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Contents

SESSION 1 LECTURE ROOM 1 .......................................................................................................................... 5
  Mindfulness Training for Allied Health Professionals: A Qualitative Investigation using Workbooks and Semi-structured Interviews ................................................................. 5
  An evaluation of the effectiveness of group cognitive behavioural therapy in the treatment of binge eating disorder ........................................................................................................ 5
  The perplexity of complicated grief and the implications for mental health professionals ................................................................................................................................. 6

SESSION 2 TRAINING ROOM 8 ......................................................................................................................... 7
  Checking in Obsessive-Compulsive Disorder: an examination of the interrelation of prospective memory, dysfunctional beliefs, and confidence in memory ..................... 7
  Non-suicidal self-injury: An evaluation of a training developed for secondary school education professionals ........................................................................................................ 7
  The barriers to seeking treatment for Obsessive-Compulsive Disorder in an Australian population .......................................................................................................................... 8

POSTER SESSION 1 ......................................................................................................................................... 9
  The effect of trait narcissism on task performance and confidence......................................................... 9
  Examining the Role of Personality in Users’ Strategy Preference when using Heuristic-Based Decision Support Systems .......................................................................................... 9

SESSION 3 LECTURE ROOM 1 .......................................................................................................................... 11
  Exploring the role of personality and resilience I. The stress response: a comparison of military and civilian samples ...................................................................................................... 11
  Worry, intolerance of uncertainty and attachment-related adult interpersonal styles in a naturalistic sample. .................................................................................................................... 11
  The Relationship between Perfectionism, Task Performance and Mental Workload under Timed and Untimed Conditions ................................................................................. 12
  Communication Preference: The Role of Social Anxiety .......................................................................... 12

SESSION 4 TRAINING ROOM 8 .......................................................................................................................... 13
  Gendered discourses and sexual self-efficacy in emerging adult males and females ................................ 13
  Women’s and Men’s Experiences of Cross-Sex Friend and Friend With Benefit Relationships: Sex, Attraction, Romantic Intent and Relational Maintenance ........................ 13
  Macho Man? Predictors of Muscle Dysmorphic Tendencies in Adolescent and Emerging Adult Males ...................................................................................................................... 14
  An indirect appeal to values to elicit attitude change: The malleability of values in the context of the Australian voting system ................................................................. 14
POSTER SESSION 2

The effect of social stress on paranoid ideation .................................................................16

The effect of doodling on selective attention and working memory ..............................17

The Effect of Positive Attentional Bias Modification Training on Performance versus
Social Anxiety Vulnerability ...............................................................................................16

SESSION 5 LECTURE ROOM 1 .........................................................................................18

The impact of misleading post-event information on the recollection of criminal
conversations ......................................................................................................................18

Mindfulness, implicit and explicit alcohol expectancies in alcohol dependent and
non-alcohol dependent adults ..........................................................................................18

Influencing factors on early retirement in young athletes ............................................19

SESSION 6 TRAINING ROOM 8 .......................................................................................20

Cultural identity and assimilation in the Coptic Cultural Community in Sydney ......20

Evaluating and Comparing Types of Cue-Based Interventions; Explicit Cue
Instruction and Guided Cue Discovery in Forensic Investigation ..............................20

“We go to IKEA... things that normal people do”: Parenting experiences of mothers
with a history of childhood maltreatment ......................................................................21

The dark triad and theory of mind: the underlying processes of interpersonal
manipulation ......................................................................................................................21
SESSION 1 LECTURE ROOM 1

Mindfulness Training for Allied Health Professionals: A Qualitative Investigation using Workbooks and Semi-structured Interviews
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Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is a therapeutic model intended for use in clinical and non-clinical settings. Initial training involves participation in an eight-week foundation course, designed for allied health workers. To date no qualitative studies have been conducted into the experiences of trainees on this course. The present study sought to answer the following research questions: (i) What perceptions and experiences did health professionals record in their course workbooks and follow-up interviews, regarding their participation in the eight-week MiCBT foundation course? (ii) How do these accounts reflect the underlying theory of the model they are learning? The sample comprised three psychologists, two social workers and one nurse (four female) aged between 41 and 58 (M=49) who completed the MiCBT eight-week foundation course between 2011 and 2013. Data was collected via course workbooks and follow-up interviews. Thematic Analysis was applied to twelve data elements (six workbooks and six interviews) and themes were developed across the entire data-set.

Analysis showed a generally high level of agreement with the extant literature. Participants reported the development and utilisation of new skills in equanimity and acceptance, which they all continue to apply in personal settings even up to two years after training. Continued professional practice was linked to a combination of factors including type of profession, level of functioning of clients and personal experiences during training. Half the participants continue to use MiCBT in professional practice.

An evaluation of the effectiveness of group cognitive behavioural therapy in the treatment of binge eating disorder
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Binge Eating Disorder (BED) was recently classified as a diagnostically discrete eating disorder in the Diagnostic and Statistical Manual of mental Disorders (DSM-5; American Psychiatric Association, 2013). Although Cognitive Behavioural Therapy (CBT) is recognized as an efficacious treatment for BED, its effectiveness is yet to be established. Efficacy studies characterized by rigorous exclusion criteria fail to evaluate the effectiveness of CBT as a treatment for BED in general treatment seeking samples. This is important given the high rate of comorbidity in the BED population. Aim: This study aimed to evaluate the effectiveness of an efficacious group CBT program for the treatment of BED in a general treatment seeking sample with limited exclusion criteria. Method: The adult participants (N=20) were recruited by advertising for a free eight week group CBT program for the treatment of BED and completed structured interviews. Those who met criteria for BED were invited to participate in the program and assigned to the CBT (n = 10) or Waitlist (WL) (n=10) conditions based on their availability. All Participants in the WL condition were offered a place in the next available CBT group. Results: At the completion of treatment the Eating Disorder Examination (ED) subscales of Shape Concern and Weight Concern were significantly lower for the CBT group post-treatment compared to WL, as were scores on the BDI-II. No significant differences were found between the CBT group and the WL on the number of binge eating episodes or the number of binge eating days, perhaps due to the limited power to detect differences resulting from the small sample size in this study. Conclusion:
The findings indicate that group CBT is effective in reducing weight and shape concerns and in reducing depression, as measured by the BDI-II. The present findings do not support the effectiveness of the intervention for the reduction of the number and frequency of binge eating episodes. It is suggested that further research with larger samples and follow-up assessment at three and six months delay is needed to clarify these findings.

The perplexity of complicated grief and the implications for mental health professionals
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Background: For a significant number of people, the grieving process will trigger unhealthy emotional reactions, and when confronted with this, mental health professionals may feel inadequately trained in identifying complicated grief. Furthermore, due to the many overlaps with symptoms in both uncomplicated and complicated grief, and with major depressive disorder, clinicians have been unclear on how to interpret the bereavement-exclusion criteria for major depressive disorder as was proposed in the Diagnostic and Statistical Manual of mental disorders-Fourth Edition. Aim: The current research seeks to draw attention to the gap that is apparent in the clinical training on grief. Inaccuracy in diagnosis of complicated grief and/or depression in the context of grief may have serious implications for the client. Method: Mental health professionals (n = 23) were recruited and asked to provide feedback on case vignettes that were formulated to represent symptoms of complicated grief, major depressive disorder, or major depressive disorder in the context of grief. Both qualitative and quantitative analyses were conducted to explore diagnostic accuracy and clinical appraisals. Results: Consistent with other research, a significant proportion of mental health professionals erroneously assessed the complications of the client’s grief as progressing adaptively. Subsequently, some clinicians overestimated their confidence when in fact they were inaccurate in their diagnosis. Accuracy of a major depressive disorder when it presented in the context of grief was particularly poor. Accuracy was explored with level of education, length of experience in mental health, and experience within the area of grief and bereavement, and although there were some differences, meaningful analysis could not be undertaken due to small cell sizes. Conclusion: Implications for students studying in psychological professional training programs, as well as for practising mental health professionals are considered. The removal of the bereavement-exclusion criteria in the newly released Diagnostic and Statistical Manual of mental disorders-5 are discussed, as are limitations and future directions.
Checking in Obsessive-Compulsive Disorder: an examination of the interrelation of prospective memory, dysfunctional beliefs, and confidence in memory
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Previous research has reported that Obsessive Compulsive Disorder (OCD) checking is associated with poorer performance on an event-based, but not a time-based, naturalistic prospective memory task in subclinical (Cuttler & Graf, 2007) and clinical (Harris, Vaccaro, Jones, & Boots, 2010) samples. This pattern of performance is somewhat surprising, as factors that impact differentially on time-based and event-based prospective memory tasks usually result in poorer performance on time-based tasks, and it has been suggested that the opportunity to check the time on the time-based tasks used in these studies may have eliminated this effect (Harris et al., 2010).

**Aim.** The present study aimed to extend this research by considering the extent to which these findings are specific to the naturalistic tasks used in the earlier studies, and by examining the contribution of opportunity to check, confidence in memory, importance of tasks and dysfunctional beliefs to task performance.

**Method:** Individuals selected for high and low scores on the Vancouver Obsessive Compulsive Inventory (VOCI) checking sub-scale were randomly assigned to conditions where checking of the time was possible or not on a naturalistic time-based prospective memory task. All participants also completed matched event-based prospective and retrospective memory tasks, and questionnaires measuring confidence in memory, dysfunctional beliefs, importance of tasks, and memory failures.

**Results:** The results indicated that event-based and time-based prospective memory failures were associated with greater dysfunctional beliefs, lower confidence in memory, and increased frequency of checking, but not perceived importance of tasks.

**Conclusions:** The findings have implications for understanding factors that contribute to the development and maintenance of OCD checking.

Non-suicidal self-injury: An evaluation of a training developed for secondary school education professionals
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Non-suicidal self-injury (NSSI) is a phenomenon in which young people deliberately hurt themselves, by cutting, scratching, hitting, or burning their skin, without suicidal intent. Historically self-injury was associated with serious clinical disorders and studied among clinical populations. Now, researchers are reporting high prevalence rates of NSSI amongst adolescents from community samples. Although schools are a setting likely to be able to support young people who engage in NSSI, education professionals report feeling ill-equipped and lacking confidence in their knowledge and ability to respond to NSSI behaviours in the school environment. Education professionals are being presented with the challenge of responding to students who may be engaging in NSSI, therefore it is vital to consider training to enable appropriate responses and effective support to students.

This study aimed to develop, deliver and evaluate a training workshop specifically designed for education professionals working in secondary schools in Sydney.
Seventy people participated in the training workshop and evaluation which employed a pre-training/post-training design. A questionnaire was administered pre-training and again post-training in order to determine if the training workshop lead to improvements in education professionals’ perceived knowledge and attitudes about NSSI.

The results showed average knowledge of NSSI scores were significantly higher after the training workshop intervention and on average attitude scores were highly significantly lower (more accepting attitudes) after the training workshop intervention. Additionally the majority of participants endorsed positive perceptions about their experience of the training workshop intervention.

The results from this study demonstrated that the provision of a specifically designed training workshop can assist education professionals to feel more knowledgeable and better equipped to support and respond to students who may be engaging in NSSI.

The barriers to seeking treatment for Obsessive-Compulsive Disorder in an Australian population
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Research into individuals with Obsessive-Compulsive Disorder (OCD) has established long delays between symptom onset and seeking treatment (Marques et al., 2010) as well as suggesting that a large proportion of individuals with the condition often do not seek any type of help (Goodwin, Koenen, Hellman, Guardino & Struening, 2002; Mayerovitch et al., 2003). The current study investigated the barriers to seeking OCD treatment and whether religiosity was associated with barriers. The study also examined whether there was a difference in demographic characteristics, self-reported severity, quality of life, symptom intrusiveness, religiosity and barriers between participants who had received a diagnosis from a health professional and those who had not. Eighty-six participants completed an online survey enquiring about demographic characteristics, OCD symptoms and their severity, quality of life, symptom intrusiveness, religiosity, questions about treatment history and barriers that have contributed to delaying or avoiding OCD treatment. Results showed that the three main barriers to seeking OCD treatment were rated as, a preference for handling problems alone, cost of treatment, and a lack of knowledge about available mental health treatment. Individuals who reported receiving a diagnosis from a health professional demonstrated more severe symptoms, poorer quality of life, and higher symptom intrusiveness. Predictors of receiving a diagnosis from a health professional were greater symptom severity and having fewer perceptions about not needing help for OCD. Furthermore significant associations were found between religiosity and barriers to seeking OCD treatment. In conclusion, this study highlights a need to increase public knowledge and awareness about the characteristics of OCD and how to access evidence-based treatments within Australia.
POSTER SESSION 1

The effect of trait narcissism on task performance and confidence.
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Trait narcissism is characterized by grandiosity, entitlement, superiority and is strongly oriented towards success and rewards. A generational increase in trait narcissism has been observed in American students over the past 25 years (Twenge, Konrath, Foster, Campbell & Bushman, 2008), and it is therefore important to assess its impact on task performance and the task conditions which facilitate improved performance outcomes in the Australian population. This study aimed to examine the effects of trait narcissism on task performance and self-confidence in predicted performance. Fifty-seven undergraduate students engaged in a dart throwing task in three rounds, confidence in future performance outcome was measured prior to each round on a seven point Likert-type scale and trait narcissism was measured with the Narcissistic Personality Inventory (NPI; Raskin & Terry 1988). Participants were allocated into high or low trait narcissism groups on the basis of their NPI scores. Random allocation of half the participants to a public recognition condition was introduced in order to examine its motivational effect on performance improvement. Contrary to predictions, performance improvement did not differ between the high and low trait narcissism groups or between the absence and presence of public recognition. Results also indicated no difference in confidence between the high and low trait narcissism groups. It was concluded that the overall trait narcissism scores of the current sample were quite low which may have impacted the results. Additionally, in the public recognition condition, the opportunity to self-evaluate one’s performance in comparison to others was absent, which may have affected the results. Implications for including both individual and comparative goals and aligning them to contingent rewards to improve performance are discussed.

Examining the Role of Personality in Users’ Strategy Preference when using Heuristic-Based Decision Support Systems
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The workforce is predicted to face a significant skill-shortage as experienced workers approach retirement age. Many organisations are already being forced to promote less-experienced personnel into positions that require high-levels of operational experience. Decision Support System (DSS) carries implications for human-device interaction and provides solutions for the employment training crisis. The use of DSS in workplaces can help less experienced workers acquire new skills. This study examined the use of heuristic-based information acquisition strategies in DSS. The strategies model the naturally occurring cognitive processes of the elimination-by-aspects heuristic, the frequency comparison heuristic, the majority of confirming dimension heuristic, and the satisficing heuristic. This study examined the impact of personality on preference of heuristic strategies, as well as performance accuracy and efficiency. The study comprised of a familiarisation phase and a preference phase. Using computer-simulated scenarios, participants were presented with information and were asked to prioritize evidence in a crime scene. In the familiarisation phase, participants were presented with four crime scene scenarios. In each scenario, information was presented in a way that reflected one of the four heuristic approaches. After the first four scenarios, participants ranked the four heuristic-based strategies in their order of preference. They then completed a Big 5 personality questionnaire. After this, participants proceeded to the preference phase where Scenarios Five and Six were presented. The two scenarios were paired with their first and last preference of strategies. Satisficing was found to be the least preferred strategy. Overall, personality did not predict preference for heuristic strategies, although approaching statistical significance the satisficing strategy was least preferred by individuals with high degree of openness. The particular strategy did not impact on
decision accuracy but did influence efficiency. One particular scenario was associated with lower decision accuracy, which suggests that individuals without domain-related knowledge may not benefit from the advantage of reduced-processing demands. It is suggested that where individuals are matched with strategies that best utilise their strengths, they will be more likely to reach an optimal decision accurately and efficiently. Any findings that could improve the alignment between individuals and the DSS training devices could greatly benefit organisational recruitment.
SESSION 3 LECTURE ROOM 1

Exploring the role of personality and resilience I. The stress response: a comparison of military and civilian samples
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Each individual responds differently to stress. In attempt to further explain the stress process, previous research has explored the relationship between personality traits, resilience and the stress response. A present, limited research examines the difference in stress responses between military and civilian individuals. The current study investigates the relationship between personality traits, resilience and the stress response by combining psychological and physiological measurement. Fifteen civilian and 16 military personnel completed online personality and resilience inventories prior to taking part in the Mannheim Multicomponent Stress Test (MMST). Psychological response, physiological response and performance variables were measured throughout the task. Military members rated significantly lower than civilians on neuroticism, however, no differences were found between groups for ratings of resilience. Furthermore, compared to the civilian sample, military participants displayed less emotional reactivity and less negative affect during the MMST testing period. On performance variables, military participants displayed significantly less responses. Results show no significant difference in heart rate changes between groups. Results are discussed in light of previous research, the Broaden and Build hypothesis, the Transactional Stress Theory and civilian and military contexts.

Keywords: stress response, five-factored model, resilience, military

Worry, intolerance of uncertainty and attachment-related adult interpersonal styles in a naturalistic sample.
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Generalised Anxiety Disorder (GAD) is primarily characterised by excessive and difficult to control worry, involving repetitive thoughts about uncertain and potentially negative future events and experiences. While much research has focused on the experience of worry in GAD, worry is also common among individuals with other anxiety and depressive disorders and in the general population. Intolerance of uncertainty has consistently been associated with worry in clinical and non-clinical populations and insecure attachment styles have also been implicated in the etiology and maintenance of problematic worry. The current study investigated the frequency of worry across life domains and the relationships between age, depressive symptoms, adult attachment-related interpersonal styles, intolerance of uncertainty and worry in a sample of tertiary education students. One hundred and forty-eight females and 45 males, aged between 18 and 58, participated by completing an online survey questionnaire. Approximately four-fifths of participants reported having worries in at least eight of 11 life domains, with education, finances and work being worried about most frequently. Interpersonal worry and worry about health and everyday hassles were also common. A hierarchical multiple regression analysis indicated that, after accounting for the effects of age and depressive symptoms, degree of attachment-related comfort with closeness in interpersonal relationships and interpersonal anxiety, but not perceived availability of others when needed, were associated with worry. Intolerance of uncertainty made an additional contribution to explaining the
variation in worry, with age the only other variable remaining uniquely associated with worry. The
current results provided further evidence of the ubiquity of worry and for the strength of the positive
association between intolerance of uncertainty and worry. The findings suggested that increasing age
had a direct relationship with reducing levels of worry, relatively independently of the other study
variables. The direct and indirect (through intolerance of uncertainty) relationships between lower
comfort with interpersonal closeness and higher interpersonal anxiety and higher levels of worry
further suggest that consideration of these factors may be important for psychologist when addressing
elevated levels of worry, whether in GAD or other clinical and non-clinical presentations, and further
related research with clinical samples appears warranted.

The Relationship between Perfectionism, Task Performance and Mental
Workload under Timed and Untimed Conditions
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Perfectionism, is the tendency to set and achieve high goals whilst engaging in negative self-
evaluation. Perfectionism has been pathologised to be debilitating and has been known to be a factor
in several forms of psychopathology (Pacht, 1984). However, little is known about how perfectionism
fares in task performance and mental workload, in a non-clinical setting. The present study sought to
extend on previous investigations by examining a sub class of perfectionism which is a combination of
having high standards and yet being overly concerned about performance. The current study
administered a skill-based task under conditions of time pressure and no time pressure. Perfectionism
was measured using the combination of three subscales from the Frost Multidimensional
Perfectionism Scale (FMPS; Frost, Lahart, Marten & Rosenblate, 1990). Task accuracy and speed
were obtained as objective task performance, and self-report of mental workload (effort, frustration,
mental and temporal demand) were obtained to understand the subjective level of task performance
using the NASA-TLX rating scale (Hart & Staveland, 1988). Compared to the unlimited time
condition, it was predicted that completing the task under time pressure would cause considerable
performance decrements and enhanced subjective mental workload for this sub class of
perfectionists. Results of the current study found participants that scored higher on perfectionism
perceived the task to be more mentally effortful. This study provides theoretical insight on
perfectionism and increased mental workload. Applied implications of increased mental workload over
a period of time could be dissatisfaction of the self and burnout.

Communication Preference: The Role of Social Anxiety
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Many people experience anxiety in social situations at various times, and this anxiety may influence
individuals’ choice of communication mode. This study sought to consider the contribution of social
anxiety and of self-presentation, situational control, anonymity, and emotional safety to preference for
computer-mediated communication (CMC) or face-to-face communication in social/personal and
professional/study interactions. 205 adults aged 18 to 65 completed an online survey of self-report
measures identifying social anxiety traits and self-consciousness by responding to the Brief Fear of
Negative Evaluation Scale (BFNE; Leary, 1983), and the Self-Consciousness Scale (SCS; Fenigstein,
Scheier, & Buss, 1975). Participants also completed a measure of hours spent on online activities in
relation to social/personal and professional/study interests, and responded to six scenarios that
required communication conducted using CMC or more direct interaction. Results showed weak
correlations between various online activities and Age, BFNE, and SCS. Preference for
communication mode in scenarios varied and results of sequential logistic regression analysis
showed conflicting findings reflecting the importance of the context of the interaction. Further
research should include measures of temporal characteristics.
Gendered discourses and sexual self-efficacy in emerging adult males and females

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Emerging adulthood, from age 18 through the twenties, is considered the greatest opportunity for identity exploration, particularly with regard to relationships and sex. Critical to the formation of identity is the resolution of conflicts across a range of domains, including gender and sexual identity. Research suggests that discourses of gender, considered to intensify in adolescence, encourage individual’s to take up positions within normative gendered discourses, with negative affect on their self-efficacy within sexual relationships. Specifically, discourses of masculinity endorse beliefs that males should be physically strong, emotionally detached, and assert power over females, while feminine discourses expect females to be passive, pursue commitment and be objects for manly desire; with gendered discourses endorsing internalisation of one’s true needs for both males and females. It was hypothesised that the adoption of discourses of femininity would have a negative impact, and the adoption of discourses of masculinity would have a negative impact, on sexual self-efficacy for both males and females. Eighty-two participants completed an online questionnaire, answering questions relating to age, sex, ethnicity, sexual orientation, sexual and relationship experiences, relationship status, subscription to faith, beliefs about gender, and attitudes and feelings towards sex. The study found, as hypothesised, that the endorsement of discourses of femininity negatively impacted, and the endorsement of discourses of masculinity negatively impacted, sexual self-efficacy for both males and females. Furthermore, the study found that the pathways to sexual self-efficacy differed for both males and females. For males, adoption of discourses of masculinity, self-silencing, and sexual arousal demonstrated direct relationships to sexual self-efficacy. While for females, subscription to a faith, relationship status, sexual anxiety, and arousal demonstrated direct relationships with sexual self-efficacy; while self-silencing and discourses of masculinity demonstrated an indirect relationship. The results of this study support previous research, in which it has been found that the adoption of discourses of gender impact on an individual’s sexual self-efficacy. Education programs are needed to dismantle these normative gendered discourses, which can lead to poor decision-making and participation in unwanted and/or unprotected sexual encounters; with negative affect on the psychosocial and sexual well-being of emerging adult males and females.

Women’s and Men’s Experiences of Cross-Sex Friend and Friend With Benefit Relationships: Sex, Attraction, Romantic Intent and Relational Maintenance

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Whether men and women are capable of platonic friendship has long been an issue of contention in the relationship literature. The dominant cultural and academic perspective has been that heterosexual cross-sex friendships (CSF) are plagued by undercurrents of romance and attraction. Friends with benefits (FWB) relationships have been described as an addition to CSF, combining the psychological intimacy of friendship with sexual activity, therefore resembling romantic relationships without the commitment. The current research investigated how heterosexual emerging adult men’s and women’s reports of CSF and FWB relationships differed with respect to sexual behaviour, attraction, romantic intent and use of relational maintenance strategies. Eighty-one women and 32 men, aged 18 to 30 years ($M = 24.16$, $SD = 3.04$), completed an adaptation of Emmett’s (2008) self-report questionnaire. Although men reported similar levels of romantic intent and sexual attraction in CSF and FWB relationships, women reported significantly greater levels of sexual attraction and romantic intent in FWB relationships; and significantly greater amounts of overall sexual behaviour.
were reported by both women and men in FWB relationships. Furthermore, different relational maintenance strategies were used by women and men in their CSF and FWB relationships, and the correlation between romantic intent and use of relational maintenance strategies was significantly greater for women in FWB relationships, but no different for men in CSF and FWB relationships. Overall, these results suggest that men and women interpret the CSF and FWB relationship categories differently, with men making less distinction between the two categories than women.

**Macho Man? Predictors of Muscle Dysmorphic Tendencies in Adolescent and Emerging Adult Males.**
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Males are currently reaching parity with females in body image dissatisfaction. The impossibility of attaining the contemporary male lean and hyper-muscular ideal has prompted increases in reported rates of eating disorders, depressive and anxiety disorders and a subtype of body dysmorphic disorder, Muscle Dysmorphia (MD). Although MD has been identified primarily in weight lifters, body builders and gay/bisexual males, the substantial number of males who now indicate body dissatisfaction suggests symptoms of MD may be more widespread. The present research investigated predictors of MD tendencies in a non-clinical sample of young heterosexual males in Australia. One hundred and three males, aged 16 to 27 years ($M = 21.91$ years, $SD = 2.64$) completed a demographic survey, the Muscle Dysmorphia Inventory (MDI), the Objectified Body Consciousness Scale (OBC), the Teasing Questionnaire Revised (TQ-R), the Muscle Silhouette Measure (MSM), the Pubertal Development Scale (PDS), subscales of the Hale Scale (HS), the Rosenberg Self-Esteem Scale (RSES) and the Multidimensional Perfectionism Scale (MDPS). MD tendencies correlated significantly with age, pubertal status, internalisation, body shame, surveillance, teasing, concern over mistakes, parental criticism, self-esteem, body satisfaction and recent engagement in strength based sport. Simultaneous multiple linear regression indicated that these variables account for 71.80% of the variance in MD tendencies. As predicted, body shame and surveillance had significant direct effects on MD tendencies; internalisation and pubertal status also had significant direct effects on MD tendencies. Furthermore, MD tendencies were significantly correlated with supplementation, risky steroid use, greater workout priority, greater weekly weights use and relationship status. In conclusion, males with negative affect who are later maturers, internalise messages about the ideal body and police their appearance are most susceptible to MD, and more likely to engage in harmful practices to emulate the ideal male body.

*Keywords:* Muscle dysmorphia, emerging adult males, body dissatisfaction.

**An indirect appeal to values to elicit attitude change: The malleability of values in the context of the Australian voting system.**
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The pioneering work of McGuire (1960a) established the increased efficacy of an indirect attack over a direct attack in a persuasive appeal. By appealing to an underlying but related value, one can circumvent the resistance typically encountered by a more direct, explicitly made appeal, when trying to achieve persuasion of any sort. The current research aimed to replicate this finding using values associated with the Australian political system. Tests of priming effects using a flexibility prime were also incorporated, as well as the degree of persuasion relative to a personality measure. An
investigation was made into a facet of personality, termed self-monitoring (Snyder & Gangestad, 1986) where high self-monitors were expected to manifest a greater degree of persuasion relative to low self-monitors, consistent with previous research. 106 Australian under-graduate students ($M_{age}$ =31) completed an online questionnaire. Participants receiving an indirect attack read a passage appealing to their values surrounding freedom, presented as a paradox to compulsory voting. Participants receiving a direct attack read a passage strongly urging readers to endorse a non-compulsory voting system, a system more in line with the rest of the world. 3 scales were used as indicators of persuasion. ANOVA calculations revealed significantly higher means for the indirect attack group substantiating its increased efficacy over the direct attack, on the 'dispose of scale'. In light of 2 scales demonstrating a strong Pearson correlation ($r = .73$), to increase scale reliability, a case was made to combine the two. Subsequent ANOVA computations on the new scale almost mirrored the main effect findings for the 'dispose of' scale. Results revealed partial support for both priming effects and self-monitoring. In conclusion, a main effect of attack type was found as well as partial support for the effects of prime type and self-monitoring. As a result of the attacks, it was found participants would welcome change in the voting system to a slight degree. Future replications should both; aim to increase the strength of the attacks which should serve to further polarise the data, amplifying the magnitude of the effects and; further investigate the use of the flexibility prime for its usefulness.
POSTER SESSION 2

The effect of social stress on paranoid ideation
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Considerable research has been dedicated to understanding the aetiology of paranoid delusions, with cognitive, genetic, affective and social factors all being implicated. In particular there is strong evidence to suggest that social stress has an impact on the formation of paranoid delusions, mediated by levels of explicit self-esteem (Kesting et al., 2013). The current study sought to extend the work by Kesting and colleagues (2013) – examining the impact of social stress on paranoid ideation and explicit self-esteem - by adding an additional implicit measure of self-esteem to investigate the attribution self-representation model of paranoia, and a victimisation measure to test for relevant paranoia subtypes. A non-clinical sample (n = 41) was randomly assigned to an experimental group (EG) or control group (CG). In the EG participants were excluded from a virtual ball-tossing game and received negative feedback following a proverbs interpretation task, and in the CG participants were included in the game and received neutral feedback following the task. Proneness to paranoia and experiences of discrimination were measured at baseline, whilst emotion, implicit self-esteem, explicit self-esteem and state paranoid ideation were measured at both baseline and post-assessment.

Results indicated that the social stress condition was ineffective; however there was a significant increase in paranoid ideation across both conditions from baseline to post-assessment. Discrimination and implicit self-esteem were not found to be significantly correlated with paranoid ideation, whilst explicit self-esteem was negatively correlated with paranoid ideation. These findings are discussed in light of the limitation of using a small, student population, and future recommendations for research are proposed.

The Effect of Positive Attentional Bias Modification Training on Performance versus Social Anxiety Vulnerability
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Cognitive theories of emotional disorders propose that vulnerability to anxiety arises as a consequence of selective processing biases that automatically favor negative emotional information (Mathews & MacLeod, 1994; Mathews & Mackintosh, 1998; Mathews & MacLeod, 2005). While the existence of the causal association between negative attentional bias and vulnerability to anxiety has been well established, research on positive emotional processing is limited. Previous research suggests that individual variability in the capacity to experience positive emotion reflects differential resiliency to stressful life events, and therefore positive emotions may serve to down regulate negative emotions in response to stress (Fredrickson, 2001). Furthermore, to date, there has been little to no investigation on attentional bias modification (ABM) and the effect of differing types of stressors on anxiety vulnerability. The main objective of the current study was to explore the efficacy of using positive ABM to increase resiliency to stress and whether this resiliency is sensitive to different types of stressors. This research aimed to investigate the differences in effectiveness of ABM training in attenuating anxiety vulnerability to two types of stressors: performance related anxiety and social anxiety. In the present study an ABM training procedure was used in which participants were randomly assigned to a complete a dot probe task designed to induce selective processing of positive stimuli or to a neutral condition. Following training, participants were exposed to either a performance or social stress task. After completing the stress phase, emotional reactivity to the stressor was
assessed using the STAI-S, GAD-7 and LSAS-SR scales. Results of the present study found that there was no significant training effect on attention allocation while emotional reactivity was significantly altered on the GAD measure. By examining the potential differences in generalized anxiety compared to social anxiety vulnerability, this study has initiated a valuable line of research into the development of more effective treatments that are tailored for the two types of anxiety.

The effect of doodling on selective attention and working memory
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Doodling is a common activity which many people have engaged in at some point in their lives. It is a simple task that helps to relieve boredom, often when we are performing another activity such as attending a lecture. Building on previous research, this study has sought to investigate whether doodling aids selective attention and working memory. In addition, potential relationships between doodling, daydreaming and selective attention were analysed, as well as possible correlations between working memory scores and daydreaming, Boredom Proneness Scale (BPS) scores and the 21-item Depression, Anxiety and Stress Scale (DASS-21) scores. Forty participants aged between 21 and 52 years were allocated to either a doodling condition (n = 20) or non-doodling condition (n = 20). They were all required to complete the BPS and the DASS-21. Participants in both groups were then required to listen to a short audio recording of a mock telephone message and write down the names of party attendees. Doodling participants were asked to doodle whilst listening to the recording. All participants then completed a daydreaming questionnaire, followed by a memory task in which they recalled the names of party attendees plus the names of locations which were mentioned in the recording. Results indicated that doodling participants performed better than the non-doodling participants in the selective attention task, however no such effect was seen for the memory task. Names of party attendees were recalled at a higher rate than names of locations. The only significant relationship found was between daydreaming and selective attention scores which suggested that lower levels of daydreaming were correlated with high scores of attention.
The impact of misleading post-event information on the recollection of criminal conversations
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Research investigating the fallibility of memory in witness testimonies has demonstrated that misleading Post-Event-Information (PEI) hinders accurate recall of events (Loftus, 2005). Existing research, however, is largely limited to visual information and eyewitness testimony. The aim of this study was to demonstrate the real-world implications to the field of witness testimony by addressing the issue of ‘Faceless’ crimes, such as crimes deprived of visual information (i.e., hooded rape), or crimes committed verbally (e.g., criminal conversations). This study examined the impact of PEI on recall of auditory information in conjunction with earwitness testimony based on the type of PEI participants were exposed to, with replaced or omitted to-be-remembered (TBR) information, and the stage of PEI exposure; during the encoding or retrieval stage of information processing. Furthermore, differences in recall performance based on the feature category of TBR information (e.g., names, vehicles and weapons) were explored. The sample consisted of 100 participants from both the Australian College of Applied Psychology undergraduate program and the general public. Participants listened to an audio recording of a mock criminal conversation, and were then assigned to one of five conditions as a function of type and stage of PEI exposure, followed by a memory task. It was hypothesised that PEI would inhibit accurate recall compared to a control group, reducing the number of key-features remembered from the criminal conversation. Contrary to expectations, the results suggest that PEI does not inhibit memory recall for auditory information overall, nor does it differ in its inhibitory function when either replacing or omitting TBR information. However, PEI appeared to cause greater inhibition of memory when exposure was at the retrieval stage of memory processing. This trend suggests that witnesses who are exposed to PEI after a period of time has elapsed, prior to giving testimony or reporting an event to authorities, may be less accurate in their recall of key-information. Conversely, witnesses exposed to PEI immediately following or soon after the event, may be less susceptible to memory distortions and misinformation. This has significant implications for investigators and jurors, for example, when attempting to ascertain the accuracy and credibility of a report or a witness’s testimony, as well as applied implications for the investigative process relating to ear-witnesses.

Mindfulness, implicit and explicit alcohol expectancies in alcohol dependent and non-alcohol dependent adults
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Explicit beliefs about the effects of alcohol, known as alcohol expectancies, have been used to predict alcohol-related behaviour. However, alcohol expectancies may not be specific enough to capture changes in expectancies when variable amounts of alcohol are imagined. Implicit beliefs about alcohol using measures such as the Implicit Association Test (IAT) have added to the predictive power of explicit measures and provided further insights into addictive behaviour. Improving mindfulness skills has been hypothesised to influence the relationship between explicit and implicit alcohol expectancies. The present study aimed to investigate implicit and explicit alcohol expectancies and mindfulness skills among participants with alcohol dependence who had recently
detoxed \((n=16)\), participants with alcohol dependence with over three months sobriety \((n=16)\), and participants without alcohol dependence \((n=20)\). All participants were assessed using a modified positive and negative Single Target-IAT (ST-IAT), an explicit expectancy measure including dose variations, and the Kentucky Inventory of Mindfulness Skills. Whilst there was no differences between alcohol dependent groups, results indicated participants with alcohol dependence showed stronger positive and weaker negative implicit expectancies compared to non-alcohol dependent participants. Unexpectedly, alcohol dependent participants showed stronger positive and negative explicit expectancies after imagining consuming ten drinks or more when compared to non-alcohol dependent participants, whilst there was no difference between groups when participants imagined drinking two drinks. Alcohol dependent participants also showed lower levels of mindfulness skills overall as well as lower levels on the Describing scale, Accepting scale, and Awareness scale when compared to non-alcohol dependent participants. In conclusion, results provide further support for the use of the ST-IAT in the clinical population of drinkers to assess people who may be at risk of relapse or developing alcohol dependence. Furthermore, targeting implicit alcohol expectancies and utilising mindfulness-based approaches may help to reduce relapse rates, whilst variations in explicit expectancies due to imagining different alcohol amounts needs to be considered when challenging alcohol-related cognitions.

Influencing factors on early retirement in young athletes

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Wylleman and Lavallee’s (2004) model is the most recognised model of athletic career transitions. Within this model four developmental levels are established: athletic, psychological, psychosocial, and academic/vocational. Within each level are multiple transitions which occur across the athlete’s sporting career. This model was used to establish which factors may be most influential in the decision of early retirement in a sporting context. It was considered that personality, athletic identity, social support, and career decision making were important in an athlete’s life. From this, it was thought that personality, athletic identity, and social support would influence an athlete’s decision in early retirement from their sporting career whereby athletes with low extraversion, low athletic identity, and low social support in sport would indicate the highest intentions of early retirement. This study aimed to identify whether these factors were indeed influences on the decision of early retirement in sport.

This project used an online survey which was distributed through various sporting institutes in Australia. This study aimed to acquire participants between the ages of 17 years to 19 years who were currently studying at a year 12 level. The survey consisted of the Athletic Identity Measurement Scale (AIMS; Brewer & Cornelius, 2001) to assess the participant’s degree of athletic identity; International Personality Item Pool (IPIP; Goldberg et al., 2006) to assess personality type; social support questions which were adapted from Sarason’s (et al., 1983) Social Support Questionnaire to assess highest sources of social support; intention to retire questions which were adapted from Fernandez’s (et al., 2006) Athletes’ Retirement Decision Inventory to assess the participant’s likeliness to retire from their sporting career; and general demographic questions (e.g., age, hours committed per week to training).

It was found that the average age of participants was 16 years, differing from the target age. It was found that participating athletes who had greater intentions to retire early from their sporting career had revealed higher extraversion, higher athletic identity, and higher social support in sport from their coach. These findings contradicted the anticipated outcomes and provided a new perspective on looking at early retirement in young athletes.
SESSION 6 TRAINING ROOM 8

Cultural identity and assimilation in the Coptic Cultural Community in Sydney
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Research indicates that self-esteem is associated with religiosity and acculturation strategies within ethnic immigrant communities. The present study aimed to examine the relationship between religiosity, acculturation, ethnic identity and self-esteem within the Coptic Cultural Community in Sydney, Australia. A total of 98 participants completed a battery of psychometric and demographic questionnaires including the Rosenberg Self-Esteem Scale, the Multi-Ethnic Identity Measure, the Religious Commitment Inventory, the Acculturation Strategy Measure and a novel measure of Coptic Egyptian identification known as the Coptic Cultural Community Questionnaire (CCCQ). Results indicated a three factor solution for the CCCQ with factors CCCS1, CCCS2, and CCCS3 providing an index of Affinity for Egyptian Coptic Culture, Australian Culture, and the Self, respectively. Correlations indicated a positive relationship between CCCS1 and CCCS3, but not between other subscales of the CCCQ. In accord with the hypotheses, there was a positive relationship between self-esteem and Integration, and between religiosity and ethnic identity. However, in discord with the hypotheses, there was no apparent direct relationship between self-esteem and religiosity. The present research demonstrates that the relationship between self-esteem and religiosity may be mediated by ethnic identity, and that further studies and statistical analyses are necessary to clarify the nature of this relationship. Results also indicate that there is a negative relationship between age and affinity for Coptic Culture as indexed by CCCS1. That is, older participants appear less fond of their culture of origin compared with younger participants. This relationship is in the opposite direction to that predicted within the hypotheses. Future studies may include behavioural as well as self-report measures, and examine the Coptic Community in other regional centres within Australia.

Evaluating and Comparing Types of Cue-Based Interventions; Explicit Cue Instruction and Guided Cue Discovery in Forensic Investigation
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Cues have previously been identified as a significant component of naturalistic decision making. Under the theory of naturalistic decision making, training programs which aim to improve decision performance will seek to identify and utilise facets of the environment which aid in proficient naturalistic decision-making. Cue use during decision-making has been found to vary significantly between naïve and expert operators, across a range of domains. Consequently, training schemes facilitating the acquisition of expert skill-sets via the identification of expert cue inventories are an attractive prospect. Different forms of cue-based training have been developed each with their respective cost/benefit trade-off. In relation to efficiency, Explicit Cue Instruction is a preferred method of Cue-Based training. However, in relation to task-representativeness Guided Cue Discovery, aims to mimic the operational domain and enables trainees to acquire cue-sets during simulated decision making tasks. This study compared the effect of two types of Cue-Based intervention; Explicit Cue Instruction and Guided Cue Discovery; on cue-recognition and decision performance assessed pre and post intervention. Cue recognition was tested using a Paired Concepts Association Task (P-CAT) and was measured by accuracy and response latency. Decision-making performance was tested using a Decision Assessment Interface (DAI) and was measured by response latency, accuracy and acquisition. Results revealed a significant decrease in response latency during cue recognition assessment for all intervention groups. Improvement in decision-making accuracy was also found following the Explicit Cue Instruction intervention. Explicit Cue Instruction was determined to be the preferable form of Cue Based training as results suggest that accuracy was also significantly improved during decision performance assessment. Subsequently, Explicit Cue Instruction is suggested to cue the retrieval of singular and cumulative cue associations in decision making. Guided Cue Discovery was not found to significantly improve cue-recognition or decision performance. It was proposed that the efficiency of Guided Cue Discovery as an intervention may be optimised by differentiated feedback strategies.
“We go to Ikea… things that normal people do”: Parenting experiences of mothers with a history of childhood maltreatment.

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Research investigating the intergenerational transmission of trauma primarily reports statistically on a range of difficulties that mothers with a history of maltreatment experience in parenting. Contradictory findings and confounding factors suggest however that the level of complexity present in this issue is not easily captured by quantitative methods.

The purpose of this study is to investigate the parenting experiences of six mothers reporting a history of maltreatment by analysing interviews with a view to better understand aspects of the intergenerational transmission of trauma. Qualitative analysis using Modified Analytic Induction (MAI) is used as it allows for the researcher to be sensitised to issues through experience and seeks to contextualise the findings with respect to the literature with a view to developing theory. The mother's "voice" is the focus of the research, and data is analysed integratively with the maltreatment, trauma and parenting research.

MAI identified three themes across the interviews, 1) participants were committed to being a "good mother" and engendering a different experience for their children to what they experienced in childhood; 2) that mother's perceived an extraordinary sense of pressure and anxiety associated with guaranteeing and delivering on these commitments; and 3) that participants engaged in a range of reported parenting practices that indicated change occurred over time and under certain conditions.

Clinical implications are discussed for clinicians working both individually with mothers or where the child is the identified client. This is particularly important as a mother's history of maltreatment is not always disclosed when the child is the identified client. Theoretical implications seek to identify how the experiences reported by the participants can be investigated further, more effectively linking quantitative research findings to the lived experience of mothers with a history of childhood maltreatment.

The dark triad and theory of mind: the underlying processes of interpersonal manipulation

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The dark triad are a group of personalities who share a fundamental core of interpersonal manipulation and exploitation. The last decade of dark triad research has generated a plethora of findings aimed at determining their associations with various other personality factors or behavioural consequences. However there is a relative paucity of studies aimed at examining the underlying processes driving their socially aversive tendencies. This study aimed to (a) examine the role theory of mind plays in perpetuating the dark triad's callous nature, (b) explore whether they are more attuned to identifying unsuitable targets of exploitation through facial morphology, and (c) shed light on the ambiguous relationship between theory of mind and empathy. Results indicated that no dark triad personality except primary psychopathy exhibited theory of mind deficits. They were not associated with any elevated ability in detecting other dark triad individuals through facial morphology alone. The findings also seem to implicate affective empathy over cognitive empathy in relationships with theory of mind functioning. Overall it appears that the dark triad do not demonstrate any superior ability to read or predict the behaviours of others, but rather utilise their average ability in particularly ruthless ways in order to attain what they want.