



ARKANSAS SYMPOSIUM FOR PSYCHOLOGY STUDENTS

APRIL 22, 2017

History of Arkansas Symposium for Psychology Students

One night on Bourbon Street...

One sultry April night in 1983, after a day of professional meetings, I was strolling through the heart of the French Quarter in New Orleans with my psychology buddy Randy Smith. Music – Cajun, country, rock, and especially jazz, converged from the open-air bars and clubs as we slowly made the requisite tour of Bourbon Street, from Canal Street down to somewhere near St. Peter’s and back again. The smell of seafood, po’boys, and Dixie beer wafted on the warm midnight breeze off the Mississippi; barkers swung doors open, affording brief glimpses of sad young strippers, and street people danced, sang, and performed magic in the street, or played instruments in the dark storefronts, instrument cases open in front of them to receive their donations.

We’d earned this break, Randy and I, having meetings since 8 a.m. or so, we were talking psychology, rather than Dixieland jazz or fine food. It was student research that had us going. I was on my soapbox, arguing about the superb research that students were conducting, studies that went unrecognized beyond the Hendrix campus, studies that had an Andy Warholish 15 minutes of fame and were never heard from again. Randy had similar frustrations to spill; maybe it was the French Quarter atmosphere, or maybe we felt thwarted because we had poured so much of ourselves into undergraduate experimentation, only to see it treated with indifference or snobbish regard.

We made a commitment to each other on that evening that during the next school year we would jointly put together a meeting for our undergraduate researchers. We would invite undergraduates and their faculty from all over the state, but –dammit!– even if no one else came, Ouachita and Hendrix would be there for the first undergraduate research symposium ever held in the state of Arkansas. That commitment made more than a decade ago profoundly influenced the direction of undergraduate education in psychology in our state... good undergraduate research deserves an audience beyond the walls of a college classroom.

Ralph J. McKenna, PhD

From *The Undergraduate’s Research Handbook;
Creative Experimentation in Social Psychology*

ASPS 2017: Schedule and Abstracts

Oral Presentations

9:15 Room 213

The Effect of Scenerio Sexual Orientation, Scenario Gender, and Respondent Gender on Perceptions of Homosexuality

Elissa Farrar
Harding University
Ken Hobby

This study sought to examine how scenario sexual orientation, scenario gender, and respondent gender affect the perceptions of homosexuality in male and female college students. Participants (N=126) were given one of four scenarios and asked to complete a series of Likert scale questions that pertained to the college experience of a student in the scenario who was either male or female and either homosexual or heterosexual in order to see if gender and sexual orientation would affect how positive the participants would predict the college experience of the student to be. Participants were then given a series of Likert scale questions from the Homosexuality Acceptance Scale in order to measure their own level of homosexuality acceptance. Results were surveyed using three-way analysis of variance (ANOVA). Scenario orientation did produce significant results, $F(1,118)=4.800, p=.03$, which means the participants perceived homosexuals as having a worse college experience than heterosexuals. There was also a significant interaction effect between respondent gender and scenario gender, $F(1,118)=3.921, p=.05$.

9:15 Room 214

Social Media Use and Student-Instructor Rapport

Bailey Gage, Carly Hintz, Taylor Hyatt, & Breanna Roe
University of Central Arkansas
Bill Lammers

This study focuses on finding a negative correlation between student-instructor rapport and students' social media use. The categories of social media use that were measured were self-presentation on social media, addiction to social media, virtual self on social media, and using social media as compensation. We hypothesized that each category would result in a negative correlation with the student-instructor rapport. As each category of social media use increases, we expected student-instructor rapport to decrease. However, only one category, self-presentation on social media, yielded a significant negative correlation. Self-presentation online appears to be more necessary to our participants than a positive rapport with a professor offline.

9:15 Room 215***Eating Habits in College Students***

Kat (Emily) Bryan, Kirsten Clay, & Alondra Gomez
University of Central Arkansas
Ken Sobel

If you give a man enough rope he will hang himself. This saying can be applied to the manner in which individuals develop their eating habits. In our study, we tested for a correlation between college students that bought their own groceries and therefore could be expected to eat healthier, in comparison to college students that chose a meal plan and therefore may eat less healthy. We also manipulated whether participants viewed a video that summarized the obesity epidemic, or described chocolate production. We offered participants one of two snacks and recorded whether they chose a fruit snack or a chocolate bar after viewing the video. We have some ideas about why our results failed to support our hypotheses. The participants may have felt pressured to choose a snack in the presence of a researcher. In addition, the meal times of the participants may have altered whether they desired a snack during the study.

9:15 Room 223***The Effects of Social Media on the Perception of Mental Illness***

Caitlyn Smith, Ashley Green, & Hunter Sanders
University of Central Arkansas
Darshon Anderson

Previous research has examined the influence of news and television media on perceptions of mental illness. However, research has yet to determine the potential influence of social media on perceptions of mental illness. This research study sought to determine if popular and frequently used social media platforms affect perceptions of mental illness. We hypothesized that the negative posts would impact perceptions of mental illness and lead to increased anxiety and prejudice attitudes toward mental illness. Participants viewed negative or neutral social media posts surrounding mental illness and completed the Integrated Threat Theory Questionnaire (ITTQ). Findings revealed that there was no significant difference in scores on the ITTQ across negative and neutral social media groups. Implications of this work are discussed.

9:15 Room 224***Bullied For Life: Perceived Effects of Childhood Victimization***

Luz Elena Arechiga
University of Central Arkansas

Dr. Joan Simon

Current literature demonstrates that individuals who were victims of bullying as children have an increased risk of psychological, emotional, and physical health problems later in life. Mental health effects are of particular concern, as they often lead to suicide ideation and attempts. Research lacked feedback from those individuals who were bullied in order to elicit specific intervention strategies. The purpose of this study was to gain a holistic view of students who were bullied as children through qualitative interview and quantitative behavior self report data, as well as through eliciting feedback for prevention programming.

9:15 Room 225

Mental Health Stigma in College Students and Its Relationship to the Endorsement of Drugs and Alcohol

Elise Fry & Ethan Brass
Hendrix College
Lindsay Kennedy

Mental illness stigma is still a barrier that those afflicted with mental illness face. In previous research first-person narratives were found to be more effective than diagnosis based learning in stigma reduction (Mann & Himelein, 2008) and lower levels of mental illness stigma are positively correlated with higher endorsement of drug and alcohol abuse (Stone & Merlo, 2011). In the current research, we are testing the possibility of first-person narratives as an intervention to reduce mental illness stigma. We hypothesize that stigma will be influenced by the type of first-person narrative read. We also predict that we will confirm Stone and Merlo (2011)'s findings. Data collection is still ongoing.

9:30 Room 213

The Warm-Cold Effect: A Study of Instagram Filters and Person Perception

Victoria Spradley
Hendrix College
Lindsay Kennedy

Extensive research on the warm-cold distinction in the domain of person perception has revealed that attributing a quality such as warmth to a person can greatly influence an individual's impression of the person's personality, such that the person will be perceived more positively than if the attributed quality was coldness (Kelley, 1950). To expand upon this research in a modern context, the mobile phone application Instagram was used to study the relationship between color filters applied to photographs and perceived personalities of the persons pictured. It was hypothesized that a person in a profile picture with a warm filter applied would be perceived as friendlier, happier, and more intelligent than a person in a profile picture with a cool filter applied. It was also hypothesized that

participants would be more interested in following a person in a profile picture with a warm filter applied on Instagram than a person in a profile picture with a cool filter applied. Contrary to the hypotheses, participants viewed people in cool photos as more intelligent and were more interested in following them on Instagram than people in warm photos. Nonsignificant differences were observed between filter colors on perceived friendliness and happiness. Nonetheless, Instagram users perceived people as friendlier than did non-users; participants who frequently post to Instagram viewed people in cool photos as more intelligent and were more interested in following them on Instagram than did participants who infrequently post to Instagram. Implications of such findings are discussed.

9:30 Room 214

Seeing Red & Byte-ing Back: Video Game Priming & Red Coloring Effects on Aggressive Cognitions

Austin Hayes, Anthony Walker, & Savannah Jones
University of Central Arkansas
Mark Sestir

The effects of video games on aggressive thoughts and actions have long been studied & are a topic of much debate. Few explorations into the accessibility of aggressive cognitions based on priming for video games have been undertaken, however. As well as using priming methods, like word unscrambling tasks, the use of red color font in the participants' word tasks was also implemented. The idea being that participants who received the prime for video games would report more aggression than participants who received the control. The red font condition had a similar hypothesis; those who received red font tasks would report more accessibility to aggressive cognitions than those who received default black font.

9:30 Room 215

The Effect of Scenario Birth Order and Respondent Gender on the Perception of Openness to Experience

Evan Kauper
Harding University
Kenneth Hobby

This study examined the effect that respondent gender and scenario birth order had on the perception of openness to experience (Big Five Personality). One hundred and five participants were given one of four scenarios and were asked to complete a survey with Likert scale ratings. The survey questions pertained to three Big Five Personality traits, including extraversion, neuroticism, and openness to experience. The survey measured the effect that birth order and respondent gender had on the respondents' perception of openness to experience. A two-way analysis of variance (ANOVA) showed a significant

difference between the means for scenario oldest and middle child, scenario middle and youngest child, and scenario youngest and only child $F(3,97) = 4.891, p = .003$. The results demonstrated that scenario birth order significantly affects the perception of openness to experience.

9:30 Room 223

Examining Predictors of Involvement in Bullying: A Meta-Analysis in Progress

Mallory A. Ford, Katherine B. Self, & Steffany Rhame

Arkansas Tech University

Jennifer Samson

The current meta-analysis aims to examine predictors of children's involvement in bullying. Previous meta-analyses have often summarized outcomes related to bullying (e.g. Arseneault et al., 2010; Ttofi et al., 2012) and intervention effectiveness (e.g. Merrell et al., 2008), but few studied predictors of bullying involvement. A preliminary search showed primary studies found predictors associated with gender, disability, and social cognition, among others. Searching PsychInfo produced over 13,000 hits; we are currently screening these for eligibility. Next, we'll develop a coding scheme that includes study location, participant demographics, bullying measurement, and bullying form (in-person or online). In the 2017-2018 academic year, we expect to code the included articles and analyze the data. The completed study could guide future intervention work.

9:30 Room 224

The Influence of Caregiver Relationship on Undergraduate Students' Self-Efficacy Development and Goal Orientation

Elizabeth Guerrant

Centenary College of Louisiana

Amy Hammond

One of the most reliable predictors of academic performance is self-efficacy, an individual's belief that they can successfully complete the tasks necessary to reach the desired outcome. Previous research has identified several individual differences and external influences which affect the relationship between academic success and self-efficacy. Specifically, dimensions of the caregiver relationship have been shown to shape the aforementioned relationship. For the current study, self-report measures of student self-efficacy, motivation and goal orientation, perceived parental expectations, and parental attachment were obtained to explore the effects of caregiver expectations and attachment on college students' motivation and goal orientation. As has been found previously, results suggest that self-efficacy is predicted by students' internal motivation and maternal attachment.

9:30 Room 225

Student Responsibilities and Motivation

Haley Davidson, Kylie Harris, & Keana Whale
University of Central Arkansas
Darshon Anderson

Numerous studies have examined student motivation to determine how motivation is affected by different aspects of student's lives. This study focused on determining whether the number of hours of responsibilities a student has influenced their reported motivation. The hypothesis was that as responsibility increased motivation would also, but would decrease if responsibilities reached an overwhelming level. Participants took a responsibilities survey where they assigned a number of hours for each activity and they answered questions on a motivation scale. The results did not support the hypothesis. The results showed there was no significant difference in motivation scores across groups of low, medium, and high responsibility categories. Implications of these findings will be discussed further.

9:45 Room 213

He or She? The Relationship Between Sex, Reputation, and Student-instructor Rapport

Jinsol Kim, Temerity Jackson, & Allyson Laster
University of Central Arkansas
Bill Lammers

The study explores the relationship between sex, reputation, and student-instructor rapport. Students from the University of Central Arkansas took an online survey that required them to evaluate an instructor based on a Rate My Professor online review using the Student Instructor Rapport Scale (Lammers & Gillaspay, 2013). We randomly assigned participants into two groups. Each group read the same review but 35 of these participants received a male instructor review while the other 30 received a female instructor review. The results showed that there was not a significant difference between the two groups' rapport ratings.

9:45 Room 214

The Effect of Respondant Gender and Scenario Caffeine Use on Perceptions of Student Performance

Caroline Bean
Harding University
Kenneth Hobby

This study sought to find a relationship between scenario caffeine use and respondent gender and their effects on perceptions of student performance. The participants (N=240) were given one of three scenarios with Likert scale questions measuring the perceived student performance in relation to the low (1-2), medium (3-4), or high (5+) amounts of daily caffeine. I hypothesized that as the scenario amount of caffeine increased, the participants would perceive the higher intakes as a better student performance outcome. Whereas, the lower scenario amount of caffeine intake was seen as a poorer student performance outcome. The data was analyzed using a two-way analysis of variance (ANOVA). The current study concluded that there were no significant results for the main effect of scenario caffeine intake [$F(5, 228) = 1.733, p = .179, \text{partial } \eta^2 = .015$] and the interaction effect [$F(5, 228) = .09, p = .914, \text{partial } \eta^2 = .001$] yielded no significant results. However, there was significance present among the main effect of respondent gender [$F(5, 228) = 6.661, p = .010, \text{partial } \eta^2 = .028$].

9:45 Room 215

The Effect of a Scenario Autism Spectrum Disorder Diagnosis and Teacher Experience and Professional Development Training on Perceptions of Appropriate Behavior Interventions

Jasmine Brock

Harding University

Kenneth Hobby

This study sought to discover the difference between the number of years teaching experience as well as professional development training a teacher had on how they implemented behavior interventions for a child diagnosed with Autism Spectrum Disorder. Teachers from the Senatobia Municipal School District were given one of two scenarios and asked to complete related questions to the best of their ability. The teachers were then asked to complete a demographics survey that assessed their years of teaching experience as well as their professional development training regarding autism. The information from the demographics survey was then compared to how the teacher responded to the scenario. I believed years of experience and professional development training would positively affect the way a teacher implemented behavior interventions. However, after running two separate two way ANOVA's using the program SPSS, the research showed no significant difference in either hypothesis. There was also no significant interaction effect found.
receive.

9:45 Room 223

What Doesn't Kill You Makes You Stronger

Clint Farris, Savannah Reep, Alexis Johnson, & Audel Garcia

University of Central Arkansas

Ken Sobel

What doesn't kill you, makes you stronger. We tested this with three hypothetical scenarios. Participants imagined driving alone and 1) they injuring themselves in a wreck, 2) injuring a friend, or 3) killing a friend. Participants answered a survey of five questions before they read the scenario, and five of the same questions after the scenarios. We hypothesized that the second and third groups would show more signs of trauma than the first because the third scenario was more drastic than the second scenario. One of the five questions yielded marginally significant results ($p = 0.6$). Participants who imagined their friend dying were more likely to pick up a new hobby. We interpret this as a way of moving forward after a traumatic experience.

9:45 Room 224

The Influence of Global Media on Cultural Sensitivity

Brooklyn Birts, Gardiner Sanders, & Erica White
University of Central Arkansas
Darshon Anderson

Global media is viewed by billions of people on a daily basis and can be generated by individuals, groups or organizations. It provides ways to share and transfer information across geographic, social, economic, and cultural divides. However research has yet to examine the influence of global media on cultural sensitivity. Due to limited information on how different types of media influence cultural sensitivity, this study attempted to examine the influence of global media on cultural sensitivity. It was hypothesized that participants exposed to consumer generated media would respond more positively to cultural sensitivity questions than those exposed to mass generated media. The findings did not support this hypothesis. Limitations and implications of this work will be discussed.

9:45 Room 225

A Two-Factorial Study of Students' Attitudes of Acceptance towards Homosexuals based on Gender and Style of Institution

Adam Lowry
Williams Baptist College
Paul Rhoads

Little research concerning acceptance of homosexuals exists. The researcher's hypotheses are: students who attend a state college will have a higher level of acceptance than students attending a Christian college, and male students will be less accepting than female students. The experiment is a two-factorial design with a two-way ANOVA to measure the attitudes of acceptance, of homosexuals. The independent variables are: type of institution, and gender. The dependent variable is the level of accepting attitudes toward homosexuals. A two-way ANOVA was performed on the total scores that showed no significant difference in acceptance attitudes of students based on style of institution.

However, the ANOVA showed a significance difference $F(2,64)=17.636$; $p=.000$ in attitudes based on gender.

Break 10:00 – 10:15

10:15 Room 213

Mood, Social Comparison and Social vs. Non-Social Networking

Hannah Slajer, Brianna Hansen, & Cheyenne Armer

University of Central Arkansas

Marc Sestir

The purpose of this study is to identify relationships between mood, social comparison, music, and social/nonsocial networking sites. The participants were college students that signed up online and were given 2 study credits. We used three questionnaires to measure mood, social comparison, and self-esteem before and after the activity. In between the pre and post questionnaires, we asked participants to search various topics on either a social media site (Facebook) or a nonsocial networking site (Wikipedia) while listening to either somber, upbeat, or no music. The predicted results were that the tempo of the song would have significant effect on mood and social comparison. If significant, these results can provide further understanding of why so many individuals suffer from low self-esteem and high social comparison.

10:15 Room 214

Perceived Motivation, Work Attire, and First Impressions

Deja White, Nick Reznicek, & Asia Mason

University Of Central Arkansas

Ken Sobel

First impressions are made near instantaneously and almost unconsciously. We investigated the influence of style of work dress on forming first impressions as it relates to perceived motivation. Our hypothesis was that people in work casual clothing would be viewed as less motivated than those in work professional clothing. We gathered photos of 8 UCA students. One photo of the student dressed in casual work attire, and the second photo one in professional attire. We ran an online survey, allowing participants to “judge” models based on attributes such as level of motivation, introversion and attractiveness. We found no significant difference between uniform types and motivation and uniform types and attractiveness, but we did find significant results between the picture sets and motivation $F(1,124)=10.0$, $p=.001$. and attractiveness $F(1,124) = 265.1$ $p<.001$.

10:15 Room 215

Receptiveness to Opening Gambits: Online versus in Person

Hailey Thomas, Rachael Reif, & Victoria Lee
University of Central Arkansas
Shawn Charlton

The growth of social media has impacted the way many people interact as people are able to extend their communication to a vast population through the usage of “social media”. This study is looking at the receptiveness of opening gambits in different settings; the hypothesis is that the most receptive method of relationship initiation is through the usage of opening gambits on online dating sites, rather than the traditional in person. The participants in the study were students from the University of Central Arkansas. During the study, participants were given scenarios including; general public situations, online social media, and online dating sites. The participants were then asked to rate their receptiveness to various opening gambits related to the varying scenarios given.

10:15 Room 223

The Effect of Boredom Proneness, Social Media Use and Inactivity on Perception of Time

Bethany Harris
Harding University
Ken Hobby

This study examined the relationships between boredom proneness, social media use, inactivity and perception of time. Participants (N=149) were placed into one of two groups (activity or inactivity). Both groups participated in the six-and-a-half-minute experiment and were asked to document how much time they perceived to have passed during the experiment. Participants were also asked to record how many hours they spent using social media applications throughout the week prior to the experiment. Results were surveyed using three-way ANOVA. No significant main effects were found between boredom proneness, social media use and inactivity/activity. Significant interaction effects were found between: social media use and boredom proneness; inactivity/activity and social media use; and inactivity/activity and hours of sleep the previous night.

10:15 Room 224

The Effects of Mood on Life Satisfaction, Optimism about the Future and Media Preferences

Alex Berner
Hendrix College
Lindsay Kennedy

Previous research has found that perceived mood, television consumption, and the weather can affect current perceived life satisfaction. The goals of our study were to examine differences in life satisfaction and feelings of pessimism, as well as differences in media genre preferences, after inducing either a positive or negative mood through the viewing of emotionally responsive television commercials. We hypothesized that participants who watched the advertisement in the positive mood condition would report greater life satisfaction and less pessimistic feelings than participants in the negative mood condition. Participants in the positive mood condition were also predicted to show greater preference for positive genres (i.e., comedies, action/adventure, etc.) than those in the negative mood condition. Data collection is still ongoing.

10:15 Room 225

Uncontrolled Eating: a Mediating Factor Between Impulse Control Difficulties and Binge Eating

Amanda Collins & Paige Walker
University of Arkansas
Jennifer Veilleux

The current study investigated the prediction that difficulty with impulse control can predict higher levels of binge eating through the mediators of uncontrolled eating, the belief that emotions hijack behavior, and an individual's implicit beliefs about willpower. The current study involved 342 participants recruited using MTurk who were restrained eaters or exhibited eating pathology. We found an indirect relationship between impulse control difficulties and binge eating via uncontrolled eating, which in turn predicted greater binge eating symptoms. There was no relationship between impulse control difficulties and binge eating via beliefs that emotions hijack self-control or implicit beliefs about willpower.

10:30 Room 213

Pastors' Kid Neglect: Who's Responsible?

Allison Elkins
Williams Baptist College
Paul A. Rhoads

The purpose of this research is to determine whether pastors' children feel neglected because of their fathers' work. A qualitative one-shot case study was conducted through a survey sent to pastors' children who have now reached adult age using snowball sampling. The researcher received 104 responses. In all, 23 denominations were represented; the top three of which being: Baptist, Presbyterian, and Independent. Participants were asked to respond to a variety of statements on a Likert scale. Multiple correlations were found between numerous statements that gauged the feelings of the participants about various, potential PK problems. Results indicated that PKs held strong

feelings about their fathers' profession, with 20% saying they felt neglected. However, most saw the church as responsible for making their father neglect them.

10:30 Room 214

Correlation of Alcohol use, and Post Traumatic Stress Disorder among Military Veterans

David Parks & Luke Jones

University of Arkansas Fort Smith

Arlin Benjamin and Nicha Otero

Roughly 20% of soldiers with combat exposure in the Middle East return home with / / Post-Traumatic Stress Disorder (PTSD), with research showing possible correlations between deployment and PTSD with alcohol use and aggression. The current research served to determine whether there is any correlation between PTSD and alcohol use among Veterans. Via an online survey, participants were asked about their PTSD symptoms, alcohol use and VA medication concerns. Additional questions included demographics such as age, ethnicity, gender, and branch of military service. Results showed a moderate correlation between PTSD and alcohol use with a statistical significance between .001 and .05. Findings also showed some sex differences in this correlation.

10:30 Room 215

The Effects of Respondent Gender and Memory Stimuli on Visual Processing Speed

Kelsey Evans

Harding University

Kenneth Hobby

With considerable research having been done examining elaborative cognitive functions and predictors of intelligence, this study seeks to examine how respondent gender and memory/association stimuli affect performance on tasks that measure visual processing speed. Participants (N= 117) were randomly assigned a packet containing one of the following variations of the WAIS-IV Digit Symbol-Coding test: digit symbol coding (DS), emoticon-face coding (EF), or emoticon-object coding (EO). The data was analyzed using a two-way analysis of variance (ANOVA). The results revealed that respondent gender produced a significant main effect on participant efficiency scores [$F(1, 111) = 5.250, p = .024$]. Memory/association stimuli (test version) also produced a significant main effect on efficiency scores [$F(2, 111) = 38.203, p < .001$]. However, there was no significant interaction effect between respondent gender and test version [$F(2, 111) = .308, p = .735$]. The results of the analysis supported my initial hypotheses. Keywords: cognitive processes, associative memory, gender differences, emotion

10:30 Room 223

Intrinsic and Extrinsic Motivation of Students in Relation to Student-Instructor Rapport

Autumn Taylor, Lizeth Tomas, Tiffany Washington

University of Central Arkansas

Bill Lammers

Student-instructor rapport is highly important in regards to student success and completion of a college degree. This rapport does not happen by itself and motivation could hold the missing link between initiating and continuing meaningful rapport between students and their instructors. A total of 61 undergraduate students from UCA participated through the Qualtrics survey system. Participants completed the Work Preference Inventory Scale that measured motivation preference and also completed the Student Instructor Rapport Scale for a current instructor. Results showed a significant correlation between student-instructor rapport and extrinsic motivation of the outward subscale. A possible explanation for these findings can be attributed to the need for external recognition to enhance motivation, meaning that these students initiate rapport to attain recognition.

10:30 Room 224

Fantasyland vs. Tomorrowland: Married Male & Female Differences in Sexual Expectations

Demi Stephens

Williams Baptist College

Paul Rhoads

The researcher hypothesized that sexual expectations of married couples will diverge with males having more expectations when faced with a specific situation than females. Specific situation is defined by the researcher as the situations represented on a SEX Attitudinal Survey. The situations on the survey are in terms of Exchange Theory as a quid pro quo arrangement. The researcher had a sample size of 83 participants. The survey consisted of demographic questions, as well as ten situational statements answered on a Likert scale. The researcher conducted a series of t-tests to determine if there was a significant difference in married male and female sexual expectations. The results showed significant male and females differences in sexual expectations.

10:30 Room 225

Do Cell Phones Affect Distractibility from Cognitive Tasks?

Laura Boelkens, Courtney Gann, & Teresa Ho

University of Central Arkansas

Ken Sobel

Some would argue that the phrase “out of sight out of mind” can apply to a myriad of situations. In our study, we examined the inherent distractibility of cell phone presence

and whether a cell phone being out of sight truly made it out of mind. Participants carried out a letter cancellation task and a reading comprehension task. We randomly assigned 43 participants to four separate treatment conditions in which they were exposed to either the presence or absence of a cell phone and randomized task order. Our results were insignificant in the presence and absence conditions, but were marginally significant for the task order ($P=0.1$). Participants who did letter cancellation first scored higher on both tasks. We believe this treatment effect may be due to mental fatigue. This opens the discussion over how certain cognitive tasks can influence mental fatigue which affects overall scores.

10:45 Room 213

Zone of optimal confusion: An exploratory look into when complexity might be a valuable substitute for clarity

Katie Finch, Nicole Lemaster, Rebecca Denton
Harding University
Jeremiah Sullins

For years, the best pedagogy was thought to be the delivery of clear and concise instruction. However, recent research has shown that confusion can propel learning and prevent a superficial understanding. In this study, research was conducted on university students in order to find the most efficient methods of inducing confusion within the STEM domain of physics. Participants watched a multimedia instructional video about waves that included interventions that were meant to create confusion. These interventions were: Breakdown Scenarios, Intra-testing, Deep Questions or Control. Preliminary results suggested learning gains through the use of confusion induction. Additionally, results revealed that the highest learning gains were obtained using Breakdown Scenarios.

10:45 Room 214

The Effect of Group Size and Type on Opening Gambit Effectiveness

Marissa DeYoung, Brittany Lund, Asia Youngblood
University of Central Arkansas
Shawn Charlton

This study examined the effect of group size and type on open gambit effectiveness. An opening gambit, also known as a “pick-up line” is an initial conversation starter. This study implements three different opening gambit types within a scenario at a bar, varying in group size and type. It was hypothesized that the effectiveness of the gambit may vary depending on the group. By creating an online survey, students at UCA were asked to willingly participate in this “bar scenario” questionnaire. This survey ranked the three opening gambits from very ineffective (0) to very effective (5), depending on the scenario.

10:45 Room 215

Assessing College Students' Past Behavior

Nicholas Brooks, Luz Elena Arechiga, & Alexis Jefferson
University of Central Arkansas
Jennifer Brinegar

The relationship between bullying, self control, and narcissism is the focus of this study. Participants completed four separate instruments, the Self-Control Scale, modified versions of the Aggression Scale and the Adolescent Peer Relations Instrument (designed to measure bullying), and the Narcissism Personality Inventory. We found significant correlations between self control, aggression, and bullying, as well as significant correlations between narcissism, aggression, and bullying. These findings support our hypotheses that bullying and aggression would be negatively correlated to self control and that narcissism would be positively correlated with bullying and aggression. As self-control was negatively correlated with engaging in bullying or aggression, implementation of self-control techniques could be used in cases of aggressive individuals, such as criminal cases.

10:45 Room 223

The Effects of Authority on Obedience and Approachability

Abigail Rains & Pratik Patel
Hendrix College
Dr. Penner

The social approach-avoidance theory (SAAT) suggests that approachability plays an important role in social interactions. We extended the SAAT to determine if the approachability of perceived authority figures might predict obedient behaviors of others. Participants were asked to complete a math task, with the instructions being given by researchers that were dressed either in suits (formal condition) or casual clothing (informal condition). Participants were then given the opportunity and incentive to cheat on the math task. We predicted that cheating would be more likely in the formal condition, compared to the informal condition. If our prediction holds, the finding would indicate that the effects of authority might be mediated by the perceived approachability of authority figures.

10:45 Room 224

Transportation in Narratives

Monica Van Wilpe, Alejandra Cuellar, & Desiree Jones
University of Central Arkansas

Marc Sestir

Transportation, the complete immersion in a story, has repeatedly demonstrated greater emotional involvement among readers. The purpose of this study is to test the effects of labels (Best-seller and University student) and instructions (immersion and leisure reading) on empathy and pro-social behavior. Participants were randomly assigned to groups in the conditions previously stated, and were instructed to read a narrative and answer questionnaires. The results of our study were insignificant for transportation and pro-social behavior, but empathy scores reached marginal significance for our leisure-reading group.

10:45 Room 225

Effects of Scenario Sleep Deprivation and Respondent Gender on Perceptions of Empathy

Clay Killingsworth
Harding University
Kenneth Hobby

This study examined the relationship between two factors of great importance to the work world: sleep deprivation and empathy. Empathy is a crucial element of all interpersonal relationships, and as such is a topic of great interest for fields which depend on effective communication. However, the effects of partial sleep deprivation (SD) on empathy are largely unknown. Sleep deprivation's harmful effects on cognition have been widely demonstrated, but far less research has been done on the role adequate rest plays in emotional processing. This study seeks to build on the existing literature concerning the relationship between sleep deprivation and empathy and increase understanding of the role sleep plays in mental processes. The data showed a significant effect of scenario sleep deprivation but no significance was found for either respondent gender or an interaction.

Keywords: sleep deprivation, empathy, fatigue

Break 11:00 – 10:15

11:15 Room 213

The Role a Healthy Lifestyle Plays on an Individual's Self-Control

Ryan Joyner, Mark McAfee, & Corissa Calico
University of Central Arkansas
Jennifer Brinegar

The present study was conducted to determine if inducing a healthy lifestyle in individuals causes an increase in self-control. Two college classes were tested through this experiment, one acting as the experimental and the other as the control. The experimental group received a health intervention requiring them to engage in healthier

lifestyle behaviors with their grade as one of the consequences, while the control group did not receive an intervention. Surprisingly, the health intervention that the participants received did not appear to be effective. There was no significant difference between the two groups after comparing the results from the pre and post intervention surveys. Therefore, we cannot conclude if inducing healthier lifestyle behaviors triggers increased self-control.

11:15 Room 214

The Effect of Respondent Gender, Scenario Gender, and Scenario Presence of Autism on the Perceptions of Behavior in a Classroom Setting

Morgan Davidson
Harding University
Kenneth Hobby

This study examined the relationship that respondent gender, scenario gender and scenario presence of Autism Spectrum Disorder have on the perceptions of behavior in a classroom setting using a survey of scale rated items. With Autism rising in prevalence in this country and as a whole, this study attempted to understand how these children are being perceived in a classroom. Behavior issues seem to be universal among children with this mental disorder and it is hoped that this study will unveil and understand a better solution to this problem. The data was analyzed using a three-way analysis of variance (ANOVA) using the program SPSS. The study found that there was no significant relationship between respondent gender, scenario gender, and scenario autism on perceptions of behavior in a classroom setting. However, other significant relationships were found in this study.

11:15 Room 215

Love Attitudes and Receptivity to Opening Gambits: Is There a Relationship?

Alexis Bibbs, Kirsten Jacks, & Ze'Ann Windle
University of Central Arkansas
Shawn Charlton

Previous studies regarding love attitudes and different opening gambits have found a relationship between likelihood of use of different styles of opening gambits and love attitudes. For this study, the Love Attitudes Scale: Short Form (Hendrick & Hendrick, 1998) and the Opening Gambits Survey were utilized to measure the relationship between different love attitudes and receptivity to different styles of opening gambits. The love attitudes measured were Lee's (1973) six love attitudes--Eros, Ludus, Storge, Pragma, Mania, and Agape. Direct, Innocuous, and Flippant styles of opening gambits (pick-up lines) are used as the opening gambit styles. We predict there will be a relationship between the two variables, with different love attitudes showing a preference for certain styles of opening gambits.

11:15 Room 223***Self-Talk in First-Generation College Students***

Casey M. Anderson & Amanda Gutierrez

Arkansas Tech University

Jordan Thibodeaux and Jennifer Samson

Adults talk to themselves often to instruct and motivate (Duncan & Cheyne, 1999), Adults who struggle academically tend to talk more aloud and more negatively to themselves than adults who struggle less (Alarco'n-Rubio et al., 2013). Many first-generation college students struggle academically (Tinto, 2006). This study compares self-talk of first-generation and non-first generation students. First generation and non-first generation college students completed a survey measuring global frequency of self-talk. Results indicated self-talk in first generation students does not differ from that of non-first generation college students [$t(64.345) = -0.448$, ns]. Additional analyses will explore positive, negative, and academic self-talk separately. Long-term implications of this research include self-talk interventions.

11:15 Room 224***The Effect of Dog Presence on Performance Tasks of College Students***

Jazmin A. Calixto, Kemp Kagy, & Sammi E. Sergeant

Hendrix College

Jennifer Penner

Dogs have been shown to increase levels of oxytocin and positive feelings in humans which can alleviate anxiety and stress (Odenaal, 2000). Previous studies have employed the use of physical dogs. We are interested in whether or not the same positive effects can be found with just a video of a dog. Participants watched either a video of a lone dog, a video of a dog being social, or a video with no dog. We predict that participants who viewed the dog videos, compared to participants who viewed the control video, will show a larger reduction in stress and better performance on an anagram task. Such a finding might lead to better strategies to help students reduce anxiety.

11:15 Room 225***Effect of Scenario Sleep and Scenario Naps on Perceptions of Academic Performance***

Kayla Schweikhard

Harding University

This study examines the effect of scenario sleep and scenario naps on college students' perceptions of academic performance. Surveys varied four different scenarios that were

given to 153 college students at an Arkansas private university. Participants answered questions based on one of the scenarios and then answered demographical information about themselves. I hypothesized that participants would perceive the scenario student who gets adequate sleep and does not take naps as having the highest grade point average (GPA). The results did not support the hypothesis, although scenario sleep duration produced a significant main effect on perceived GPA, $F(1,145) = 23.790, p = .000$. There was not a significant main effect for scenario naps. There was not an interaction effect between scenario sleep duration and scenario naps.

11:30 Room 213

Reaction Towards a Political Speech

John Herrera, Austin Grissom, & Veerathayalani Heimkumar

University of Central Arkansas

Marc Sestir

Recent research has shown that there are various ways that information can be shared or presented, specifically on political speeches that will produce different effects on the outcome of attitudes and believability. This study concentrates on the changes between attitude and believability between modes of presentation which is the text or video, as well as the changes in attitudes and believability in given relevant prior information. The change in believability and attitude were assessed using a speech over Brexit and were measured using three different questionnaires. The study uses survey data to measure the reaction of the participants towards the given political speech. Results show a negative correlation between attitudes and believability overall, but offer no significant results with attitudes or believability being affected by the mode of presentation or the inclusion or omission of relevant prior information.

11:30 Room 214

Cell Phone Addiction and the Facets of Neuroticism

Kristi L. Scott

Hendrix College

Jennifer Peszka

At the touch of a screen, cell phones quickly give access to abundant information and easy socialization; however, there may be negative consequences of addictive cell phone behavior. Research has also shown increased cell phone addiction is associated with greater neuroticism. This study aims to further understand the relationship between cell phone addiction and neuroticism by looking at the individual facets of neuroticism. College students will be assessed using the NEO-PI-3, self-report measures of cell phone addiction, and cell phone use in bed. It is hypothesized that the impulsiveness and depression facets of neuroticism will be most closely associated with addictive cell phone

tendencies, making people with these personality types more vulnerable to negative consequences of excessive cell phone use.

11:30 Room 215

History of Animal Training

Rachel Hunt

University of Central Arkansas

Bill Lammers

Animal training has a unique standing within the scope of human history, encompassing an enormous amount of human interactions with non-human animals. My research has focused on the history of these interactions, primarily the development of training methods and the modern uses of animals in both strictly utilitarian and entertainment contexts. This was based on examination of existing literature on the subject and consultation with Dr. Robert Bailey, an expert in the field. Beginning with domestication of early pet species, humans have selectively trained animals to perform certain behaviors, ranging from the U.S. Navy's training of marine mammals to animal acts performed for pure entertainment value. My research explores the evolution of animal training methods within these fields.

11:30 Room 223

Social Media & Self-Control

Lauren Steadman, Gracyn Russell, Rachel Skinner, & Jajaneé Edwards

University of Central Arkansas

Jennifer Brinegar

The purpose of this study is to examine how self-control and social media effect relationships. The participants signed up through Sona Systems, where they were asked a series of questions about self-control, relationship status, and infidelity. We found a positive correlation between using the application, Instagram and self-control. We also found a positive correlation between using the application, Tinder and self-control. We found a positive correlation between the application, Tinder and infidelity. We did not find a significant relationship between Infidelity and social media use, but we did find a positive correlation between relationship satisfaction and infidelity. This study shows how self-control does have effect in maintaining healthy relationships.

Keywords: self-control, infidelity, social media

11:30 Room 224

The Effect of Respondent Gender and Scenario Social Media Posting Frequency on Perceptions of Self-Esteem

Jackson Lake
Harding University
Ken Hobby

Psychologists have debated over what impact social media has on the well-being and emotional stability of students. There is data that associates frequent social media use with poor self-esteem, but on the other hand there is data that suggests social media use is associated with self-affirmation. I hypothesized that social media's association with self-esteem is relative to the level of activity of participants. This study focused on how perceptions of self-esteem are affected by respondent gender and social media posting frequency. The study found that there was not a significant relationship between the respondent gender and the scenario Rosenberg scores [$F(1, 92) = 0.549, p = 0.461$]. Similarly, the study did not find a significant relationship between scenario posting frequency and scenario Rosenberg scores [$F(3, 92) = 2.155, p = .099$].

11:30 Room 225

The Effect of Scenario Sleep Duration and Scenario Gender on Perceptions of Likelihood of Academic Success.

William Embry
Harding University
Ken Hobby

This study examined the effects that the gender and amount of sleep a scenario student regularly receives on a school night on college students' perceptions of the scenario student's likelihood of academic success. With the increasing amount of research on sleep that has emerged over the past several years, several studies have found that inadequate sleep can affect one's mental functioning and impair learning and memory. Furthermore, a lack of sleep has been shown to affect a student's academic performance. The participants were all students at Harding University in Searcy, Arkansas and completed a survey containing one of six different scenarios and a personal background questionnaire. The participants responded to questions about the scenario using a 6-point Likert scale. The data was analyzed using a two-way analysis of variance (ANOVA) using SPSS. A significant relationship was found between the amount of sleep the scenario student received and the perceived likelihood of academic success, $F(2, 81) = 19.236, p = .000, \eta^2 = .322$. There was no significant main effect for the gender of the scenario student, and there was no significant interaction between the two independent variables. Additional analyses were run, but no significance was found.

11:45 Room 213

Do Clothes Make the Woman? The Relationship Between Attire and Perceptions of Female Warmth, Competence, and Leadership in a Competence-Based Setting

Geneva Hill & Rachel Morgan
Hendrix College
Lindsay Kennedy

We sought to investigate the influence of particularly feminine appearance on perceptions of competence and warmth within a competence-based situation. We paired a confederate with participants, manipulating only her appearance, while keeping her behavior highly regulated to be mindful and competent. In one condition, the confederate assumed a feminine appearance, in which she wore a dress, her hair down, and makeup. In the other condition, the confederate assumed a gender-neutral appearance with unisex clothing, hair up, and no makeup. We predicted that a more feminine appearance would predict a higher warmth rating as well as a lower competence rating, and that there would be a main effect of gender on these differences. Data collection is ongoing.

11:45 Room 214

The Relationship between Self-Control and Addictive Behaviors toward Caffeine and Fast-Food

Kristina Kennedy, Abigail Boehm, & Jasmine Castille
University of Central Arkansas
Jennifer Brinegar

While previous studies have found a relationship between self-control and the use of addictive substances, there have been no studies, to our knowledge, that have examined the relationship of self-control with fast-food and caffeine. The purpose of our study was to determine if there was an association between self-control and fast-food and/or caffeine addiction in college students. We found positive correlations between impulsivity and addictive behaviors toward fast-food and caffeine. Understanding characteristics of those who have fast-food or caffeine addiction is important in recognizing populations that may be vulnerable to becoming dependent on these substances. College students who experience ego-depletion, resulting in lowered levels of self-control, may be more likely to develop a caffeine and/or fast-food addiction.

11:45 Room 215

The Effect of Scenario Gender, Scenario Appearance, and Respondent Gender on Perceptions of Mental Status

Alexis Van Winkle
Harding University
Kenneth Hobby

This study seeks to determine if individuals whose appearance looks messy is associated with mental illness. Facial appearance has been shown to affect perceptions of personality traits, and while it has shown to be correct on a few traits, it is not reliable. A

stigma has been developed against individuals who have a psychiatric diagnosis; this study seeks to determine the severity of that stigma. Many different two analysis of variances (ANOVA) were used to test the data. The study demonstrated a relationship between appearance and perceptions. Appearance was significant for dementia ($F(1,104)= 10.284, p=.002, 2=.092$), mental illness ($F(1, 103) = 7.042, p= 0.009, 2=.066$), and general perceptions ($F(1, 105) = 57.658, p=.000, 2=.361$) but scenario gender and respondent gender were not significant for any of the areas studied.

11:45 Room 223

Motivational Influences on Task Performance

Josh Deaver, Amber Riling, & Anna Phillips
University of Central Arkansas
Darshon Anderson

Motivational factors can be divided into external factors and internal, while goals can be broken down into long-term goals and short-term goals. Previous research found that the completion of a short-term goal lead to a greater increase in sticking to a long-term goal (Harckiewicz, 1999) and that the structuring of short-term goals affects the likelihood of successful completion of a long-term goal (Wilkowski, 2015). Since long-term goals can be broken into several short-term goals and that external motivation can be directly measured, the present study focuses on the frequency of motivational feedback and its impact on the pursuit of a short-term goals since there is a deficit in research in this area.

11:45 Room 224

Psychological warfare? It's not what it seems: How Arkansas's Animal Behavior Enterprises used their psychology in warfare.

Courtney Gann
University of Central Arkansas
Bill Lammers

Animal Behavior Enterprises, or ABE, was a business located in Hot Springs that used operant conditioning to train animals. Marian and Keller Breland, the founders of ABE, learned their skills as the first graduate students under B.F. Skinner. ABE was well known for their I.Q. Zoo, where all types of animals showcased their neat tricks. But ABE did much more than just produce animal shows. They worked alongside the government frequently over the years training animals to do things that ranged from spying into windows with cameras to locating downed pilots in the ocean. This presentation will look into their different military projects.

11:45 Room 225

The Effects of Perceived Attractiveness on Expected Opening Gambit Style

Lauren Goodman, Ryan Wood, & Staeria Thompson
University of Central Arkansas
Shawn Charlton

Opening gambits, informally known as pick up lines, are generally used in between strangers to spark a conversation. There are three styles of opening gambits, flippant, innocuous, and direct. Along with how these opening gambits are perceived, another variable that plays a role is the physical appearance of the contributor. The appearance of someone can elicit a stereotype. Social stereotypes can influence the perception of certain individuals. It was seen that physical appearance would also influence perceived attractiveness of an individual and the type of opening gambit they would be paired with. This research was designed to see how physical appearance influences a recipient's perception of the contributor and what style of opening gambit they could expect to receive.

Lunch/Poster Sessions

All posters will be available for viewing from 12:00-1:00. Presenters will be available for questions during the designated times below.

1

12:00

Stigmas Against Video Game Players in a Hiring Scenario

Jack Rindahl

Hendrix College

Ruthann Thomas

Video gamers can sometimes be stereotyped nerdy, lazy, or violent. The present research investigates the ways a gaming hobby could negatively impact an applicant in a hiring scenario. I created five similar biographies of fake students applying to become college orientation leaders. For each participant, one biography contained information about the applicant's love of video games. Participants read these biographies and rated them on how hardworking and how capable of success the applicant seemed. I hypothesized that the gamer applicant would be rated lower on both these scales compared to the non-gamer applicants. In the end, the differences were not significant. My hypotheses were not supported, which suggests that perhaps casual gamers do not need to fear a negative stigma.

2

12:30

Gendered Perceptions of Protestors

Katelyn Pitcher & Justin Lockhart

Hendrix College

Adrienne Crowell

Perceptions of women and protestors are going to be analyzed by priming participants with images of women in neutral situations, white women protesting, or black women protesting. Participants will then fill out the Hostility Towards Women Scale, Stereotype Content Model for protestors, and an outgroup identification task for protestors. We theorize that participants in the black women prime group will score higher in hostility towards women, view protestors more negatively, and identify less with protestors than participants in the white woman prime group and neutral prime group.

3

12:00

The Relationship Between Technology Use, Sleep, and Conscientiousness

Althea Strozier

Hendrix College

Jennifer Peszka and Timothy Maxwell

Getting a good nights sleep is important for next day cognitive functioning, but also preventing long term mental and physical health issues. Technology use before bedtime has been shown to disturb sleep quality and quantity. Additionally certain personality types have been linked to both technology use and sleep. High conscientiousness has been correlated with good sleep hygiene and sleep quality and more disciplined technology use. We predict a negative correlation between technology use and good sleep and that participants with high conscientiousness will have better sleep and use less technology before bed than participants with low conscientiousness. Sleep and technology diaries will be used to assess technology use and sleep and the NEO-PI-3 for personality in sixteen college students.

4

12:30

"Is Beauty in the Eye of the Beholder?" Self-Awareness on Social Media Judgments

Lisa Ngo & Adrienne McGooden

Hendrix College

Adrienne Crowell

The purpose of this study is to analyze how self-awareness and the number of “likes” on an Instagram picture will affect judgments of others and one’s self-esteem. Forty undergraduate students will complete a four minute writing task about either their uniqueness (self-awareness condition) or their favorite class (control condition). Afterwards, they will view a slideshow of four Instagram pictures and answer questions related to the attractiveness of each one and complete a self-esteem scale. Each picture is manipulated to show either a high number of likes (100K-200K) or low number of likes (20-50). We hypothesize that the self-awareness condition will rate pictures more negatively and display lower self-esteem than those in the control condition.

5

12:00

Extraversion as a Moderator Between Social Technology Use and Sleep Quality

Justin Lockhart & Kelly Brice

Hendrix College

Jennifer Peszka and Timothy Maxwell

Prior research has indicated a relationship between poor sleep quality and the use of technology before bedtime. Additionally, research has shown that extraverts spend more time using social technology than do introverts. Our goal is to examine the convergence of these relationships. In the present study, we will assess how social technology use affects sleep quality (measured by technology and sleep diaries and a take-home sleep monitor), and how levels of extraversion (as measured by NEO-PI-3) may moderate this relationship in 16 college students. We hypothesize that more social technology use will be associated with poorer sleep quality. Furthermore, among those who use the most social technology, extraverts will have poorer sleep quality than will introverts.

6

12:30

The Relationship between Technology Addiction and Sleep Quality Mediated by Neuroticism and Extraversion

Graham Harris

Hendrix College

Jennifer Peszka and Tim Maxwell

There are many benefits with the increasing use of technology, such as improving communication and productivity, but there are also unfavorable effects, such as technology addiction. One possible negative consequence of technology addiction is a negative effect on sleep. We will measure technology addiction (through self-report questionnaires) and collect subjective sleep diaries, questionnaires, and objective sleep measures (using take home EEG devices) to examine the relationship between technology addiction and sleep quality. Because the personality traits of neuroticism and extraversion are related to addiction, we will also examine whether higher levels of neuroticism and extraversion intensify the effects of technology addiction on sleep quality.

7

12:00

Social Media & Self-Control

Lauren Steadman, Gracyn Russell, Rachel Skinner, & Jajaneé Edwards

University of Central Arkansas

Jennifer Brinegar

The purpose of this study is to examine how self-control and social media effect relationships. The participants signed up through Sona Systems, where they were asked a series of questions about self-control, relationship status, and infidelity. We found a positive correlation between using the application, Instagram and self-control. We also found a positive correlation between using the application, Tinder and self-control. We found a positive correlation between the application, Tinder and infidelity. We did not find a significant relationship between Infidelity and social media use, but we did find a positive correlation between relationship satisfaction and infidelity. This study shows how self-control does have effect in maintaining healthy relationships.

Keywords: self-control, infidelity, social media

8

12:30

Assessing College Students' Past Behavior

Nicholas Brooks, Luz Elena Arechiga, & Alexis Jefferson

University of Central Arkansas

Jennifer Brinegar

The relationship between bullying, self control, and narcissism is the focus of this study. Participants completed four separate instruments, the Self-Control Scale, modified versions of the Aggression Scale and the Adolescent Peer Relations Instrument (designed to measure bullying), and the Narcissism Personality Inventory. We found significant correlations between self control, aggression, and bullying, as well as significant correlations between narcissism, aggression, and bullying. These findings support our hypotheses that bullying and aggression would be negatively correlated to self control and that narcissism would be positively correlated with bullying and aggression. As self-control was negatively correlated with engaging in bullying or aggression, implementation of self-control techniques could be used in cases of aggressive individuals, such as criminal cases.

9

12:00

Evoking Emotions

Sydney Gavin

University of Arkansas at Monticello

Jeanette Walters

The aim of this study is to determine whether colors evoke emotions. We hypothesized that specific colors are emotion-laden, and used a Stroop effect paradigm to test this hypothesis. Participants were given a ten question survey on emotional experience within the last two weeks. This within-group experiment utilized both plain, black and white text, with colored text on an emotional experience questionnaire to determine whether changing the colors of text impacts the responses. We hypothesized that changing the

color of text would increase the intensity of the corresponding answer. As an illustration, the words mad/angry are in red, we hypothesize that participants will recall feeling angry more times in the past few weeks than when it is presented in black.

10

12:30

The Relationship between Self-Control and Addictive Behaviors toward Caffeine and Fast-Food

Kristina Kennedy, Abigail Boehm, Jasmine Castille

University of Central Arkansas

Jennifer Brinegar

While previous studies have found a relationship between self-control and the use of addictive substances, there have been no studies, to our knowledge, that have examined the relationship of self-control with fast-food and caffeine. The purpose of our study was to determine if there was an association between self-control and fast-food and/or caffeine addiction in college students. We found positive correlations between impulsivity and addictive behaviors toward fast-food and caffeine. Understanding characteristics of those who have fast-food or caffeine addiction is important in recognizing populations that may be vulnerable to becoming dependent on these substances. College students who experience ego-depletion, resulting in lowered levels of self-control, may be more likely to develop a caffeine and/or fast-food addiction.

11

12:00

The Relationship Between Technology Use Before Bed and Cognitive Performance

Alundra Dickson

Hendrix College

Jennifer Peszka and Tim Maxwell

Previous research has shown that technology use right before bed interferes with sleep quality and alertness. Studies have also demonstrated that sleep aids memory consolidation. The current study examines the relationship between technology use before bed and performance on cognitive tasks (memory/attention). Seventeen undergraduate students will complete diaries for technology use in the two hours before bed and a computerized paired associate's task (memory) and flanker task (attention). Researchers predict participants using more technology before bed will perform worse on memory and attention tasks compared to participants using less technology before bed. In future studies, we will explore how age might moderate the relationship by testing middle aged adults and older adults as well.

12

12:30

Larks and Night Owls: Investigating Relationships between Chronotype, Technology Use, and Depressed Mood

Amy Crump

Hendrix College

Jennifer Peszka & Timothy Maxwell

Chronotype, an individual's preference for more awake hours during the morning or evening and their tendency to sleep during a certain time period, can influence behaviors and psychological health. Previous studies have shown that eveningness is associated with greater technology use as well as more depressed mood. The purpose of this study is to investigate the relationship between chronotype and technology use and whether depressed mood may moderate this relationship. We predict that eveningness will be positively correlated with technology use and that depression will increase the strength of this relationship. Questionnaires examining chronotype, technology use, and depression will be collected from undergraduate students at Hendrix College. Data analyses are ongoing.

13

12:00

Mental Illness Stigmas and their Formidable Effects

Jennifer Saxton & Jhanay Turner

Lyon College

Lora Adair

It has been established that mental illness is subject to a variety of stigmas. The intent of this study is to provide initial reliability and validity evidence for a new assessment, TAMHA, which can provide novel information about how individuals stigmatize and discriminate against individuals with mental illness and physical disability that can often be misdiagnosed or misinterpreted as mental illness. The specific stigmas being assessed are emotional, behavioral, stereotypical, and social distancing. It is hypothesized that there are less stigmas presented by individuals who have a certain degree of familiarity about mental illness. In addition, it is hypothesized that an individual displaying mental illness symptoms from a medical condition will be stigmatized in the same manner. The data collection for TAMHA is ongoing.

14

12:30

The Role a Healthy Lifestyle Plays on an Individual's Self-Control

Ryan Joyner, Mark McAfee, & Corissa Calico

University of Central Arkansas

Jennifer Brinegar

The present study was conducted to determine if inducing a healthy lifestyle in individuals causes an increase in self-control. Two college classes were tested through

this experiment, one acting as the experimental and the other as the control. The experimental group received a health intervention requiring them to engage in healthier lifestyle behaviors with their grade as one of the consequences, while the control group did not receive an intervention. Surprisingly, the health intervention that the participants received did not appear to be effective. There was no significant difference between the two groups after comparing the results from the pre and post intervention surveys. Therefore, we cannot conclude if inducing healthier lifestyle behaviors triggers increased self-control.

15

12:00

Learning Style Preferences Among Gender

Kelsi Garrett, Jessica Utley

Lyon College

Lora Adair

Literature suggests that academic performance and preferred learning styles differ according to gender, however, no scale yet exists that measures learning style preferences in different domains- specifically verbal, visual, and reading/writing. Learning styles have a huge impact on how students learn and teachers could really benefit by being able to tailor instruction to their diverse classroom needs. This work is designed to assess this need, and provide initial reliability and validity for the GUPPS. This 37-item scale was administered to approximately 70 people from a pool of Lyon College students and individuals recruited through social media. We predict that our measure will significantly predict reported masculinity/femininity and will significantly correlate with existing measures of learning style preferences. Data collection is still ongoing.

16

12:30

Childhood Trauma and Executive Functioning

Ashton Wilson

University of Arkansas at Monticellocou

Jeanette Walters

Although many studies have been conducted, there is still much that is unknown about the effects of trauma on executive functioning. The purpose of this study was to examine the relationship of trauma to executive functioning. Participants will be recruited through sign-up sheets that offered extra credit approved by the University. Participants will the short form of the Childhood Trauma Questionnaire and a survey that was created to specifically measure the construct of executive functioning in terms of multi-tasking and goal-oriented behavior. Data analysis is currently underway and we will analyze our data using a significance test of Pearson's R. Specifically, we expect to find a strong negative correlation between experience of childhood trauma and current executive functioning.

17

12:00

Effects of technology use and neuroticism on sleep quality

Jessica Bonumwezi

Hendrix College

Jennifer Peszka & Timothy Maxwell

Using technology before bedtime has been shown to negatively affect sleep. One proposed mechanism for this is that technology use causes increased psychophysiological arousal leading to disturbed sleep. However, little attention has been given to the relationship between technology use and personality, also shown to affect sleep. Neuroticism, specifically, is a major predictor of low sleep quality and has also long been hypothesized to be related to higher physiological arousal. The current study investigates the relationship between technology use and sleep quality (measured by diaries) and neuroticism (measured by the NEO-PI-3) in 16 college students. We hypothesized passive technology (e.g. television) use before sleep could improve sleep quality in people with high neuroticism by decreasing psychophysiological arousal.

18

12:30

College Conditions: The Effects of Stress on Empathy

Jamie Jennen & Sheldon Raney

Hendrix College

Adrienne Crowell

The purpose of our study is to replicate the stressful conditions of college and investigate the effects of these conditions on empathy. Forty undergraduate students at Hendrix College are currently being recruited. Participants in the stress condition are asked to memorize 20 words, view faces, self-report empathy, stress, and confidence, and asked to write down the 20 words. We hypothesize that stress will decrease both empathy and short-term memory. We hypothesize that confidence will reduce stress and that there would be an interaction between confidence and empathy but that confidence would not have an effect on empathy without the presence of stress. Our study aims to understand how everyday stress can impact the empathy we feel for others.

19

12:00

Health Related Judgments and Behaviors

Christian Wakim

Hendrix College

Lindsay Kennedy & Marc A. Sestir

This study examined the effects of emotions and narratives on risk perception and health-related behavioral intentions. Participants watched one of three videos pretested to induce a positive, negative, or neutral emotional state and then read a personal health narrative, ostensibly written by another college student. Participants then answered questions about their intentions to engage in various health-related behaviors over the next two weeks. We hypothesized that participants exposed to the positive video would have higher risk perception and greater intentions to engage in healthy behaviors compared to participants exposed to the neutral or negative videos and that this effect would be mediated by increased identification with the narrative character, increased recall of narrative information, or both. Data collection is ongoing.

20

12:30

Attitudes of Lyon College Students

Jarrod Smiatek & Arne Meyer

Lyon College

Lora Adair

Abstract (Executive Summary): Study habits are a key predictor of academic performance in college, and the current work is designed to provide a new, more comprehensive assessment of study habits in college students. Macon and Shahani (1990) found that those who reported more purpose and structure to their time also reported psychological well-being, optimism about the future, and more efficient study habits. Volder and Lens (1982) found that higher instrumental value to studying hard for reaching goals in the distant future was associated with more study persistence and improved academic performance. The purpose of this study is to examine the relationship between overall GPA, time management, future orientation, and study behaviors, in doing so the authors will provide initial validity and reliability evidence for the Comprehensive Scale of Study Habits of College Students Scale (CSSH).

21

12:00

The Effect of Video Game Usage and Content on Cognitive Ability

Destiny R. Bell, William C. Cole & Morgan Mattingly

Christian Brothers University

Maureen O'Brien

Our study investigated the effect of video game usage and content on cognitive ability. Participants were split into four different groups where video game usage and content differed. There will be a total of 80 participants. Currently, there are 15 participants in the 10min strategy game, 15 participants in the 25min strategy game, 14 participants in the 10min violent game, and 14 in the 25min violent game. Participants were instructed to complete a problem-solving task. It was hypothesized that groups playing the strategy game for 25 min would perform better on the problem-solving task. However, there was

no significant effect between video game time and problem-solving task scores, $F(1, 54) = 2.42, p = .13 (\eta = .04)$. Results are discussed.

22

12:30

The Relationship between Bedtime Technology Use and Cognitive Ability with Sleepiness and Depression as Potential Moderating Variables

Adrian Shuler

Hendrix College

Jennifer Peszka

Sleep deprivation and depression have both been found to hinder cognitive abilities and increase sleepiness while technology use at bed time has been shown to reduce sleep quality. However, the relationship between bedtime technology use and cognitive ability is not well understood. I hypothesized that bedtime technology use affects cognitive ability and that this relationship may be moderated by daytime sleepiness and depression. Liberal arts undergraduates were administered a paired associates task (memory), the Zung Depression Scale, and the Epworth Sleepiness Scale and completed a sleep and technology diary for two nights. I predicted that participants with high bedtime technology use would have lower memory scores, especially if daytime sleepiness or depression were also present.

23

12:00

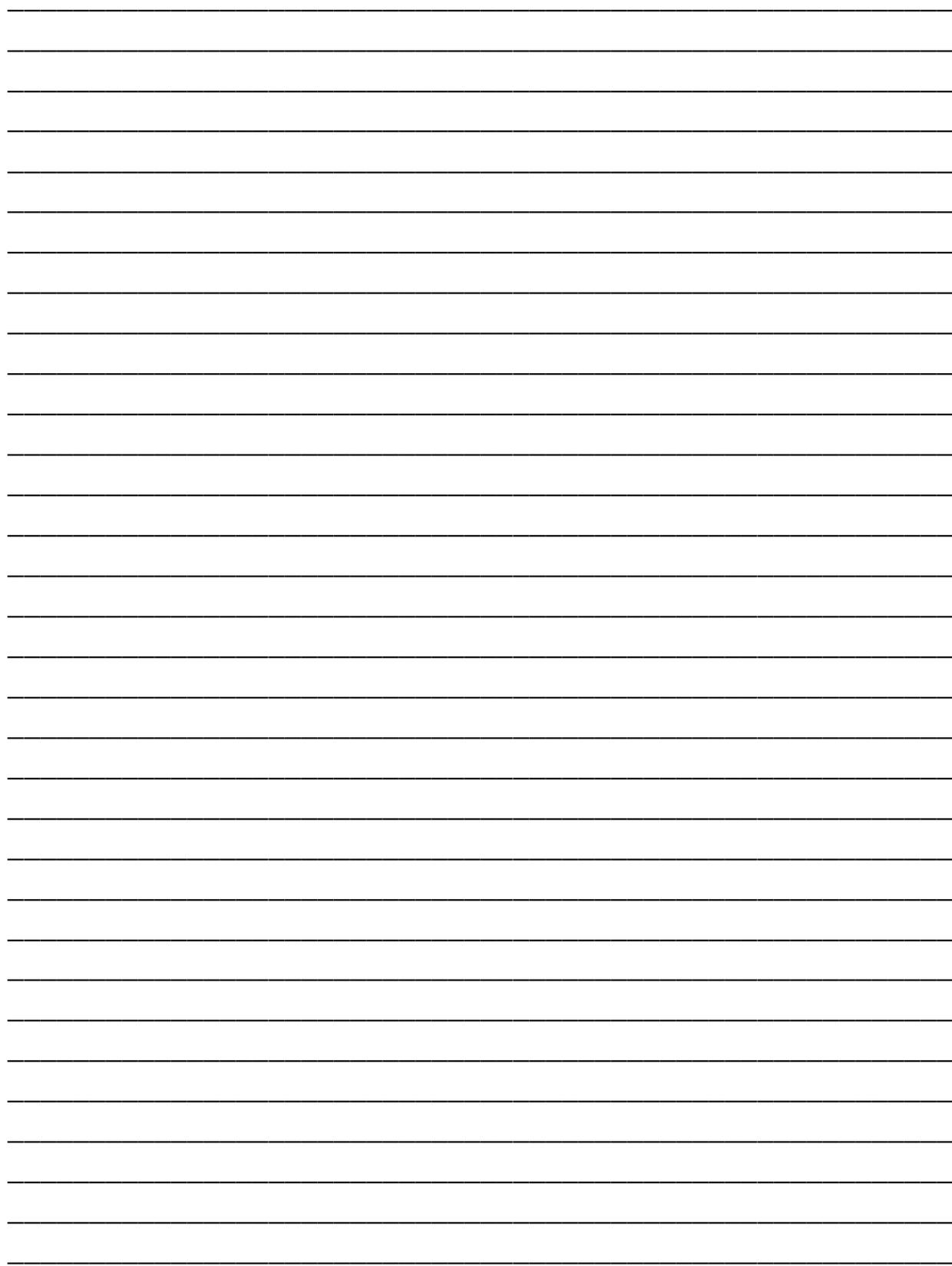
Content or Culture: A Comparison of Influences on Happiness

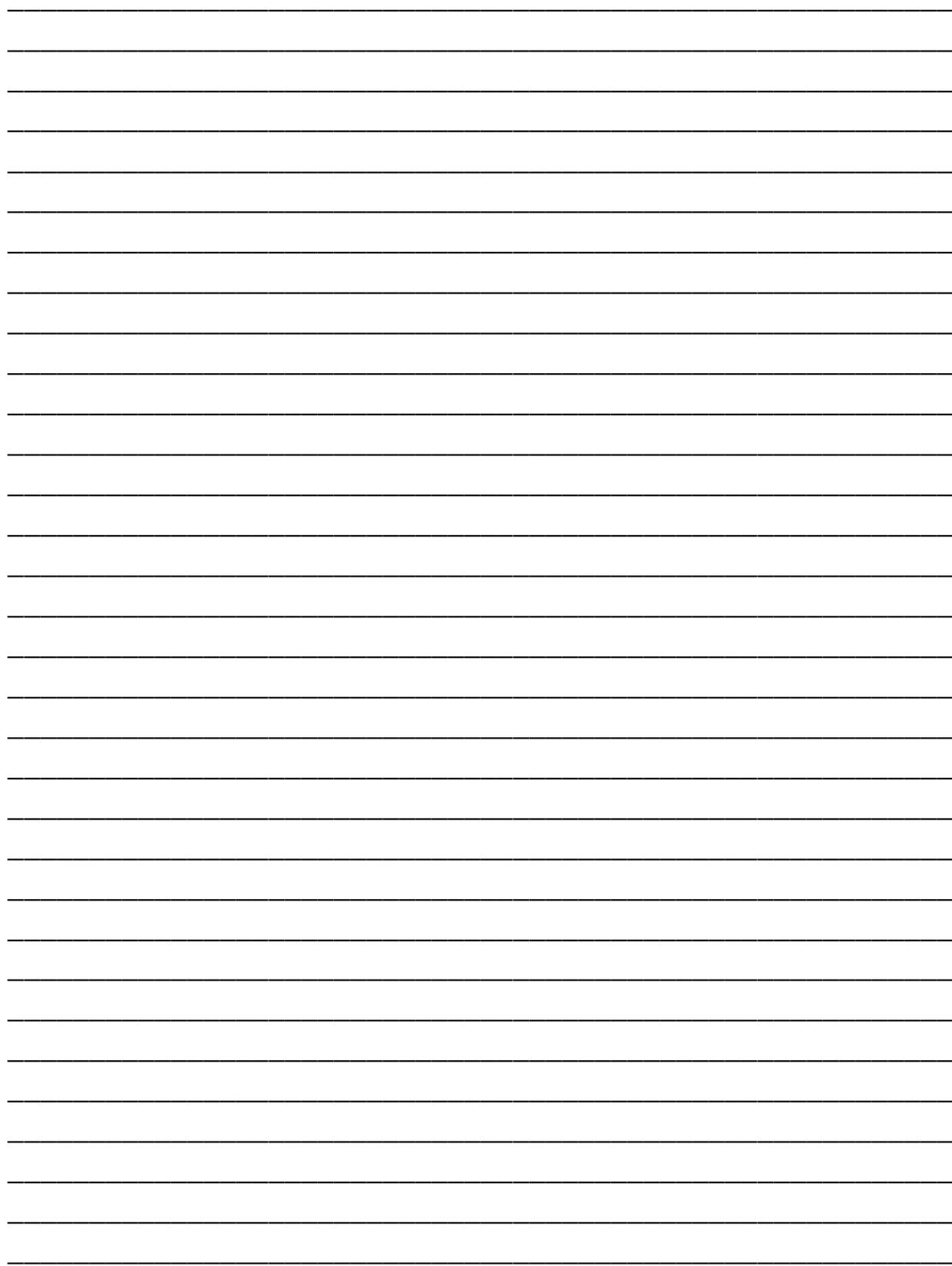
Lexus Raney

Hendrix College

Lindsay Kennedy

Happiness is influenced by actions, beliefs, and interactions with others. Some factors which are positively associated with happiness differ cross-culturally and within cultures, such that individuals may perform different actions, hold different beliefs, or have different interactions from the cultural norm. This experiment explored the relationship between cultural norms and personal beliefs with happiness. Given that belongingness is strongly associated with happiness, we hypothesized that alignment with cultural standards would predict happiness more strongly than content of personal beliefs or content of cultural norms, via feelings of belongingness. To test that hypothesis, we measured participants' prior beliefs about stress, manipulated cultural norms about stress, and measured happiness and feelings of belongingness. While our results were not significant and our hypotheses not supported, we were able to draw important conclusions about the research design and make suggestions for future explorations of this topic.





The ASPS 2017 was organized and hosted by the UCA Chapter of Psi Chi, the International Honor Society in Psychology



Special thanks to Kelli Wierzbicki who served as the ASPS program director for the 2015, 2016, and 2017 symposiums.

Mark Your
Calendars for...

ASPS 2018

APRIL 21, 2018 @ UCA
Registration begins Feb. 1st
Proposals accepted through April 1st