to be aware of the present moment. Looking at how mindfulness varies across different populations can provide insight regarding possible benefits reaped by more mindful groups. Previous literature has found significant associations between a person's mental health and religiosity. Using an anonymous online survey study (RU Mindful), we explored whether religious and non-religious college students varied in scores of psychological well-being and mindfulness. Because many religions share a focus on self-purpose, awareness, and connection, we hypothesized that religious students, compared to non-religious students, score higher on both mindfulness and psychological well-being. Data were collected over three semesters (Spring 2018-Spring 2019). Mindfulness measures included: the Five Facet Mindfulness Questionnaire, Cognitive Affective Mindfulness Scale (CAMS-R), Decentering subscale from the Experiences Questionnaire, and Self-Compassion Scale. Psychological well-being measures included: the Perceived Stress Scale, Subjective Happiness Scale, and six NIH PROMIS scales (Anxiety, Depression, Self-Efficacy for Managing Emotions, Companionship, Social Isolation, and Emotional Support). Of the 256 students (69.6% female, 61.8% white, ages 18-64) who completed the survey, n=172 were religious and n=84 were not. Contrary to predictions, independent samples t-tests revealed no difference between religious and non-religious students on any of the mindfulness or psychological well-being scales, with one exception: there was a small but statistically significant difference between groups on the CAMS-R, with non-religious students reporting a slightly higher mindfulness score (p=.027, d=.31). In summary, religious and non-religious students at Rowan are equal in mindfulness, with similar levels of psychological well-being.

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**Title**: *How do novel seat positions impact usability of child restraints?*

**Authors:** Brendan Corr, Debbie Quarino, & Patrice Tremoulet, PhD

**Student Presenter**: Brendan Corr & Debbie Quarino

**Program**: B.A. in Psychology
**Advisor**: Dr. Patrice Tremoulet
**IRB#:** 18-015439

**Abstract**: With autonomous driving technology advancing at a rapid rate, designers of road vehicles are no longer confined to the traditional orientations of the interior seats. Seats today are commonly positioned to all face the front of the car, with the exception of some mini-vans and buses which have rear-facing or interior-facing seats, respectively. It is important to consider potential safety implications of novel vehicle interior designs that feature non-traditional orientations. In particular, it is important to consider how these designs impact families with young children who will need to use child restraint systems. Since autonomous driving technology is still in the process of being developed, vehicle manufacturers have an opportunity to ensure that autonomous vehicles are designed with family use in mind. The Rowan University Human Factors Lab (RUHFL) is partnering with the Children's Hospital of Philadelphia (CHOP) to conduct a study that explores how non-traditional orientations of seats impact the use of child restraint systems. Specifically, we are investigating how different seating configurations impact parents' ability to install and remove their child restraint system, and how the different seat configurations could impact passengers' comfort when children are properly restrained. Data from this study can to be used by vehicle manufacturers as they consider different seating orientation options for autonomous vehicles.

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**Title**: *RU Mindful: Trait Mindfulness and Better Mind-Body Health in Rowan Students-An Interim Analysis*

**Authors:** Gabrielle Chin, A.B., Emma McBride, B.Sc., & Jeffery Greeson, PhD

**Student Presenter**: Gabrielle Chin, A.B. & Emma McBride, B.Sc.

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. Jeffery Greeson
**IRB#:** Pro2017001693

**Abstract**: INTRODUCTION: College students face several stressors that can impact their overall health. Mindfulness is associated with lower stress and, perhaps, better health. METHODS: Using a cross-sectional survey study of Rowan students (RU Mindful), we examined whether dispositional (trait) mindfulness correlates with multiple aspects of health and well-being. Mindfulness was measured using the Cognitive and Affective Mindfulness Scale (CAMS-R), and the Decentering subscale from the Experiences Questionnaire, which assesses the ability to 'step back' and view experiences objectively. RESULTS: Stress: Higher mindfulness scores on both scales correlated with lower perceived stress, anxiety, depression, fatigue, sleep related impairment, and physical symptoms of stress ($-.15 < r < .56$, all p's$<.02$) and with higher stress management self-efficacy ($.64 < r < .71$, all p's$<.01$). Positive Emotions: Higher mindfulness scores were also associated with greater feelings of companionship, emotional support, and happiness ($.23 < r < .58$, all p's$<.01$). The CAMS-R was specifically associated with higher self-compassion ($r(259)=.17$, $p=.007$). Cognitive Functioning: Both mindfulness scales correlated with higher cognitive ability ($.38 < r < .45$, all p's$<.01$) and lower cognitive concerns ($-.30 < r < -.40$, all p's$<.01$). Health Behaviors: Higher mindfulness scores were associated with less alcohol overuse and social isolation ($-.47 < r < -.20$, all p's$<.01$) and more exercise ($.20 < r < .24$, all p's$<.01$). Decentering was also associated with lower social media use ($r(269)=-.198$, $p<.01$). CONCLUSION: Dispositional mindfulness is positively associated with better mind-body health in college

students. Mindfulness-based interventions may therefore promote college student health and well-being by increasing mindfulness.

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**Title**: *The Effect of #Fitspiration Messaging on College Students' Fitness Center Use: An Experimental Pilot Study*

**Authors:** Sabrina DiBisceglie, B.S., Megan Brown, B.S., Emily Vendetta, Darlene Jules, Jennilee Bradley, & Danielle Arigo, PhD

**Student Presenter**: Emily Vendetta

**Program**: B.A. in Psychology
**Advisor**: Dr. Danielle Arigo
**IRB#:** N/A

**Abstract**: The #fitspiration trend on Instagram allows users to view fitness posts by other users. Traditional posts glorify physical fitness as the only acceptable outcome, whereas newer messaging promotes self-compassion. The goal of this study was to determine whether these different types of fitspiration messages differentially affect exercise frequency, as measured by visits to a campus fitness center. Gender and social comparison orientation (SCO; tendency to compare oneself to others), were examined as potential moderators of the experimental effect. Participants (N=142, MAge=19, MBMI=23 kg/m2, 71% women) were college students with Instagram accounts. Participants completed a self-report measure of SCO and were randomly assigned to 1 of 3 sets of gender-specific fitspiration images. Participants' exercise was tracked through attendance at the fitness center for 7 days prior to and 7 days after participation. Controlling for fitness center attendance over the previous 7 days, effect sizes for the main effect of fitspiration condition (d=0.16) and the moderating effects of gender (d=0.10) and SCO (d=0.30) on fitspiration condition were small to moderate. Participants in the traditional fitspiration condition visited the fitness center less often than participants in other conditions. The moderating effect of SCO showed meaningful differences in gym visits for the self-compassion condition; those low in SCO attended more frequently. This study provides preliminary evidence that exposure to distinct messages may affect exercise engagement. These findings will inform the design of a larger study to examine the effects of fitspiration message type on exercise (i.e., visits to Rowan's fitness centers).

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**Title**: *Human Factors Assessment of Discharge Documents used for Care Coordination*

**Authors:** Anna DiPietro, Peter Mounas, Alisha Costa, & Patrice Tremoulet, PhD

**Student Presenter**: Peter Mounas & Alisha Costa

**Program**: B.S. in Biology; B.S. in Biochemistry
**Advisor**: Dr. Patrice Tremoulet
**IRB#:** Pro2019000420

**Abstract**: We plan to assess the usability of documents that are generated by electronic health record systems when geriatric patients are discharged from acute care settings and make recommendations for modifications to improve them. In particular, we will perform heuristic evaluations, a type of expert review that entails using pre-specified usability principles (the heuristics) to identify potential usability issues. We will also work with a healthcare Information Technology expert to estimate the level of effort that would be required to adapt one organization's electronic health record system so that it produces more useful and usable discharge documents. As a result of this research, we will generate a specific, prioritized set of recommendations for modifications to the modules in electronic health record systems that generate discharge documents. In

addition, we will share estimates of the amount of resources that are needed to implement our recommendations. We hypothesize that the discharge documents produced by the electronic health record systems used by acute care providers will not fully meet the needs of the providers who need to use them to support care coordination for geriatric patients.

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**Title**: *Does Social Support Buffer against the Influence of Depressive Symptoms on motivation for Illness Management in Prediabetes?*

**Authors:** Kristen Pasko, B.S**.** & Danielle Arigo, PhD

**Student Presenter**: Kristen Pasko, B.S

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. Danielle Arigo
**IRB#:** N/A

**Abstract**:  Type 2 diabetes mellitus (T2DM) is a top ten cause of death in the United States. Individuals with prediabtetes have up to a 70% risk of progressing to T2DM. Healthy physical activity and diet reduce risk by lowering cholesterol, blood glucose and blood pressure. Comorbid prediabetes and major depressive symptoms increase risk by 2.8. Diabetes social context has been studied to understand social support and social comparison, however not as individual buffers between mood state and health behaviors. Method: Participants who self-reported prediabetes a diagnosis (n=125 MAge=42 years, MBMI=29.01 kg/m2, 56% men) were recruited using print and web advertisements. Participants completed validated measures of their physical, psychological, and social experiences via electronic survey. Results: Individuals who reported more severe depressive symptoms also reported lower motivation for healthy diet (r=-0.25, p<0.01). This was moderated by perceived social support; among individuals with lower depression, motivation for healthy eating was higher for those with greater social support. However, with higher depression; motivation was lower for those with greater social support (F[3,121]=12.57, p<0.001). Conclusion: Social support did not buffer against higher depression; potentially related to social control (i.e., individual's attempt to exert control over another's health) which has been associated with decreased self-efficacy and negative health behaviors in chronic illness. Moving forward, researchers could better manipulate social factors by teaching effective social support, and creating virtual networks to improve health behavior, preventing T2DM.

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**Title**: *Does Social Support Buffer against the Influence of Depressive Symptoms on motivation for Illness Management in Prediabetes?*

**Authors:**  Danika Charles, B.A., Ebru Yucel, M.A., DJ Angelone, Ph.D., Meredith Joppa, Ph.D., & Nicole Cantor, M.A.

**Student Presenter**: Danika Charles, B.A.

**Program**: PhD in Clinical Psychology
**Advisor**: Dr. DJ Angelone & Dr. Meredith Joppa
**IRB#:** 2014-046

**Abstract**:  Rates of sexual violence (SV) range from 25%–50% among young women, and over half subsequently develop PTSD symptoms (Conley et al., 2017; Krebs, Lindquist, Warner, Fisher, & Martin, 2009). Additionally, a large majority of victims report some level of alcohol use prior to SV (Clum, Nishith, and Calhoun, 2002). However, some researchers have speculated that alcohol use prior to a traumatic event may actually diminish the risk of developing PTSD due to alteration of trauma memory storage and/or diminished

anxiety (Maes, Delmeire, Mylle, & Altamura, 2001). Given the lack of data examining alcohol-involved SV and the development of PTSD, this study attempted to examine this association.

Participants were 743 female college students (mean age = 19.2 years) who completed several questionnaires as part of a larger study: 1) Sexual Experiences Survey (SES; Koss, & Gidycz, 1987), and 2) the Posttraumatic Stress Disorder Checklist (PCL-C; Weathers, Litz, Herman, Huska, & Keane, 1993). Participants were split into three groups: 1) no experience of SV, 2) individuals who reported one or more SV experiences but no alcohol use, and 3) individuals who reported one or more SV experiences, and reported at least some alcohol use.

A one-way ANOVA was conducted to determine differences between the three groups of women on PTSD symptomology. Results suggest that women who experience SV, regardless of alcohol use, have higher PTSD symptoms than those with no history of SV.

In conclusion, alcohol use does not provide a protective mechanism for women with SV experiences. Future research track participants longitudinally to determine the impact of SV on subsequent development of PTSD and use of coping tools.

# Faculty Research Descriptions 2019

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**Dr. Bonnie Angelone**

Generally, it has been thought that we retain an accurate portrayal of our visual world simply by using our sense of vision. However, people are often poor at detecting large changes in their visual environment, a phenomenon known as change blindness. Our research focuses on examining factors that influence people's ability to see changes and provide insight into the visual attention system. There are many image properties that can affect visual attention, such as salience, scene context, and complexity. In addition, there may be factors within the individual that influence visual attention abilities, such as expertise and even distraction.

| Post-graduate Students | Undergraduate Students |
|---|---|
| Megan Brown | Caitlin Johnson |
| | Joe McKnight |
| | Mark Ziegler-Thayer |

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**Dr. D.J. Angelone & Dr. Meredith Joppa**

ASSeRT (Aggression, Substance, and Sexuality Research Team) is a collaborative research laboratory of undergraduate and graduate students. Our students benefit from having two faculty mentors with overlapping interests.

Dr. Angelone's primary work involves the empirical study of sexually violence and sexually risky behaviors. We have recently focused on understanding the person and situational factors that affect sexual assault risk recognition, as well as potential influences that can increase STI risk in certain subgroups. We have also focused on the development and implementation of laboratory analogues (including vignette studies) to examine the variables associated with sexual violence. Finally, we are interested in examining factors related to success in twelve-step groups for addictions.

Dr. Joppa's primary work centers on promoting healthy romantic relationships and sexual behavior among at-risk adolescents and young adults. We use attachment theory to examine the links between romantic relationship skills and risk for dating violence, sexually transmitted infections, unintended pregnancy and HIV. Dr. Joppa is interested in developing interventions to prevent these relationship risk behaviors, and we are currently channeling these research interests into developing an intervention for young (16-22) mothers aimed at preventing rapid repeat pregnancy, STIs and HIV with an emphasis on fostering healthy relationship skills.

| Graduate Students | Undergraduate and Post-graduate Students | |
|---|---|---|
| Nicole Cantor | Eric Salera | Gabrielle Longo |
| Ebru Yucel | Christina Hoenings | Gabrielle Maschiocchi |
| Danika Charles | Kim Gaiser | Brianna Ortega |
| Corey Doremus | Grace Van Cleef | Marlena Richael |
| | Sean O'Malley | Marykate Cornely |

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**Dr. Danielle Arigo**

The Clinical Health And Social Experiences (CHASE) research team focuses on using insights from the intersections of clinical, health, and social psychology to improve behavioral and medical health care. We specialize in social influences on health and health behavior, promotion of physical activity and healthy eating,

women's health, chronic illness self-management, and optimization of digital health tools to meet users' diverse needs (e.g., smartphone applications, wearable devices, social media platforms). Our primary line of research investigates dynamic, time-sensitive predictors of change in physical activity and how this information can be used to inform just-in-time adaptive mobile interventions for women with elevated cardiovascular risk. A second major line of research examines differences in young adults' responses to *#fitspiration* posts on Instagram, based on distinct combinations of images and text. This work will be useful for understanding how fitspiration may promote or undermine motivation for healthy behavior during young adulthood. Learn more at https://drarigo.wordpress.com/.

| *Graduate Students* | *Research Coordinator (Staff)* | *Undergraduate Students* | |
|---|---|---|---|
| Kristen Pasko | Megan Brown | Emily Vendetta | Jennilee Bradley |
| | | Darlene Jules | Autumn Bowman |

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**Dr. Tom Dinzeo**

The Rowan University Schizophrenia-Spectrum Lab (RUSSL) consists of both graduate and undergraduate students.  This year we have collected data on 1) physiological reactivity (EEG) during an experimental visual change task in those with a range of schizotypy and hypomania features, 2) patterns of physical activity and nutrition in those with varying levels of risk for psychosis, 3) the factors underlying the development of delusional ideation, 4) how schizotypy relates to the use of social media and technology, 5) the relationships between adverse childhood experiences, socioeconomic status, current interpersonal attachments patterns, and schizophrenia-spectrum risk.  In addition, our lab recently received two seed grants to fund research with people diagnosed with schizophrenia who are receiving outpatient care.  The first study will examine the benefits of exercise on physical and mental health (esp. 'Parkinsonian' motor symptoms often associated with antipsychotic medication use). The second study will involve a novel smoking cessation approach using smartphones to administer incentives and a brief intervention based on Acceptance and Commitment (ACT) Therapy to those with schizophrenia.

| *Graduate Students* | *Undergraduate Students* | |
|---|---|---|
| Devin Massaro | Emmanuel Alvarez | Olivia McGough |
| Sherry Pujji | Casey Belgio | Tom O'Kane |
| Erin Ryan | Megan Cartier | Chad Shire |
| | Kaitlyn Dibsie | Angela Spadafino |
| | Nicole Byrne | |

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**Dr. Dustin Fife**

The JEDI lab (Jumpstarting Education in Data Interpretation) attempts to bridge the gap between human cognition and statistical output. In recent years, the field of psychology has experienced a "replication crisis," where a large portion of empirical studies cannot be replicated by independent labs. Many have placed blame on common statistical practices, including significance testing. Our lab investigates alternative methods of statistical presentation (e.g., Bayesian statistics, graphical analysis, estimation) and assesses the degree to which these methods improve cognition. Our long-term aim is to revamp the way statistics is taught and to develop software that adheres to best practices in "statistical cognition."

| *Undergraduate students* |
|---|
| Gabrielle Longo |

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|---|
| Sarah Pollock |
| Thomas O'Kane |
| Corey Monteleone-Haught |
| Chris Howard |
| Rachael Carlin |

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**Dr. Georita Frierson**

The mission of the ARCH 1 (Addressing Race/Ethnicity, Culture, and Health for 1) lab is to address the causes and correlates of health behaviors in majority, minority, and underserved populations. Within our lab, we are interested in the biopsychosocial model that addresses the biological, psychological, and social underpinnings of any person's health behaviors and possible disease processes. By addressing these factors, our lab can prevent, control and treat various chronic conditions within a multidisciplinary paradigm.

The research from ARCH 1 will focus on quality of life, and biomarker domains for persons who are interested in improving or maintaining their health through physical activity interventions or longitudinal studies. These studies are designed for persons with chronic conditions, sedentary, free-living, and/or underserved populations.

We are housed in a department of psychology, but understand that it is critical to work with researchers or incorporate studies from nutrition, kinesiology, epidemiology or public health, and medicine among others. Thus, our research and training is transdisciplinary.

| Doctoral Students | Masters Students | Undergraduate Students |
|---|---|---|
| Alex Jaffe | Anthony Eldridge | Savannah Borden |
| Pierre A. Leon | | Nathanael Carbonaro |
| . | | Mikayla Santana |
| | | Bruce Gardner |
| | | Alyssa Penrod |
| | | Rebecca Ashmore |
| | | Trina Ganguly |

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**Dr. Jeffrey Greeson**

The Mindfulness, Stress & Health (MSH) lab conducts interdisciplinary research that brings together psychology, medicine, and basic science (biology, chemistry, neuroscience, and 'omics') to study the link between being mindful and being healthy. To do that, we use different types of studies, including survey questionnaires; psychophysiology experiments to measure stress responses and meditation; wearables to measure heart rate, blood pressure and sleep/wake patterns; clinical trials to test mindfulness training programs for students and medical patients; and correlational studies to look for relationships between mindfulness and various measures of stress, health & psychological well-being. To learn more, visit: https://www.mindfulnesslab.org/

| Graduate Students | Medical Students | Undergraduate Students | |
|---|---|---|---|
| Gabrielle Chin | Andrea Radossi | Emily Barbera | Victoria Kloster |
| Emma McBride | Aashna Patel | Amanda Colangelo | Jared Richards |
| | | Mikela Janal | Megan Rydzewski |

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**Dr. Jim A. Haugh**

**The R.O.A.D. (Research on Anxiety and Depression)**
The team combines the analytical efforts of undergraduate and graduate, both Master of Arts and Doctoral, students under the mentorship of Dr. Jim A Haugh. Research emanating from the lab explores the treatment of depression in primary care, use of mobile technology in the treatment of depression, the link between maladaptive schematic processing, depression, and health behaviors, and the portrayal of depression in popular social media.

| *Doctoral Students* | *Masters Students* | *Undergraduate Students* |
|---|---|---|
| Juliana D'Onofrio | Kyle Chudzinski | Emily Baker |
| Krista Herbert | | Tony Federici |
| | | Michael Huchler |
| | | Sean Martin |
| | | Danielle Schweitzer |
| | | Kara Webb |

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**Dr. Gerald Hough**

My lab investigates two phenomena using bird species models: age-related declines in memory, and geographic variation in language. Learning and memory requires a key brain area, the hippocampus (Hp), which deteriorates with age. We have found that birds perceive the world in a primate-like fashion, and are investigating age-related changes in spatial and working memory using a homing pigeon model. In addition, my lab investigates dialect formation in bird language and well as the effects of human disturbance on an environmentally-sensitive songbird species (seaside sparrow).

| *Undergraduate Students* |
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| Hesham Nassar |
| Alea Lemanowicz |
| Benjamin Dunham |
| Kylie Gorbsky |

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**Dr. MaryLouise Kerwin & Dr. Michelle Ennis Soreth**

**Center for Behavior Analysis**
At the Center for Behavior Analysis at Rowan University, Drs. Kerwin and Soreth conduct a variety of collaborative research projects that have in common the use of behavioral principles as the basis for understanding and managing/treating behavior. Research projects focus on parent-implemented interventions, behavioral interventions for children with autism, and assessment and treatment of gastrointestinal and feeding problems in children.

| *Graduate Students* | | *Undergraduate Students* | |
|---|---|---|---|
| Lisa Braken | Ashley Fox | Nicole Schwartz | Ashley Thompson |
| Samantha Jewell | Kacy Jubanyik | Jonathan Barrios | Shaila Andujar |
| Abigail Karper | Heather Leung-VanHassel | Aiden Sutkin | Karen Rivas |
| Alyssa Swipes | Reema Sethi | Katherine DiVita | MeKayla Jackson |
| Derrick Williams | Samantha Sterner | Danielle Schweitzer | Andinase Rubertone |

| | | | |
|---|---|---|---|
| Jovanna Beardsworth | Kelly Sullivan | Imani Phillips | Anayochukwu Iloabanafo |
| Alicia Burke | Katie Walls | Audrey Tuckerman | Jessica Smith |
| Jessica Donlan | Samantha Weinstein | Jake Singer | Matthew Tavarone |
| | | | Melissa Marshall |

*Post-graduate Coordinators*
Victor Chin
Jodie Justice
Jacqueline Logan
Steffany Hoffman

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**Dr. Bethany Raiff**

The aim of this lab is to use technology to overcome barriers to implementing powerful, evidence-based interventions, such as contingency management, to promote healthy behavior, such as smoking abstinence, diabetes management, weight control, and physical activity. Contingency management consists of delivering incentives (e.g., money) to individuals contingent on objective evidence of meeting behavior change goals. We are currently in the process of developing a videogame where smokers will be able to earn videogame-based incentives, rather than monetary incentives, contingent on objective evidence of smoking abstinence to address the issue of cost, acceptability, and sustainability. We also have a number of studies currently underway to identify ways to increase physical activity in otherwise sedentary adults. Finally, we were just awarded a grant from Rowan University to collaborate on research with researchers as Cooper University Hospital, focused on using contingency management to increase engagement in medication assisted therapy for individuals suffering from opioid use disorder.

| *Doctoral Students* | *Master's Students* | | *Undergraduate Students* | |
|---|---|---|---|---|
| Connor Burrows | Jessica Nastasi | Erin Curry | Schyler Newman | Brendan Gerrity |
| Matthew Dwyer | Samantha Sterner | Romina Martinez | Samantha Beckett | Frances Saulino |
| Caitlyn Upton | Heather Leung-VanHassel Ashley Fox | Dionne Batts Katie Vergis | Mitchell Kaplan Amani Beach | Bryana Zurad Sukhmani Minhas |
| | Jack Bowker | Samantha Arana | Mariana Cardenas | Shawn Gleason |

*Research Coordinator*
Jessica Nastasi

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**Dr. Christina Simmons**

**SAFE Behavior Lab (Social Acceptability and Functional Evaluation of Behavior)**

The focus of this lab is developing improved assessment and treatment methods for severe behavior in children and adolescents with autism spectrum disorder and other developmental disabilities and assessing the social acceptability of existing interventions. Lab members are trained to deliver behavior analytic interventions for the treatment of severe behavior, such as aggression, property destruction, and self-injurious behavior. Current projects are focused on developing novel assessment measures to identify tasks that lead to problem behavior, evaluating alternative instructional methods that do not rely on physical guidance, and examining how to most effectively increase the amount of time children can wait to access functional

reinforcers (e.g., attention, tangible items). Our work also focuses on parent and teacher training in behavioral interventions to best facilitate maintenance of treatment effects.

| *Graduate Students* | *Undergraduate Students* | |
| --- | --- | --- |
| Gianna Collins | Ariana Cacace | Amanda Romero |
| Kimberly Ford | Donald Daly | Brienna Sanchez |
| Colleen Moscow | Brendan Gerrity | Nadia Tift |
| Reema Sethi | Catherine McGlynn | Nia Tis |
| Sherah Somervell | Schyler Newman | Gianna Visceglia |
| Sheena Williams | Janelle Pierce | |

| *Research Coordinator* |
| --- |
| Jessica Nastasi |

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**Dr. Chelsie Young**

**REACH (Rowan Emotions, Alcohol, and College Health) Lab**
The REACH lab broadly explores factors related to social, emotional, and cognitive processes that are associated with both substance use and behavior change. Our work aims to understand social influences such as norms and motivations for engaging in substance use, develop and evaluate innovative brief intervention strategies, and better understand for whom particular interventions are best suited. Some of our current projects include investigating factors that influence and explain the positive association between alcohol use and physical activity, evaluating the influence of norms and attitudes on engagement in health risk behaviors, examining contextual cues surrounding event-specific alcohol use and consequences following heavy drinking events (e.g., Mardi Gras, Halloween, homecoming), and analyzing qualitative data to discover what differentiates a positive drinking occasion from a negative drinking occasion and exploring themes in hangover symptoms and supposed "cures".

| *Undergraduate Students* | |
| --- | --- |
| Erik Bollendorf | Alexcia Aris |
| Paige Ryan | Sabrina Salas |
| Tia Rodgers | |

# Student Recognition Awards

*Excellence in Psychology (Medallion)*
This medallion, sponsored by the Psychology Department, is presented to an outstanding Psychology major who exhibits excellence in academics, scholarly achievement, service and leadership. This year's award recipient is **Emmanuel Alvarez**.

*Dean's Senior Recognition Award*
The Dean's Senior Recognition Award (Psychology) goes to one graduating senior psychology major who exemplifies the best and brightest of our department. This year's award recipient is **Jared Richards.**

*Corann Okorodudu Outstanding Contribution to Service in Psychology Award*
This service award is named in honor of Corann Okorodudu, a professor in the psychology department for 43 years and coordinator of the Africana Studies program. Through her international work with the United Nations, Dr. Okorodudu spent her career advocating for women's mental health rights. This award is given to a graduating psychology student that made an outstanding contribution to psychology through excellence in service to the department, university, and wider community. This year's award recipient is **Gianna Visceglia.**

*Outstanding Contribution by an Underclassman Award*
This award is given to a psychology student who demonstrates outstanding promise in psychology. The award is based on the student's academic performance and contribution to service and research activities of the department. Individuals who receive the award are nominated by the faculty and selected based on the faculty's agreement that this student has the skills, motivation, and knowledge to be successful in the field. This year's award recipient is **Zachary Levey**.

*Eleanor Gaer Student Research Award*
Dr. Gaer was a consummate researcher who prided herself on the advisement and mentorship of students, especially in the area of research. The Eleanor Gaer Student Research Award was created in 2014 to honor and recognize Dr. Gaer's 42 years of outstanding service and commitment to the students within the Department of Psychology. This $500 award is presented to an undergraduate or graduate student conducting independent research in the area of social psychology, cognitive psychology, psycholinguistics, or forensic psychology. These funds can be used to support a student research project either by assisting with travel funding, providing support for data collection or assisting with other aspects of the research process. This year's award recipient is **Krista Herbert**.

*Specialization for Behavioral Services: Underclassman Student Research Award*
This award is given to one freshman, sophomore, or junior Psychology student who has demonstrated exceptional achievement with research related to the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's award recipient is **Brieanna Sanchez**

*Specialization for Behavioral Services: Graduating Student Research Award*
This award is given to one senior Psychology student who has demonstrated exceptional achievement with research related to the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's award recipient is **Alina Fardella**

*MA in ABA First Year Graduate Student Research Award*
This award is given to one first-year Master of Arts student in the ABA program who has demonstrated exceptional achievement with research related to the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's recipient is **Sherah Somervell**.

### MA in ABA Second Year Graduate Student Research Award

This award is given to one second-year Master of Arts student in the ABA program who has demonstrated exceptional achievement with research related to the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's recipient is **Heather Leung-VanHassel**.

### MA in ABA Outstanding Clinical Service Certificate

This award is given to one Master of Arts student in the ABA program who has demonstrated Outstanding Clinical Services in the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's recipient is **Kelly Sullivan.**

### MA in ABA Outstanding Case Management and Mentorship Certificate

This award is given to one Master of Arts student in the ABA program who has demonstrated Outstanding Case Management and Mentorship in the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's recipient is **Samantha Weinstein.**

### MA in ABA Outstanding Contribution to Clinical Research Certificate

This award is given to one Master of Arts student in the ABA program who has demonstrated Outstanding Clinical Research in the field of Behavior Analysis and was selected by the faculty in the Applied Behavior Analysis program. This year's recipient is **Kacy Jubanyik.**

### Professional Leadership Award in the Clinical Mental Health Counseling Program

This award is given to the second-year student who has exemplified professionalism and ethical conduct, both in and out of the classroom. This student has demonstrated strong clinical skills and sound clinical judgment and has served as a leader to peers in demonstrating the professional and ethical codes of the counseling community. This year's award recipient is **Gina Sinascalchi.**

### Excellence in Research Award in the Clinical Mental Health Counseling Program

This award is given to the second-year student who has demonstrated excellence in the field of counseling research. This student has exhibited a strong working knowledge of the importance of research to the counseling community and has demonstrated advanced research skills in the development of a unique thesis project. This year's award recipient is **Anthony Eldridge.**

### School Psychology Award

This award is given to one Master of Arts student in the School Psychology program who has demonstrated exceptional academic achievement, excellence in applied research, and commitment to the field of school psychology and was selected by the faculty in the School Psychology program. This year's recipient is **Kimberly Gaull.**

# 2019 Psi Chi Inductees

Psi Chi is the National Honor Society in Psychology, founded in 1929 for the purposes of encouraging, stimulating, and maintaining excellence in scholarship, and advancing the science of psychology. Membership is open to graduate and undergraduate men and women who are making the study of psychology one of their major interests, and who meet the minimum qualifications. Psi Chi is a member of the Association of College Honor Societies and is an affiliate of the American Psychological Association (APA) and the Association for Psychological Science (APS).

## 2018-2019 Inductees

| | | |
|---|---|---|
| Tristan Anichino | Caitlin Johnson | Caryn Smith |
| Ashley Astor | Marissa Kitchin | Chelsea Smith |
| Samantha Beckett | Victoria Kloster | Aiden Sutkin |
| Samantha Braverman | Amanda Malnick | Megan-Jade Sykes |
| Ariana Cacace | Megan Mason | Tyra Thomas |
| Megan Cartier | Hannah McBride | Ja'leah Thompson |
| John Colona | Kaitlin McEwan | Nadia Tis |
| John Cuzzupe | Olivia McGough | Mariani Torres |
| Markita Dandridge | Marie McKee | Matthew Ungerer |
| Katherine DiVita | Melissa Novotny | Grace Van Cleef |
| Carleigh Ellis | Brianna Ortega | Emily Vendetta |
| Anthony Federici | Cori Petersen | Jordan Virgilio |
| Liliana Ferrara | Sarah Pollock | Erika Walls |
| Sydney Gaudio | Karina Rivera | Danielle Walters |
| Vaughn Gietka | Sage Rubeo | Marie Wiliszewski |
| Shawn Gleason | Paige Ryan | Corrin Williams |
| Taylor Healey | Olivia Scattergood | Alexis Yan |
| Katelynn Huff | Danielle Schweitzer | |
| Kayla Jackson | Kristina Shepherd | |

Special thanks to Brenda Harkins, Dan Dantinne, and Hope Nelson for all that they do for the Psychology Department throughout the year!

Website: https://csm.rowan.edu/departments/psychology/
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