MONMOUTH UNIVERSITY

DEPARTMENT OF PSYCHOLOGY

61st Semi-Annual Undergraduate Student Conference

December 13, 2014

Wilson Hall

Schedule at a Glance

8:30 – 9:45 AM
Wilson Great Hall

Poster Presentations: Session I with Breakfast
Department Career Initiative:
LinkedIn Sign-up and Free Professional Headshots (*Courtesy of Careers Services*)

9:45 – 10:00 AM
Wilson Auditorium

Welcome Remarks

Dr. Gary Lewandowski, Chair, Department of Psychology
Dr. Nancy Mezey, Associate Dean, School of Humanities and Social Sciences
Jason Caianiello, Psi Chi – President

10:00 – 11:15 AM
Wilson Auditorium

Paper Presentations: Session I
Department Career Initiative:
LinkedIn Sign-up and Free Professional Headshots (*Courtesy of Careers Services*)

11:15 – 12:30 PM
Wilson Great Hall

Poster Presentations: Session II with Lunch

12:30 – 1:45 PM
Wilson Auditorium

Paper Presentations: Session II

1:45 – 2:00 PM
Wilson Auditorium

Coffee Break

Sponsored by Worth/Macmillan Publishers

2:00 – 3:00 PM
Wilson Auditorium

Paper Presentations: Session III

3:15 PM
Wilson Auditorium

Awards and Closing Remarks

Dr. Gary Lewandowski, Chair, Department of Psychology

Conference Coordinator: Lorraine Jordan '12

Taylor Chiovaro

Cheater, Cheater Pumpkin Eater: Sex Differences in Prior Infidelity, Casual Sex Habits, and the Likelihood to Participate in Infidelity

Several studies have identified personality differences in the likelihood to cheat. Some studies have also identified sex differences in infidelity but others failed to demonstrate differences. Obviously, cheating cannot be reduced to a single factor. This study evaluated a specific combination of factors that have been associated with infidelity; i.e., one's attitudes about casual sex, history with infidelity as victim or perpetrator, and four personality traits, i.e., narcissism, jealousy, materialism, and self-abandonment. Participants (48 male, 83 female) completed a bank of questions about their personality traits, attitudes and history of casual sex (SOI-R), prior experiences with infidelity, and the likelihood of cheating in each of 14 situations. Participants who previously cheated and those who participated more often in casual sex were expected to be more willing to commit infidelity. We examined if this varied with each of the four personality traits, and if this varied depending on the 14 reasons for cheating. MANOVA was used and the results will be described. The findings may help us understand how a combination of factors may better explain the tendency of some individuals to cheat on their significant other.

Supervising Professor: Dr. Demarest

Ken Entwistle

Images of Law Enforcement and Its Effect on Emotions

While young children tend to respond to authority figures with compliance, adults often vary in their attitudes and emotional reactions to people in these roles. This research examined the effect of viewing one of three sets of photographs on various emotional reactions. Participants (N=109) were randomly assigned to one of three photographic sets of six (1) law enforcement scenes, or (2) picturesque scenes of nature, or (3) random scenes of groups/crowds of people. Participants then rated their feelings of anxiousness, fear, stress, anger, and rebelliousness on a 5pt scale (1=not at all, 7=extremely). They also completed a 20 item modified version of the Authoritarianism-Rebellion Scale (Kohn, 1972) to establish their attitudes about authority figures and authoritarian values. The results were submitted to MANOVA statistical analysis, and significant findings will be described.

Supervising Professor: Dr. Demarest

Dina Badawy

Friendship's Influence on Academic Performance

This study examined friendship's influence on academic performance among college students, specifically between classmates and close friend friendships. One hundred and twenty three undergraduate participants were divided into one of two conditions (classmate; close friend). Participants completed a brief questionnaire about their academic performance, followed by a demographics sheet. Contrary to the hypothesis, results showed that there was no significant difference between levels of friendship's influence on academic performance in college students. Participants in the classmate condition were not influenced more than participants in the close friend condition. It is possible that friendships no longer influence academic performance with age. Future research may consider exploring the influence of the self and romantic partner on academic performance.

Supervising Professor: Dr. Van Volkom

Felix Santos

Self Defense: Does Knowing How to Fight Lead to Aggression?

Previous research has shown that watching a combat sport (boxing) increases aggression levels post viewing (Russell, 1992), but has not explored what physical training does to a person(s) in terms of aggression. Previous research has also examined how physical training can affect confidence and ability, but not aggression levels (Ashker, 2012). This current study hypothesizes that aggression levels will increase in participants who are given the most physical training in terms of throwing punch combinations. 45 undergraduate students from a northeastern university were randomly assigned to either 1 of 3 conditions, full physical training (3 punch combo), half training (2 punch combo), and a video condition (no physical training). Aggression was measured through the use of a social situation likert scaled developed for the study. Contrary to the hypothesis, higher aggression levels were not induced by the physical training. The current study results show no significance in correlation between physical/visual training and the inducement of higher aggression level.

Supervising Professor: Dr. Strohmetz

Ashley Crean

Who Told You So: The Influence of Social Factors on College Choice

The influence which social factors (teachers, school counselors, parents/guardians, friends, and significant others) have on college choice were analyzed, in conjunction with the participant's class status at the university. One-hundred seven undergraduate and graduate students were recruited from a university in the northeast of the United States. Each participant completed a demographics form and a social factors influence questionnaire. A correlation was also run on the number of months since the participant has graduated from high school and the social factors' influence. First-year students, sophomores, juniors, and seniors reported more parent/guardian influence than the graduate students. First-year students reported more teacher influence than both juniors and graduate students. First-year students reported more school counselor influence than graduate students. Friends and significant others however, were not a significant influence across all of the class statuses. As the number of months since the participant graduated from high school increased, analysis showed that the influence of parents/guardians, teachers, and school counselors decreased, but the influence of significant others increased. These findings suggest that parents/guardians have almost always been influential on the college decision-making process, but the influence of teachers and school counselors has increased over time.

Supervising Professor: Dr. Van Volkom

Sabrina Alfassa

The Impact of Self-Esteem on Emotional and Cognitive Reactions to Various "Crossing the Line" Scenarios: The Best Friend's Sex and Sexual Orientation

This study examined what is considered acceptable and unacceptable behavior of a partner with his or her best friend and whether the acceptability of certain behaviors is influenced by the sex and sexual orientation of the partner's best friend. Participants (49 male, 88 female) completed a series of surveys about their expectations regarding their significant other, their feelings about the appropriateness of various activities between their partner and his/her best friend, and their self-esteem (Rosenberg, 1965). The partner's best friend varied in these scenarios from same sex, to opposite sex, to opposite sex gay/lesbian. It was hypothesized that scenarios such as your partner and a friend working together on a school project would be acceptable regardless of the sex of the friend, but scenarios providing opportunities for emotional or physical intimacy would be rated as unacceptable if the best friend was of the opposite sex. It was hypothesized that scenarios depicting a partner's opposite sex best friend would elicit higher ratings of jealousy, insecurity, anger, betrayal, and mistrust than scenarios depicting a same sex best friend or a gay/lesbian opposite sex best friend. Finally, it was hypothesized that men and women with lower self-esteem would report stronger ratings of jealousy, insecurity, anger, betrayal, and mistrust than participants with higher self-esteem. A series of ANOVAs supported these hypotheses. Results will focus on which activities are most unacceptable and elicit stronger emotional and cognitive reactions when one's partner's friend is of the opposite sex, i.e., "Crossing the Line."

Supervising Professor: Dr. Demarest

Matthew J. Lang

The Impacts of Workplace Policy and Socio-Economic Status on Perceptions of Fathering Roles Among College Educated Adults

The present study examined the impacts of workplace policies and socioeconomic status [SES] on perceptions of fathering roles by utilizing a 2x2x4 mixed-methods experimental design. Sixty-five participants were randomly assigned to experimental conditions in which they read a fictional story about a first-time father's childcare decision, one in which the family-workplace policies made available to the stimulus subject and the subject's SES, varied. After reading the stimulus, participants completed both a quantitative measure [Perceptions of Parental Role Scales (Gilbert and Hanson, 1982)], and qualitative measures of the dependent variable, and a demographics questionnaire. It was hypothesized that participants exposed to comparatively liberal family policies both personally and in the stimulus, and to a stimulus subject of comparatively high SES, would have more progressive views of a father's role, than others. A 2x2x4 ANOVA indicated no significant effects across any of the subscales of the quantitative dependent measure. A chi-square test performed on coded qualitative data revealed that participants in liberal policy conditions were more likely to support a father's childcare decision than expected, when compared to participants who were exposed to non-progressive policy conditions. Content analyses of open-ended survey questions revealed several common themes between responses. Content analyzed semi-structured interviews conducted among a subset of survey participants provided detailed descriptions of work-family balance issues within the context of workplace flexibility and available policy. The present study's strengths and limitations were examined and its findings were discussed in the context of the current American political landscape.

Supervising Professor: Dr. Stapley

Brielle Aaron

Fido's Fix: The Effects of Petting Dogs on Stress Levels in Humans

The unique bond between humans and dogs has existed for 12-16,000 years. Dogs are companions, they amuse, and sometimes work for us. One might expect that having a dog nearby in times of stress could alleviate some of that emotion. This study examines the stress reduction impact of exposure to a companion dog. Several physiological measures and an emotions test were administered three times, before and after a series of stress tasks, and a third time after exposure to the experimental condition. Participants (N=78) were randomly assigned to one of three conditions; pet the dog, pet a stuffed toy dog, or no dog (Control). It was predicted that petting the friendly dog would significantly reduce stress both psychologically and physiologically more than petting the stuffed animal or the control condition. This hypothesis was confirmed for self-reported emotional stress but not for the physiological measures. Participants in the companion dog condition felt less stress after exposure than during the baseline and stress tests, while those in the stuffed animal condition returned to baseline, and those in the control condition remained elevated in experienced stress. Similar to past research, pulse rate was the highest in the companion dog condition, perhaps indicating positive excitement. Contrary to past research, no significant stress reduction was found for systolic and diastolic blood pressure. Results suggest that petting a friendly dog offers a psychological relaxation impact that is not reflected in these physiological measures.

Supervising Professor: Dr. Demarest

Alyson Birdsall

Lisa Mollicone, LLC: Substance Abuse Counseling

Supervising Professor: Dr. Hatchard

Alexa Clemente

Old Bridge High School: School Psychology

Supervising Professor: Dr. Hatchard

Stephanie DeNicola
Meridian at Home: Hospice Care
Supervising Professor: Dr. Hatchard

Sarah Dubin
Bancroft Neurohealth: Neuropsychology

Supervising Professor: Dr. Hatchard

Nicole Maldonado
Prevention First: Substance Use Prevention
Supervising Professor: Dr. Hatchard

Jennifer Mora
Ashley Lauren Foundation: Nonprofit Assisting Children with Cancer
Supervising Professor: Dr. Hatchard

Lauren Petrou
Boys and Girls Club: Afterschool Program
Supervising Professor: Dr. Hatchard

Victoria Porter
Children's Learning Center: Early Childhood Education
Supervising Professor: Dr. Hatchard

Amanda Salerno
Center for Vocational Rehabilitation: Mental Health and Disabilities
Supervising Professor: Dr. Hatchard

Rocio Serey
Water and Sims Employment Agency: Human Resources
Supervising Professor: Dr. Hatchard

Raquel Warehime
Free School of Monmouth County: Alternative Education
Supervising Professor: Dr. Hatchard

Paper Presentations: Session I

Lauren Acri
The Influence of the Self on Partner Behavior Interpretation

This study examined how aspects of the self influence how we interpret our partner's behavior. Ninety-two participants (20 males, 72 females) received a series of surveys pertaining to aspects of the self and behavior. Specifically, the questionnaires investigated the extent to which we feel our partner helps us grow (i.e., self-expand), how much we feel our partners are a part of us (i.e., including the other in the self), how clear and consistent we are on who we are (i.e., self-concept clarity) and whether we consistently interpret our partner's behavior in a way that enhances the relationship (i.e., relationship enhancing attributions). It was hypothesized that those who feel a high amount of growth in their relationship, feel highly included with their partner, and are very clear and consistent on who they are would consistently interpret their partner's behavior as good for the relationship. Using correlations, the results show that those who self-expand more and are highly included with their partner interpreted their partner's behavior as good for the relationship more often. However, self-concept clarity was not a significant factor in behavior interpretation. Additionally, multiple regression analyses reflected that self-expansion was more important for making relationship enhancing attributions than inclusion of the other in the self. Overall, results suggest that minor changes to our thought process can ultimately improve our relationships.

Supervising Professor: Dr. Lewandowski

Jason Caianiello
The Effect of School Prestige and Profile Pictures on Overall Impression of LinkedIn Profiles

The author examined the impact of profile picture and school prestige on LinkedIn on students' ratings of a candidate applying for a job. One hundred and seven students from a small northeast private university rated the candidate after viewing a brief job advertisement and the candidate's LinkedIn profile. Participants rated candidates from one of four groups. Group one contained a candidate with a profile picture and an education from a prestigious school i.e., Harvard. Group two contained a candidate with a profile picture and an education from a non-prestigious school i.e., Greenville College. Group three contained a candidate with no profile picture, and an education from a prestigious school while group four also had no picture, but received his education from a non-prestigious school. With the exception of school prestige and the presence of a profile picture, all four groups had identical LinkedIn profiles. The data was analyzed using a two way ANOVA. Profile picture influenced students' ratings of salary, as those in the profile picture condition were given higher pay. School prestige influenced students' ratings of how impressive the candidate's profile was, how qualified the candidate was, how likely they would be to hire the candidate, how likely they felt the candidate would be able to get along with other employees, and how much they would pay the candidate. These findings suggest that the prestige of a school as well as a profile picture on LinkedIn influence impressions of a job candidate.

Supervising Professor: Dr. Van Volkom

Jayde Valosin
Symrise: Consumer Science Internship

Supervising Professor: Dr. Hatchard and Dr. Dinella

Jessica Ketch

Humorous or Insensitive? The Effects of Self-esteem on Cultural Sensitivity

This study examines how self-esteem, low or high, affects our cultural sensitivity. 60 (28 males, 32 females) college students participated in a study where they were told that they were being asked to evaluate a comedian that was coming to campus next semester. Their self-esteem was manipulated to be either high or low using a fake judgment and perceptions test that the participant received false feedback on. The participant then viewed a Caucasian or African American comedian telling jokes about African American women. The number of times the participant laughed and their ratings on the comedian evaluation forms were used to measured cultural sensitivity. Results yielded that participants with low self-esteem laughed more at the comedian, regardless of the comedian's ethnicity ($p=.003$) and found the African American comedian funnier, regardless of self-esteem ($p=.031$). The overall comedian ratings on the comedian evaluation form yielded no significant results ($p=.714$), therefore all participants rated the comedian to be funny and enjoyable. The findings suggest that modern racism, subtle prejudicial behavior, may play a role in what we find humorous. This implies that we find racist jokes coming from a person of the same race as more appropriate, which is why the African American comedian received a higher laugh count. Also, the humor used in the study may have been a self-esteem repair for the participant.

Supervising Professor: Dr. Strohmetz

Nicole Conklin

Don't Stop Believin': The Influence of Motivational Lyrics on Anxiety and Performance

This study examines the influence of motivational lyrics on performance and anxiety. A sample of 40 (9 males, 31 females) college students completed a self-report anxiety measure and played the childhood game of Perfection while listening to "Lose Yourself," a song by Eminem containing motivational lyrics. As hypothesized, those who listened to the full song performed the best by fitting more pieces into the game ($M=13.6$) than the other three conditions and those who listened to no song performed the worst ($M=8.8$). Contrary to the hypotheses, those who listened to the full song reported the most anxiety ($M=4.2$), while those in the lyrics only condition reported the least amount of anxiety ($M=3.1$). These findings suggest that motivational lyrics can improve performance, and listening to motivational lyrics without background music can decrease anxiety.

Supervising Professor: Dr. Strohmetz

Tara Alves

Would You Date This Guy? Female Acceptance of Bisexual Experiences of Potential Male Sexual and Romantic Partners

This study examined whether female mate preferences vary when the woman discovers that the man had prior homosexual experiences. Participants ($N=89$) were given a questionnaire packet, and one of four scenarios involving a female having casual sex with a man she just met. In the scenarios, the female later found out that: (1) the male had engaged in sexual activities with another male, (2) the male is currently in a relationship with another woman, (3) the male is bisexual, or (4) the male is single and heterosexual (control condition). It was hypothesized that ovulating females would be more likely to continue this relationship with a bisexual male than non-ovulating females, and that females who had a variety of prior sexual partners would be more likely to continue the sexual relationship than females with very few sexual partners. Results indicated that females had the most positive, least negative attitudes and emotional reactions about sex with the single, heterosexual male (control), and they had the most negative, least positive attitudes and emotions regarding the hook-up male who cheated on another woman. The scenarios in which the female hooked-up with a male who had prior bisexual experiences yielded similar, intermediate results (i.e., less positive than the control condition but less negative than the cheating male scenario), possibly because discovery of his bisexual history involved hearsay, not proof. Finally, it was found that ovulating females who had a variety of previous sexual relationships were more accepting of the one-night stand than non-ovulating females.

Supervising Professor: Dr. Demarest

Jennifer Townsend

Fifty Shades of Shhh!: Sexual Communication, Personality, and Authenticity

This study examined the influence of extraversion and authenticity on sexual communication. Eighty-one participants (21 male, 60 female) were given survey packets that included each measure. Upon completion of the survey, participants sealed their packet in an envelope which was slid into a slotted box. It was hypothesized that those who were more extraverted and those who were more authentic would be more satisfied with their sexual communication than those who were more introverted or less authentic. Furthermore, it was hypothesized that those who are more authentic, introverted individuals will be more satisfied with their sexual communication than those who are extraverted; however, those who are more inauthentic, the pattern will be reversed, such that extraverted individuals will be more satisfied with their sexual communication then those who are introverted. Using a series of correlations and regressions, the results show that those who were more extraverted and authentic had increased satisfaction with their sexual communication. However, after conducting multiple regressions accounting for general communication, which has a strong correlation with sexual communication, along with each predictor (extraversion and authenticity), authenticity was the only variable that remained a significant predictor of sexual communication. Regression results suggest that when accounting for general communication extraversion does not matter, but the more authentic, or true to yourself you are on a daily basis, the more satisfied you will be with your sexual communication with a partner.

Supervising Professor: Dr. Lewandowski

Gabrielle Coffey

What's In a Name: The Effect of Website and Brand on Perceptions of a Product

Previous research has found brand name items to have higher value than non-brand name items (Krishnan, Baker, & Borin, 1998). Research has also indicated that purchasing habits in a store differ from online shopping (Degeratu, Rangaswamy, & Jianan, 2000). This study examined how perceived quality, purchase intentions, and trust for a product can be influenced by both brand name and the place of purchase. A sample of 96 (37 males, 59 females) college students completed a product review questionnaire while examining a product listing of a laptop. Brand name (Apple, a well-known product versus GHC, a fictional product) was only found to significantly impact trust on consumers' product review. The place of purchase (BestBuy versus eBay) was found to significantly impact trust, purchase intentions, and perceived quality. There was no significant interaction between brand and website. The findings suggest that individuals place more weight on place of purchase compared to the brand name on the product.

Supervising Professor: Dr. Van Volkom

Alana Jacobs

Kenneth Diana, DDS: Dental Internship

Supervising Professor: Dr. Hatchard

Kristin Waring

Are Perceptions of Others Black and White? Influence of Race on the Attributions We Make of Others in Different Relationship Situations

This study examined the kinds of attributions made about a couple when the race of the couple and the type of relationship they have was manipulated. Participants (*N*=120) were shown a colored line drawing of a male/female couple. They viewed either a Caucasian couple, an African American couple, or a mixed-race couple (African American male and Caucasian female). Each person read three scenarios involving this couple; a (1) coworker relationship, (2) dating relationship, and (3) parental relationship. Participants' attributions about the couple were assessed using a 10-item questionnaire. It was predicted that participants would rate the mixed race couple more negatively than both the Caucasian couple and the African American couple. It was also hypothesized that all couples would have the most negative attributions when they were in the parental relationship scenario. Sex differences were found in which females attributed more negative outcomes for the Caucasian couple and the mixed race couple than for the African American couple, while males rated the African American couple the most negatively overall. There was also a main effect found between the scenarios indicating that the couples were evaluated as most likely to communicate and cooperate in the parental relationship scenario compared to the dating and co-worker scenarios. These findings illustrate that sex of the participant, race of the couple, and the relationship between the couple all play a role in how they are viewed by others.

Supervising Professor: Dr. Demarest

Poster Presentations: Session II

11:15 – 12: 30 PM, Wilson Great Hall

Sabrina McPherson

Consequences of Swiping Right: The Influence of Tinder on Relationships

This study examines the influence of social media logos on attitudes towards infidelity. A sample of seventy-six (26 males, 50 females) college students observed logo cards with images of Tinder, Facebook, Instagram, Linked-In and a made-up control logo. It was hypothesized that those who see the Tinder logo will be more likely to engage in infidelity compared to all other apps. Also, it was hypothesized that those who see the Tinder logo will report less companionate love compared to all other apps. Lastly, it was hypothesized that those who saw the Instagram logo would be more likely to feel jealous compared to those who saw the Facebook logo. As part of a repeated measures design with a planned contrast, the results show those who see the Tinder logo reported higher levels of infidelity compared to all other logos. Also, those shown the Tinder logo reported lower levels of companionate love compared to all other logos. As hypothesized, those who saw the Instagram logo felt higher levels of jealousy compared to those who saw the Facebook logo. Results suggest that Tinder along with other logos influence attitudes towards infidelity and relationships.

Supervising Professor: Dr. Lewandowski

Kristina Woung-Fallon

The Effect of Personal Creativity and the Model's Hair Style on Attributes About the Model and Relationship Desirability of the Model

This study examined the impact of hair style on the perceptions we form of others. Participants (40 males, 50 females) viewed six hair models (3 male, 3 female) whose hair styles varied in length and uniqueness. After viewing each hair model, participants were asked to evaluate 12 attributions about each model and indicate how much they desired each of three relationships with the model (i.e. romantic, friendship, or professional co-worker). Participants also completed a creativity assessment scale and assigned to groups based on their score (high or low creativity). It was hypothesized that the male model with clean cut hair would be assigned the most positive attributes of all the male models, and be most preferred for all three types of relationships. In contrast, the prediction for female hair styles was that the most preferred female would be the model with long, straight hair. Another hypothesis was that participants who were more creative would attribute more positive traits to the models with the most unusual hair styles and be more likely to want a relationship with this person than the less creative participants. A mixed design ANOVA will be used to test these hypotheses.

Supervising Professor: Dr. Demarest

Jessica Saloney

Similarities Between the Physical and Personality Traits of One's Opposite Sex Sibling, Cousin, and Hypothetical Ideal Romantic Partner

Do experiences growing up with opposite sex kin (e.g., siblings, cousins) influence our mating preferences? In this study, heterosexual males (*N*=31) identified images most similar to their sister's and female cousin's waist-to-hip ratio, type of figure, size of lips, style of eyes, and length of hair (they had to have a sister within +/- 4 years older or younger). They also indicated the most desirable physical traits of an ideal mate. Similarly, heterosexual females (*N*=88) identified images most similar their brother's and male cousin's height, weight, muscularity, style of face, and facial hair, also providing the most desirable physical traits of an ideal mate. All 119 participants evaluated the same set of 10 personality traits of their opposite sex sibling, cousin, and ideal romantic partner. These traits included kindness and understanding, intelligence/education, excitement, good health, trustworthiness, adaptability, spiritual orientation, sense of humor, creativity, and faithfulness. Based on principles of incest avoidance (i.e., Westermarck Effect), it was expected that appearance traits would be viewed as less similar between sibling/ideal than cousin/ideal, and Parental Investment theory suggests that males would be less influenced by this effect than females. Given the greater interest of males in appearance traits of a mate, it was predicted that males would be less selective, evaluating sibling/ideal and cousin/ideal personality traits as being more similar than would females. A series of ANOVAs will examine these hypotheses and also explore how these predictions vary according to the relative ages of sibling or cousin (i.e., younger vs older).

Supervising Professor: Dr. Demarest

Diana Schacht

Why Don't We Help Ourselves?

The purpose of this study was to examine the effects of social stigma, type of problem, and attitude on willingness to seek help. 47 female college students completed a survey assessing their attitude toward psychological counseling. Next, they read a short scenario about a college age female experiencing a mental health problem who either received social support or not for seeking help. Then, they filled out a questionnaire about how willing they would be to seek help if they were experiencing a similar mental health problem. Lastly, participants filled out a demographics sheet. Participants were offered an on-campus counseling services pamphlet and it was noted whether or not they took it or recycled it upon leaving the room. Social stigma, type of problem, and attitude did not have significant effects on willingness to seek counseling. However, there was a significant interaction between type of problem and attitude, such that participants with a negative attitude toward psychological counseling were less likely to seek help for generalized anxiety disorder than for major depressive disorder (*p* = .038). This finding suggests that people may take type of problem into consideration about whether or not to seek out counseling services.

Supervising Professor: Dr. Strohmetz

Alyson Martin

Effects of Actual and Perceived Waist-To-Hip Ratio on Body Dissatisfaction, Depression, and Eating Disorder Tendencies

This study examined the influence of females' waist-to-hip ratio (WHR) on self-reported depression, body dissatisfaction, and eating disorder tendencies. Previous research indicated that low WHR is a reliable predictor of female health and attractiveness. This study tested whether one's perceived and actual WHR also affects self-esteem issues that many college women face. Female students (*N*=51) at a private liberal arts university in the northeast USA completed a Body Dissatisfaction Scale, a Depressed Mood scale, The Concern Over Weight and Dieting Scale, and actual WHR measurements were recorded by the researcher. It was predicted that females with high WHR would have higher body dissatisfaction and depression than those with smaller WHR. Body dissatisfaction was expected to be correlated with depression and eating disorder tendencies. The analyses will test these hypotheses.

Supervising Professor: Dr. Demarest

Maribeth Engelbrecht

The Role of Height in Relationships

The researcher examined the relationship between height and likelihood of involvement in relationships. For the present study, a convenience sample of 117 female undergraduate college students read a brief scenario and filled out a ten item questionnaire regarding height and feelings, such as power, dominance, confidence, and protection. The hypotheses for the study were: scenarios involving tall heights will more likely be preferred versus scenarios involving shorter heights; tall participants will be more likely to get involved than short participants due to confidence and more feelings of power; heights in scenarios will matter more for taller participants versus shorter participants. This study found that participants were more likely to get involved when the individual in the scenario was tall, as opposed to short. Results also included a positive correlation between the height of the participants and the height of their ideal romantic partner. This research can help individuals determine what is valued when forming intimate relationships, especially during college years.

Supervising Professor: Dr. Van Volkom

Christina Johnsen

The Effect of Smartphone Location on Empathy

The current study examined the effect of smartphone location on an individual's empathic concern and perspective taking levels. A sample of 103 (75 females, 28 males) college students participated in the study by completing the empathic concern and perspective taking subscales from Davis' Interpersonal Reactivity Index (1980, 1983). Participants also completed a survey ascertaining their opinions and uses of their smartphone. Smartphone location was manipulated by placing participants' smartphones in one of the following four locations: away in their bag or pocket, face down on the table, face up on the table, or in a box and removed from the table. In order to determine if the manipulation was successful, participants were asked how anxious and preoccupied they were due to the placement of their phone. It was hypothesized that participants who had placed their smartphone away in their bag or pocket would have higher empathic concern and perspective taking levels than those who had their smartphone placed in a box and removed from their possession. There were no significant differences found between the four conditions. Contrary to the hypotheses, there was no significant effect of smartphone location on empathic concern or perspective taking levels of participants. Future researchers should include a filler task to increase the time participants are away from their smartphone.

Supervising Professor: Dr. Van Volkom

Lauren Petrou

Who Has the Power?

The purpose of this study was to examine the effects of gender and length of relationship on levels of power and investment in relationships. The independent variables consisted of two levels each, gender (male and female) and length of relationship (less than one year and one year and over). There were 3 hypotheses for power and investment; it was hypothesized that females would have higher levels of investment and lower levels of power than males; there would be lower levels of power and higher levels of investment in relationships that are less than one year than relationships that are one year and over; and females will report lower levels of power and higher levels of investment in relationships that are less than one year, and males will report higher levels of power and investment in relationships that are one year and over. The study consisted of 79 participants in current dating relationships, 24 males and 55 females, with ages ranging from 18-24 years of age. Participants completed a Relationship Questionnaire that consisted of 20 questions created by the researcher: 1-10 assessed investment and 11-20 assessed power. The present study was a two by two between subjects factorial design and the researcher conducted two-way ANOVA's to assess investment and power. All hypotheses were not supported, as results showed no statistically significant effect. Relationships are an ongoing topic of research that can be further examined through changing the dating length of time to more options.

Supervising Professor: Dr. Van Volkom

Lauren Acri
PS 156 School: Guidance Counseling

Supervising Professor: Dr. Hatchard

Habiba Atiq
Boys and Girls Club: Afterschool Program

Supervising Professor: Dr. Hatchard

Kenneth Entwistle
Jersey Shore Dream Center: Community Outreach

Supervising Professor: Dr. Hatchard

Krystin Ferrari
Christopher T. Campbell, Esq.: Criminal and Civil Law

Supervising Professor: Dr. Hatchard

Martika Hubbard
Ashley Lauren Foundation: Nonprofit Assisting Children with Cancer

Supervising Professor: Dr. Hatchard

Sarah Migliore
Free School of Monmouth County: Alternative Education

Supervising Professor: Dr. Hatchard

Samantha Paplin
Advanced Behavioral: Mental Health and Substance Abuse

Supervising Professor: Dr. Hatchard

Jessica Popovitch
Center for Vocational Rehabilitation: Mental Health and Disabilities

Supervising Professor: Dr. Hatchard

Felix Santos
Center for Lifelong Learning: PT, OT and Speech Therapy

Supervising Professor: Dr. Hatchard

Brielle Soja
Lisa Mollicone, LLC: Substance Abuse Counseling

Supervising Professor: Dr. Hatchard

Jessica Spinapont
Boys and Girls Club: Afterschool Care

Supervising Professor: Dr. Hatchard

Paper Presentations: Session II

Lisa Lazzaro

The Influence of Self-Esteem and Styles of Loving on Female's Decision Making in Romantic Relationships

Why do women stay in intimate relationships that are unsatisfying? This study examined this question by assessing female participants' (*N*=77) self-esteem and style of loving. A measure of six different "love" strategies: Eros, Ludus, Storge, Pragma, Mania, and Agape, was developed by Hendrick & Hendrick (1986). Participants read four different "less-than-ideal" relationship scenarios and were asked how likely they would resort to nine different strategies to deal with the unsatisfactory relationship. The scenarios included a male partner who is either (1) a casual sex partner she sleeps with most nights, (2) exclusive, but unwilling to commit, (3) emotionally absent, and (4) repeatedly has cheated. The strategies included saying nothing, staying in the relationship, various means of manipulating the partner to change, and leaving the relationship. It was hypothesized that females who fit the Pragma (practical) and Storge (friendship) love styles would be less likely to stay in the relationship. In contrast, females who fit the Agape (selfless) and Eros (passionate) love styles were expected to stay in the relationship regardless of their partner's behavior. It was also hypothesized that females with lower levels of self-esteem would be more likely to stay in the relationship than females with higher levels of self-esteem. Results varied and suggest that love style and self-esteem interact. Females who fit the Pragma and Storge love styles AND had high self-esteem were most likely to leave, but did not differ from others if they had moderate or lower self-esteem. Details of other results will be presented.

Supervising Professor: Dr. Demarest

Lindsay Redfern

Do Women Know What Men Want: Females' Perceptions of Male Partner Preferences

This study examined if women know what men want in potential partners. A pilot study included 40 males who rated characteristics they desired in short and long-term relationship partners. All participants' answers were averaged for each question to provide a basis to compare females' responses to. Study one looked at women's perceptions about what they thought men wanted in a partner and if self-concept clarity and masculinity/femininity influenced their accuracy in perceiving what men wanted. 72 females were given the same surveys as the male participants, but asked to fill them out based on what they thought males wanted in their partners. Next they completed a survey measuring their self-concept clarity and a survey measuring their masculinity/femininity. It was hypothesized that women would be more accurate in knowing what men want in a short-term partner versus a long-term partner. It was also hypothesized that women with higher self-concept clarity and feminine females would be more accurate in knowing what men wanted in short and long term partners. Analyses determined that women were more accurate in knowing what men wanted in long-term versus short-term partners. Additionally, women with lower self-concept clarity were more accurate in knowing what men wanted in short-term partners and feminine females were more accurate in knowing what men wanted in short-term and long-term partners. Results suggest that in certain contexts, women know what men want in relationship partners, but this accuracy can be influenced by personality characteristics.

Supervising Professor: Dr. Lewandowski

Jayde Valosin

Get Out of My Way!: The Effects of Crowding and Time Delays on Aggression

This study explores the effects of crowding and time delays on aggression, examined in the context of driving and traffic. 65 (47 males, 18 females) undergraduate college students played one round of the popular video game Mario Kart. Participants were randomly assigned to crowding and time delay conditions. Those in the high crowding condition played the game with black cardboard walls directly alongside their chairs. Participants in the no crowding condition played with the walls distanced from their seats. Depending on condition, participants were also asked to stop occasionally during gameplay to simulate time delays while driving. The researcher observed participants for signs of aggression while playing and then asked participants to complete a short survey assessing aggression in the context of driving. Participants in the high-crowding condition did not exhibit more aggression than those in the no-crowding condition, which did not support the first hypothesis of the study. Additionally, support for the second hypothesis was not found, as participants in the time delay condition did not exhibit more aggression than those in the no-delay condition. Finally, there was no significant interaction effect between the two independent variables. These results suggest that, under the conditions of the study, crowding and time delays have no influence on displays of aggression.

Supervising Professor: Dr. Strohmetz

Charles Spilewski

The Effect of Message Medium and Argument Position on a Persuasive Message

The current study examines how message medium and argument position affect the persuasiveness of a controversial message. The controversial topic used was cannabis legalization. We hypothesized that participants exposed to video would be stronger endorsers of legalization than those in the audio condition, those in the pro condition would be stronger endorsers than the con condition, and those in both the video and pro conditions would be the strongest endorsers of legalization. 62 (34 females, 28 males) college students watched videos or listened to audio clips which discussed either the pros or cons of legalizing cannabis. Participants were then asked to fill out a Likert-style scale on their attitudes towards cannabis and legalization, and also asked to choose a pamphlet which was for or against legalization. Media type had no impact on endorsement of legalization. Argument position did significantly affect participants' endorsement of legalization, with those in the pro condition being more likely to endorse than the con condition. The interaction between the independent variables was not significant. These findings show that when creating a persuasive message, pro-attitudinal arguments are more effective than counter-attitudinal ones, and that message medium has no impact on the persuasiveness of a message.

Supervising Professor: Dr. Strohmetz

Jessica Popovitch

Impressions of Tattoos on Interpersonal Attraction

The present study examines whether the reason for getting a tattoo influences attraction to a person and whether the location of the tattoo increases or decreases the liking of that person. Also, we wanted to determine whether or not the non-tattooed individuals would be willing to interact with the tattooed individual. 78 female undergraduate students were randomly assigned to read a description of a male student who got a tattoo for a meaningful, insignificant or unknown reason. This tattoo was described as being clearly visible or hidden. The participants were then asked to complete an interpersonal attraction scale. The results show that the reason and location of people's tattoos have no influence on attraction. As opposed to the hypotheses, the findings suggest that individuals are not more attracted to nor are more willing to interact with a person who obtains a meaningful reason for a tattoo that is hidden than an insignificant reason or no reason for a tattoo that is clearly visible for others to see. Therefore, people do not make judgments on tattoos, specifically judgments based on the meaning behind the tattoo or where it is located on the body.

Supervising Professor: Dr. Strohmetz

Andrew Spirito
Move for Hunger: Business Internship
Supervising Professor: Dr. Hatchard

Kristina Murdock
Can You Handle It?

This study examined the effects of balancing both schoolwork and a job on feelings of general and financial anxiety among college students. A sample of 85 undergraduate students (21 males, 64 females) were asked how many hours they work per week (20 hours or less: part-time; more than 20 hours: full-time), and if they worked in a job relevant to their field of study. Participants were then asked to complete a short questionnaire, which was used to measure both general and financial anxiety. Results revealed no significant difference between part-time and full-time workers' feelings of general or financial anxiety. Results also indicated no significant difference between relevant and non-relevant jobs on financial anxiety; however, students who worked in a non-relevant job experienced significantly more general anxiety than students who worked in a relevant job. Finally, results revealed no significant interaction between the independent variables. Exploratory analysis indicated that women experienced significantly more feelings of financial anxiety than men, and juniors experienced significantly more feelings of general anxiety than both seniors and sophomores. These findings suggest that while not always possible, students should seek out a job relevant to their career path to minimize their feelings of general anxiety. Implications and limitations of these findings are discussed, as well as recommendations for future research.

Supervising Professor: Dr. Van Volkom

Sarah Dodson
Perceptions of Play and Well Being in Late Adulthood

This study explored aging adults' perceptions of play and the connection between play and well-being. Research questions included the continuity of play over time and how historical and economic factors influenced play. Fifteen (14 women, 1 man) primarily European American older adults were participants. Ages ranged from 65 to 93 years with a mean age of 84. Participants engaged in a semi-structured interview in which they were asked to recall childhood play experiences, play activity with their children and grandchildren, and current play behaviors. Interviews were followed by two standardized written questionnaires which assessed self-efficacy and personality traits. Responses to open ended questions revealed that historical forces and events such as the Great Depression and limited resources shaped the participants' play experiences and behaviors. For example their primary playmates being neighborhood children and they played outside. They played marbles and dolls. Also many participants did not play with their own children. As adults these respondents revealed that they partake in some form of leisure activity or play behavior in their current daily life. Examples include exercise class and reading. Results indicated that play behavior changes over time as people age but is consistently an important aspect of daily activity in the lives of those who valued play as children. A multivariate analysis of variance (MANOVA) found that the influence of playfulness on confidence and personality traits were not significant. This is a relatively unexplored topic in play. Future research might pursue more ethnically diverse samples and different living arrangements.

Supervising Professor: Dr. Holmes

Alyson Birdsall

"Can I Filter Myself?": Self-Presentation on Social Media and an Individual's Self-Esteem Influence on Self-Concept Clarity

This study examined how self-presentation on social media and self-esteem influence an individual's self-concept clarity. Sixty randomly assigned undergraduate students from a northeastern college participated in the study. Participants were either put in an "ideal self" or "real self condition" and a high or low self-esteem condition. It was hypothesized that individuals who present their "ideal self" and have low self-esteem will have the least amount of clarity. Contrary to the hypothesis, individual in the "ideal self" and low self-esteem group did not statistically significantly differ in self-concept clarity than individuals in other groups. The findings may be inconclusive due to both manipulations being ineffective. There is also the possibility that self-presentation on social media and self-esteem do not influence an individual's self-concept clarity.

Supervising Professor: Dr. Strohmetz

Deanna Puglio

Mirror, Mirror on the Wall: A Study of Self Perception and Facial Appearance Esteem

Research has repeatedly shown that satisfaction with our body is a feature of self-esteem, and that this is more critical for females than males. However, this research depends entirely on self-refection rather than actual comparison. This study examined if exposure to a mirror while making personal judgments about facial features adds to this dissatisfaction. In addition, since a hand held mirror permits actual comparisons from several angles while a stationary mirror does not, would the hand held mirror condition produce the most facial feature dissatisfaction? Participants (103 females) were randomly assigned to one of the three conditions; Hand-held mirror, Stationary mirror along a wall, or no mirror (Control group). Each individual completed a questionnaire packet evaluating features of their face (Facial self-esteem), overall self-esteem, and level of self-monitoring. It was hypothesized that participants with a mirror would have lower facial self-esteem than the Control group, while those with a hand held mirror would report the lower facial esteem than those with a stationary mirror. It was predicted that participants who were low self-monitors would have higher facial esteem than those who were high self-monitors. It was also expected that participants with high overall self-esteem would also report the highest facial esteem. ANOVAs revealed that all the hypotheses regarding the impact of a mirror were supported, while self-monitoring did not significantly impact facial appearance esteem. As expected, participants' overall self-esteem was positively correlated with facial appearance esteem.

Supervising Professor: Dr. Demarest

Paper Presentations: Session III

Amy Andriacchi

Self-Perceptions of Achievement: The Imposter Phenomenon in Women

The imposter phenomenon (IP), defined as an intense sense of incompetence along with feelings of fraudulence, despite the existence of discernible success, is seen predominantly in women (Clance & Imes, 1978). Previous research has emphasized gender role conflicts, stereotypes, and maladaptive attribution habits as the primary forces behind IP feelings. The goal of the present study was to examine whether females growing up in a contemporary environment, now much different regarding gender roles and family dynamics, still experience IP feelings and to what degree. It was hypothesized that females raised in more "traditional" households (single earned income) and those exceeding their parents in education status (first generation college students) would have intense imposter feelings when compared to dual income households and not first generation college students. There were 86 female participants who were given a self-report questionnaire, entitled the Clance Imposter Scale (Clance & O'Toole, 1988). There was not a significant effect of the household income dynamics or family education variables on IP feelings. However, more than half of the participants were discovered to have intense IP feelings. Due to the high percentage of women suffering from IP, it is vital for science to examine this maladaptive process of self-perception in order to minimize psychological distress and maximize the individual's fullest potential.

Supervising Professor: Dr. Van Volkom

Elisa A. Lukasik

The Sunglass Effect: The Presence of Sunglasses on Attractiveness

This study examined the influence of the presence of sunglasses on attractiveness. Ninety-six participants (35 male, 58 female) were randomly assigned to one of eight orders of picture stimuli, which included 3 types of pictures: people with sunglasses, the same people without sunglasses, and distractor pictures of people with other head/facial accessories such as facial piercings and hats that may account for increased attractiveness. Participants rated the pictures on attractiveness, extroversion, income, and facial symmetry. It was hypothesized that people would appear more attractive when they are wearing sunglasses compared to when they are not wearing sunglasses. Also, they would appear to have a more outgoing/extroverted personality when they are wearing sunglasses compared to when they are not wearing sunglasses. Further, they would appear to have a higher income when they are wearing sunglasses compared to when they are not wearing sunglasses. Lastly, their faces would also appear more symmetrical when they are wearing sunglasses compared to when they are not wearing sunglasses. Using a series of t-tests for dependent means, the results show that sunglasses do make people more attractive. Several factors that may have helped account for increased attractiveness were that sunglasses also make people appear to have a more outgoing/extroverted personality. Lastly, sunglasses also make people appear to have higher facial symmetry. However, sunglasses do not make people appear wealthier.

Supervising Professor: Dr. Lewandowski

Louise Moss

Monmouth Psychological Associates: Clinical Psychology

Supervising Professor: Dr. Hatchard

Joey DiPeri

"La-La Means I Love You": The Effect of Music on How We See Others' Relationships

This study investigated how music affects how people evaluate others' relationships. Ninety-three participants (43 male, 51 female) were randomly assigned to one of three conditions (lyrical music, instrumental music, and no music) where they would listen to a lyrical or instrumental piece of music, or, in the control condition, no music. The participants reported on what they heard and saw, and then answered a survey with questions evaluating the amount of passion, commitment, and conflict within the relationship of a couple in a picture. It was hypothesized that music would lead participants to perceive higher amounts of passion, commitment, and conflict in the couple's relationship. It was further predicted that when participants were exposed to the lyrical song, they would perceive more commitment and more conflict than the instrumental and no music conditions, while the participants exposed to the instrumental song would perceive more passion than the lyrical and no music conditions. Using a series of one-way analysis of variances with planned contrasts, the results show that there is a significant difference between how instrumental music and no music affects participants' perception of conflict in the relationship. The results overall suggest that music has little effect on how people view others' relationships.

Supervising Professor: Dr. Lewandowski

Taylor Wilson
Quick Fix for College Stress

This study examined perceived stress in college students and positive coping strategies. The sample of 81 (28 males, 53 females) college students completed a modified Perceived Stress Scale (Cohen, 1983), a short demographic questionnaire, and participated in a two-minute activity, either: coloring, journaling, or alternate nostril breathing. It was hypothesized that perceived stress would decrease after participation in the positive coping activity, and that alternate nostril breathing would have the most decrease of perceived stress, followed by coloring, then journaling. A one-way analysis of variance demonstrated that there was no significant difference between the pre-activity stress scores and the post-activity stress scores; therefore, the hypotheses were not supported and there was also no significant difference between the perceived levels of stress after the positive coping activities. There was an unexpected finding that men reported significantly less perceived stress than women. These findings suggest that more research should be conducted to further examine positive coping strategies, and that stress in college-aged women should be expanded upon, specifically why college-aged women feel stress, and what coping strategies women can use to reduce feelings of stress.

Supervising Professor: Dr. Van Volkom

Jennifer Mora
Look at Me? The Effect of Objective Self-Awareness and Self-Monitoring on Self-Presentation

This study observed the influence objective self-awareness and self-monitoring may have on self-presentation. 55 participants were randomly assigned to one of two conditions, having their picture taken in the presence of a mirror or absence of one. Next, they were asked to alter their picture for it to be uploaded into Instagram. Finally the participant was asked to fill out a brief questionnaire about who they are, which determined if they were a high or low self-monitor. It was hypothesize, that participants in the mirror condition and who were high self-monitors would make the most alterations to their picture. None of the results were supported, suggesting that neither self-awareness, nor self-monitoring are clear indicators of the image one may convey to others through pictures.

Supervising Professor: Dr. Strohmetz

Eryn Siddall

With Liberty and Justice for Some: The Effects of Emotional Intelligence on Perceptions of Criminals and Emotional Appeals

The current study explored factors that influence perceptions of criminals, such as emotional intelligence and emotional appeals. A sample of 73 undergraduate college students (29 males, 44 females) completed self-report tests of trait and emotional intelligence, and were randomly assigned to read either an emotional back story about a criminal or neutral crime story. As hypothesized, those who read an emotionally appealing crime story gave a lower sentence and favored rehabilitative sentencing compared to those who read a neutral crime story. Those with high situational emotional intelligence favored rehabilitative sentencing and considered the criminal to be a good person compared to those with low emotional intelligence. The results suggest that those who know more information about a criminal may favor less harsh sentencing attitudes, and those with high situational emotional intelligence may favor rehabilitative attitudes compared to those with low situational emotional intelligence.

Supervising Professor: Dr. Strohmetz

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