

30th Annual Red River Psychology Conference

April 14th-15th, 2016
North Dakota State University

Overview

Thursday, April 14, 2016 - Alumni Center

7:30 - 9:00 pm	Opening reception and address	Diederich Atrium Crary Lounge
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Friday, April 15, 2016 - Memorial Union

8:30 - 9:30 am	Conference registration	Plains Room
9:30 - 11:30 am	Morning poster session	Plains Room
9:30 - 11:30 am	Morning tables	Legacy Lounge
10:30 - 11:30 am	Morning paper session	Badlands Room
12:00 - 12:30 pm	Luncheon	Plains Room
12:30 - 1:30 pm	Luncheon address	Plains Room
2:00 - 4:00 pm	Afternoon poster session	Plains Room
3:00 - 4:00 pm	Afternoon paper session	Badlands Room
4:10 - 5:00 pm	Closing Reception	Art Gallery

Opening Address

Thursday, April 14, 2016

7:30 - 9:00 pm

*Alumni Center
Diederich Atrium*

The Interpersonal Nature of Co-Rumination in Adolescents' Friendships

Dr. Amanda Rose
University of Missouri

Social support and talking about problems can be an important way to cope with problems. However, for some youth, talking about problems may become “too much of a good thing.” This idea is captured by the construct co-rumination. Co-rumination refers to talking about problems extensively with a friend (or other relationship partner) and is characterized by: re-hashing the same problem over and over, speculating about problems, and dwelling on negative feelings associated with the problems. Co-rumination is especially common among adolescent girls. Research will be presented indicating that there are adjustment trade-offs of co-rumination. Friends who co-ruminate feel especially close to each other but also are at risk for developing depressive symptoms and anxiety. New research will be presented regarding co-rumination in adolescents’ friendships, including research regarding what friends co-ruminate about how co-rumination is reinforced within friendships.

Conference Registration

Friday, April 15, 2016

8:30 - 9:30 am

*Memorial Union
Plains Room*

The conference is free to those who would like to attend.

Name badge will be provided for students are presenting posters their research.

Morning Poster Sessions

Friday, April 15, 2016

9:30 - 11:30 am

**Memorial Union
Plains Room**

1. *Attentional Control and Working Memory as Predictors of Depressive Symptoms*

Sheridan Amb

North Dakota State University

Many researchers have hypothesized that attentional control and working memory ought to predict symptoms of depression. Those who have deficits in attentional control and working memory will be more prone to rumination and depressive symptoms. We tested this hypothesis in a sample of college students using the anti-saccade task to measure attentional control, the o-span task to measure working memory, and the CES-D to measure depressive symptoms. Our data did not indicate that that working memory and attentional control were significantly correlated with depression or with each other.

2. *Evidence of Inhibitory Processing During Visual Search*

Asentath Arauza, Dustin Elliott, Linda Langley, Laura Thomas

North Dakota State University

Inhibition of return (IOR) is a cognitive mechanism that improves visual search efficiency by placing inhibitory tags at searched locations, which guides attention to novel space. To gather evidence of IOR, participants completed a search task followed by a probe detection task. A probe at a distractor location elicited longer detection times than a probe at a previously unoccupied space, consistent with IOR. However, IOR effects were stronger when the probe detection task followed a search array in which the target was present than one in which the target was absent. The findings suggest additional search parameters influence evidence of residual IOR.

3. *Mindfulness Decreases the Negative Impact of Brooding on Depression*

Benjamin Matthew, Beata Weber
North Dakota State University

Many studies have found that mindfulness is negatively correlated with depression and rumination. However, few studies provided evidence to explain how mindfulness leads to lower distress. We hypothesized that mindful individuals experience more positive affect, which buffers the influence of negative events. College students reported their current levels of depression, anxiety, rumination and mindfulness. We found that mindfulness buffered the effects of brooding on depression. When we controlled for positive affect, the relationship was no longer significant. Those who are higher in mindfulness may better attend to positive emotions, while the experience of positive affect is responsible for lowering depression.

4. *Infants' Toy Preferences are Influence by Toys in the Home*

Josh Boe, Rebecca J. Woods
North Dakota State University

Gender-typical toy preferences (boys prefer trucks, while girls prefer dolls) appear at or just prior to the emergence of early gender awareness. The mechanisms driving these preferences have been the topic of debate. In the current study, we assessed 5- and 12-month-olds' exposure to gender-typed toys and experimentally manipulated parents' encouragement of either trucks or dolls during a brief play session. Results indicated that while the toys present in the home predicted infants' toy preferences, short-term encouragement by a parent to play with one type of toy was ineffective in influencing infants' toy preferences.

5. *The Development of Emotion Discrimination in Dance and Music*

Aubrey Borgen
Minnesota State University Moorhead

Recent studies support the idea that young children are able to discriminate between emotions in different art forms. This experiment further explored past results by investigating intermodal matching of emotions portrayed in music and dance. Participants, including preschool-age children and adults, viewed videos of dancers while listening to music that matched one of them emotionally. Adults identified the emotionally congruent dance movements significantly more often than preschoolers ($p < .002$), in accordance with previous research. However, children did identify the correct dance at a frequency above chance level, suggesting that this understanding of body movement develops at a young age.

6. *The Perception of Depth Is Not Distorted When Studied with Real 3D Objects*

Timothy Breider, Trevor Bartlett, Michael Holland, Abbey Wohlers
North Dakota State University

Using computer-generated 3D stimuli presented on flat displays, a number of researchers have suggested that the visual perception of depth is non-veridical and distorted, with perceived depth being compressed beyond 1 meter, and stretched closer than 1 meter. We examined this distortion using 3D-printed half-cylinders presented in different viewing conditions and distances. Using a method of constant stimuli, participants were asked to determine whether each object was more or less than perfectly cylindrical (the apparently circular curvature task). Results show that participants showed no evidence of a depth distortion in any of the viewing conditions or distances.

7. *Ethnic Differences in Parental Warmth and Control: Distinctions Among and Between Mothers and Fathers of Young Children*

Alison L. Brennan, Heather R. Fuller
North Dakota State University

Cohabiting couples were drawn from the Early Childhood Longitudinal Study-Birth Cohort (ECLS-B, third wave) and categorized by ethnic makeup. Warmth did not differ by ethnicity; however, mothers reported greater warmth than fathers. Mothers in Latino couples endorsed greater general discipline than mothers from other groupings. Moreover, mothers in Latino and Asian American couples endorsed greater general discipline than their husbands. Mothers and fathers in African American couples endorsed greater harsh discipline compared to other groupings. While mothers generally endorsed greater harsh discipline than their husbands, the reverse was true among European American couples. These findings suggest important implications of cultural context for parenting styles.

8. *Sexism and Perceived Affect During Conflict as Predictors Relationship Quality*

Katie Bass, Emily Campbell, Vanessa Castillo, Sarah Mattison, Darcie Sell
Concordia College

The present study investigated the relationship between hostile sexism, perceived affect (external expression of emotion) in self and partner during a conflict conversation, and relational quality. We predicted that high levels in men's hostile sexism would lead to high levels in women's and men's negative affect, which would have a negative mediating effect on both women's and men's relational quality. College dating couples (n=68) were recruited and given measures to evaluate levels of hostile sexism and relationship quality. After engaging in a conflict discussion they indicated their affect and how they perceived their partner's affect in the conflict conversation.

9. *Growing Up in a Barbie World: Body Image Development*

Brandi Carlson, Maegan Jones, Elizabeth Blodgett Salafia
North Dakota State University

There is a common belief that Barbie is detrimental to women's body image and subsequent dieting habits due to Barbie's unrealistic body shape, yet there is little scientific evidence that supports this. In a pilot study, 30 primarily white women (Mage=20.35) completed questionnaires regarding their disordered eating attitudes and the toys they played with as children/adolescents. Hierarchical regressions showed that how often women played with Barbie in the past did not predict current eating disorder symptomology. This indicates that there may not actually be an association between playing with Barbie as a child and the development of poor dieting habits.

10. *Perceptual Reversal of Geometrically Impossible Motion Parallax Displays*

Grant Christianson
North Dakota State University

Computer-generated images are useful for studying depth perception from motion parallax, but many aspects of these displays have not been fully understood. The Pursuit Theory suggests some prior studies did not properly consider the underlying geometry of motion parallax, leading to naturally impossible displays and anomalous results. In this experiment, subjects were required to make qualitative depth-sign judgments of computer-generated dihedral angles, representing geometrically possible and impossible parameter combinations. Results show misperception of depth for very specific stimulus configurations as predicted by Pursuit Theory. The visual system appears to reverse the perceived depth of geometrically impossible displays.

11. *Suicide Risk among Ethnic Minority College Students*

Zoe Lee Citrowske¹, Mun Yee Kwan¹, Allison Minnich¹, Yessenia Castro², Kathryn Gordon¹
1 North Dakota State University, 2 University of Texas - Austin

Cultural insensitivity and intolerance may contribute to feelings of burdensomeness and social disconnection among individuals who belong to marginalized and minority groups. Our research examines acculturative stress and perceived discrimination and its link to suicide risk in ethnic minority college students. This information is needed because the majority of current treatment methods were created for members dominant population groups (White, middle to upper class), and, therefore, may not be best suited for minority/marginalized groups' mental health needs.

12. *Weather-Primed Moods and Reading Comprehension*

Sarah Hawn, Mary Devitt
Minnesota State University Moorhead

We investigated the effect of primed weather conditions compared to a neutral background on comprehension of a quasi-SAT reading passage. Participants read a computer-based passage presented on a winter, summer, or neutral background. They then responded to comprehension questions about the passage. Later participants responded to questions about the manipulations and completed basic demographic information. Results will focus on the effects of priming on comprehension.

13. *Drive for Muscularity or Drive for Low Body Fat? The Relationships Among Perfectionism, Sexual Satisfaction, and Men's Body Dissatisfaction*

Maegan Jones¹, Alison Brennan¹, Mark Suffolk¹, Elizabeth Blodgett Salafia¹, Judith Mergen²

1. North Dakota State University, 2. University of Münster

Perfectionism has known effects on men's drive for low body fat (DLBF) and drive for muscularity (DFM), which are important indicators of male body image. However, it is unclear if sexual satisfaction explains this relationship. We examined whether sexual depression mediated the link between perfectionism and both DLBF and DFM among 77 males ($M_{age}=22.16$). While all paths were significant in the first model, the path between sexual depression and DFM was not significant in the second. Therefore, although perfectionism has a direct impact on men's overall body image, sexual satisfaction may only explain this relationship in the case of DLBF

14. *Ethnic and Gender Variations in Parenting Stress Among Parents of Young Children*

Brooke Kranzler, Heather Fuller
North Dakota State University

The present study investigated whether parenting stress differed by a) ethnicity and b) gender within ethnic groups among five couple ethnic-makeup types using data from the third wave of the ECLS-B. Separate ANCOVAs for mothers and fathers revealed a main effect of couple ethnic makeup relating to parenting stress, with Asian mothers and fathers reporting the most parenting stress and Hispanic fathers reporting significantly lower parenting stress. Next, matched samples t-tests were run separately by ethnic couple group revealing significant differences between Hispanic mothers and fathers and White mothers and fathers. Implications of ethnic variation in parenting stress are explored.

15. *The Effect of Task-Irrelevant Feature Randomization on Feature Binding in Visual Working Memory is Unaffected by Attentional Load*

Stephanie Leach, Megan Malecha, Andrea Bocincova, Amanda E. van Lansweerde, Jeffery S. Johnson

North Dakota State University

Feature binding refers to the process by which the individual features of a stimulus are combined into an object representation. In order to probe the processes governing feature binding in visual working memory (VWM), we examined the impact of concurrent attentional load on a previously observed effect of task-irrelevant feature randomization at test across different delay intervals (Logie et al., 2011). According to our results, randomization had a diminishing impact on VWM performance with increasing delay. However, attentional load did not counter this effect, as would be expected if the task-irrelevant feature was actively inhibited by top-down control processes.

16. *Youth's Peer Beliefs, Friendship Quantity, and Friendship Quality: Reciprocal Influences and Interactive Contributions to Internalizing Problems*

Adrienne MacDonald, Wendy Troop-Gordon

North Dakota State University

Poor quality friendships and negative perceptions of peers can harm youth's psychological well-being. Little is known as to how youth's friendships are predictive of, and influenced by, their beliefs about peers. This study examined the reciprocal relationships between peer beliefs and friendships to identify pathways to internalizing problems. This study measured 366 youth (Mage = 9.34 years; SD = .07; 196 girls) who, in the fall and spring, completed measures to assess peer beliefs, friendship quality and quantity, alongside self- and teacher-reported internalizing problems the following fall. Path analyses display a mediation between peer beliefs and internalizing problems through friendship quality.

17. *Does Your Personality Incline You to Be Helpful?*

Caroline Kinskey, Ryan Hamilton, Emily Flake, Annie Nickell, Gary Nickell

Minnesota State University Moorhead

The present study explored the relationship between helping attitudes and various personality factors. The Big Five dimensions are extraversion, agreeableness, conscientiousness, neuroticism, and openness to experience. Seventy-three students completed measures of helping attitudes, the Big Five personality factors, optimism, empathy, and bravery. As hypothesized, positive helping attitudes were positively associated with empathy, agreeableness, optimism, and bravery. In addition, helping attitudes were positively associated with conscientiousness, extraversion and openness to experience, but not related to neuroticism.

18. *Boarder Bias During Disaster*

Tyler Carson, Kyle Pollack
Minnesota State University Moorhead

Mishra and Mishra (2014) found that participants displayed avoidance towards disasters occurring in their home state rather than disasters from an adjacent state. This is known as boarder bias. Our study broadened the disaster conditions (tornado, oil spill, airborne virus, computer virus). Participants were asked to pick a vacation home in one of two states-North Dakota or Minnesota-under the threat of an in-state or out-of-state disaster. We predicted that participants will choose the out-of-state vacation home for each disaster scenario. We also examined how participant performance correlates with cognitive ability, personality, environmental attitudes, mindfulness, and control orientation.

19. *How Viewing Multiple Emotional Expressions Affects Perceived Trustworthiness Levels*

Mishell Quiridumbay, Benjamin Ballas
North Dakota State University

Trustworthiness is an invariant characteristic that is independent of changes in emotional expressions. However, the perception of trustworthiness is highly varied and is not often accurately portrayed. As an attempt to understand what causes variations in perceived facial trustworthiness, participants were asked to rate trustworthiness of facial expressions (sad, happy, and neutral) presented individually and as a single unit. Results found participants viewed happy expressions as more trustworthy, but when presented with all emotional expressions, neutral expressions were more likely to be used as an indication of trustworthiness. Overall, this study suggests neutrality is a better indicator of personality traits.

20. *Happier People : Healthy, Wealthy, and Financially Risky*

Rachel Schauer
Concordia College

Current research indicates happier people tend to be more financially risk tolerant though there is limited research explaining why. I hypothesized that, within a lifespan sample, higher income levels and levels of health can explain why happier people tend to take more financial risks. Research indicates higher happiness levels are correlated with having higher income levels and better health. A mediation model was used to analyze how income and health status explain the association between happiness and financial risk tolerance. Both hypotheses were supported. Income and health status fully explained why happier people tended to be more financial risk tolerant.

21. Self-Perceptions Partially Explain Why Older Adults are Less Likely to Take Risks with Their Health

Cassandra Thompson
Concordia College

As people age, they become less likely to take risks with their health. I hypothesized that as people get older, they perceive themselves as being in poorer health and with less time left to live. This study explored how subjective health perceptions and time perspective could explain why older people tend to be less tolerant of health risks than younger people. Regression modeling illustrated that as people get older they are less likely to take risks with their health due, at least in part, to a decreased future time perspective and decreased subjective health perceptions.

22. Is it Enough to Stop the Bullying? The Importance of Positive Peer Treatment in Children's Socio-Emotional Development

Lexie. L. Unhjem, Wendy Troop-Gordon
North Dakota State University

Despite extensive research into the harmful effects of peer victimization, little is known as to whether being the target of peers' prosocial behaviors further contributes to healthy emotional and behavioral development. To address this issue, 366 3rd and 4th graders (170 boys) were followed at three time points over two school years. Children completed measures of prosocial peer treatment, peer victimization, and depression. Teacher-reports of depression and peer-reports of aggression were also obtained. Prosocial peer treatment negatively predicted self- and teacher-reports of depression and self-reports of peer victimization. These findings underscore the need to promote children's prosocial behaviors toward peers.

23. Mentalizing, Religion and Meaning

Christian Weber, Clay Routledge, Andrew Abeyta
North Dakota State University

People derive meaning and purpose from religious beliefs. Religiosity is associated with the capacity to mentalize, or identify with, the apparent thoughts, emotions and intentions of others. We explored the degree to which people's religious beliefs and ability to mentalize interact to influence their views on meaning and purpose. We hypothesized that people who are adept at mentalizing derive a greater degree of meaning from religious beliefs. We assessed individual differences in religiosity and ability to mentalize and measured indicators of meaning. Our results suggest that strong religious beliefs combined with high mentalizing abilities lead to high levels of meaning.

Morning Tables

Friday, April 15, 2016

9:30 - 11:30 am

*Memorial Union
Legacy Lounge*

FirstLINK

FirstLINK operates a 24-hour hotline (2-1-1 or 235-SEEK) and suicide crisis line (1-800-273-TALK), and coordinates service and volunteer opportunities throughout the community. Volunteer interns assist with FirstLINK services and receive training in active listening, suicide, addictions, sexuality, and mental illness.

For additional information, see:

<http://www.myfirstlink.org/> Facebook page: <http://www.facebook.com/myfirstlink>

Morning Paper Sessions

Friday, April 15, 2016

10:30 - 11:30 am

**Memorial Union
Badlands Room**

1. *The Effect of Task-Irrelevant Feature Randomization on Feature Binding in Visual Working Memory is Unaffected by Attentional Load*

**Andrea Bocincova, Amanda E. van Lansweerde, Jeffery S. Johnson
North Dakota State University**

Feature binding refers to the process by which the individual features of a stimulus are combined into an object representation. In order to probe the processes governing feature binding in visual working memory (VWM), we examined the impact of concurrent attentional load on a previously observed effect of task-irrelevant feature randomization at test across different delay intervals (Logie et al., 2011). According to our results, randomization had a diminishing impact on VWM performance with increasing delay. However, attentional load did not counter this effect, as would be expected if the task-irrelevant feature was actively inhibited by top-down control processes.

2. *Identity and Bias: The Influence of Accents on Character Judgment*

**Ryan Hamilton
Minnesota State University Moorhead**

Studies have shown that when participants can identify with a speaker's accent they evaluate them more favorably. This study examines how an accent influences a participant's evaluation of pre-med students. Participants listened one of six recordings: Better or less qualified student, with a Bangladeshi, British, or Midwestern accent. Participant evaluated the speaker on several scales. It was hypothesized that the Midwestern student would be rated highest on friendliness, and most wanted as their future doctor. The Bangladeshi student was expected to be rated most competent, while the British was expected to be rated most attractive. Preliminary results will be discussed.

3. *The Relationship Between Mind Wandering And Positive Affect On Insight And Creative Problem Solving*

Valerie Hart
Concordia College

Research investigating creative problem solving has shown that positive affect and mind wandering may facilitate creativity and insight. This study seeks to investigate the relationship between mind wandering and positive affect and how they might interact to facilitate insight and creative problem solving. This will be done through the analysis of self-report questionnaires, to measure mind wandering and positive affect and a compound remote associate task, to measure insight strategy and creative problem solving performance. It is hypothesized that mind wandering and positive affect together will lead to greater insight strategy and creative problem solving performance.

4. *Power Posing on Authenticity and Happiness.*

Rachel Heuchert
University of Jamestown

Powerful nonverbal posing influences confidence and risk-taking (Cuddy, Wilmuth, Yap, & Carney, 2012). Having more confidence could empower someone to act authentically and this could increase happiness. It was predicted that those who power posed would show increased authenticity and happiness. Preliminary data suggests neither happiness nor authenticity varied significantly across conditions. There was a non-significant trend where strong posing ($M = 17.34$, $SD = 3.25$) and weak posing ($M = 17.31$, $SD = 3.31$) showed decreased happiness compared to controls ($M = 18.24$, $SD = 2.51$). Future research should examine the impact of naturally occurring power posing.

Luncheon

Friday, April 15, 2016

12:00 - 12:30 pm

***Memorial Union
Plains Room***

Build Your Own Sandwich Bar

Reservation Req'd

An assortment of deli meats, cheeses, fresh vegetable toppings, breads and condiments; served with pasta salad and kettle chips

Luncheon Address

12:30 - 1:30 pm

Differences in Girls' and Boys' Friendships: Implications for Development

Dr. Amanda Rose

University of Missouri

By adolescence, friends are primary companions and important sources of social support. Friendships are critical to the development of both girls and boys; however, there are important gender differences in adolescents' friendships. One of the strongest differences is that girls tend to talk with friends, especially about problems, more than do boys. Girls also tend to talk with friends in ways that are especially sensitive and responsive. What are the implications of these gender differences? Research will be described that address the implications for the quality and closeness of the friendships. Ideas will be discussed regarding potential implications for later, young adult heterosexual romantic relationships.

Afternoon Poster Sessions

Friday, April 15, 2016

2:00 - 4:00 pm

*Memorial Union
Plains Room*

1. *The Eeyore Effect: The Influence of Perception on the Relationship Between Sleep and Depression*

Kayla Bjorlie, Leah Jesser, Michael Mead, Leah Irish
North Dakota State University

Research suggests that sleep and depression are closely linked, but the mechanisms of influence are not yet clearly defined. The current study examines the influence of color bias (i.e., a gloomy or gray perspective) in the relationship between sleep and depression. 67 undergraduates reported their sleep and depressive symptoms over the past month, and completed a computer task developed to quantify gray bias. Mediation analyses did not support the hypothesized “Eeyore effect”, such that gray perceptual bias did not mediate the link between sleep and depression. Subsequent investigations could address methodological limitations of this study to further explore this effect.

2. *Candidate Attractiveness on Job Hiring Decision*

Tyler Carlson, Mary Devitt
Minnesota State University Moorhead

This study will investigate job-hiring decisions made by participants based on facial attractiveness (attractive vs. unattractive) and type of restaurant (upscale restaurant vs. sports bar style restaurant). Participants (N = 120) will be asked to complete a demographic questionnaire, a semantic differential scale and then to answer one final question about whom they would hire for a serving position based on the two photographs provided for them. It is expected that the condition with the attractive photograph will be hired most often. Conditions without photographs are serving as control conditions and manipulation checks for validity.

3. *Music and Personality: The Effect of Music and Gender on Personality Stereotypes*

Katrina Cibuzar, Elizabeth Nawrot
Minnesota State University Moorhead

Participants (n=62) listened to pop, rock, or no music while completing a perceived personality profile questionnaire for pictures of males and females. It was predicted that rock music would significantly evoke male stereotypes while pop music would significantly evoke female stereotypes. Results showed that participants rated pictures higher on female stereotypes overall compared to male stereotypes, regardless of gender and music condition. The second part of the study is focusing on the effect of different rock pieces on gender stereotypes. It is predicted that participants will conform more to male stereotypes overall in both music conditions.

4. *The Role of Texture Cue Conflicts in the Perception of Depth from Binocular Stereopsis*

Weston Clark, Breanna Thompson
North Dakota State University

Previous research has suggested that the visual perception of depth from binocular stereopsis is remarkably distorted, with the particular distortion changing with viewing distance. To investigate the underlying cause of this presumed depth distortion, the method of limits was used to assess participants' depth constancy under six conditions: local texture vs. projected texture at three viewing distances. Participants viewed 3D-printed half-cylinders and determined whether or not the stimulus had apparently circular curvature. Our results suggest that previous research may have confounded binocular stereopsis and texture cues to depth.

5. *Potential Correlations between Blood Pressure, Heart Rate, Mood and Caffeine Consumption*

Samantha J. Cottingham, Kalpana V. Sanmugam, Dayna L. Vanhouwe, Alexandria K. Lorusso, Naomi Wynburn
Minot State University

The pharmacological effects of caffeine on the body have been regularly ascribed as beneficial, although the effects caffeine has on individual emotions often produces varied responses. However, escalations in blood pressure and heart rate after consuming caffeine are regularly reported, which has potential to affect one's mood. In this study, blood pressure and heart rate were monitored regularly alongside of the participant's completion of Brunel mood scales as well as three standardized mood scales. All of this is analyzed to determine potential correlations between caffeine consumption, mood, blood pressure, and heart rate.

6. *Effects on Cognitive Functioning after Caffeine Consumption*

**Kalpana V. Sanmugam, Dayna L. Vanhouwe, Samantha J. Cottingham, Alexandria K. Lorusso, Naomi Wynburn
Minot State University**

Caffeine has been associated with a number of physiological and psychological effects. Much of the research in the past has indicated that caffeine produces cognitive enhancement after the ingestion. In this research, the participants were given a moderate dose of caffeine relative to their body weight. Their cognitive functions were monitored by using the Colorado Neuropsychology Test for two hours after ingestion to observe any effect of caffeine on the cognitive functions of the participants.

7. *Does Gender Effect Perceptions of Happiness in College Students?*

**Michael Schepp, Bailey Obenchain, Sydney Marmon
Minot State University**

Happiness seems to be a subjective experience among people and their perceptions can differ from person to person. Men and women seem to differ on several issues and the subject of happiness is no exception. We explore whether gender has an effect on perceptions of happiness in college students. Specifically, do women have lower self-perceptions of happiness than men? Also, do women believe others of the same age and gender to be happier than they are in general compared to men? A survey study was conducted among Minot State University students.

8. *The Role of Physical Attraction in the Possibility of a Dating Relationship*

**Feyisayo Comfort Ogunleye, Jerusalem Nyizozo Tukura, Jessica Strecker
Minot State University**

Is physical attraction actually the defining characteristic of a person? This is the question that we are attempting to answer. We asked people in various settings if they would go on a first date with an attractive person with less than average accomplishments. We then asked people in various settings if they would go on a first date with a less attractive person with above average accomplishments.

9. *Studying Distortions in Depth Perception with Binocular Stereopsis and Motion Parallax*

Megan Horter, Weston Clark
North Dakota State University

Previous research suggests that the perception of depth from binocular stereopsis is distorted across viewing distances. To investigate this, we compared the perception of depth from stereopsis and motion parallax at three different distances. Participants viewed 3D-printed, concave cylinders of various depth magnitudes, presented using the method of constant stimuli. Our results showed that the distortion across viewing distance is not as significant as previously noted.

10. *Messy Versus Clean Primary Environment: Personality Judgments of Dorm Room Residents*

Emma Johnson
Minnesota State University Moorhead

Participants (n=40) rated an occupant of a dorm room on the Big 5 traits. It was predicted that participants would rate the occupant of the messy, single condition to be more extraverted, less conscientious, and more open than the occupant of the clean, single condition. Due to the Halo Effect, participants would rate the occupant with the messy roommate more negatively than with the clean roommate. The present study showed that the shared room was rated more positively, and occupants in the single, clean condition were rated higher in conscientiousness than the occupant in the single, messy condition.

11. *Early Versus Current Parent-Child Relationships and Their Effect on the Development of Poor Body Image in Young Adult Women*

Maegan Elizabeth Jones, Elizabeth Blodgett Salafia
North Dakota State University

Studies show conflicting findings regarding whether maternal or paternal warmth is more influential in girls' body image (BI) development. Two models were tested to examine the impact of the past and current parent-daughter relationship on the BI of 207 women (Mage=21.06). In the first model, both the past mother-daughter and father-daughter relationships during childhood were significantly related to women's current BI. In the second model, only the current father-daughter relationship was significant. This suggests that while early experiences with both parents continue to affect daughters' body image over time, only fathers have an immediate impact on their BI.

12. Comparing Personality-Based Groups of Bulimia Patients on the Basis of Childhood Trauma History

Bethany Leraas
Concordia College

Empirical evidence suggests that patients with bulimia nervosa (BN) consistently converge into three groups (overcontrolled/compulsive, undercontrolled/impulsive, and high-functioning/low comorbidity) based on personality and other psychiatric comorbidities. It has been speculated that these subgroups may have different etiological origins, such as a history of trauma and abuse in childhood. The current study utilized three subgroups (affective-perfectionistic, impulsive, and low comorbidity) of BN patients from a previously published study and compared the groups on childhood trauma history as determined by the Childhood Trauma Questionnaire (CTQ). Results indicated the groups differed significantly on reported trauma histories. The clinical implications of these results are discussed.

13. Motivations Behind Volunteerism in College-Aged Students

Haley Larson, Mona Ibrahim
Concordia College

This study focused on how year in college and whether volunteering is optional or required may play a role in relation to the motives behind volunteering. A sample of 39 college-aged students, involved in service at Concordia College, were each administered the Volunteer Functions Inventory, an instrumental analysis established by Clary and Snyder. The inventory has classified 6 domains in relation to the motivational behaviors in volunteering. Results indicated a relationship between a student's year in college and motivation for career enhancement. Also found, compared to optional volunteerism, was how required volunteerism was associated with less motivation to understand.

14. Effect of Cell-phone Use on Social Behavior

Andrew McGarva, Jalyn McGill
Dickinson State University

In recent years, cell-phone use has dramatically increased and has impacted society. The first study tested the hypothesis that having access to cell-phones may hinder social interaction. Pairs of college students were placed in a waiting room and cell-phone use was prohibited in half of the groups. Pairs without access to cell-phones engaged in more conversation than those with cell-phones. The second study looked at how interpersonal attraction could be affected by using a cell-phone. Participants were shown pictures of a model either using a cell-phone or not. The models were rated as more attractive when shown without a cell-phone.

15. *Time for Dinner? The Association Between Evening Meal Timing and Sleep*

Amanda Jensen, Anna Montgomery, Michael Mead, Lea Irish
North Dakota State University

The timing of routine daily events (e.g., meal timing) been shown to influence sleep by deregulating biological rhythms. We examined the link between evening mealtime and sleep because there are several social and biological mechanisms that may disrupt sleep following a delayed dinnertime. Objective sleep characteristics were recorded for 2 weeks using actigraphy in 267 undergraduates. Participants also reported evening meal time daily. Contrary to previous findings, results indicated that evening mealtime was not associated with sleep. Future research could address methodological limitations to better understand how a simple lifestyle change (e.g., meal timing) could improve sleep health.

16. *The Influence of Perceived Social Support on Sleep*

Courtney Bolstad, Hannah Ganskop, Michael Mead, Leah Irish
North Dakota State University

Evidence suggests that social support exerts a positive influence on sleep. The extent to which this differs by gender is not clear, but some research suggests that men benefit more. We measured social support and sleep in 267 undergraduates. Females slept longer than males, but social support did not differ significantly by gender. Social support was not significantly correlated with sleep, which may be due to high levels of support. Findings could suggest that the link between social support and sleep is less relevant for college students who may have more social opportunities than other populations.

17. *Sexual and Reproductive Health Knowledge, and Behaviors of At-Risk Adolescents*

Courage Mudzongo, Brandy Randall, Molly Secor-Turner
North Dakota State University

The high rate of pregnancy among at-risk adolescents in North Dakota (ND) is an issue of grave concern. Many ND adolescents lack access to comprehensive, medically-accurate sexual health education programs (CSHEP). CSHEP are an effective way to increase sexual and reproductive health (SRH) knowledge, and lower the incidence of pregnancy. Hierarchical regression analyses were used to determine if SRH knowledge uniquely contributed to the sexual behaviors of 116 at-risk adolescent program participants. Being older, white, and having a strong family connectedness were positively associated with sexual behaviors. Discussion will focus on the implications of these findings for adolescent pregnancy prevention.

18. *The Impact of Sleep Extension on Academic Performance*

Keaton Rummel, Morgan Wangler, Michael Mead, Leah Irish
North Dakota State University

Poor sleep is associated with lower academic performance. The current study looked to build upon this work by testing whether improved sleep results in improved academic performance. 63 undergraduates recorded their sleep using a Fitbit and completed an ACT test. Participants were randomly assigned to a control or sleep extension (extend usual sleep by 2 hours) group and continued to record their sleep for one week. Participants then completed a second ACT test. Results suggested that one night of sleep extension did not result in improved test performance, though these conclusions are limited by methodological limitations.

19. *Discussion of Emotion Dysregulation and Non-Suicidal Self-Injury*

Branden Smith, Mun Yee Kwan
North Dakota State University

Non-Suicidal self-injurious behavior (NSSI) has been associated with emotion dysregulation, which is defined by difficulties moderating emotions, especially negative emotions. This association of NSSI and emotion dysregulation is explained in the affect regulation model of NSSI, where people who use NSSI do so as a way to moderate negative or unpleasant emotions (Klonsky, 2007; Gratz, Chapman, Dixon-Gordon, & Tull, 2016; Snir, Rafaeli, Gadassi, Berenson, & Downey, 2015; Davis et al., 2014). In the current study, emotion dysregulation is examined in association with NSSI. We also attempt to examine results of an emotion recognition task, to shed light on interpersonal factors.

20. *The Effects of Gender and Occupation on Burnout of Professionals in the Criminal Justice Field: Preliminary Analysis*

Alayna Starr
Concordia College

The issue of burnout in professionals working in the criminal justice field remains, even after years of recognition and awareness of it. There is some evidence that emphasizes the importance of gender in the criminal justice field, and it has been shown that females are more likely to report certain types of burnout. In this study, I will measure burnout in criminal justice professionals of three occupations: correctional officers, police officers, and probation/parole officers. Doing so allows me to investigate the possible differences in burnout related to specific occupation within the criminal justice field and how this relates to gender.

21. *Intentional Self-Regulation, Self-Efficacy, and the Ability to Refuse Substances*

Jennifer R. Wenner, Brandy A. Randall
North Dakota State University

Substance use experimentation can begin early, making refusal skills crucial. Intentional self-regulation and self-efficacy may be key in the development of refusal skills as they may give youth the drive and confidence to avoid substance use. In the current study, we hypothesized that those who intentionally self-regulate would have greater self-efficacy, which would in turn result in greater confidence in the ability to refuse substances. Results showed that intentional self-regulation was directly associated with refusal skills and that self-efficacy fully mediated this relation. Discussion will focus on the implications of these findings for increasing refusal skills and decreasing substance use.

Afternoon Paper Sessions

Friday, April 15, 2016

3:00 - 4:00 pm

**Memorial Union
Badlands Room**

1. *Hanoi rocks: Retroactive Interference on Procedural Memory*

Samuel Birkholz

Minnesota State University Moorhead

Retroactive interference (RI) research has focused predominantly on recall of explicit memories. Similar studies involving implicit memory are lacking. In the present study, 107 undergraduates at Minnesota State University Moorhead developed procedural memory to complete the Tower of Hanoi. Participants were randomly assigned to one of three conditions: (1) no interference, (2) ring puzzle interference, or (3) peg puzzle interference. It was hypothesized the no interference group would complete the Tower of Hanoi puzzle faster than the ring and peg puzzle groups. Data analysis indicates statistically significant differences between the interference groups and the no interference group; indicating RI affects recall of procedural memories.

2. *Alpha-Band Power and the Maintenance of Information in Visual Short-Term*

Andrew Heinz, Jeffrey S. Johnson

North Dakota State University

Neural oscillations in the alpha frequency band (8-12 Hz) are among the most salient and ubiquitous phenomena observed in human electroencephalographic (EEG) recordings. There have been various proposals regarding the functional significance of these oscillations, including the inhibition of task-irrelevant cortical areas, and the active retention of information in short-term memory (STM). In an attempt to delineate between these two alternatives, we recorded EEG while participants performed two tasks requiring the short-term retention of object features. The results suggest that alpha-band oscillations reflect the implementation of an attentionally selective executive control process, inhibiting task-irrelevant processing and aiding active retention.

3. *Does Eating Disorder Symptomatology Moderates the Relationship Between Media Ideal*

Amanda M. Willyard¹, Kelsey J. Ramseth¹, Stephanie H. Weigel¹, Teresa A. Markis², Conor T. McLennan²

1 University of North Dakota, 2 Cleveland State University

Research has demonstrated individuals with an eating disorder selectively attend to related stimuli. There has been little consistent evidence with non-clinical samples. In order to better understand how women respond after exposure to the media ideal body, attentional biases were examined in a non-clinical sample. Results from the study indicated priming women with images of the media-ideal does not lead to attentional biases of related stimuli. However, when considering the role of eating disorder symptomatology, results revealed that as women's eating disorder symptomatology increases, their attentional bias for related stimuli also increases.

Closing Reception

Friday, April 15, 2016

4:00 - 5:00pm

***Memorial Union
Art Gallery***

Coffee and Cookies