



DEPARTMENT *of* PSYCHOLOGY

L. Starling Reid



**Undergraduate Psychology Research
Conference**

April 23, 2021

L. Starling Reid

L. Starling Reid was born on March 15, 1920 in Greenville, MS. He received his B.A. (1943) and M.A. (1943) from the University of Mississippi. After an interruption by service in the United States Navy, his higher education culminated with award of the doctorate from the Ohio State University in 1949.

In the same year he was appointed to the Psychology faculty at the University of Virginia, where he remained until his premature death on April 19, 1978. He served as chairman of the Department from 1960 to 1972 and during 1977-78, periods during which the Department moved into new areas of psychology and 17 new faculty members were recruited.

The range of his scholarship was broad. From his master's thesis until 1960 he was involved in studies of animal learning and motivation. His original interest in human learning and memory developed during the years at Ohio State, and this became a major focus of his research during the final two decades of his life. Dr. Reid guided the writing of a number of dissertations on the topic, some of which continue to be widely influential. He invented a new method for studying the immediate memory span; this made possible its continuous monitoring. First presented in a paper with two students in 1960, it has become such a standard procedure in the investigation of memory that the detailed citation of its origin is now considered almost superfluous.

The wide respect that Professor Reid's original work inspired led to his appointment to editorial positions for several distinguished psychological journals. He served with marked success as program chairman of the Eastern Psychological Association. His professional stature was recognized by membership in the Society of the Sigma Xi and by fellowship status in the Division of Experimental Psychology of the American Psychological Association and in the American Association for the Advancement of Science. Additional recognition included his election to the Council of the AAAS Section on Psychology.

Many aspects of University life, beyond the classroom and the laboratory, profited from his considerable energy and broad competence. He was for many years secretary of the Assembly of Professors, and was for several years chairman of the Athletic Advisory Committee and was elected for a term as president of the Atlantic Coast Conference.

His most lasting contributions to the life of this University came from his extended tenure as Chairman of the Department of Psychology. As the number of faculty tripled during his dozen years as Chairman, the centrifugal forces of specialization could easily have fragmented a group that had always enjoyed a remarkable degree of cohesiveness and interaction. It is to his everlasting credit that such an outcome was avoided, and the solid underpinning for the presently diversified Department was preserved and strengthened.

Dr. Reid's leadership was unobtrusive but steady, farsighted and at the same time responsive to daily needs. He was consistently responsive to daily needs, quietly patient and yet persistent in his strivings for the betterment of the entire Department.

In 1983 a memorial lecture series was established to recognize his contributions to the Department and the University. The Annual L. Starling Reid Undergraduate Psychology Research Conference began in 2007.

Conference Schedule

- 8:30-8:45 Welcoming Remarks: Frederick Smyth, PhD
Director of Undergraduate Studies in Psychology
University of Virginia
- 8:45-10:15 Oral Presentations I (12-15 minutes each):
Kathleen Gilmer; Brigitte Alexis Lieu;
Lauren Hall; Maya Stephens
- 10:30-11:30 Poster Session I
- 11:30-12:30 Break
- 12:30-1:30 Poster Session II
- 1:45-3:15 Oral Presentations II (12-15 minutes each):
Olivia M Walker; Alison Goldstein;
Alexandra Tucker; Parnia Ashari
- 3:15-3:20 Appreciation Remarks: Frederick Smyth, PhD
- 3:30-4:30 Keynote: Elizabeth A. Phelps, PhD
Pershing Square Professor of Human Neuroscience
Department of Psychology, Harvard University
Mechanisms of Threat Control in Humans
- 4:30-4:45 Being Human in Psychological Science
- Informal Q&A with keynote speaker, Elizabeth A. Phelps, PhD,
about her path in psychological science. All are encouraged to
turn camera's on and participate.

Participating Institutions

Alcorn State University

Campbell University

College of William & Mary

Cornell University

Dixie State University

George Washington University

Hollins University

Mary Baldwin University

New York University

Saint Louis University

St. John's University

Stonehill College

University of North Carolina at Chapel Hill

University of Virginia

Vanguard University of Southern California

Virginia Polytechnic Institute and State University

Washington & Lee University

Oral Presentations
8:45-10:15 AM

Rethinking the Traditional Approach to Speaking and Listening in Initial Conversations

Kathleen Gilmer

University of Virginia

Advisor(s): Timothy D Wilson, PhD | Quinn Hirschi, MA

Knowing how much to speak versus listen when conversing with a new acquaintance can influence whether you leave a positive or negative impression. It is commonly believed that people prefer to talk about themselves and their own interests, and that the best strategy to be liked by your conversation partner is to let them speak about themselves for the majority of the time. Recent research, however, suggests that this strategy is misguided. We developed three online studies to explore (a) people's beliefs about how much they should speak versus listen when conversing with a stranger, and (b) whether their preferences shift when approaching the conversation with different goals (e.g., to be liked versus found interesting). In each of the studies, undergraduate participants ($n = 95, 110, \text{ and } 94$) were asked to imagine themselves participating in a laboratory experiment with another student whom they had never previously met. They imagined engaging in a conversation with the other student and indicated what percentage of the conversation they would prefer to speak when subscribing to different conversational goals. As hypothesized, participants preferred to speak for less than half of the time if their goal was to be liked, but more than half of the time if they hoped to come across as interesting. Although further research is needed to assess the accuracy of these forecasts, there is some evidence that they are mistaken. For example, one study found that in an actual conversation, people were liked the most and found to be the most interesting if they spoke for half or more of the time. Thus, people may hold mistaken beliefs about successful conversation strategies and underestimate the extent to which their conversation partners form global impressions of them.

Reducing the self versus other Liking Gap: Using Construal-Level Theory to increase perceived liking in conversations

Brigitte Alexis Lieu

University of Virginia

Advisor(s): Timothy D Wilson, PhD

The Liking Gap is the phenomenon in which people systematically underestimate how interesting strangers find them in conversations (Boothby et al., 2018). Prior research identifies a self versus other Liking Gap moderator, wherein people particularly underestimate how interesting others find the stories they tell about themselves (Hirschi Wilson, & Gilbert, 2021). The present research sought to reduce the self versus other Liking Gap using a manipulation based on Construal-Level Theory, which posits that psychological distance is related to the level of abstraction at which one construes an object or event (Liberman & Trope, 2008). We hypothesized that when making forecasts under high construal conditions, the Liking Gap would be reduced--that is, participants would increase their estimates of how much their partners would be interested in stories they wrote about themselves. Two hundred eighty participants completed an online survey that simulated a realistic conversation with another participant and prompted them to write reflections about their responses. Participants were randomly assigned to a high or low construal condition, varying by whether they were told their conversation partner would read the responses in a distant U.S. city several months in the future or in their town later the same day, respectively. Finally, participants forecasted their partners' impressions of their responses. As predicted, the self versus other Liking Gap was replicated in the low construal condition. Also as predicted, participants in the high construal condition showed a reduced Liking Gap, in that they made more positive forecasts about their partners' interest in what they wrote.

Exploring the Emotional Impacts of Fatal Police Shootings of Black Civilians

Lauren Hall

University of Virginia

Advisor(s): Sophie Trawalter, PhD

America is in the midst of a reckoning over racism. Part of this reckoning includes taking stock of historical and contemporary harms done unto people of color. This present work contributes to this effort by considering the impacts of police violence on the mental health of Black people in the US. To consider this, we merge well-being data collected daily by Gallup with the Washington Post police shooting database. We then examine whether the emotional wellness of Black Americans changes pre- to post- police shootings. First, we explored if emotional well-being shifted in response to the Alton Sterling and Philando Castile shootings, events that occurred within a day of each other. We find that before these shootings, there is no relationship between day and negative affect; Black respondents reported steady levels of well-being. However, after the events, there is an immediate jump in negative affect. Moreover, there is a negative relationship between day and negative affect. That is, the jump in negative affect decreases, albeit very slowly. This exploratory analysis suggests that police shootings create emotional impacts on Black communities, and these impacts may have lingering effects. In future work, we will examine whether (1) these findings replicate in the context of other high-profile (vs lower-profile) shootings, (2) if these impacts are cumulative in nature, and (3) if the Black Lives Matter -- a powerful social movement advocating for the dignity of Black people-- moderates these impacts.

Predicting Retrospective Emotion Recall among Suicide Attempters using Text Messages

Maya Stephens

University of Virginia

Advisor(s): Karen Schmidt, PhD, Tara Valladares, MA

Suicide is the second-leading cause of death for teenagers and young adults. With the growing popularity of technology, researchers have begun using social media to research trends in suicidality. However, there has been very little research done with one of the most popular forms of communication: text messaging. Since text messages are more likely to contain personal conversations than public social media posts, research on how suicidality is expressed in text messages is critical for understanding and preventing attempts. Previous research has shown that emotion expression plays a key role in identifying at-risk individuals (Negrón et al., 1997). Additionally, lexicon-based text analysis techniques can identify markers of suicidality (Braithwaite et al., 2016). In the present study, we aim to see if emotions expressed in text messages during the two week period before a suicide attempt or during a suicidal ideation period can predict one's retrospective emotion recall of the same two week period. 32,514 texts will be analyzed from 54 young adults using multi-level modeling. All participants gave informed consent to having their text messages extracted from their phones. We hypothesize that emotion extracted from participant's text messages during two weeks before a suicide attempt or during a suicidal ideation period will be predictive of later recalled emotion from that period. We are examining this from the lens of lexicon validity, participant disclosure rates, and retrospective accuracy.

Poster Session I

10:30 -11:30 AM

Breakout Room Directory

Breakout Room	University	Poster Title
01-Clinical-Lurie-Zeluff	Mary Baldwin University	The self-reported prevalence of psychotic, depressive, and manic symptoms among college students before, during, and after COVID
01-Clinical-Lurie-Zeluff	St. John's University	Comparing Predictors of Re-encounters Among Patients with Alcohol-Use Disorders at 30-days, 90 days and 1 year
02-Clinical-Hofferber-Sweeney	University of Virginia	How Anxiety Self-Identity, Emotion Malleability Beliefs and Perceived Effort Impact the Frequency of Emotion Regulation Strategy
02-Clinical-Hofferber-Sweeney	George Washington University	The Impact of COVID-19 on Military-Affiliated Students' Mental Health and School Experiences
03-Clinical-Develop-Li-Price	College of William & Mary	Sadness and worry regulation styles impact friendship quality in early adolescence: A latent profile analysis
03-Clinical-Develop-Li-Price	University of Virginia	Worried sick: Adolescent anxiety levels predict adult interleukin-6 levels
04-Clinical-Social-Jacobs-Priebe	George Washington University	Emotional Support as a Protective Factor against Depression for Colombian Sexual Minority Men
04-Clinical-Social-Jacobs-Priebe	University of North Carolina at Chapel Hill	The Effect of Mindfulness Programs on Collegiate Test Anxiety
05-Cognitive-eyewit-DeFluri-Knee	University of Virginia	How long did the event last? Retrospective Time Estimation within an Eyewitness Paradigm
05-Cognitive-eyewit-DeFluri-Knee	University of Virginia	The Effects of Race and Disguise on Eyewitness Misidentification
06-Develop-Olowokudejo-Weaver	Alcorn State University	A Correlational Study of Executive Function and Language Skills in Preschoolers
06-Develop-Olowokudejo-Weaver	Washington & Lee University	Reminisce with Me: Parental Influences on Gendered Narrative Construction and the Conceptualization of Suffering and Wellbeing
07-Neuro-Clinic-MacLean-O'Brien	Stonehill College	The Relationship Between Stress, Stuttering, and Brain Activity in Adolescents
07-Neuro-Clinic-MacLean-O'Brien	Stonehill College	The Neuroscience of Baking: Whisking the Stress Away
08-Neuro-Social-Dennehy-Ta	Stonehill College	Neurological Basis for Political Beliefs
08-Neuro-Social-Dennehy-Ta	Stonehill College	The Neuroscience of Implicit Bias
09-Neuro-Social-Cavanah-Lombardi	University of Virginia	How the Focus of Directed Attention Modulates Processing of Emotional Faces
09-Neuro-Social-Cavanah-Lombardi	Stonehill College	The Effect of Musical Experience on Physical Responses to Emotional Music
10-SocDev-Autism-Cargill-Chavira	University of Virginia	Implicit and Explicit Measures Reveal Comparable Stigmatization of Distinct Autism Labels
10-SocDev-Autism-Cargill-Chavira	University of Virginia	Non-autistic Adults Recognize Facial Expressions of Autistic Actors at Least as Well as Expressions of Non-autistic Actors
11-Social-Internat-Butler-Chadha	Stonehill College	A Novel, Direct Measure of DEI Coursework Efficacy in Higher Education
11-Social-Internat-Butler-Chadha	University of Virginia	Social Networks are Shaped by Culturally Contingent Assessments of Social Competence
12-Social-Internat-Harris-Morrel	University of Virginia	How Group Distinctions and Gossip Influence Group Contributions
12-Social-Internat-Harris-Morrel	University of Virginia	Personality, Conversation Enjoyment, and Nonverbal Synchrony Across Conversations
13-Social-Chang-Patierno	University of Virginia	Discrimination, Perceptions of Campus Racial Climate, and Sense of Belonging Among Black College Students
13-Social-Chang-Patierno	George Washington University	Political humility: an analysis of American college students' political attitudes and strengths of mind

Poster Session I
10:30 -11:30 AM
Presentations

The self-reported prevalence of psychotic, depressive, and manic symptoms among college students before, during, and after COVID

Kristin J Lurie

Mary Baldwin University

Advisor(s): Jenna Holt, PsyD

As COVID-19 continues to ravage America a year into the pandemic, concerns about mental health that began during the lockdown have been augmented. US-based studies have found consistent increases in depressive and anxious symptoms correlated with various social and health factors, but the rarer and more difficult to measure symptoms of mania and psychosis have not been investigated. This study sought to fill that gap by having 130 college students from a small liberal arts college complete three mental health scales three times each (two retrospectively before the pandemic and during lockdown and one for the current month). The analyses showed increased depressive symptoms during the lockdown that decreased somewhat but not to normal levels under loosened safety measures, while manic symptoms dropped precipitously during the lockdown and have since rebounded. Psychotic symptoms increased during the lockdown and have stayed the same since. Whether considering the retrospective scales as valid or as reflections that contribute to continuing mental health symptoms, these results lead to the conclusion that the COVID-19 lockdown led to increased depressive and psychotic symptoms in some students that remain today, meaning intervention by universities is necessary.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 01-Clinical-Lurie-Zeluff

Comparing Predictors of Re-encounters Among Patients With Alcohol-Use Disorders at 30-days, 90 days and 1 year

Heather Leigh Zeluff | Skylor Loiseau | Victoria Bangaree

St. John's University

**Advisor(s): Elizabeth Brondolo, PhD |
Andrew Miele, MA | Alan Roth, DO**

Emergency department encounters and readmissions for alcohol use disorders (AUD) have increased dramatically over the past decade (by 61.6% between 2006 and 2014.) This costly rate of hospital visits brings us to wonder why these numbers are increasing, and what kind of patients make up this population of re-encounters. This study addresses gaps in literature on alcohol-use disorders (AUDs) and examines characteristics of patients with re-encounters at 30 day, 90 day, and 360 day indexes. We examine characteristics of AUD patients including homelessness, smoking status, etc. to identify predictors and patterns of re-encounters. This sample consisted of patients with AUDs who were presenting to a safety-net hospital for any reason over a three-year period. Analyses indicate that access, as defined by last year's ED use, showed strong, positive relations with increased likelihood of re-encounter at 30 days, 90 days, and at 1 year. For example, results showed that patients with three or more past year emergency department (ED) visits had over 9 times higher odds of re-encounter within 30 days (point estimate=2.285; 95% CI: 1.99, 2.42; $p<.0001$) compared with patients with no past year ED use. Conversely, the odds of reencounter for these patients was attenuated at 90 days (point estimate = 0.99, 95% CI: 0.755, 1.246; OR: 2.71, $p<.0001$) and further reduced at 365 days (point estimate=0.47, 95% CI: 0.225, 0.724; OR: 1.61, $p<.0001$) compared to patients with no past year ED encounters.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 01-Clinical-Lurie-Zeluff

How Anxiety Self-Identity, Emotion Malleability Beliefs and Perceived Effort Impact the Frequency of Emotion Regulation Strategy

Brittany Hofferber

University of Virginia

**Advisor(s): Bethany A Teachman, PhD |
Katie Daniel, MA**

The ways in which people think about themselves and their emotions may maintain distress for socially anxious individuals. Using three over-arching categories of emotion regulation strategies (adaptive engagement, disengagement, aversive cognitive perseveration), the current paper aims to test the relationships between mechanisms of emotion dysregulation (anxiety self-identity, emotion malleability beliefs, and perceived effort of emotion regulation strategies) and test how these mechanisms predict the relative frequency of emotion regulation strategy use. To test these questions, we used questionnaire data from a non-clinical population ($N = 157$). As expected, individuals who identify as high in anxiety were more likely to use aversive cognitive perseveration (ACP) and disengagement strategies as compared to adaptive engagement strategies than those who identified as lower in anxiety ($p < .001$). Further, those who rated themselves as having a more fixed mindset about their emotions were more likely to use ACP and disengagement strategies as compared to engagement strategies than those who viewed their emotions as malleable ($p < .001$). These effects remained significant after controlling for social anxiety symptom severity and correcting for multiple comparisons. Counter to our hypothesis, perceived effort was not found to have a meaningful impact on regulation strategy use. Findings from this study can better inform strategies for intervention by targeting meaningful beliefs (anxiety self-identity and emotion malleability beliefs) to promote symptom improvement.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 02-Clinical-Hofferber-Sweeney

The Impact of COVID-19 on Military-Affiliated Students' Mental Health and School Experiences

Regan Sweeney

George Washington University

Advisor(s): Yisheng Peng, PhD

This project focuses on how the COVID-19 pandemic is affecting the military-affiliated student population in comparison to the general student population. In this study, the military-affiliated student population is defined as veterans, active-duty service members, dependents (≥ 18), and spouses currently enrolled in a degree program (undergraduate or graduate). Specifically, the project collects data on students' COVID stress, compliance with CDC COVID-19 guidelines, experiences of work-school conflicts, and economic stress during the pandemic. We expect to recruit a group of 250 military-affiliated students from several local universities in the D.C. area. Another group of 250 non-military-affiliated students will also be recruited using a mix of snow-balling and convenience sampling methods. Because many veteran students are older and more experienced, they may have a different perspective on school. Additionally, their experiences may better enable them to adapt to changes brought by COVID-19. As such, we hypothesize that the military-affiliated student will have higher levels of compliance to CDC-recommended guidelines. Additionally, military students' anxiety- and stress- responses (i.e., COVID stress) will be lower than those of the general student group. Furthermore, given that studies commend military-affiliated community members on their resiliency, this study also aims to reveal whether trait resiliency can mitigate the impacts of COVID-19 stressors. The results will be used to create programming across university programs to better serve military-affiliated students, a sect of the population that is often overlooked. This research project is ongoing, and will hopefully conclude by the end of the spring 2021 semester.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 02-Clinical-Hofferber-Sweeney

Sadness and worry regulation styles impact friendship quality in early adolescence: A latent profile analysis

Rachel Li | Max Gershefski

College of William & Mary

Advisor(s): Janice Zeman, PhD

High-quality friendships are shown to improve well-being and buffer against various risk factors in adolescence (Herd & Kim-Spoon, 2021). Emotion regulation is key to friendship quality and protects against depression, yet research has not investigated which patterns of sadness and worry regulation are important to friendships. Participants ($N = 209$; 51.7% girls; 74.8% White; Mage = 12.90 years, $SD = 1.02$) completed questionnaires on sadness and worry inhibition and dysregulation, depressive symptoms, and friendship quality. Latent profile analysis (LPA) identified three groups based on sadness and worry regulation styles and depressive symptoms. The groups were: the Healthy group ($n = 117$, 46.15% girls; low depression, low sadness and worry inhibition, low sadness and worry dysregulation), the Depressed Inhibited group ($n = 75$, 58.66% girls; high depression, high sadness and worry inhibition), and the Dysregulated group ($n = 17$, 58.82% girls; low depression, low sadness and worry inhibition, high sadness and worry dysregulation). Gender x Profile ANOVAs examined differences in friendship conflict and positive friendship quality. A significant interaction emerged for friendship conflict, $F(2, 96) = 13.25$, $p < .001$. For boys only, the three groups were significantly different from each other with the Dysregulated group having the most friendship conflict, followed by the Depressed Inhibited group. For positive friendship quality, there were main effects for Profile, $F(2, 199) = 5.54$, $p = .005$ and Gender, $F(1, 199) = 27.61$, $p < .001$. Children in the dysregulated group reported the lowest friendship quality. Boys exhibited lower friendship quality than girls.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 03-Clinical-Develop-Li-Price

Worried sick: Adolescent anxiety levels predict adult interleukin-6 levels

Ally Price

University of Virginia

Advisor(s): Joseph P Allen, PhD

Interleukin 6 (IL-6) is an inflammatory marker of the immune system that has been implicated in a variety of health conditions ranging from coronary heart disease to rheumatoid arthritis to cancer. IL-6 levels have been found to be increased in depression, but have rarely been studied in relation to anxiety despite the fact that anxiety disorders are even stronger risk factors for chronic inflammation. This study examined the linkages between adolescent anxiety levels and IL-6 levels in adulthood. It utilized a longitudinal, community-based sample of 184 participants with data collected using both questionnaires and in-person health visits, including blood draws. In adolescence, participants self-reported their anxiety levels at ages 15, 16, and 17. In adulthood, blood draws were utilized to assess their serum IL-6 levels at ages 29, 31, and 33. Results indicated that higher levels of anxiety during adolescence predicted higher IL-6 levels in adulthood. Adolescent anxiety was found to be specifically predictive of adult IL-6 levels, as opposed to a mediated path via adult anxiety levels, which were not found to be correlated with adult IL-6 levels. Finally, early and late adolescence were examined separately to see whether one period was more predictive of later IL-6 than the other, and late adolescence at ages 16 and 17 was found to be more predictive than early adolescence at age 15. The results of this study provide insight into adolescent anxiety as a unique risk factor for future health conditions that can stem from chronic inflammation via increased IL-6.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 03-Clinical-Develop-Li-Price

Emotional Support as a Protective Factor against Depression for Colombian Sexual Minority Men

**Ethan Jacobs | Benjamin Parchem |
Ana María del Río González | Paul J Poppen**

George Washington University

Advisor(s): Maria Cecilia Zea, PhD

Sexual minority men face stressors based on their minority status. Emotional support from others, particularly members of one's own marginalized group, can be a protective factor for mental health challenges, including depression. The relationship between minority stressors, depression, and emotional support has rarely been studied with Latin American samples. The purpose of this study was to determine if emotional support buffered the impact of minority stress on depression among Colombian sexual minority men. Participants included 942 sexual minority men living in Bogotá, Colombia who were asked about their previous experiences of minority stress (i.e., hearing negative comments, experiencing physical violence, discrimination), depressive symptoms in the last week (CES-D), and emotional support from family and friends. Multivariate regressions were performed to test for the moderating effect of emotional support on minority stress and depression. Hearing negative comments about sexual minority men and experiencing discrimination for being a sexual minority were predictors of increased depressive symptoms. The relationship between hearing negative comments about sexual minority men and depressive symptoms was moderated by emotional support from gay friends, straight friends, and family, such that those with support reported fewer depressive symptoms. We found that emotional support was not limited to a single source in this sample of Colombian sexual minority men. Our findings suggest that emotional support protected sexual minority men from depressive symptoms and that even those who do not identify as members of the gay community can help sexual minority men cope with minority stressors.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 04-Clinical-Social-Jacobs-Priebe

The Effect of Mindfulness Programs on Collegiate Test Anxiety

Nate P Priebe

University of North Carolina at Chapel Hill

Advisor(s): Beth Kurtz-Costes, PhD

Affecting approximately one-fifth of college students, test anxiety is an overlooked source of academic failure that leads to declines in grades and academic retention. The test anxiety construct, which includes a cognitive and an affective component, has previously been found to be negatively associated with mindfulness. The present study assesses the efficacy of online mindfulness-based interventions at reducing collegiate test anxiety. Participants ($N = 71$) were randomly assigned to a six-week mindfulness condition ($n = 24$), a three-week mindfulness condition ($n = 21$), or a six-week sham mindfulness condition ($n = 26$), an active control condition. Responses to online surveys captured participants' reported levels of test anxiety and mindfulness pre- and post-intervention. Self-reported mindfulness increased and self-reported test anxiety decreased post-intervention. As hypothesized, changes in mindfulness were negatively associated ($r = -.48$) with changes in test anxiety. Decreases in cognitive and affective test anxiety did not significantly differ by condition. Changes in the primary variables did not differ by condition, offering no empirical support for longer interventions being more efficacious than shorter interventions. The sham mindfulness intervention precipitated increases in mindfulness and decreases in test anxiety, raising questions about what benefits are specific to mindfulness trainings. These findings suggest that online interventions are effective at reducing test anxiety in college students, though more research is needed to determine the effects of intervention length and content on changes in test anxiety and mindfulness.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 04-Clinical-Social-Jacobs-Priebe

How long did the event last? Retrospective Time Estimation within an Eyewitness Paradigm

Christine DeFluri

University of Virginia

Advisor(s): Chad Dodson, PhD

Eyewitness testimony is very influential during crime proceedings and thus has the potential to contribute to wrongful convictions if inaccurate. It is therefore important to understand the factors that affect accurate eyewitness accounts. The duration for which an eyewitness has viewed a perpetrator is important both for situating events in time and for indicating the strength of the eyewitness's memory for the event, as it has been shown that longer exposure durations to the perpetrator of a crime result in more accurate recognition of the perpetrator after the event. The present study examined how accurate individuals are at retrospectively estimating the duration of a crime. In addition, one unexplored issue is how the presence of a weapon during a crime affects retrospective time estimation accuracy despite the fact that many crimes involve weapons. The present study manipulated both the presence/absence of a weapon during the crime and the length of the retention interval between witnessing the crime and completing a memory test. Specifically, 419 participants saw a brief video of a mock crime in which the perpetrator either used or did not use a weapon. After either a 5-minute delay or a one-day delay, participants estimated the duration of the video and attempted to identify the perpetrator from a lineup. Contrary to our hypotheses, time estimation accuracy was not significantly affected by the weapon and delay conditions. Although confidence is a reliable predictor of lineup identification accuracy, confidence was not an effective predictor of the accuracy of crime duration estimates.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 05-Cognitive-eyewit-DeFluri-Knee

The Effects of Race and Disguise on Eyewitness Misidentification

Samantha A Knee

University of Virginia

Advisor(s): Chad Dodson, PhD

Eyewitness misidentifications can have harmful consequences, such as wrongful convictions. By better understanding the causes, we can work to decrease their frequency. This study examined the contributions of race and disguise to eyewitness identification, such as viewing White versus Black faces that are shown undisguised or wearing either a mask or sunglasses. How does disguise influence the cross-race effect, which refers to better recognition performance for faces that are of the same race than of a different race than the participant? Does the magnitude of the cross-race effect depend on the overall level of recognition performance? Does it depend on an individual's facial recognition ability? To answer these questions, the study manipulated four factors: (1) Face race (Black vs. White); (2) Disguise (No disguise, Mask, vs. Sunglasses); (3) Encoding-strength (Stronger vs. Weaker); and (4) Face recognition ability (Better vs. Worse). 415 participants initially encoded 36 faces with equal numbers of each race and in each disguise condition. Then, they completed a recognition test that consisted of all undisguised faces- 75% of which had been seen in the encoding phase, 25% of which were new faces- and were asked to indicate if they had seen them before. Finally, they completed a well-validated measure of recognition ability. We observed the expected cross-race effect in the no disguise condition. Although the cross-race effect persisted in the mask condition, it was much smaller in the sunglasses condition. In better understanding how race and disguise affect eyewitness misidentification, we can strive to decrease their incidence.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 05-Cognitive-eyewit-DeFluri-Knee

A Correlational Study of Executive Function and Language Skills in Preschoolers

Adeola Olowokudejo

Alcorn State University

Advisor(s): Roberta Golinkoff, PhD

Executive function (EF) and language skills develop rapidly in the first five years of life and are related to later academic success and school readiness. In this study, we sought to find a relationship between executive function and language skills in preschoolers (4- to 5-years) using a new language measure, the QUILS (Quick Interactive Language Screener). We also investigated the relationship between parental education, executive function, and language skills. We hypothesized that there would be a positive correlation between executive function and language skill and also that higher parental education levels would be associated with better executive function and language skills. Using data collected from a larger study, we assessed the relationship between EF and language skills using a measure of inhibition and working memory (the Peg Tapping task) and a measure of vocabulary and syntax (the QUILS). Levels of parental education were obtained through a self-report measure and analyzed with EF and language scores. There was a moderate positive correlation between the children's EF and language scores, suggesting that as EF increases, so do language skills. However, we found no significant relationships between parental education, EF, and language skills. The current results emphasize the relationship between EF and language skills by identifying a positive correlation between the two constructs, which can be useful in detecting deficiencies in either EF or language skills and providing early interventions.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 06-Develop-Olowokudejo-Weaver

Reminisce with Me: Parental Influences on Gendered Narrative Construction and the Conceptualization of Suffering and Wellbeing

Katherine E Weaver | Caroline Baber

Washington & Lee University

Advisor(s): Megan Fulcher, PhD

Reminiscing about the past through narratives is an important mechanism for socioemotional development. Higher understanding of physiological and psychological states suggested increased wellbeing (Gobbo & Raccanello, 2011). This study was designed to explore the role of children's gender in narrative style and how gender played a role in conceptualizing physiological and psychological events. Participants were 23 3- to 11-year-old parent-child dyads. Parents were presented with the opportunity to reminisce on previous events when the child "felt good" and "felt bad", and children reminisced on a time they "felt good" and "felt sick and had to miss something". It was hypothesized that parents will talk more about emotions with their daughters and narrate psychological events more often for their daughters than for their sons. Considering Vygotsky's sociocultural theory, it was also hypothesized that this difference in parent narratives will predict gender differences in narrative style among children, leading girls to talk about emotions more than boys, and when controlling for age, girls will reminisce on psychological events more than boys will. The results of the study revealed that parent narrative style does not predict the narratives which children produce, regardless of the child's gender. There was also no gender difference in the domain of children's narratives or the frequency of emotion statements. However, all children were more likely to talk about emotions when describing a time they felt good rather than when they felt sick. This difference can affect how children conceptualize life events and internalize their emotions.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 06-Develop-Olowokudejo-Weaver

The Relationship Between Stress, Stuttering, and Brain Activity in Adolescents

Kylee MacLean | Gwennyth Taradash

Stonehill College

Advisor(s): Jenn Segawa, PhD

During their language development, between 5 and 6% of children will develop a stutter, which ranges in persistence and severity. Some children's stuttering may be self-correcting or treated with speech therapy, while others may have persistent stuttering that lasts throughout adulthood (Craig et al., 2002; McLeod & Harrison, 2009). It has been hypothesized that there is a link between elevated stress levels and the persistence of stuttering (e.g., Choi et al., 2016). However, past research is largely based on surveys and behavioral measures and has been brought into question by other studies that have not observed any connection between stuttering and stress levels (e.g., Mulcahy et al., 2008). The present study will quantitatively measure the impact elevated stress levels have on the frequency of stuttering in children diagnosed with stuttering between 8-14 years old. The severity of the child's stuttering will be classified using the OASES test for adolescents, then a stress-inducing task will be administered. Stress profiles will be created for each participant, comprised of neurological activity obtained EEG recordings, immunoassay results for cortisol levels in saliva samples, a stress hormone biomarker, and sympathetic nervous system arousal as measured by Galvanic Skin Conductance. Additionally, to facilitate this study, we developed a novel protocol in accordance with COVID-19 precautions in order to conduct pediatric speech research with social distancing, masking, and other protective measures.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 07-Neuro-Clinic-MacLean-O'Brien

The Neuroscience of Baking: Whisking the Stress Away

Emily O'Brien

Stonehill College

Advisor(s): Jenn Segawa, PhD

Over quarantine, home baking became very popular, but even before COVID-19, some psychologists have suggested using baking as a form of therapy. For instance, some rehabilitation centers offer cooking classes in conjunction with traditional talk therapy (Whalen, 2014). Baking therapy falls under behavioral activation, which focuses on increasing positive thoughts by spending more time performing positive activities and reducing the energy spent on negative thoughts. Even though it is widely believed that baking reduces stress, there is no scientific data to support this claim. However, art therapy is a similar technique that utilizes mindfulness with measurable positive outcomes (Braus & Morton, 2020). Therefore, the goal of this research is to use art therapy as a guide to see if baking significantly reduces stress. To explore this, we plan to measure behavioral and physiological changes associated with baking compared to other, analogous tasks such as coloring pages and making slime. Each of these control tasks has similar properties to baking - artistic creativity, constructing a product - but not all of them. We will use electroencephalography (EEG), galvanic skin response (GSR), and several behavioral questionnaires to do so. We expect to find increased EEG alpha power, decreased GSR amplitude, and lower stress and anxiety as measured by the behavioral measures in the baking condition compared to the control conditions suggesting that the participant is more relaxed.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 07-Neuro-Clinic-MacLean-O'Brien

Neurological Basis for Political Beliefs

Chris Dennehy

Stonehill College

Advisor(s): Jenn Segawa, PhD

The current political and social climate in the United States has grown increasingly partisan throughout the past several decades. As such, more attention has been placed on the political spectrum, as well as the various factors that play into an individual's choice for party affiliation. This can be roughly condensed into two broad ends of the spectrum: conservative (farther right) and liberal (farther left). A relatively new field combining political science and neuroscience has found that those that identify as being more conservative utilize brain structures associated with emotion to process political beliefs, and those that are farther left on the spectrum use different areas that deal with mediating those emotions and implement them into decision making. (Etkin, et al., 2006). In this study, we hope to better understand the American political divide by studying the processes which drive political opinions across the spectrum. Using electroencephalography (EEG) and electrodermal activity (EDA), we will simultaneously record the brainwaves and physiological signals of the participants as they work through political scenarios and problems. The data collected will be used to discern which brain areas corresponded to peak activity for respective political groups. We will use a quantitative behavioral measure to assess the participants' beliefs on the political spectrum (i.e., more liberal or conservative). We expect this score to be correlated with either the gamma band power or theta band power of EEG activity as well as the amplitude of EDA activity, depending on where the individual lies on the political spectrum.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 08-Neuro-Social-Dennehy-Ta

The Neuroscience of Implicit Bias

Michaela Ta | Viet Le

Stonehill College

Advisor(s): Jenn Segawa, PhD

Prejudice is still prevalent within our society today; these biases are often revealed when measuring automatic beliefs and attitudes that individuals are not willing or able to report. These implicit biases, of which people are often unaware, create the foundation for racist attitudes and behaviors. Previous research has shown that some intervention efforts like diversity training and formal and informal educational experiences, have been successful in the reduction of prejudiced attitudes in students (Adams et al., 2014; Dasgupta & Greenwald; 2001; Devine et al., 2012; Rudman et al., 2001; Steed, 2014; Van Ryn, et al., 2015). This project will test how college coursework can change these prejudices that individuals may hold but may not even be aware of. We will use electroencephalography (EEG) to compare white participants' brain activity when they look at the faces of white people compared to the faces of people of color as a measure of their implicit racial biases. We will compare this measure with responses to more traditional measures of bias - behavioral questionnaires and the Implicit Association Test. We hypothesize that college diversity coursework will decrease these measures of implicit bias. This research has important implications for the intervention efforts that higher education institutions and other organizations can administer to help society become a more diverse and equitable place by reducing implicit bias through education.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 08-Neuro-Social-Dennehy-Ta

How the Focus of Directed Attention Modulates Processing of Emotional Faces

Luke Cavanah

University of Virginia

Advisor(s): James Morris, PhD

The early posterior negativity (EPN) and late positive potential (LPP) are attention-sensitive event-related potentials (ERP) that are reliable markers of emotional processing. Recent literature has shown that these ERPs can be modulated by whether or not directed attention to the emotional stimulus is present (Schindler and Kissler, 2016). The purpose of this study is to extend these findings by examining how the focus of directed attention modulates the EPN and LPP corresponding to the processing of faces of different emotion. During electroencephalography (EEG), participants completed a one-back task where they were shown images of emotional faces (angry or happy) superimposed with images of houses. Prior to presentation of images, the participants were instructed to attend to either the face emotion, face identity, number of stories in the house, or house identity. We expect to find the largest EPN and LPP for the attend face emotion condition, second largest EPN and LPP for the attend face identity condition, and the smallest EPN and LPP for the attend house conditions. We also expect to find a larger EPN and LPP for the presentations with angry faces when compared to presentations of happy faces. These findings will help us understand when and how the focus of directed attention can modulate the processing of emotional social stimuli. Additionally, these findings will also provide more evidence on how the processing of emotional faces differs depending on the face emotion.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 09-Neuro-Social-Cavanah-Lombardi

The Effect of Musical Experience on Physical Responses to Emotional Music

Victoria Lombardi

Stonehill College

Advisor(s): Jenn Segawa, PhD

Music has often been described as a “universal language” to which listeners feel an emotional connection. The response elicited by music sometimes goes further than emotion and can be measured at the physiological level. One physiological response is known “frisson” which is commonly described as the “chills,” and can be measured from the skin as Galvanic Skin Response (GSR). This reflects the intensity of one’s emotional state or arousal. In addition, emotional music listening and perception can be influenced by musical training, as experience is associated with a more intense involuntary response (Mikutta et al. 2014). The goal of this study is to investigate the possible variation of physiological and neural responses of experienced musicians and non-musicians to emotional music using non-invasive electroencephalography (EEG) and GSR-measuring devices. 20 college students (10 with extensive musical training and 10 with little to no training) that have reported to have previously experienced frisson will listen to Pyotr Ilych Tchaikovsky’s “Swan Lake” Op. 20, Act 2: No. 10, Scène (Moderato) performed by the London Symphony Orchestra while their brain and skin activity are recorded. We hypothesize that more experienced musicians will respond more frequently to dynamic changes throughout the piece (more self-reported frisson events, larger changes in EEG and GSR activity) than non-musicians and report a more intense listening experience relative to the baseline task of listening to nature sounds.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 09-Neuro-Social-Cavanah-Lombardi

Implicit and Explicit Measures Reveal Comparable Stigmatization of Distinct Autism Labels

Mary Isaac Cargill

University of Virginia

Advisor(s): Vikram Jaswal, PhD

For decades, there has been a contentious debate within the disability community as to whether person-first or identity-first language is more appropriate and less stigmatizing. Notably, this debate is especially salient in the autism community with strong opinions on either side. Here, we investigated the role that identity-first and person-first language plays on implicit (Study 1) and explicit (Study 2) perceptions of autism and autistic people. In Study 1, college students completed a recognition task involving upright and inverted faces labeled as either ‘regular people,’ ‘autistic people,’ or ‘people with autism’. Upright faces were recognized better than inverted faces, but the label applied to the faces did not appear to influence participants’ recognition of either upright or inverted faces. In Study 2, college students indicated their interest in interacting with peers described with either person-first or identity-first autism labels. Participants were more willing to interact with a character “with autism” or an “autistic” character than they were a character “with schizophrenia.” However, participants did not differ significantly in their willingness to interact with characters “with autism” compared to “autistic” characters. The lack of significant differences between person-first and identity-first autism labels across both studies indicates that these labels may not affect people’s perception and stigmatization of autism and autistic people. The dearth of significant differences between these labels reaffirms the pervasive argument that we should defer to autistic people’s personal preferences in how they are referred to and addressed.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 10-SocDev-Autism-Cargill-Chavira

Non-autistic Adults Recognize Facial Expressions of Autistic Actors at Least as Well as Expressions of Non-autistic Actors

Brynn Chavira

University of Virginia

Advisor(s): Vikram Jaswal, PhD | Andrew Lampi, MA

Previous research suggests that non-autistic people are less accurate at identifying facial expressions produced by autistic than non-autistic actors- a finding that could contribute to the challenges arising in interactions between non-autistic and autistic people (Brewer et al., 2016). There is an assumption that this reflects a deficit in autistic people's accurately communicating emotion. However, that research was limited by an extremely small sample (N = 17). The present study sought to explore how well non-autistic participants identify facial expressions of autistic and non-autistic actors using a much larger sample (N = 407). This study sought to investigate how well the emotional expressions of autistic and non-autistic people were recognized by a group of non-autistic adults. Participants saw 144 faces of autistic and non-autistic adults (2 groups x 12 models/group x 6 emotions) and were asked to indicate what emotion (happiness, sadness, anger, fear, disgust, and surprise) the individually presented faces were conveying. In contrast to previous studies on which the current work was based, non-autistic participants accurately identified autistic actors' facial expressions at least as well as non-autistic actors' facial expressions. Indeed, the only difference in accuracy favored the autistic faces: The "surprise" expression was identified more accurately among the autistic than the non-autistic faces. These results challenge the wide-spread belief that autistic people are consistently deficient in their attempts to communicate emotion and show that autistic individuals do not have deficits in the representation of typical emotional expressions.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 10-SocDev-Autism-Cargill-Chavira

A Novel, Direct Measure of DEI Coursework Efficacy in Higher Education

Julia Butler | Kelly Mendoza | Jean Rivera

Stonehill College

Advisor(s): Jenn Segawa, PhD

Recently, many predominantly white organizations have been reevaluating how they address issues of diversity, equity, and inclusion (DEI). In higher education, a common approach is to require students to take courses that address DEI issues, and previous research has shown that some of these efforts have been successful in reducing implicit and explicit biases (Adams et al., 2014; Van Ryn, et al., 2015). These studies primarily use behavioral measures like the Implicit Association Test (IAT, Greenwald et al., 1998). However, recent studies have questioned the validity of the IAT, especially given its mainstream popularity and given the social undesirability of racism (Hu et al., 2012; Oswald et al, 2013). Therefore, we have created a method that we believe is a more direct measure of a course's DEI goals: how comfortable is a student thinking about issues of DEI? How comfortable is a white student interacting with people of color? We have modified the Trier Social Stress Test (Kirschbaum et al., 1993), a task used to induce psychological stress in which participants must speak in front of a panel of "judges". In our version, white participants will be asked to speak about race and racial disparities to a panel comprised of people of color. We will then measure their stress using salivary cortisol and electrodermal activity. We hypothesize that while we may not see changes in traditional implicit and explicit bias measures, we will see lower stress on our modified stress test in students that have taken more DEI courses.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 11-Social-Internat-Butler-Chadha

Social Networks are Shaped by Culturally Contingent Assessments of Social Competence

Sareena Chadha

University of Virginia

Advisor(s): Adrienne Wood, PhD | Adam M Kleinbaum, PhD

Cultural outsiders, such as recent immigrants and international students, sometimes struggle to form relationships in their new social environments. This difficulty may partly stem from cultural variability in what it means to be emotionally and socially competent. Cultural outsiders in one social environment are adapted to different social environments and may evaluate their competence according to their home culture's standards rather than local standards, potentially manifesting as a discrepancy in self- and other-reported interpersonal abilities. If cultural outsiders are systematically evaluated by locals as less socially and emotionally competent, this should in turn affect their ability to become well-connected. In the present study, international students in an American Masters of Business Administration (MBA) program had significantly greater discrepancies between the self- and peer-report versions of the Emotional and Social Competencies Inventory (ESCI) compared to their American peers (N=1307). This discrepancy was explained by peers significantly underestimating international students' emotional and social competencies. International students were also less socially connected to their cohort, as measured using social network analysis. Self- and peer-report discrepancies on the ESCI partially mediated the effect of being an international student on network connectedness. This suggests that cultural outsiders' difficulty in becoming well-connected is partly explained by different cultural standards for emotional and social competence. Future work should examine whether cultural education could reduce or eliminate this other-evaluation penalty

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 11-Social-Internat-Butler-Chadha

How Group Distinctions and Gossip Influence Group Contributions

Kayleigh Harris

University of Virginia

Advisor(s): Adrienne Wood, PhD

Research conducted by Beersma and Van Kleef 2011 demonstrated that gossip worked to curb self-serving behavior in groups. This research seeks to discover how group membership and gossip interact to influence prosocial behavior towards group members. In this online study, students were told they were in a group of fellow UVA students (ingroup condition) or in a group with Virginia Tech students (outgroup condition). Participants were asked to divvy up tickets to themselves and group members and were told that the group would discuss each other (gossip condition) or would discuss the study (no gossip condition) at the end of the task. We predicted that when outgroup members did not expect their group to gossip, they had no reason to be generous and would therefore keep more tickets for themselves. Conversely, outgroup members who expect their group members to gossip would feel a responsibility to represent themselves well, leading them to contribute more resources to the group. Results confirmed this hypothesis demonstrating that gossip has a negative effect on self-serving behavior for outgroup members. Gossip is a powerful tool that can be used in group settings to influence individual group member behavior. This work suggests gossip can enforce prosocial norms in the absence of shared group membership.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 12-Social-Internat-Harris-Morrel

Personality, Conversation Enjoyment, and Nonverbal Synchrony Across Conversations

Jessica Morrel

University of Virginia

Advisor(s): Adrienne Wood, PhD

The ability to effectively synchronize our behaviors with others plays a critical role in the development of social bonds, but little is known about what individual differences lead some to synchronize so effectively and others to struggle in their ability to do so. This study analyzes the relationships between a range of personality factors, interpersonal liking, and interpersonal synchrony. In this study, 66 participants were assigned to one of 6 same-gender round-robin groups and engaged in 10-minute conversations with each of the other 10 individuals in their group. Personality scores for each participant were gathered using a battery of psychological assessments including the Interpersonal Reactivity Index, the Big Five Aspects Scale, and the State-Trait Anxiety Inventory. After each conversation, participants rated their feelings about their partners and conversations, which led to 2 within-subjects measures: perceived similarity and conversation enjoyment. We estimated each participant's time-varying body movement by applying motion energy analysis to videos of the conversations and calculating each conversation dyad's average synchrony using dynamic time warping. We then calculated synchrony trait measures that describe how much each participant synchronized, with whom, and how they and their partners influenced each other. Our results indicate that both openness ($p < 0.05$) and politeness ($p < 0.01$) negatively predict synchrony, whereas rejection sensitivity positively predicts synchrony ($p < 0.01$). Additionally, results from the within-subjects model indicated a negative relationship between perceived similarity and synchrony ($p < 0.05$). Our study is the first to show results of this nature, illuminating important directions for future nonverbal synchrony research.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 12-Social-Internat-Harris-Morrel

Discrimination, Perceptions of Campus Racial Climate, and Sense of Belonging Among Black College Students

Stephanie Chang

University of Virginia

Advisor(s): Noelle Hurd, PhD

Research suggests that discrimination may be a source of major harm to Black college students. In particular, frequent experiences of discrimination may lower students' sense of belonging to the university, which can negatively impact their mental health and academic success during college, as well as their psychological well-being and career success later in adulthood. Although researchers have found associations between experiences of discrimination and Black students' sense of belonging to the university, less is known about these associations and the mechanisms through which they occur among Black students in their last years of college. The current study examined whether Black college students' experiences of discrimination were associated with their sense of belonging to the university via their perceptions of the campus racial climate. The study sample included 99 Black college students in their last years of college attending a Predominantly White Institution (PWI) in the Mid-Atlantic region of the United States (74% women). Findings indicated that Black college students' experiences of discrimination were positively associated with more negative perceptions of the campus racial climate. However, experiences of discrimination and perceptions of racial climate were not found to be associated with students' sense of university belonging during their last year at the university. Findings suggest that frequent experiences of discrimination may play a crucial role in shaping Black college students' perceptions of their broader social environment. Implications of these findings for the promotion of Black college students' sense of university belonging will be discussed.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 13-Social-Chang-Patierno

Political Humility: an Analysis of American College Students' Political Attitudes and Strengths of Mind

Vincent C Patierno

George Washington University

Advisor(s): Rebekah Tromble, PhD

Political polarization in the United States has been an increasingly salient point of inquiry for pundits and academics since the 2016 presidential election—and presidency of Donald J. Trump that followed. Moving beyond emphasizing strictly partisan and issue-based divides, scholars have identified more affective bases of polarization. With more individual cognitive and emotional aspects of social behavior being considered in emerging theoretical and empirical frameworks, contributions from the field of psychology have become of paramount importance. However, the existing literature featuring collaboration across disciplines have yet to reach their full potential. Moreover, comprehensive measures of variables that emphasize self-awareness and openness to opposing viewpoints, like intellectual humility, have been limited to only a handful of previous studies. The present study employed a mixed methods approach to measure college students' strengths of mind (intellectual humility and growth mindset) via a quantitative survey and qualitative interviews to measure the strength of relationships between students' strengths of mind and political attitudes and opinions. This inquiry seeks to deepen understandings concerning the extent to which political attitudes and “non-cognitive” factors are related. Because lacking openness to disagreement and lowered respect for opinions that may be incongruent with one’s own are identified as key consequences of affective polarization. Those same characteristics are key in the measurement of one’s intellectual humility. Thus, furthering the notion that the two may be correlates of one another. Those same factors that have yielded positive results in areas of human flourishing may be equally salient in healing political divides and contribute to a foundation for societal flourishing. This work is an important start of an already growing body of literature that is seeking remedies for uncivil discourse and division in American society, particularly following the highly contentious 2020 United States Presidential Election. Further analysis is pending.

Poster Session: 10:30-11:30 am

Zoom Breakout Room: 13-Social-Chang-Patierno

Poster Session II

12:30-1:30 PM

Breakout Room Directory

Room Assigned	School	Presentation Title
01-Clinical-Patel-Smith	University of Virginia	Demographic and Clinical Differences in Engagement with Supportive Coaching for an Online Anxiety Intervention
01-Clinical-Patel-Smith	University of Virginia	Effects of a fully-automated Internet-delivered CBT-I intervention for older adults on depression and anxiety symptoms
02-Clinical-Devel-Leffler-Turton	University of Virginia	LGBTQ+ Training, Organizational Policies, and Cultural Competency in the Mental Health Sphere
02-Clinical-Devel-Leffler-Turton	Virginia Polytechnic Institute and State University	The Impact of COVID-19 on Post Traumatic Stress Disorder Symptomatology in Adolescents with and without ADHD
03-Clin-Devel-Alyasiry-Jarvis	Saint Louis University	Adverse Childhood Experiences and the Efficacy of Antidepressants: A Review
03-Clin-Devel-Alyasiry-Jarvis	Virginia Polytechnic Institute and State University	The Role of Pet Ownership in the Mental Health of Children and Adolescents During the COVID-19 Pandemic
04-Clin-Dev-Hazelwood-Mitchell	University of Virginia	Impact of Close Peer Relationships and Parental Psychological Control on Adolescent Well-Being
04-Clin-Dev-Hazelwood-Mitchell	University of Virginia	Long term implications of adolescent mobility on physical health and romantic relationship quality
05-Clin-Dev-Autism-Corney-Duane	University of Virginia	Emotional and Mental Effects of Mantra Recitation by Young Adults with and without Autism Phenotypes
05-Clin-Dev-Autism-Corney-Duane	George Washington University	Do Attentional Deficits Negatively Impact Adult Outcomes in Autism?
06-Clin-Sleep-Abdallah-Raynor	George Washington University	Sleeping Stressed: the Association Between Increased Stress Levels and Poor Perceived Sleep Quality Levels Among Undergraduate C
06-Clin-Sleep-Abdallah-Raynor	Campbell University	The Relationship Among Sleep, Instagram Use, and Mood
07-Clin-Social-Barrera-Crume	Vanguard University of Southern California	Exploring Belonging and Distance Learning in College Students
07-Clin-Social-Barrera-Crume	Vanguard University of Southern California	Stress and its Correlation with Coping Mechanisms and Finances
08-Cog-Law-Morris-Woodworth	University of Virginia	Chit-chat Does Not Affect Memory on a Visuo-Spatial Task
08-Cog-Law-Morris-Woodworth	University of Virginia	Barriers to Obtaining and Using Medical TDOs in Virginia
09-Cog-Sleep-Barrick-Nadler	University of Virginia	Cambridge Memory Face Test Scores on Same-Race and Cross-Race Lineup Chooser Accuracy
09-Cog-Sleep-Barrick-Nadler	George Washington University	Investigating the impact of deviations from typical sleep on cognitive performance
10-NeurClinSoc-deAlmeida-Gallagher	University of Virginia	Virtual Disconnection: Effects of Social Media Usage on Close Relationships During COVID-19
10-NeurClinSoc-deAlmeida-Gallagher	University of Virginia	Perceived Social Support and Functional Connectivity in the vmPFC: Implications for Social Affect Regulation
11-Quant-Clin-Politic-Penn-Wells	University of Virginia	Quantifying Political Attitudes Surrounding COVID-19 During the Global Pandemic
11-Quant-Clin-Politic-Penn-Wells	University of Virginia	Anxiety and COVID-19 Behavior: Latent Factor Relationships
12-Social-Corretjer-Malik	Cornell University	How Many Strangers is Your Loved One Worth? The Role of Political Orientation in Moral Decision Making
12-Social-Corretjer-Malik	Hollins University	The Impact of Stigma on Help-Seeking Propensity
13-Social-Devel-Baldwin-Shankar	College of William & Mary	The Ecology of Fathering Young Children in a Pandemic: The COVID Dad
13-Social-Devel-Baldwin-Shankar	New York University	Teachers' Perceptions of Refugee Students' SEL Competencies and Academic Outcomes
14-Social-I-O-Glazier-Williamson	Dixie State University	Supervisor and Employee Communication: Balancing Tasks and Interpersonal Connections
14-Social-I-O-Glazier-Williamson	Dixie State University	Employee Rewards and Recognition in a Hospital Setting

Poster Session II
12:30-1:30 PM
Presentations

Demographic and Clinical Differences in Engagement with Supportive Coaching for an Online Anxiety Intervention

Suraj Patel

University of Virginia

**Advisor(s): Bethany A Teachman, PhD |
Alexandra L Silverman, MA**

Technology-based interventions offer promise to efficiently disseminate evidence-based mental health services, but dropout remains a serious issue. Adding human support from a non-specialist coach may reduce dropout, though little is understood about who is most likely to engage with a coach, which may shed light on who is most likely to benefit from this type of intervention. This study examines whether engagement with coaching sessions between trainings for 282 users in a web-based cognitive bias modification interpretation (CBM-I) intervention varies based on demographic (gender, education, and age of the participant; gender of the coach), and clinical characteristics (baseline anxiety severity and participant negative interpretation bias) Engagement with coaching was operationalized in four ways: whether participants responded to the coach's initial scheduling email, length (in seconds) of the initial coaching session, number of CBM-I training-related covered during sessions, and whether coaching was successfully completed. As hypothesized (pre-registered at <https://osf.io/fmucx/>), more (vs. less) educated participants had a greater likelihood of replying to the scheduling email and completing coaching ($p < .05$). Contrary to hypotheses, participants with some college education (vs. all other groups) had a lesser likelihood of discussing a training related issue with their coach ($p < .05$). In line with hypotheses, more (vs. less) anxious participants at baseline were less likely to complete coaching ($p < .05$). All other results were not significant. These findings primarily suggest that education and anxiety play a role in coaching completion and provides implications for improving engagement among anxious intervention users.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 01-Clinical-Patel-Smith

Effects of a fully-automated Internet-delivered CBT-I intervention for older adults on depression and anxiety symptoms

Jessica G Smith

University of Virginia

Advisor(s): Kelly M Shaffer, PhD | Lee M Ritterband, PhD | Karen S Ingersoll, PhD

Background: Insomnia, depression, and anxiety are commonly comorbid among older adults. Generally, cognitive-behavioral therapy for insomnia (CBT-I) is known to result in secondary benefits to depressive and anxiety symptoms, but its effects on older adults are unknown. A secondary analysis was performed to examine the effects of SHUTi (Sleep Healthy Using the Internet), a fully-automated Internet-delivered CBT-I program, on depression and anxiety symptoms among older adults and how these effects may be moderated by baseline symptoms and polypharmacy. Methods: Older adults (ages > 55) with insomnia were randomized 2:1 to either SHUTi or Patient Education (PE). Participants (SHUTi N=207, PE N=104) reported their depressive and anxiety symptoms using the Hospital Anxiety and Depression scale at pre-assessment, post-assessment, 6-month and 12-month follow-ups. Polypharmacy was measured as the number of medications reported at baseline. Results: For depressive symptoms, multilevel modeling (MLM) showed a significant interaction effect of condition by time ($F[3,779]=3.23, p=.02$). For anxiety, MLM showed no significant interaction effect ($F[3,779]=2.12, p=.10$). Generalized linear modeling showed no significant moderation effects detected for neither depressive symptoms nor anxiety symptoms either by baseline symptoms (stepped Bonferroni-adjusted $ps=1$) or polypharmacy (adjusted $ps=1$). Discussion: With this CBT-I intervention among older adult insomniacs, participants randomized to SHUTi tended to show stable depressive and anxiety symptoms across time compared to control participants, who tended to show increased symptoms. Findings suggest that, even among older adults reporting low symptoms, CBT-I may help prevent development or worsening of psychological distress commonly comorbid with insomnia.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 01-Clinical-Patel-Smith

LGBTQ+ Training, Organizational Policies, and Cultural Competency in the Mental Health Sphere

G Leffler

University of Virginia

Advisor(s): Sharon Kelley, JD, PhD

While behavioral health practitioners may try to address their clients' needs as best as possible, providers may undermine their own abilities if they are not competent enough to know how to address a patient's LGBTQ+ identity. LGBTQ+ training, organizational policies, and LGBTQ+ cultural competence in behavioral health professionals are relatively under-researched areas despite their significance to the practitioner-client dynamic. An exploratory study used data from 136 U.S. behavioral health providers who work with youth, all of whom represent at least fifteen states. Participants completed a questionnaire including demographic information, perspectives on supervisors, workplace policies, training experiences, and the Queer Youth Cultural Competency (QYCC) scale (Gandy-Guedes 2018). In accordance with the hypothesis, LGBTQ+ identity was significantly related to higher knowledge, skillset, attitude, and awareness. Additionally, higher perceived attitude from supervisors was associated with higher competency in providers' attitudes. Higher number of hours trained was only found to significantly correlate with higher provider knowledge and attitudes. Contrary to the hypothesis, there were no significant effects found for urbanity, state policies, workplace, perceived supervisor knowledge, and perceived supervisor skillset with competency. Widespread confusion about workplace LGBTQ+ related policies, as well as providers' cisnormative and heteronormative self-described identities, indicate high competency will not necessarily achieve provider proficiency. The results highlight a strong relationship between behavioral health allies' competency, motivation, and experiences. Further research is needed to clarify the role of providers' cisnormativity, heteronormativity, and understanding of workplace policies with the level of care provided to LGBTQ+ clients.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 02-Clinical-Devel-Leffler-Turton

The Impact of COVID-19 on Post Traumatic Stress Disorder Symptomatology in Adolescents with and without ADHD

Emma J Turton

Virginia Polytechnic Institute and State University

Advisor(s): Rosanna Breaux, PhD

The COVID-19 pandemic is a chronic stressor associated with widespread impact on physical and psychological health due to increased isolation, reduced routines, and increased sedentary behavior. Studies have found Post Traumatic Stress Disorder (PTSD) symptoms disproportionately impact youth compared to older generations during the pandemic. In general, individuals with ADHD are more likely to experience higher levels of PTSD following stressors or trauma; as such, youth with ADHD may be more vulnerable during COVID-19. The present study explored the impact of the COVID-19 pandemic on PTSD symptomology over three COVID-19 timepoints (spring, summer, fall 2020) in a sample of 238 adolescents ($M_{age}=16.7$ years) with and without ADHD (50% with ADHD; 56% male). PTSD symptoms were assessed using self-report on the Child and Adolescent Trauma Screen. PTSD symptoms significantly decreased on average from spring 2020 ($M=9.93$) to summer 2020 ($M=7.95$) and remained low in fall 2020 ($M=7.63$), $F=16.60$, $p<.001$. In spring 2020, 12% of adolescents had moderate trauma-related distress and 13% had probable PTSD; the rate of adolescents with moderate trauma-related distress and probable PTSD dropped in summer 2020 (9.0% and 8.9%) and fall 2020 (11.5% and 7.1%). ADHD status was unrelated to PTSD symptoms, whereas being female was associated with higher PTSD symptoms at each time point. In sum, stay-at-home orders were associated with adolescents experiencing high rates of PTSD symptoms; encouragingly, these symptoms decreased as restrictions were lifted in summer 2020. Despite this, interventions to support those with remaining elevations in trauma symptoms are needed as the pandemic persists.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 02-Clinical-Devel-Leffler-Turton

Adverse Childhood Experiences and the Efficacy of Antidepressants: A Review

Noor Alyasiry | Mckimmon Engelhardt

Saint Louis University

Advisor(s): Dixie Meyer, PhD

This systematic review investigated the direct relationship between adverse childhood experiences (ACEs) and antidepressant medications (ADM). To expand a recent review (Nanni et al., 2012) and reflect the current understanding of the relationship between ACEs and ADM, we searched PsychInfo and Medline databases and cited references from 2010-2020. Terms searched included ADM and each of the ACEs as well as child abuse and maltreatment. Combined searches yielded 2219 articles (1780 after duplicate removal) for review with 20 articles meeting study criteria. Inclusion criteria included conjointly examining ACEs and ADM for depression in humans and exclusion criteria included bipolar and psychosis comorbidities. Most studies testing ADM efficacy or psychotherapy against or in conjunction with ADMs used clinical trials (often randomized) with some case series and cross-sectional studies. Findings showed ACEs were associated with an increased likelihood of using ADMs, had an interaction between DNA methylation and ADM efficacy, are linked to suicide risk when using ADM, are linked to ADM responsiveness but response may be dependent on patient age or age when ACE(s) occurred, and no studies were found to support psychotherapy was superior to ADM alone or in combination. ADMs, endorsed in two or more studies, demonstrating success to reduce depressive symptoms with those with ACEs include vortioxetine, venlafaxine, fluoxetine, paroxetine, and citalopram/escitalopram. Reduced ADM responsiveness with those with ACEs could be related to an interaction with specific single nucleotide polymorphisms affecting serotonin and norepinephrine expression or timing of abuse (e.g., aged 4-7).

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 03-Clin-Devel-Alyasiry-Jarvis

The Role of Pet Ownership in the Mental Health of Children and Adolescents During the COVID-19 Pandemic

Lindsay G Jarvis | Tanya Mitropoulos | Charles Calderwood

Virginia Polytechnic Institute and State University

Advisor(s): Rosanna Breaux, PhD | Thomas Ollendick, PhD

Prior research correlates pet ownership with reduced self-reported loneliness, with greater benefits in mental health wellbeing for males than females. Studies of the benefits of pet ownership throughout the COVID-19 pandemic have focused primarily on adult populations and largely on dog ownership, with female participants predominating these studies. These studies reported females living alone with dogs described less loneliness during the pandemic. Given this backdrop, the present study examined the role of new pet ownership on changes in anxiety and depression symptoms in children and adolescents and whether biological sex moderates these relations. Participants were parents of 50 youth ages 6-17 years ($M = 12.22$; 45% female) who completed ratings during spring 2020 stay-at-home orders and again during fall 2020 upon the return to school. Among participants, 68.3% owned a dog, 55.0% owned a cat, and 21.7% owned a small animal (e.g., fish, reptile). Anxiety and depression symptoms were measured using T-scores on the parent-reported Revised Children's Anxiety and Depression Scale. Results suggest getting any new pet during the pandemic significantly interacted with biological sex in predicting changes in anxiety and depression symptoms. Specifically, males who got a pet during the pandemic experienced a moderate decrease in both anxiety and depression symptoms from spring to fall 2020 ($d = 0.32$ and 0.38). Results highlight potential benefits of pet ownership on reducing anxiety and depression symptoms during chronic stressors for male youth. For children without pets, examining whether pet therapy in schools could provide similar benefits is an important next step.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 03-Clin-Devel-Alyasiry-Jarvis

Impact of Close Peer Relationships and Parental Psychological Control on Adolescent Well-Being

Olivia Hazelwood

University of Virginia

Advisor(s): Joseph P Allen, PhD

During adolescence, a shift occurs in which support from friends becomes more valuable while parental support becomes less rewarding. This shift might allow for friends to make a meaningful impact on adolescents' social development, particularly for adolescents who are experiencing stressful parental relationships, such as psychologically controlling parenting. This study assesses the hypothesized role of close friendships as a moderator in the relationship between the experience of parental psychological control and well-being in adolescence. In a longitudinal study, 175 teens were assessed annually at age 14 and the following year at age 15 via self-reports of their depressive symptoms and their mother's use of psychological control, and an observed interaction assessing autonomy-relatedness. A close friend nominated by the teen reported on the teen's friendship quality, and participated in the same observed interaction with the teen for displays of warmth and engagement. As hypothesized, for teens with a high-quality friendship, there was no longer a direct relationship between maternal psychological control and autonomy-relatedness. Additionally, teens with a high baseline friendship quality showed relative increases in relatedness with their friends over time, despite reporting high maternal psychological control. Also as hypothesized, teens who received more warmth from a friend during the observed interaction showed relative decreases in depressive symptoms, despite reporting high maternal psychological control. These findings support a social compensation model wherein individuals with psychologically controlling mothers may find the disadvantages of that experience offset in the context of highly-supportive friendships.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 04-Clin-Dev-Hazelwood-Mitchell

Long term implications of adolescent mobility on physical health and romantic relationship quality

Jennifer Mitchell

University of Virginia

Advisor(s): Joseph P Allen, PhD

U.S. society has been characterized by its high degree of mobility, and every year many Americans relocate in search of better opportunities for their families and children. Previous research has suggested that frequent mobility in childhood and adolescence is associated with behavior problems and poor mental health. However, little is known about the effects of childhood and adolescent- era mobility on physical health and social relationships in adulthood. Additionally, much of the existing research on residential mobility amongst children and adolescents do not investigate results by age-at-relocation. In this study, participants reported the number of times they relocated that included a change of schools in childhood (ages 5-10), in early adolescence (ages 10-15), and in late adolescence (ages 15-20). Physical health and romantic relationship quality was examined in a multimethod, prospective, longitudinal study of 184 adolescents followed from ages 13 to 31. Controlling for gender and family income, relocation in early adolescence predicted both negative physical health and romantic relationship quality outcomes in adulthood. However, these negative associations were not found for those individuals who had relocated during childhood or during late adolescence. Overall, frequent relocation during adolescence may be associated with long-term adverse outcomes.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 04-Clin-Dev-Hazelwood-Mitchell

Emotional and Mental Effects of Mantra Recitation by Young Adults with and without Autism Phenotypes

Rachel Corney

University of Virginia

Advisor(s): Rose Nevill, PhD

Mantra recitation, or the practice of continuously repeating a secular mantra, has been shown to lower cortisol activity, anxiety, slow breathing, and minimize mental chatter in people with and without mental health conditions. Little research exists that has explored the effects of mantra recitation on neurodivergent populations such as those who are autistic. Since mental health comorbidities such as anxiety and depression are commonly diagnosed in this population, we conducted a study using mantra recitation to fill this gap. All participants (N=19, Autistic=6, Non-Autistic=13) recited either “I am calm” or “You’re okay” for 30 min daily for six weeks, and completed pre and post-test measures on self-reported negative emotions. As hypothesized (pre-registration: <https://osf.io/9ph5y>) levels of anxiety significantly decreased ($p < .025$; $p < .005$) after the 6 week session in both the autistic and non-autistic group, respectively. Also as hypothesized, emotional regulation levels significantly increased ($p < .025$; $p < .001$) for both groups, respectively. Groups did not significantly differ from each other, however, on self-reported anxiety or emotional regulation levels. These findings suggest that both non-autistic and autistic populations may benefit, possibly equally, from mantra meditation to reduce negative emotions and possibly mitigate the progression of comorbid mental health conditions.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 05-Clin-Dev-Autism-Corney-Duane

Do Attentional Deficits Negatively Impact Adult Outcomes in Autism?

**Sean C Duane | Benjamin E. Yerys |
Goldie A. McQuaid | Nancy Raitano Lee**

George Washington University

Advisor(s): Gregory L Wallace, PhD

Adults with autism spectrum disorder (ASD) self-report attention-deficit/hyperactivity disorder (ADHD) more frequently than the general population. Nevertheless, little research has examined the presence of ADHD symptoms in ASD and their potential impact on quality of life and adaptive skills during adulthood. In childhood and adolescence, the presence of co-occurring ADHD in the context of ASD has been linked with poorer quality of life and more limited adaptive functioning. The present study examines the association between co-occurring ADHD and measures of subjective quality of life and adaptive skills in autistic adults. Adults (n=731; M=40 years) with a diagnosis of ASD (58% female) completed questionnaires online, including measures of ADHD symptoms, subjective quality of life, and adaptive skills. ADHD was treated as both a categorical variable (yes/no diagnosis based on medical history) and a dimensional variable (ADHD symptom screen). Utilizing a historical or current ADHD diagnosis to delineate groups revealed only significantly lower physical health quality of life among ASD+ADHD as compared to ASD-ADHD, after accounting for the effects of age, gender, socioeconomic status, autistic traits, anxiety symptoms, and depression symptoms. Continuous ADHD symptoms and their contribution to variance in quality of life and adaptive skills showed stronger effects. Increasing ADHD symptoms (after accounting for the effects of covariates) were associated with decreased physical and environmental quality of life, and decreased daily living skills. The present study suggests that targeting ADHD may have important implications for improving both independent living and quality of life for autistic adults.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 05-Clin-Dev-Autism-Corney-Duane

Sleeping Stressed: the Association Between Increased Stress Levels and Poor Perceived Sleep Quality Levels Among Undergraduate College Students at George Washington University

Samia Abdallah

George Washington University

Advisor(s): Guangying Wu, PhD

This research examined the relationship between sleep and stress in college students. In particular, this cross-sectional survey-based study investigated whether increased levels of stress are associated with increasingly poor levels of perceived sleep quality among undergraduate students at the George Washington University. Ideally, this research will begin to address the gap of the severely limited research that seeks to understand the impact of poor sleep patterns/sleep health of college students on their stress levels or mental health, as opposed to the abundance of research dedicated to understanding how poor sleep impacts a student's ability to perform in cognitive tasks in an academic setting. In this study, all participants filled out a questionnaire about sleep and stress using Google Forms. All answers were obtained by using a Likert Scale with ratings between 0 and 4. Low scores/points for responses are associated with low stress and good perceived sleep quality (conversely, high scores are associated with high stress and poor sleep quality). The conducted Pearson correlation coefficient demonstrates a moderately positive correlative relationship between increased levels of stress and increasingly poor perceived sleep quality ($r=0.46$). The use of a directional hypothesis warranted a one-tailed probability value (p-value) test, to assess the statistical significance of the correlation coefficient. The calculated one-tailed probability ($p=0.00072$), is statistically significant. This supports the hypothesis that there is a positive correlation between increasing levels of stress and decreasing perceived sleep quality among undergraduate college students at the George Washington University.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 06-Clin-Sleep-Abdallah-Raynor

The Relationship Among Sleep, Instagram Use, and Mood

Skylar Raynor

Campbell University

Advisor(s): Jutta Street, PhD

This study examined the relationship among a person's mood, the amount of time one spends on Instagram, and the amount and quality of sleep one receives. With the rise of social media platforms, individuals are given new and efficient ways of keeping in contact with each other at any moment. Since many college students are often sleep deprived, and sleep deprivation is often associated with lower mood levels, this study explored the whether these mood levels may rise or fall with a person's activity level on the popular social media platform, Instagram, as well. A sample of 117 Campbell undergraduates completed an online survey that included the Pittsburgh Sleep Quality Index, a modified version of the Beck Depression Inventory, and the Instagram Use Scale created by the author. Although no significant correlations were found, results did support previous research by finding a positive correlation between the sleep and mood variables ($r = 0.088$), and a negative correlation between the mood and Instagram variables ($r = -0.129$).

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 06-Clin-Sleep-Abdallah-Raynor

Exploring Belonging and Distance Learning in College Students

Rebeca Barrera | Ashley Bleeker | Jamie Hawkes | Danielle Nava

Vanguard University of Southern California

Advisor(s): Noreen Dulin, PhD

A sense of belonging is important to college students' feeling of connection to their university. A school sense of belonging refers to the feeling that someone has when they think they are connected, accepted, appreciated, and respected within their community or school. The present study sought to examine college students' sense of school belonging with measures of stress and experiences with distance learning during the COVID-19 pandemic. Correlations were expected between Goodenow's Psychological Sense of School Membership Scale (PSSM; 1993), distance learning questions, the Perceived Stress Scale (PSS; Cohen et al., 1983), and COVID-related stress questions. Additionally, a demographic question related to first-generation status was explored. Participants were 561 students (430 females and 131 males) from a private Christian university in Southern California who completed an online survey. The results of the hypotheses were supported and included significant positive correlations of school belongingness with distance learning ($r = .19$; $p < .01$), PSS ($r = -.37$; $p < .01$), and COVID-related stress ($r = -.38$; $p < .01$). An analysis of first-generation status revealed a significant mean difference between those students who identified as being the first member of their family to attain a four-year degree and those who were not first-generation on scores on the PSSM ($F(1, 543) = 11.48$; $p < .001$). These results suggest the importance of feeling connected to one's university and how this aspect of the college experience may relate to other psychological variables.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 07-Clin-Social-Barrera-Crume

Stress and its Correlation with Coping Mechanisms and Finances

Kameron Crume | Keri Hanna Lansing | Jordan Travis

Vanguard University of Southern California

Advisor(s): Noreen Dulin, PhD

Stress is an aspect of life that everyone must deal with, especially college students. This was apparent during the COVID-19 pandemic that left many students unaware of how to face stressful situations that were entirely new to them. Stress is often worsened if a person has not established coping strategies and if they are constantly worrying about financial hardships. The purpose of this study was to examine the correlations between perceived stress (PSS; Cohen et al., 1983), coping strategies (Brief-COPE; Carver et al., 1997), and finances (IFDFW, 2006 and CFPB, 2017) in a sample of 561 undergraduate students (430 females and 131 males) at a small Christian university in Southern California. An online survey was used to collect the data. There were significant positive correlations for the PSS with COVID-stress and the following subscales of the Brief-COPE: self-distraction, denial, substance use, disengagement, venting, planning, humor and self-blame. The results also showed significant negative correlations for the PSS with financial well-being and the following Brief-COPE subscales: active coping, and religion. There were no significant correlations between the PSS and the Brief-COPE subscales of emotional support, instrumental support and acceptance. This information is important because it will allow students to develop coping strategies that will help them better manage stressful situations, such as the COVID-19 pandemic and financial hardships.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 07-Clin-Social-Barrera-Crume

Chit-chat Does Not Affect Memory on a Visuo-Spatial Task

Elyse Morris

University of Virginia

Advisor(s): Vikram Jaswal, PhD

Socializing can be cognitively draining. A conversation partner must simultaneously consider what they are going to say, take in what others are saying to them, respond appropriately to interpersonal and environmental cues, and manage their reputations as they talk (Frith & Frith, 2008). Overhearing a conversation is not typically as cognitively draining as participating in one, however (Emberson et al., 2010). We hypothesized that engaging in chit-chat with an experimenter would be more cognitively draining (and potentially distracting from the task at hand) than overhearing a conversation. In this study, participants solved a tangram puzzle while either engaging in chit-chat with an experimenter, listening to a past participant's conversation with the instructor, or working in silence. Participants in the chit-chat condition took more time to complete the puzzle initially than those in the other two conditions, although the difference was not significant. After a brief distracter task, participants were asked to re-create the tangram from memory. Contrary to predictions, we did not find any differences between the three conditions in terms of how much time it took participants to re-create the tangram from memory, nor did we find any effects or interactions involving level of introversion or social anxiety. In short, participating in and overhearing chit-chat may not be cognitively draining in a way that detracts from completing a visuo-spatial task.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 08-Cog-Law-Morris-Woodworth

Barriers to Obtaining and Using Medical TDOs in Virginia

Emily Woodworth

University of Virginia

Advisor(s): Heather Zelle, PhD, JD

Patients that refuse medical treatment but lack capacity to understand the consequences of doing so present a special challenge for healthcare providers. Providers can either hold and treat the patient without legal grounds, or let them leave against medical advice and risk a negligence lawsuit. Virginia is one of five states that has solved this problem by creating legislation for the medical Temporary Detention Order (TDO). Physicians in Virginia can request a medical TDO from a judicial officer to lawfully provide medical treatment to patients that lack decisional capacity. No research has been conducted previously on medical TDOs in Virginia. In the fall of 2020, the Virginia College of Emergency Physicians (VACEP) distributed a survey to emergency physicians around Virginia asking them about their usage of medical TDOs and the process of obtaining them. This study focused on differences between regions. The results showed there were significant differences between regions in questions about confidence in hospital security and law enforcement helping facilitate medical TDOs. One region, Hampton Roads, appeared to have a different pattern from the other regions reporting lower confidence in hospital security and less help from law enforcement than other regions (Bonferroni-corrected $p < .008$). Despite Virginia being one of the few states with a framework for medical TDOs, results from the survey suggest certain regions are still experiencing barriers to obtaining and using medical TDOs. Future policy should focus on improving the medical TDO process in Virginia and implementing legislation for medical TDOs in other states.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 08-Cog-Law-Morris-Woodworth

Cambridge Memory Face Test Scores on Same-Race and Cross-Race Lineup Chooser Accuracy

Anna Barrick

University of Virginia

Advisor(s): Chad Dodson, PhD

Not everyone has great facial recognition ability, and that may be why we have so many eyewitness lineup misidentifications. Testing one's facial recognition ability to help with this issue is hampered by the existence of only two versions of the best validated test -- the Cambridge Face Memory Test (CFMT). One version consists of Asian faces and the other consists of Caucasian faces. This study examines the hypothesis that a same-race CFMT is just as effective as a cross-race CFMT at predicting eyewitness identification accuracy. If proven true, only one version of the CFMT would be needed for real-world applications without the need to create different ethnic/racial versions. To test this hypothesis, eighty-nine White participants completed an eyewitness memory task: they saw casual photos of 8 faces (4 White and 4 Asian) and then completed 8 lineups. Each lineup consisted of 6 mugshot photos and half of the lineups contained a previously seen person and half did not. Finally, everyone completed both the Asian and Caucasian versions of the CFMT. The results indicate that both versions of the CFMT were effective at predicting identification accuracy on White lineups and both were similarly ineffective at predicting identification on the Asian lineups.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 09-Cog-Sleep-Barrick-Nadler

Investigating the impact of deviations from typical sleep on cognitive performance

Sydni M Nadler

George Washington University

**Advisor(s): Michelle R Kramer, PhD |
Samoni Nag, MA | Stephen R Mitroff, PhD**

Sleep is essential to human survival but is often neglected, causing a variety of cognitive and health-related problems. While extensive work has explored the impact of sleep deprivation on cognitive functioning, relatively little is known about how cognitive functioning is impacted by seemingly minor deviations in sleep (e.g., 1-3 hours less than typical). The current study examined this open issue using a variety of cognitive tasks. Initial analyses indicate that there is a potential relationship; for example, less sleep was related to worse performance in a visual search task.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 09-Cog-Sleep-Barrick-Nadler

Virtual Disconnection: Effects of Social Media Usage on Close Relationships During COVID-19

Giovanna Veiga de Almeida

University of Virginia

Advisor(s): Eileen Chou, PhD

Ever since smartphones and social media networks became popular, there has been an increased concern with their effects on mental health and general well-being. Studies show that during social interactions, the mere presence of a phone can be associated with reduced relationship quality (Przybylski & Weinstein, 2013), and that platforms such as Facebook have been linked to more negative psychological well-being through offline social relationship satisfaction (Hu et al., 2017). This study explores the relationship between increased social media usage and loneliness within the context of romantic relationships during the COVID-19 pandemic. Are non-single people who are spending more hours on their phones going to feel lonelier? And how do factors like relationship quality and policy adherence to COVID-guidelines mediate such effects? A linear regression model was used to compare these outcomes among 140 participants between the ages of 18 and 34, recruited through the Participant Pool online database at the University of Virginia. Results showed a positive association between social media usage and loneliness, $F(24, 115) = 1.64, p = .04$, with relationship quality emerging as an important predictor variable, $F(25, 114) = 1.74, p = .02$. These findings could indicate that social media usage, relationship quality, and loneliness are somewhat related. I expect this research to increase awareness of the negative effects of social media overuse, as well as to guide policy efforts aimed at improving interpersonal relationships and general well-being.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 10-NeurClinSoc-deAlmeida-Gallagher

Perceived Social Support and Functional Connectivity in the vmPFC: Implications for Social Affect Regulation

R Craig Gallagher, Jr

University of Virginia

Advisor(s): Jim Coan, PhD | Nauder Namaky, MA

There is disagreement in the literature regarding the role of the ventromedial prefrontal cortex (vmPFC) as a neural mediator of the social regulation of affect. Inconsistent findings of a mediation effect have precluded any resolution of alternate hypotheses concerning the vmPFC's role. We propose that individual variability in perceptions of social support (PSS) from romantic partners and broader social networks could be responsible for these inconsistencies. Utilizing functional MRI (fMRI) in a standard threat-of-shock paradigm, the effects of relational partner handholding, a robust signal of social support, were identified in a large sample of healthy adults (N = 108). PSS was entered as a moderator of the effect of partner handholding on vmPFC functional connectivity in a series of Psychophysiological Interaction (PPI) analyses designed to locate threat-responsive regions of the brain in which levels of functional coupling with the vmPFC during partner handholding corresponded to levels of perceived support. Contrary to initial predictions (preregistration: <https://osf.io/d4n3m>), PSS was found to moderate the effect of partner handholding on vmPFC connectivity under threat. However, conditional mediation via vmPFC was observed to occur in the opposite direction to that previously presented by researchers finding a general mediation effect using pictorial cues of, rather than direct social contact with, relational partners. These findings support a social baseline theoretical framework of dyadic interactions under threatening conditions, suggesting that expectations of support from familiar others, as well as the nature of the social support being offered, are relevant to neural mechanisms of socially-facilitated affect regulation.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 10-NeurClinSoc-deAlmeida-Gallagher

Quantifying Political Attitudes Surrounding COVID-19 During the Global Pandemic

Tamia Penn

University of Virginia

Advisor(s): Karen Schmidt, PhD

This study examines the latent variables that may underlie political attitudes surrounding the COVID-19 virus in 2020. For this study, the knowledge, attitudes, and practices related to COVID-19 in the U.S. (KAP) data was used, investigated by Dr. Ralph J. DiClemente (2020). Participants were 5485 individuals over the age of 18 who responded to a survey on Facebook asking over 100 questions in order to evaluate COVID-19-related knowledge, beliefs, mental health, and behaviors. The factorability of seven questions evaluating political attitudes was examined through an exploratory factor analysis using the psych R package (Revelle, 2020). These analyses indicated that three distinct factors were underlying political attitude responses in the KAP data. These three factors explain 58% of the variance using maximum likelihood factoring methods, polychoric correlations, and oblimin rotations. All items had a primary loading over 0.5 and cross loadings under 0.3. The factors appear to be measuring beliefs surrounding immigration, U.S. leadership, and precautionary measures in the U.S. Further analyses exploring latent factor relationships among knowledge, attitudes, and practices are planned.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 11-Quant-Clin-Politic-Penn-Wells

Anxiety and COVID-19 Behavior: Latent Factor Relationships

Rachel Wells

University of Virginia

Advisor(s): Karen Schmidt, PhD

Multiple exploratory factor analyses were used to investigate the relationship between anxiety and Post-Traumatic Stress Disorder (PTSD) during the early stages of the pandemic. This study used Knowledge, Attitudes, and Practices related to COVID-19 in the US data (KAP) that came from a survey conducted by DiClemente (2020). The survey ran from March 20-30, 2020, and collected data on the demographics, behavioral practices, knowledge about coronavirus, and the mental health status of 5485 participants. The results of an exploratory factor analysis with three factors on the 10 variables concerned with anxiety and PTSD provided interesting findings, suggesting that anxiety variables were related to two separate factors, the second factor appearing to capture depressive symptoms, and the third factor being related to active worrying behavior, with 70% of the total variance in the variables being explained by the three factors. Further analyses with other latent variables will be discussed in an effort to understand relationships to COVID-19 knowledge, attitudes, and practices.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 11-Quant-Clin-Politic-Penn-Wells

How Many Strangers is Your Loved One Worth? The Role of Political Orientation in Moral Decision Making

**Marieliette Corretjer | Pallavi Kenkare | Erik Kruse |
Jialin Lu | Yangji Sherpa | Jessica Zand**

Cornell University

Advisor(s): Vivian Rotenstein, MA | Stephen John Ceci, PhD

Prior research has found an association between moral decision making and political orientation, such that conservatives tend to be more deontological and liberals tend to be more consequentialist. Given the prevailing literature, the current study seeks to investigate how moral decision making across differing types of harm (emotional, economic, loss of life) is influenced by political orientation. Different from previous studies that look at moral dilemmas that solely involve strangers, our study also investigates the effect a loved one has on the moral decision-making process. 289 adults recruited across Amazon Mechanical Turk and Cornell SONA completed a Qualtrics survey answering how many people (1/10/100/1000) they would be willing to sacrifice to save a loved one in the Trolley Car scenario, and in more realistic situations that paralleled the Trolley Car scenario. These situations involved economic and emotional consequences, as opposed to life or death decisions. Participants' open-ended explanations for their moral dilemma decisions were coded based on appeals to deontology, consequentialism, emotionality, etc. For the trolley car scenario with 1,000 strangers, for each one point increase in political preference (from liberal to conservative), the odds of a participant choosing to save their loved one (instead of 1,000 strangers) increased by 1.21. This indicates that only in situations with extreme numbers of strangers' lives to be sacrificed are there significant differences in moral decision making between conservatives and liberals. Further data analysis will allow us to build upon this finding.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 12-Social-Corretjer-Malik

The Impact of Stigma on Help-Seeking Propensity

Hinza Batool Malik

Hollins University

Advisor(s): Caroline Mann, PhD

The current research explores the impact of different types of stigma (personal stigma, perceived public stigma, and perceived peer group stigma) on help-seeking. Previous research demonstrates that perceived public stigma is usually higher than personal stigma and is not associated with help-seeking (Eisenberg et al., 2009; Lally et al., 2013). The perception of a peer's attitude towards a behavior is a key predictor of whether the individual will engage in the same behavior due to the presence of a perceived social pressure (Ajzen, 1991). Hence, the current study altered the perceived stigma reference group (I.e from "public" to "peer" group) to investigate if that would change the associations with help-seeking behavior. A total of 111 participants from Hollins University completed the online survey. Perceived public stigma continued to remain significantly higher than personal stigma and was not correlated with help-seeking behavior or personal stigma. Personal stigma and perceived peer stigma were positively correlated such that participants with a lower personal stigma reported lower perceived peer stigma. Both personal stigma and perceived peer stigma were negatively correlated with help-seeking. The results can help guide future stigma reduction campaigns.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 12-Social-Corretjer-Malik

The Ecology of Fathering Young Children in a Pandemic: The COVID Dad

Sarah Baldwin

College of William & Mary

Advisor(s): Sonia Molloy, PhD

The COVID-19 pandemic has been a defining historical and social event that has forced major global changes which have had effects at the family level. Restricted outings and work-life adjustments have led to a restructuring of family roles that has had a major impact on fathers. Using a bio-ecological approach, this study sought to understand how contextual factors associated with the pandemic have influenced the ecology of fathering. Participants included 44 American fathers of at least one child under the age of 4 years (Mage = 35.11 years, Mchild age= 19.18 months, 44% female child, 86.36% White). Data were obtained through analysis of semi-structured interview transcripts regarding fathers' experiences during the pandemic. Interviews were coded using MAXQDA and grounded theory methodology including line-by-line and in-vivo coding, before being synthesized and modeled through theoretical coding. Results revealed the emergence of a model of "the COVID dad," a father who is more directly involved in parenting and their child's life, while simultaneously being overwhelmed by this new responsibility and uncertain about their adjusted role. Findings highlight COVID-19 as a source of environmental press that has led to fathers' recontextualization of their roles as parents. Contextual factors contributing to this change included work-life conflict, loss of social support, intense anxiety and fatigue, along with the opportunity to become more directly involved in fathering and interacting with their child. This new fathering role represents continued trends toward more contemporary forms of fathering that may continue to transform fathering in the future.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 13-Social-Devel-Baldwin-Shankar

Teachers' Perceptions of Refugee Students' SEL Competencies and Academic Outcomes

Abiraahmi Shankar

New York University

**Advisor(s): John Lawrence Aber, PhD |
Carly Tubbs Dolan, PhD | Roxane Caires, MA**

The humanitarian crises in Syria has displaced millions of children, who, given resulting trauma experiences and barriers to education, are especially subject to adverse learning and mental health outcomes. In Western contexts the Teacher Expectancy Effect (TEE) predicts academic outcomes and longer-term life outcomes (i.e., graduation, career success, criminality). Early research on the TEE focused on academic skills, however in recent years these efforts have expanded to account for social and emotional skills. This study examined whether and how demographic characteristics and teachers' perceptions of refugee children's social and emotional skills are associated with changes in academic learning outcomes. Sample. Data was derived from a large-scale cluster randomized control trial evaluating a new social-emotional learning (SEL) curriculum for Syrian refugee children in non-formal remedial education programming in Bekaa and Akkar in Lebanon. Participants were 3,262 children aged 5 to 15 ($M=8.97$, $SD = 2.32$; 49.3% female) in treatment conditions. Data was collected at 2 time points: November-December 2016 and May 2017. Results. Descriptive statistics revealed low average scores for externalizing behavior ($M = .532$, $SD = .511$) and internalizing behavior ($M = .283$, $SD = .312$). Ordered logistic regressions indicated that higher teacher-reports of inhibitory control, working memory and prosocial behavior at baseline were associated with greater odds of improved academic outcomes at endline, adjusting for baseline academic skills. The findings of this study also provides initial support for SEL interventions that target prosocial behavior, which is believed to be more malleable to change than working memory.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 13-Social-Devel-Baldwin-Shankar

Supervisor and Employee Communication: Balancing Tasks and Interpersonal Connections

**Kimberly Glazier | Megan Larkin |
Candice Musgrave | Jenna Nash**

Dixie State University

**Advisor(s): Kristine J Olson, PhD | Erin Ortiz, PhD |
Mitch Cloward, MBA**

Servant leadership theory (Greenleaf, 1991) integrates industrial-organizational psychology, communication, and business principles to investigate how organizational goals and employee interpersonal relationships interact with each other (Wu et al., 2021). Balancing task-oriented communication with the moral and inspirational aspects of servant leadership involves negotiating social interactions that lead to improved employee engagement (Sousa & van Dierendonck, 2017). The aim of this study examined how supervisors communicated with their employees to balance tasks with interpersonal connection. A qualitative research study involving 21 interviews among supervisors and caregivers at a regional hospital in the southwestern United States were transcribed and coded using inductive and deductive qualitative analysis procedures (Braun & Clarke, 2006). Research revealed that most supervisor and employee communication involved discussions about their personal lives during a myriad of meeting types (e.g., formally, informally, daily, monthly, quarterly). These conversations often focused on learning about the employees' families, personal goals, and listening to concerns. Implications of balancing task-oriented communication with interpersonal connections included building trust among employees, enhanced work performance, and knowledge of employee skill level. Supervisors faced challenges balancing these tensions, such as navigating professional and personal boundaries and engaging with employees authentically.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 14-Social-I-O-Glazier-Williamson

Employee Rewards and Recognition in a Hospital Setting

**Christopher Williamson | Ethan Graser | Marco Olea |
Madison Young | Emily Livingstone**

Dixie State University

Advisor(s): Kristine J Olson, PhD | Joelle Winkel, MBA-HM | Erin Ortiz, PhD

Motivation theory (Maslow, 1943) suggests that workplace rewards and recognition are important because of their association with job performance. Tangible rewards have been defined as non-cash physical items that hold monetary value (Condly et al., 2003) whereas employee recognition has been defined as noticing the work of employees through verbal acknowledgment and praise (Hansen et al., 2002). Accordingly, the aim of this study was to examine the distribution of rewards and recognition to employees. Data was collected via interviews with 10 hospital managers and 10 employees who provided direct care to patients (mean interview lengths were 21 and 19 minutes, respectively) employed at a large regional hospital in the southwest United States. Inductive and deductive qualitative analysis procedures (Braun & Clarke, 2006) were utilized to analyze the interviews. Managers reported 21 instances of providing tangible rewards (e.g., gift cards, trophies) delivered to employees in public (n = 2) and private (n = 10) workplace settings while also reporting five incidents of providing verbal praise in public (n = 2) and private (n = 2) settings. While caregivers reported two incidents of receiving tangible rewards, they reported many instances (n = 9) where they felt “rewarded” by having social interactions with coworkers (n = 3) and patients (n = 6). Indeed, qualitative studies do have inherent limitations, however, this study provides evidence that many memorable “rewarding” aspects of a job stem from social interactions and not necessarily from supervisor reward and recognition efforts.

Poster Session: 12:30-1:30 pm

Zoom Breakout Room: 14-Social-I-O-Glazier-Williamson

Oral Presentations
1:45-3:15 PM

Knowledge Sharing Behaviors and Expectations in Professional Virtual Communities

Olivia M Walker

University of Virginia

Advisor(s): Morela Hernandez, PhD | Courtney McCluney, PhD

Professional virtual communities (PVCs) provide digital coworking spaces where individuals are able to form a network across geographic locations that promotes the exchange of knowledge and ideas. Coworking has enabled independent contractors and entrepreneurs to form communities, and several identity-based coworking models seek to facilitate inclusion of underrepresented people into these groups. Transition to remote work caused by the COVID-19 pandemic has made PVCs the primary mode of professional interaction for entrepreneurs seeking knowledge exchanges. Although research suggests that PVCs foster knowledge sharing, there is little evidence demonstrating this practice for marginalized members of identity-based PVCs. In this study, we explored differences in knowledge sharing behaviors and expectations among 95 members (75.5% Black women) of a PVC for women entrepreneurs. We found that Black women reported higher expectations for reciprocity in knowledge sharing compared to White women in the group, and White women engaged in lower knowledge sharing compared to Black women. Our moderated regressions showed that race influences the relationship between measures of inclusion (perceived similarity and sense of belonging) with knowledge sharing behaviors and expectations for reciprocity. Our research has implications for designing inclusive PVCs that will facilitate knowledge exchange among all members of current and future coworking groups.

Epigenetic Modification of the Oxytocin Receptor Gene Moderates Developmental Trajectories of Amygdala Functional Connectivity and Social Interaction

Alison Goldstein

University of Virginia

Advisor(s): Jessica Connelly, PhD | James Morris, PhD

Emotion regulation is an essential component of socio-emotional cognition and behavior. Functional connectivity between the amygdala and frontal cortex, specifically the medial prefrontal cortex (mPFC), has been identified as a neural substrate of emotional processing that undergoes changes throughout development¹. Amygdala- mPFC connectivity has been well studied in adolescents and adults, with a mature profile typically emerging at 10 years of age². Additionally, maternal bonding in childhood has been shown to buffer amygdala reactivity, while maternal deprivation in childhood has been associated with accelerated development of the mature amygdala-mPFC top-down profile and dysregulation of this network in adulthood^{3,4}. This indicates that maternal care influences the trajectory of amygdala-mPFC coupling, which in turn may impact socio-emotional dysfunction later in life. A relevant biomarker for social behavior and maternal bonding is oxytocin. Methylation of the oxytocin receptor gene (OXTR_m) impacts expression of the molecule that allows an individual to make use of oxytocin, which has important social and emotional ramifications⁵. Our lab has shown that parental care is predictive of OXTR_m in humans, and higher OXTR_m is associated with lower amygdala-PFC functional connectivity in adults^{6,7}. Considering that maternal care affects OXTR_m and development of amygdala-mPFC coupling, we investigated the biological underpinnings of these relationships in development. We ultimately determined that OXTR_m is associated with negative connectivity between the right amygdala and the left IFG, an area associated with emotion regulation. This suggests that methylation may mediate amygdala functional connectivity, which broadly informs us about how environmental factors and epigenetics influence neural development.

The Effects of Social Media Use on Social Connectedness, Mental Health, and Risk Taking Behaviors During COVID-19 Quarantine

Alexandra Tucker

Virginia Polytechnic Institute and State University

Advisor(s): Rosanna Breaux, PhD

The COVID-19 pandemic is a global health emergency that has been shown to have serious impacts on mental health. Adolescents in particular have been experiencing negative mental health outcomes associated with social distancing orders, including increased feelings of loneliness, depression, and anxiety. These relations may differ for adolescents with versus without attention-deficit/hyperactivity disorder (ADHD) due to the higher levels of social difficulties, risk taking behaviors, and mental health difficulties experienced by youth with ADHD. With this project, we examined associations between social media use and feelings of social connectedness, and whether these variables were associated with depression and anxiety symptoms. Second, we explored whether these variables and relations differed for adolescents with ADHD when compared to neurotypical adolescents. Participants were 238 adolescents between the ages of 15 and 17 (55.7% male, 49.6% Diagnosed with ADHD) in sociodemographically homogeneous families (80.3% White) with a mean income of \$94,789. Results indicated that adolescents who reported more social media use were more likely to feel socially connected during COVID-19 stay-at-home orders. Adolescents with ADHD were less likely to take risks in order to meet their social needs, but did not differ in social media use, technology use, or feelings of social connectedness. Feeling socially connected was associated with lower levels of depression and anxiety symptoms, whereas increased technology use was linked to higher levels of depression and anxiety symptoms. ADHD status did not moderate these relations. This presentation will discuss the clinical and social implications of these findings, and important future research directions.

Examining how Iranian Mother-Daughter Relationships Influence the Adult Daughter's Psychosocial Development

Parnia Ashari

University of Virginia

Advisor(s): Lanice R Avery, PhD | Alexis G Stanton, MPH

In collectivist countries, such as Iran, mothers may serve a primary role in the personal and social development of their children, and in particular, of their daughters (Kousha, 1997; Omidvar et al., 2014). However, limited empirical work has examined: (1) mother-daughter relationships among women in Iran; (2) the unique socio-cultural factors that may shape these relationships; and (3) how adult daughters' psycho-social development may be influenced by these relationships. To test these questions, we surveyed 176 Iranian women aged 18 - 30 ($M = 22.91$, $SD = 3.23$) to assess the amount of interdependence, trust, and connectedness participants felt in their relationships with their mothers and the impact of the mother-daughter relationship on their psychosocial development (i.e., codependency and self-efficacy). Correlational and regression analyses revealed that more interdependent mother-daughter relationships were significantly negatively associated with codependency, whereas more trust within mother-daughter relationships was significantly positively associated with codependency. Higher connectedness within mother-daughter relationships was not a significant predictor of the adult daughters' level of codependency. Furthermore, higher trust within mother-daughter relationships was significantly negatively associated with self-efficacy, whereas connectedness was positively associated with self-efficacy. Interdependence within the mother-daughter relationship was not a significant predictor of the adult daughter's self-efficacy. Findings highlight the complexity of mother-daughter relationships in Iran and underscore the importance of these relationships to shape women's psychological development.

Keynote Speaker

3:30-4:45 PM

Elizabeth A. Phelps, PhD

Pershing Square Professor of Human Neuroscience

Department of Psychology, Harvard University

Mechanisms of Threat Control in Humans

Animal models of associative threat learning provide a basis for understanding human fears and anxiety. Building on research from animal models, I will explore a range of means maladaptive defensive responses can be acquired and diminished in humans. First, I will outline how extinction and emotion regulation, techniques adapted in cognitive behavioral therapy, can be used to control learned defensive responses via inhibitory signals from the ventromedial prefrontal cortex to the amygdala. One drawback of these techniques is that these responses are only inhibited and can return, with one factor being stress. I will then review research examining the lasting control of maladaptive defensive responses by targeting memory reconsolidation and present evidence suggesting that the behavioral interference of reconsolidation in humans diminishes involvement of the prefrontal cortex inhibitory circuitry, although there are limitations to its efficacy. Finally, I will describe two novel behavioral techniques that might result in a more lasting fear reduction by providing control over the stressor and introducing novelty.

4:30-4:45 Being Human in Psychological Science

Informal Q&A with Elizabeth A. Phelps, PhD, about her path in psychological science. All are encouraged to turn camera's on and participate.