VIRTUAL
VIRTUEL 2020

CPA 2020 VIRTUAL SERIES: ABSTRACT BOOK
SÉRIE D'ÉVÉNEMENTS VIRTUELS 2020 DE LA SCP : LIVRE DES RÉSUMÉS

JULY 6 – AUGUST 28, 2020 /
6 JUILLET AU 28 AOÛT 2020

CANADIAN PSYCHOLOGICAL ASSOCIATION /
SOCIÉTÉ CANADIENNE DE PSYCHOLOGIE

CANADIAN
PSYCHOLOGICAL
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Contents

GREETINGS FROM THE CPA'S PRESIDENT

On behalf of the CPA's Head Office Staff, Convention Committee Members, and Board of Directors, it is my sincere pleasure to recognize the CPA's first Virtual Convention – CPA2020 Virtual Series.

Although born out of the cancellation of our 81st annual in-person convention due to COVID-19, we were incredibly excited to be able to provide the virtual series to our members, affiliates, student affiliates, and non-members and student non-affiliates. Our 8 weeks of programming featured on-demand access to over 500 posters, Gimme 5s, 12-minute talks, conversation sessions, theory reviews, section featured speakers, and section chair addresses. The virtual series also included opportunities for group discussion forums, section annual meetings, and live Q&A chats with select speakers.

New content was released each week in July, culminating with the release of over 45 presentations specific to **COVID-19** the week of August 3rd. Of special note, the week of July 20-24 featured sessions within the Thematic Area of **Human Rights and Social Justice** and an opportunity to participate in an online dialogue during the week about psychology's role and responsibility to human rights and social justice.

Many thanks to our exhibitors and sponsors for their participation in our virtual tradeshow and the 1,800 registered delegates who participated in the virtual series. This abstract book features the submissions of all those accepted for inclusion in the scientific program of the in-person convention that was scheduled for May 2020; it notes the sessions that were featured in our virtual series. The abstract book also contains the accepted COVID-specific submissions to our special call.

The goal of a CPA Convention is to bring together subject matter experts spanning more than 30 different areas of psychology to highlight the multitude of ways in which the science, practice and education of psychology contributes to society, knowledge sharing, and the professional development of our attendees. Another goal is to provide our next generation of psychology scientists, educators and practitioners an opportunity to meet and find mentors, connect with and present to their peers, and gain valuable experience as a conference presenter. While we lost our traditional in-person opportunities to experience these connections, we sincerely hope that over the two months of the virtual series, you were able to take in much of the outstanding content that was prepared by your peers, colleagues, and our students, and find new and different ways to connect, interact, and collaborate with each other and our many presenters.

Our uncertain future around the long term economic, physical and psychosocial effects of COVID-19 make our discipline and profession even more relevant in understanding, and meeting, the unprecedented challenges we are all facing as a result of the pandemic. We hope that the learnings from this year's virtual series help you not only personally, but professionally.

We hope too, that in these challenging times, the event gave members, students and affiliates an opportunity for knowledge exchange and community, as well as a chance to recognize and celebrate all that psychological science, practice and education has to offer. Whether virtual or in-person, CPA conventions provide us with the opportunity, as a community, to remind ourselves of the extensive breadth of our chosen field; to better learn how the diversity of our profession can bring greater relevance to our own work and contribute to improving Canadians' health and well-being; and to identify the various opportunities before us in which we can, and arguably must, expand our profession and discipline even further. The CPA's Board was very glad to be able to pivot to a virtual event and, for this year, to be able to do so at no cost to members, affiliates, and students.

We know that pivoting to a virtual event was a huge undertaking, especially during these unprecedented challenging times in our society. A sincere thank you to all of you-- our registered delegates, presenters, section chairs, reviewers of COVID submissions, head office staff, convention committee, and board members—for making this event a tremendous success.

Wishing you continued good health and safety!

Kim Corace, Ph.D., C.Psych.
President, 2020-2021
Canadian Psychological Association

SALUTATIONS DE LA PRÉSIDENTE DE LA SCP

Au nom du personnel du siège social, des membres du Comité du congrès et du conseil d'administration, c'est avec un réel plaisir que je fais une brève présentation du premier congrès virtuel de la SCP de 2020.

Même si l'événement est né de l'annulation de notre 81e congrès annuel en raison de la COVID-19, nous étions très heureux de pouvoir offrir une série d'événements virtuels à nos membres, nos affiliés et nos affiliés étudiants, et aux non-membres et aux étudiants non affiliés. Pendant huit semaines, nous avons donné accès sur demande à plus de 500 affiches, présentations éclair, présentations orales de 12 minutes, séances de discussion, séances théoriques, conférences organisées par les sections et allocations des présidents de section. La série d'événements virtuels avait aussi à sa programmation des forums de discussion de groupe et des séances de questions et réponses en direct avec des conférenciers de choix, de même que les réunions de travail annuelles des sections.

Du nouveau contenu était présenté chaque semaine en juillet, avec, comme point culminant, 45 présentations portant sur la **COVID-19**, la semaine du 3 août. Il convient de noter que la semaine du 20 au 24 juillet portait sur le thème des **droits de la personne et la justice sociale** et a donné l'occasion de participer à un dialogue en ligne sur le rôle et la responsabilité de la psychologie à l'égard des droits de la personne et de la justice sociale.

Merci à nos exposants et à nos commanditaires d'avoir participé à notre salon des exposants virtuel et aux 1 800 personnes qui se sont inscrites à la série d'événements virtuels. Le présent livre des résumés regroupe les résumés de toutes les séances qui avaient déjà été acceptées et figuraient au programme scientifique du congrès de la SCP, lequel devait se tenir en personne en mai 2020; les séances qui ont été présentées lors de la série d'événements virtuels sont indiquées. Le livre des résumés comprend également les communications portant sur la COVID qui ont été acceptées à la suite de notre appel spécial de communications.

Les congrès de la SCP ont comme objectif de réunir des experts en la matière issus de plus de 30 domaines différents de la psychologie afin de mettre en valeur les multiples façons dont la recherche en psychologie, la pratique et l'enseignement de la psychologie profitent à la société, en plus de contribuer au partage des connaissances et au perfectionnement professionnel des participants. Notre congrès a également comme objectif de donner à la prochaine génération de scientifiques, d'éducateurs et de praticiens du domaine de la psychologie l'occasion de rencontrer et de trouver des mentors, de faire connaissance avec d'autres psychologues et de présenter leur travail à leurs pairs, et d'acquérir une expérience précieuse en tant qu'intervenant et conférencier. Bien qu'il ait été impossible de se rencontrer et de tisser des liens en personne, nous espérons sincèrement que, au cours des deux mois de la série d'événements virtuels, vous avez pu profiter du contenu exceptionnel préparé par vos pairs, vos collègues et nos étudiants, et trouver des façons différentes et nouvelles de vous réunir, d'interagir entre vous et de collaborer avec nos nombreux présentateurs et intervenants.

L'incertitude quant aux effets futurs de la COVID-19 sur le plan économique, physiologique et psychosocial rend encore plus évidente l'utilité de notre discipline et notre profession pour comprendre et relever les défis sans précédent auxquels nous sommes tous confrontés en raison de la pandémie. Nous espérons que les apprentissages qu'aura permis le congrès, en formule virtuelle cette année, vous aideront non seulement sur le plan personnel, mais aussi professionnel.

Nous espérons aussi que, en ces temps difficiles, l'événement a donné aux membres, aux étudiants et aux affiliés l'occasion d'échanger des connaissances et de se rassembler, même virtuellement, ainsi que la chance de reconnaître et de célébrer tout ce que la recherche en psychologie, l'enseignement et la pratique de la psychologie ont à offrir. Qu'ils soient virtuels ou en personne, les congrès de la SCP nous offrent l'occasion, comme groupe, de nous rappeler la richesse du domaine que nous avons choisi, de comprendre comment la diversité de notre profession ajoute de la pertinence à notre propre travail et contribue à l'amélioration de la santé et du bien-être des Canadiens, et de déterminer les différentes possibilités qui s'offrent à nous et que nous devrions saisir pour développer encore plus notre profession et notre discipline. Le conseil d'administration de la SCP était très heureux de pouvoir passer à un événement virtuel et de pouvoir le faire, cette année, sans frais pour les membres, les affiliés et les étudiants.

Nous savons que la transformation de notre congrès en événement virtuel était une entreprise énorme, surtout en ces temps difficiles et inédits auxquels est confrontée notre société. Un merci sincère à vous tous – délégués inscrits, intervenants,

présidents de section, évaluateurs des propositions de communications sur la COVID, personnel du siège social, Comité du congrès et membres du conseil d'administration. Grâce à vous, l'événement a été un énorme succès.

Continuez de prendre soin de vous et de votre santé!

Kim Corace, Ph.D., C.Psych.
Présidente, 2020-2021
Société canadienne de psychologie

GENERAL INFORMATION

Contents of Abstract Book

This abstract book features the submissions of all those accepted for inclusion in the scientific program of the in-person convention that was scheduled for May 2020. It notes the sessions that were featured in our virtual series. It also lists the submissions that were accepted to our special call on COVID-19 and Pandemics.

Organization of the Abstract Book

As part of the initial submission process in the fall of 2019, individuals were asked to indicate to which of the following themes their submission best applied:

1. *Creating a healthy(ier) planet*: Working to change human behavior to restore our environment
2. *Examining what, where, when, why and how we learn and perform*: Examining how people learn and helping facilitate peak performance in the classroom, on the playing field, and in other situations that require physical and mental execution
3. *Exploring intellectual roots*: Examining our discipline and various psychological constructs from a theoretical, historical and/or philosophical lens
4. *Exploring life stages*: Exploring development across the lifespan from infancy, childhood, adolescence, adults, older adults and through to retirement
5. *Human rights and social justice*: Exploring the ways in which psychology - from the lenses of practice, science and education - can, does or should promote equity, diversity and inclusivity
6. *Improving and promoting health*: Helping people make healthy lifestyle choices, facilitating peak human performance, and improving the treatment of complex human problems
7. *Improving psychological research*: Highlights the ways in which psychological research - methods, analyses, design - can be improved and better used to inform the science, practice and education of psychology
8. *Informing public policy*: Highlighting the ways in which psychology can and does inform public policy
9. *Professional and training issues:* Examining issues related to our discipline as a profession including accreditation, ethics, funding, training
10. *Serving communities:* Strengthening communities by seeking to understand and address the specific needs of a given community
11. *Understanding and improving the workplace:* Understanding what contributes to a successful workplace; what impact the workplace has on our lives and well-being
12. *Understanding society and the world around us:* Helping people understand the world and improve our interactions within society and the people in our lives
13. *Understanding the mind and the brain:* Understanding what contributes to how the mind and brain works - or doesn't work

Given the impacts of COVID-19, a special call for abstracts for COVID-19 specifics was issued in May.

14. *COVID-19 and pandemics*: Examining the biopsychosocial impacts of COVID-19 and pandemics

To underscore the breadth and depth that is our discipline and profession, the abstract book is organized by these thematic areas. Pick a thematic area and explore the multitude of sessions that each theme has to offer.

Each thematic area is sub-organized by the different presentations types that were featured throughout the virtual series. These include but are not limited to:

- 12-minute talks
- Conversation session / discussion forum
- Gimme 5s (5-minute spoken presentation)
- Printed posters
- Review Sessions
- Section Chair Addresses
- Section Featured Speaker Addresses
- Symposium
- Workshop

The abstract book also lists the professional development workshops that were offered throughout the timeframe of the virtual series, as well as this year's exhibitors and sponsors.

Searching for a Session

Specific sessions can be found by searching by:

- Thematic area
- Presentation type
- Title
- Name of presenting author
- Name of additional authors
- CPA Section
- Session ID

Searching for an Author

The abstract book also includes an index organized by surname of first/presenting authors only.

INFORMATIONS GÉNÉRALES

Contenu du livre des résumés

Le présent livre des résumés regroupe les résumés de toutes les séances qui avaient déjà été acceptées et figuraient au programme scientifique du congrès de la SCP, lequel devait se tenir en personne en mai 2020. Les séances présentées dans le cadre de notre congrès virtuel y sont mentionnées. Les communications acceptées à la suite de notre appel spécial de communications liées à la COVID-19 et aux pandémies y figurent également.

Structure du livre des résumés

Dans le cadre du processus de présentation de communications initial lancé à l'automne 2019, on invitait les personnes à indiquer à quels thèmes leur communication s'appliquait le plus :

1. ***Améliorer la santé de la planète :*** travailler à modifier les comportements humains pour restaurer notre environnement
2. ***Examiner quand, où, pourquoi et comment nous apprenons et performons, et ce que nous apprenons et accomplissons*** : examiner comment les gens apprennent et aider à faciliter la performance de pointe à l'école, sur le terrain de jeu et dans d'autres situations qui exigent une performance physique et mentale
3. ***Explorer les racines intellectuelles*** : examiner notre discipline et les diverses composantes psychologiques selon une perspective théorique, historique ou philosophique
4. ***Explorer les étapes de la vie :*** explorer le développement de la personne tout au long de sa vie, de la petite enfance à l'enfance, l'adolescence, l'âge adulte et le troisième âge, jusqu'à la retraite
5. ***Droits de l'homme et justice sociale :*** explorer les façons dont la psychologie – selon le point de vue de la pratique, de la recherche et de l'enseignement – favorise l'équité, la diversité et l'inclusivité, et comment elle peut et devrait le faire
6. ***Améliorer et promouvoir la santé*** : aider les gens à adopter un mode de vie sain, faciliter la performance humaine de pointe et améliorer le traitement de problèmes humains complexes
7. ***Améliorer la recherche en psychologie :*** mettre en évidence les façons dont la recherche en psychologie – méthodes, analyses, conception – peut être améliorée et mieux utilisée pour orienter la science, la pratique et l'enseignement de la psychologie
8. ***Orienter les politiques publiques :*** mettre en évidence les façons dont la psychologie peut orienter les politiques publiques, et comment elle le fait
9. ***Questions professionnelles et questions relatives à la formation :*** examiner les questions relatives à notre discipline en tant que profession, y compris l'agrément, l'éthique, le financement, la formation
10. ***Servir les collectivités :*** renforcer les collectivités en cherchant à comprendre les besoins particuliers d'une collectivité donnée et à y répondre
11. ***Comprendre et améliorer le milieu de travail :*** comprendre les facteurs qui contribuent à la qualité du milieu de travail et l'impact du milieu de travail sur nos vies et notre bien-être
12. ***Comprendre la société et le monde qui nous entoure :*** aider les gens à comprendre le monde et à améliorer nos interactions au sein de la société et avec les personnes qui font partie de notre vie
13. ***Comprendre l'esprit et le cerveau :*** comprendre ce qui contribue – et ne contribue pas – au fonctionnement de l'esprit et du cerveau

Compte tenu des répercussions de la COVID-19, un appel spécial de résumés portant sur la COVID-19 a été lancé en mai.

14. ***COVID-19 et pandémies :*** examiner les répercussions biopsychosociales de la COVID-19 et des pandémies

Pour mettre en évidence l'étendue et la profondeur de notre discipline et de notre profession, le livre des résumés est organisé en fonction de ces domaines thématiques. Choisissez un domaine thématique et explorez la multitude de séances que chaque thème a à offrir.

Chaque domaine thématique est subdivisé en fonction des différents types de présentation qui était au programme de la série d'événements virtuels. Il s'agit notamment :

- Présentations orales de 12 minutes
- Réunions d'échange/forums de discussion
- Présentations éclair (présentations orales de cinq minutes)
- Affiches papier

- Séances théoriques
- Allocutions des présidents de section
- Conférences organisées par les sections
- Symposiums
- Ateliers

Le livre des résumés répertorie également les ateliers de perfectionnement professionnel qui ont été offerts tout au long de la période de la série d'événements virtuels, ainsi que les exposants et les commanditaires de cette année.

Rechercher une séance

Vous pouvez trouver des séances précises en effectuant une recherche par :

- Domaine thématique
- Type de présentation
- Titre
- Nom de l'auteur présentateur
- Nom des auteurs supplémentaires
- Section de la SCP
- N° d'identification de la séance

Rechercher un auteur

Le livre des résumés comprend également un index organisé selon le nom de famille des auteurs présentateurs uniquement.

THEME: CREATING A HEALTHY(IER) PLANET / THÈME : AMÉLIORER LA SANTÉ DE LA PLANÈTE

Working to change human behavior to restore our environment.

Travailler à modifier les comportements humains pour restaurer notre environnement

Conversation Session / Discussion Forum

Moving the needle on the climate crisis: A discussion of student avenues for action

Presenting Author: Feige, Sarah
Additional Authors: Collaton, Joanna

Abstract: As the climate crisis gains increasing global recognition, students of Psychology are uniquely positioned to take action on a variety of fronts in developing more ecologically sustainable ways of approaching work in our discipline. To support student capacity for action, this forum will review four trends in Canadian Psychology's engagement with climate change-related issues, highlighting opportunities for students to draw on inter-professional and community connections in conducting such work throughout. Firstly, we will explore psychological research that documents the ways in which vulnerable and marginalized people have been affected by the climate crisis. Secondly, we will discuss research that explores intersections between ecological and clinical-psychological concerns, such as those pertaining to "psychoterratic syndromes". Thirdly, we will discuss the growing interest in paradigms that move beyond classical cognitivist theories to account for the embodied and environmentally embedded nature of psychological experience. Finally, we will summarize measures that have been taken by the CPA to address the discipline of Psychology's position in relation to the climate crisis. This forum is designed to empower students to become strong ethical practitioners who are poised to creatively improve upon existing efforts to address the climate crisis.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55256 - Conversation Session / Discussion Forum

Gimme-5

Nature, Affect, and Pro-environmental Behaviour

Presenting Author: McLeod, Joy
Additional Authors: Zelenski, John

Abstract: Previous research demonstrates that exposure to nature (vs. built environments) has numerous benefits; it promotes happiness, a subjective sense of connectedness with nature, and prosocial behaviour. The present study expands on these findings by exploring the effects of a variety of natural (and built) environments on one's willingness to behave pro-environmentally. Participants were undergraduate students recruited from Carleton University who were randomly assigned to one of five experimental video conditions: nice nature, threatening nature, threatened nature, prosocial nature, or built environments. Participants then completed online self-report questionnaires assessing affect, nature relatedness, and their willingness to behave pro-environmentally. No differences were observed in willingness to engage in pro-environmental behaviour by condition. Affect varied significantly by condition: positive affect was highest among participants exposed to prosocial nature, and negative affect was highest among participants exposed to threatened nature. Awe was highest among individuals exposed to nice nature and built environments. These findings indicate that more research is needed to better understand the relationship between nature exposure and pro-environmental behaviour.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 52699 - Gimme-5

Why are men not doing environmental behaviours?

Presenting Author: Desrochers, Jessica E
Additional Authors: Zelenski, John

Abstract: We face serious environmental challenges. One way to meet them is through behavioural interventions guided by psychological research. One of the strongest predictors of environmental behaviours is gender where women are more sustainable than men. Previous literature lacks an explanation of how we can help promote environmentalism to males. The Dragons of Inaction Psychological Barriers (DIP-Barriers) defines psychological barriers impeding a person's ability to perform actions against climate change (Gifford, 2011), and maybe useful to test the reasons why men may behave less environmentally than women. This study (in progress) will examine the links among gender and the DIP-Barriers in a student sample of approximately 400 (identified through a priori power analysis). In following with Lacroix et al (2019), the participants will be given the option to choose an environmental behaviour they rarely or never do and fill out the DIP-Barriers scale (Lacroix et al., 2019). Through the study, we hope to identify which barriers are more prominent to men to maybe help explain why they act less sustainably than women. By understanding the specific barriers to environmental behaviors men might face, we may be able to try to help develop communication strategies and interventions that remove such barriers which may encourage more environmental behaviour.

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 53338 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Printed Poster

Eco-anxiety and pro-environmental behaviour

Presenting Author: Ballman, Carla J.
Additional Authors: Arbuthnott, Katherine D.

Abstract: In 2017, the APA published a guide describing the mental health issues associated with climate change, including rising rates of stress, depression, and anxiety. The guide highlighted ways that psychologists can support individuals and communities in dealing with these issues. Research in climate change communication indicates that people are better able to tolerate challenges if they are aware of actions they can take to improve their situation (e.g., Pelletier & Sharp, 2008; Whitmarsh et al., 2011). In this vein, many environmentalists believe that eco-anxiety is reduced by engaging in pro-environmental behaviour (PEB). The current study examined this possibility by assessing the association between eco-anxiety and PEB. Eco-anxiety was measured using an adaptation of Helm et al.'s (2018) Perceived Environmental Stress scale. To measure PEB we developed a scale based on Stern's (2000) categories of environmentalism, namely environmental consumption, citizenship, and activism. Nature relatedness and generalized trust were also measured to examine potential attitudinal differences influencing eco-anxiety. The results of this study can potentially suggest specific options for psychologists working with clients suffering from increased eco-anxiety and other mental health issues associated with climate change.

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 53742 - Printed Poster

Nudging People to Correctly Dispose of Coffee Cups

Presenting Author: Frielingsdorf, Laura
Additional Authors: Barclay, Pat

Abstract: When non-recyclable items like single-use coffee cups are placed in the recycling bin, the entire bin is contaminated and is sent to landfill. This is problematic because Canadian landfill capacity is limited. One approach that has been successful in promoting environmental behaviors is nudging – altering one's choice architecture in a way that encourages certain

behaviors. We used nudging techniques to encourage people to correctly dispose of their single-use coffee cups – one of the main contaminants of recycling. We conducted a ten-week long field intervention that tested one control condition (no poster) and two poster interventions aimed at promoting correct coffee cup disposal (information poster, social norms poster). The experiment followed a within-subjects, Latin Square Crossover design to control for carry-over effects and changing conditions throughout the experiment. Using a Multilevel Model analysis showed that the social norms intervention significantly decreased the number of coffee cups in recycling bins. Thus, this study extends previous research by showing that nudging, via triggering social norms, can be applied to previously untested environmental behaviors, like recycling-bin contamination. An understanding of the applicability of nudging techniques to environmental behaviors helps comprehend how human behavior can be changed to restore our environment.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54892 - Printed Poster

Exploring university students' perceptions of repurposed products

Presenting Author: Lu, Irene R. R.
Additional Authors: Kwan, Ernest

Abstract: The environment is a critical issue of our generation. Countries and their people have strived for greater sustainability. Our study focuses on repurposing, a form of sustainable consumption where old products are transformed into new products of greater value (e.g., old cellphone parts into jewelry, old mugs into planters). Unlike recycling, repurposing does not entail manufacturing raw material from old products; thus it is relatively easy to repurpose. This could explain the proliferation of repurposed goods in e-commerce. Unlike refurbishing, repurposing entails finding a different usage of an old product; thus repurposing often involves more creativity. This could mean that consumers have a different view of repurposed products, compared to recycled or refurbished goods. Consumers may be drawn more to the ingenuity or craftsmanship, than to the ecological impact. Past studies have examined the appeal of green products, and reasons to buy green; but little research has examined repurposed products. Our study explores university students' perceptions of repurposed products across various product categories via survey. Our results offer strategies to market repurposed products. Our study thus contributes to efforts towards a sustainable way of living.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 54932 - Printed Poster

Social support buffers the effects of ACEs through sleep health on depression among undergrads

Presenting Author: Felske, Ashley N
Additional Authors: Sanguino, Hangsel; Tomfohr-Madsen , Lianne

Abstract: ACEs are a significant predictor of both mental and physical health outcomes. Research supports that subjective sleep quality is a mechanism by which ACEs impacts psychological functioning. However, it is advantageous to utilize a complex measure of sleep health that includes subjective and objective factors. Assessing protective factors such as social support may also add to this area of research. Undergraduates (N = 152) completed questionnaires of depression, anxiety, sleep satisfaction, and ACEs, and wore an actigraph wristwatch for 3 nights. A 6-factor (sleep duration, timing, efficiency, satisfaction, regularity, daytime fatigue) 'sleep health' variable including subjective and objective measures of sleep was created. Hierarchical regression found that ACEs are significantly associated with sleep health, adjusting for relevant covariates. Mediation models found that sleep health mediated the relationship between ACEs and depression, but not ACEs and anxiety. Further, a moderated mediation model found that social support moderated the mediation between ACEs and depression. Adverse experiences prior to adulthood have a persistent effect on sleep later in life, and has a negative impact on psychological function in terms of current depression. Beyond efforts to prevent ACEs in childhood, increasing present-day social support may buffer against these negative effects.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 55007 - Printed Poster

Socialization Impacts on Environment of Adaptation

Presenting Author: Barnett, Barbara M
Additional Authors: Randle, Jason M; Jones, Hillary

Abstract: Human impacts on the climate are evident, unprecedented and projected to cause increased cataclysmic events and global food insecurity. Recently, researchers found that the extent to which individuals orient toward the biophysical environment (BE; i.e. believe survival depends on the natural world) and the socio-economic environment (SE-E; i.e. believe survival depends on social-economic systems) could be assessed with a self-report Competence Scale. Preliminary use of the scale has demonstrated that a BE orientation uniquely predicted pro-environmentalism in multiple domains, including values and endorsing policies which protect the environment at a cost to the economy. The inverse was true of a SE-E orientation. In order to assess socialization impacts, the current study included 144 undergraduate students who completed the Competence Scale and two socialization measures. Regression analyses found that time spent in nature as a child was significantly positively correlated with the BE orientation, while parental practices and childhood time spent in the market-place (e.g. shopping malls) predicted a SE-E orientation. This study points to the importance of early socialization regarding the natural world, and its impacts on total environment of adaptation (i.e. BE and SE-E), providing further possibilities to enhance environmentally conscious behaviour patterns.

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 55093 - Printed Poster

[Presented in CPA 2020 Virtual Series]

THEME: EXAMINING WHAT, WHERE, WHEN, WHY AND HOW WE LEARN AND PERFORM /
THÈME : EXAMINER COMMENT LES GENS APPRENNENT ET AIDER À FACILITER LA PERFORMANCE DE POINTE À L'ÉCOLE, SUR LE TERRAIN DE JEU ET DANS D'AUTRES SITUATIONS QUI EXIGENT UNE PERFORMANCE PHYSIQUE ET MENTALE

Examining how people learn and helping facilitate peak performance in the classroom, on the playing field, and in other situations that require physical and mental execution.

Examiner comment les gens apprennent et aider à faciliter la performance de pointe à l'école, sur le terrain de jeu et dans d'autres situations qui exigent une performance physique et mentale

12-Minute Talk

Should Science be a Subject that We Should Stay Emotionally Neutral?

Presenting Author: Tze, Virginia
Additional Authors: Li, Johnson

Abstract: Science education involves conceptual understanding and mastery of factual knowledge on various science topics, such as earth structure and ecosystems. This creates an impression that learning science should be a rational and cold journey and that science is perceived as an emotionless discipline (Sinatra et al. 2014). While, the control-value theory of achievement emotions has been widely used to examine the relationship between cognitive antecedents (i.e., perceived control and value), academic emotions and achievement, little is known about the mediating roles of two frequently experienced emotions—enjoyment and boredom—played in elementary science education and across different education systems. Hence, the primary purpose of this study is to examine how enjoyment and boredom can mediate the relationship between perceived control and value and 4th graders' performance on 2015 Trends in International Mathematics and Science Study (TIMSS) in 53 education systems. As expected, boredom significantly mediates the relationship between the perceived control and TIMSS scores in 32 education systems. However, the mediating role of boredom played between perceived value and science scores is contradictory to our hypothesis. More interestingly, enjoyment negatively mediates both paths. This could possibly be due to enjoyment being negatively related to students' science performance in 37 education systems (e.g., Cyprus, Germany, Poland, Singapore, and United States). While these results reveal the complex role boredom played between the relationship between antecedents and performance, they also indicate that being emotionally neutral may enhance students rational thinking to perform well in science learning.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 52630 - 12-Minute Talk

A Scoping Review of the Relationship Between PISA ICT and Performance in Mathematics and Science

Presenting Author: Odell, Bryce T
Additional Authors: Cutumisu, Maria

Abstract: Information and Communication Technology (ICT) has become synonymous with a modern classroom as digital skills become increasingly necessary to enter the workforce. Students' individual differences in using ICT could be the key to uplifting their academic achievement, especially in Science, Technology, Engineering, and Mathematics (STEM) subjects. However, it is not clear which ICT factors are beneficial to students' mathematics and science achievement. Using scoping review methods, this article examines 22 publications that analyse the relationship between ICT and performance in mathematics and science for students included in multiple PISA assessment iterations. The results show that the relationship between ICT and academic achievement is inconsistent, with different types of ICT revealing different relationships with performance, depending on the subject and country of the students examined. ICT autonomy, interest, and use as a social topic can positively predict academic performance over other ICT variables, despite being less commonly studied. As such, this article encourages more research into the positive effects of student's autonomy of ICT use on academic achievement. Specifically, moderate use, rather than high or no use of ICT, was found to positively predict performance. This article synthesizes the relevant literature on ICT and performance in mathematics and science in a large international assessment. Gaps in the literature are highlighted with respect to analytical methods, focus countries, and variables examined. Implications of this research can inform practice in classrooms to promote positive ICT interactions for students while limiting ICT that would negatively impact mathematics and science performance.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53283 - 12-Minute Talk

Challenges faced by International students at Kwantlen Polytechnic University

Presenting Author: Shah, Syed Ashiq Ali
Additional Authors: Lopes, Alexander

Abstract: The aim of this study was to investigate what challenges international students face during their studies at Kwantlen polytechnic university. Research focused on English language, study related and financial issues, and internationals 'adjustment to life in Canada. We assumed that internationals will differ on specific challenges such as language and financial issues, stress, study related and social adjustment challenges. The participants were 25 female and 38 male students of 18- 35 years age including 22 Chinese, 26 Indians and 15 Middle Eastern. The materials included a challenges questionnaire, a coping scale and a religiosity scales, one item adjustment in Canada and religious involvement rating scales and a demographic questionnaire. The data were collected at three campuses of KPU. The challenges reported by the international students were high tuition fees, part-time work, high rents, no hostel, missed their families, but they liked small class sizes, were satisfied with the education, felt comfortable communicating with the professors, were supported by their families, welcomed by their peers and had adjusted to Canadian culture. The results also showed that use of problem focused coping was helpful in facing challenges. The internationals using both emotion-avoidance and problem focused copings were better at facing everyday challenges.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 53397 - 12-Minute Talk

Multiple Object-Tracking as a measure of attention and learning across neurodevelopmental conditions

Presenting Author: Tullo, Domenico
Additional Authors: Faubert, Jocelyn

Abstract: A promising intervention for individuals with deficits in attention is training with an adaptive Multiple Object-Tracking (MOT) task. To (i) identify who benefits from this intervention and (ii) explore an alternative use for MOT as a measure of attention and learning; the current study investigated whether learning MOT is predicted by higher-order cognition and/or diagnostic profile. We examined whether intelligence and/or diagnostic profile (i.e., the presence of either Autism Spectrum Disorder (ASD), ADHD, or Specific Learning Disability (SLD)), predicted MOT performance across 15 sessions. Participants (N=99; Mage=13.58) with a diagnosis of either ASD, ADHD, and/or SLD visually tracked 3 of 8 spheres for 8 seconds. A latent growth model revealed that baseline performance was predicted by intelligence, and the linear slope was predicted by diagnostic profile. Individuals with ASD had a greater slope than those without, while participants with ADHD and/ or SLD had a smaller slope than those without these conditions. These results have implications for MOT as an

assessment of learning and attention for children and adolescents with a diverse cognitive and diagnostic profiles. Moreover, these results advocate for MOT as an attention-based intervention because the task can adapt to the users' capability and is therefore appropriate for this population.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53978 - 12-Minute Talk

Social Identity: Effects of Masculinity Threat on Language Studies Interest

Presenting Author: Sharafaddin-zadeh, Yekta
Additional Authors: Chaffee, Kathryn Everhart; Lou, Nigel Mantou

Abstract: Men are underrepresented in language related fields. In a previous study, men in a foreign language class differed from men not in such classes in both motivational factors and masculine role beliefs. Social identity threats to men's masculinity through false feedback regarding their identity have shown to lead men to protect their manhood through hyper-masculine behaviour. False feedback has been administered using fake personality tests where men are told they have feminine characteristics. In another study, following a masculinity threat, men with traditional masculinity beliefs reported less interest in foreign language classes and learning. In this study, 192 men's attitudes, expectancies, abilities, and values were measured following a masculinity threat in order to assess the shift in their interest toward language studies and mathematics. We predicted that men with traditional beliefs about masculinity would place a lower value on language and a higher value on math. Having a more traditional belief about masculinity was associated with more negative attitudes about language learning. We observed a statistically significant interaction between gender beliefs and masculinity threat on math abilities where men with traditional beliefs rated themselves higher on their mathematical skills following a threat. Identifying why men are underrepresented may be an implication.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 54702 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Overcoming some difficulties using observer report methods in PsyD dissertations

Presenting Author: Sheppard, Michael D
Additional Authors: Buenviaje, Phil C

Abstract: PsyD programs such as Adler University's (Vancouver) lack undergraduate research participant pools, which can make doing dissertations using clinical observations difficult. The "defense mechanisms and emotion regulation workshop" at Adler University (Vancouver) was developed to help students hone their clincial observation skills and offer possibilities for dissertation research. We addressed the initial training problem of finding research participants by having students watch TV shows with psychologically rich characters (e.g., Breaking Bad, House of Cards). The synthesis of scripts, direction, and actor skill appears to create psychological information rich enough that defenses and coping strategies can be reliably identified using the Defense Mechanisms and Coping Q-sort. Students have been able to gain familiarity with the different defenses in the Q-sort prior to moving on to human participants for their dissertations. The benefits and drawbacks of using TV characters rather than human research participants as will be discussed.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 54816 - 12-Minute Talk

Level Up: The Effects of Gaming Assignments on Academic Performance

Presenting Author: Antoniadis, Elena Anna

Abstract: This project examines the relationship between student participation in low-stake, for-credit online gamification activities (Connect/McGraw), and academic achievement. The level of involvement and commitment to the online gamification activities are quantified by the frequency (number of attempts) and total time spent on each online gamification activity. Final grade in the course serves as a marker of academic performance. This project will provide information on the effect of gaming learning activities on both summative and formative learning outcomes. In addition, the effect of two types of study methods inherent in each of the two gaming assignments will also be examined: 1)self-guided study; 2) artificial intelligence (AI) guided study. Results show that while total time spent on gaming activities does not correlate with academic performance, the frequency with which students participate in each activity correlates (moderate correlation) with academic achievement. The results indicate that the greater the number of attempts, the larger the gains in final course grade. These results suggest that in introductory psychology courses, students perform better when the instructional material is interfaced with action-based digital platforms where they can engage with the content.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 54819 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Conversation Session / Discussion Forum

Incorporating Service Learning into Undergraduate Psychology Courses: Reflections from Experienced Instructors

Presenting Author: Bowering, Elizabeth

Abstract: Service Learning (SL) is increasingly recognized as a high impact educational practice where students work on real world problems with a community partner (the service component) and then connect their experience to the academic curriculum (the learning component). During today's conversation session, Meghan Norris (Queen's University), Philip Smith (University of Prince Edward Island), and Elizabeth Bowering (Mount St Vincent University) will share examples of how they have successfully incorporated service learning within undergraduate Psychology courses. Here, we will highlight challenges commonly experienced by students and instructors (e.g., assessment of learning) and offer helpful tips and advice. Through sharing of "best practices", the session addresses how SL can enhance the learning experience and outcomes of the Psychology curricula.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 53377 - Conversation Session / Discussion Forum

Gimme-5

The Developmental and Reflective Experiences of Mental Performance Consultants in Training

Presenting Author: Seguin, Cassandra M
Additional Authors: Kraft, Erin

Abstract: This qualitative study was designed to gain insight into current and former master's students' experiences in a program that aims to train mental performance consultants (MPCs). As educational pathways to becoming an MPC differ considerably, this study offered a view into students' personal and professional developmental experiences in one program. We conducted semi-structured interviews with three first-year students, four second-year students, and four graduates of the program. Three of these participants then participated in a second interview in which they completed a Rappaport timeline (RTL) to highlight experiences which the participants deemed significant to their development. The interviews were transcribed verbatim and deductively analyzed. The RTL participants also provided assignments for a content analysis, used to triangulate the interview data. Key themes were: self-growth, identity development, autonomy, and challenges. Reflection appeared as an overarching theme. Specifically, the students were actively encouraged to reflect on their experiences and

ongoing reflection throughout the program appeared to have played a critical role in our participants' personal growth, both within and outside of their consulting practices. Programs training practitioners in sport psychology should explicitly facilitate reflection for student personal and professional development.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 52611 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Recommendations for Incorporating Self-Regulated Learning into Math Instruction

Presenting Author: Sagar, Nathalie
Additional Authors: Bailey, Darcie Anne; Martin, Stephanie

Abstract: Math is a fundamental component of children's education but continues to be an area of difficulty for many, particularly math word problems. The relationship between self-regulated learning (SRL) and academic achievement is well evidenced and has led many educators to incorporate SRL into their lessons; however, it is not as commonly seen within math classrooms. Specifically, Descortes and Verschaffel (2011) argue that within today's math classrooms, external regulation is more prominent than SRL. A review of evidence-based math word problem instructional strategies was conducted, and they were evaluated on their incorporation of SRL. A dearth of the incorporation of SRL was found, therefore further research was conducted to investigate ways in which we can support SRL in these math practices. Recommendations from other subject areas were adapted to create recommendations for incorporating SRL in math instruction. Considering the importance of math, it is imperative that educational practices within math align with current research. As SRL has become a prominent skill associated with positive academic and social emotional outcomes, it is important that we work to incorporate SRL within math instruction. These specific recommendations will work to assist educators in incorporating SRL in their math classrooms and interventions to ensure the success of future students.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 52620 - Gimme-5

The Mediating Role of Boredom and Enjoyment between Perceived Control/Value and TIMSS 2015 Math Performance

Presenting Author: Tze, Virginia
Additional Authors: Li, Johnson

Abstract: Acquiring strong math skills are essential in science, technology, engineering and mathematics (STEM) education. One important element to foster strong math skills is that students enjoy learning math early on during elementary school years. The control-value theory of academic emotions (Pekrun, 2006) has been widely used to examine how specific emotion mediates the relationship between the cognition (i.e., perceived control and value) and math achievement (e.g., Mutis et al., 2015; Putwain et al., 2018). However, there has not been a comprehensive study examining the mediating role of two commonly experienced emotions—enjoyment and boredom—played on international assessment. In this study, Trends in International Mathematics and Science Study 2015 data is used to evaluate how enjoyment and boredom mediate the aforementioned two proximal antecedents on 4th graders' math performance in 53 education systems. Our results show that enjoyment positively mediates the paths in 36 systems, and boredom negatively mediates the paths in 43 systems. These results support the importance of addressing students' math learning emotions (i.e., enjoyment and boredom) as they are an important mediating process that explain the relationship between perceived control/value and math literacy. In addition, the mediating effects of boredom and enjoyment are generally comparable across a number of education systems, such as Bulgaria, Cyprus, Lithuania, and Russia. However, in some countries (e.g., Korea and Turkey), the mediating effects are contradictory to our hypothesis and this may indicate a cultural difference on what emotions are important to be felt in relation to academic success.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52627 - Gimme-5

Is boredom contagious? Examining transmission from instructor to student

Presenting Author: Tze, Virginia
Additional Authors: Daniels, Lia

Abstract: It is not uncommon to hear university students complain about boring classes. The negative effects of boredom, which are at times larger than that of anxiety, have resulted in a concerted effort from researchers to identify causes of learners' boredom and recommend strategies to mitigate this emotion. However, the research has overlooked the possibility that emotions may be transmitted from instructors to their students. In other words, students may "catch" boredom if their instructors are themselves bored. The purposes of our study are (1) to measure instructors' cause of boredom, and to examine the extent boredom is transmitted from instructors to students. We recruited ten university instructors and their students (n=208) and used a multilevel analytical approach to examine the transmission of boredom from instructors to students. We measured instructors' perception of boredom in teaching and assessed students' level of boredom and perception of monotony in class. Our results show that instructors' perception moderated the association between monotony and boredom (p = .04). This means that the more intense the feeling of disliking the students that the instructors had, the stronger the positive association between students' perception of monotony and their levels of boredom. These findings shed light an apparent gap in the literature and reveal that teachers' subjective perception contributed to students' learning boredom. Furthermore, our results indicate the importance of helping instructors to moderate the cause of their boredom as a strategy to help students combat with this negative and adverse emotional experience.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52739 - Gimme-5

Attention, executive control, and performance variability in varsity athletes.

Presenting Author: Roberts, Samantha D
Additional Authors: Wilson, Alyssia; Gorbet, Diana J; Sergio, Lauren E; Stevens, W. Dale

Abstract: Little is known about attention performance, intra-individual variability, and the associated neural underpinnings in athletes at baseline. Our study examined attention, executive control (EC), and individual variability in performance (ISD) in healthy varsity athletes and explored resting-state functional connectivity (rsFC) patterns associated with performance. Twenty-nine athletes completed the Attention Network Test (ANT-I) and rs functional MRIs. Performance was characterized by examining mean reaction time (RT), ISD, and domains of attention from the ANT-I. Performance and interactions between domains of attention were examined using a repeated measures ANOVA. rsfMRIs were analyzed using independent component analysis in the frontalparietal (FPN), dorsal attention (DAN), default mode (DMN), salience (SN), and sensorimotor (SMN) networks and rsFC associated with performance was exmained. Athletes performed faster when presented with valid cues and congruent flankers (ps

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53551 - Gimme-5

How Do Canadian and International University Students Differ in Coping with Boredom?

Presenting Author: Li, Johnson
Additional Authors: But, Chun Ho

Abstract: Boredom is a common emotion experienced by university students. In light of its association to many undesirable outcomes (e.g., performance), there is a research gap regarding how international students from different cultures may differ from Canadian students in coping with boredom in classes. This study aims to validate Boredom Coping Scale (BCS; Nett,

Goetz, & Daniels, 2010), a commonly used scale in measuring boredom coping, and to evaluate whether Canadian and international students can be clustered to different profiles in their boredom-coping styles. 408 Canadian and 104 international undergraduate students were recruited from a public university in Central Canada, and they completed the BCS, which contains 4 factors: Cognitive-Approach, Behavioural-Approach, Cognitive-Avoidance, and Behavioural-Avoidance, and additional scales measuring their experience with boredom, cultural collectivism, achievement, language proficiency, and length of stay in Canada. Confirmatory factor analysis showed that the BCS's factor structure, loadings, and covariances were found to be invariant, thereby implying the appropriateness of using the BCS on both groups of students. Latent profile analysis showed that the Canadian students were classified into three groups of copers: Reappraisers, Criticizers, and Activists; whereas the international students were clustered into two groups: Reappraisers and Criticizers. While Reappraisers and Criticizers are consistent with previous findings by Nett et al., Activists, who preferred behavioural coping strategies—either making a change or leaving the situation—is a new profile that has not been identified before. Our results partially supported previous findings and showed that international students were generally similar to local students in boredom coping.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53671 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Parental Home-Based Involvement, Parenting Stress, and Children's Academic Success

Presenting Author: Pirraglia, Cassandra
Additional Authors: Keys, Kirsty; Rinaldi, Christina

Abstract: Parental involvement in schools predicts children's later academic success. Less is known about whether parents' home-based involvement in academic-related activities (ARA) predicts children's future academic competence. Furthermore, no research has examined whether parental characteristics may moderate this relationship. Our research study asked the following research questions: (1) Do both mothers' and fathers' home-based involvement in ARA in the preschool years predict teachers' reports of children's academic competence in kindergarten?; and (2) Do both mothers' and fathers' levels of parenting stress moderate these relationships?Participants included 166 mother-father-teacher triads. When children were in preschool, mothers and fathers independently completed questionnaires assessing home-based involvement in ARA and levels of parenting stress. One year later, when children were in kindergarten, teachers completed a measure of students' academic competence. Mothers' reports of home-based ARA significantly and positively predicted teachers' reports of student academic competence. Parenting stress was not a significant moderator. While the relationship between home-based ARA and academic competence was not significant for fathers, parenting stress was a significant moderator. The implications of these findings for parental home-based involvement will be discussed.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 53729 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Exploring managers' skills via network analysis

Presenting Author: Lajoie, Denis

Abstract: While skills are often considered to be key elements in strategies for facing the future of work, there are foundational issues relating to the operationalization of skills and the definition of the very concept of skills. If we hope that managers will use an evidence-based approach to planning their careers, we must increase our understanding of skills in the managerial context. This presentation considers the possibility that skills may manifest as psychometric networks and provides the results of a network analysis based on ONET data of 35 skills across occupational classification. The shape of skills networks for managerial occupations and non-managerial occupations is explored and compared using R packages qgraph, bootnet, EGAnet, and NetworkComparisonTest. Results suggest that while the networks are generally comparable (no statistical difference is found for 92.10% of edges tested), there is indeed variance in the networks. Notably, the centrality indices correlate to only .34 across models. Troubleshooting and Active Listening skills are more central for managers, while

the reverse is true for Social Perceptiveness and Science skills. These findings suggest that the context in which skills are exercised must be considered in the operationalization and definition of skills, as meaning is not necessarily invariant across occupations.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53814 - Gimme-5

Evidence Supporting the Use of Personality Inventories for Employee Development?

Presenting Author: Jelley, R. Blake

Abstract: Personality testing has a long and controversial history in industrial and organizational (I-O) psychology. Most of the voluminous personality-related literature has focused on the validity of personality scales for predicting job performance, and corresponding applications for personnel selection. In parallel, and seemingly subject to much less scholarly attention, personality inventories have been used by employers, educational institutions, and various types of consultants for use in group workshops and individual coaching. Proponents have argued that one of the reasons to use personality assessments in the workplace is to provide individuals "with strategic self-awareness of their personal strengths and weaknesses" (Sherman in Noonan, 2019, para 18). Personality assessment represents a modern iteration of ancient advice to "know thyself" (Emre, 2019, p. xviii). However, interventions focused on the provision of personality-related feedback have also been characterized as representing corporate interests operating at the "shady crossroads of industrial psychology and self-care" (Emre, 2019, p. xvi). Using guidelines promulgated by the Center for Evidence-Based Management for an abbreviated form of systematic review, the extent and nature of evidence on the use of personality-related feedback as an employee (or workplace-related) development tool will be reviewed.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53928 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The effectiveness of interview instructions on adults' willingness to provide don't know responses.

Presenting Author: Baker, Matthew
Additional Authors: Williams, Shanna

Abstract: This study examined the effect of interview instructions on adults' willingness to provide don't know responses to difficult questions. Albeit extensive literature on the use of instructions during forensic interviews with children, the efficacy of interview instructions in adult populations has remained relatively understudied. In the current study, we examined the efficacy of "I don't know" and "correct the interviewer" instructions on response type in lay adults. Adult participants were randomly assigned to one of two groups (control or instruction condition). In the instruction condition participants received an "I don't know" and "correct the interviewer" instruction prior to watching videos of siblings engaged in a conflict. Following each video participants responded to a series of questions concerning video events which had occurred (occurring) or did not occur (non-occurring). Preliminary results (n = 7) suggest that participants in the instruction condition used the "I don't know" (42% of responses) and correct the interviewer (23% of responses) instructions more than those in the control condition, which responded "I don't know" and corrected the interviewer 30% and 17% of the time, respectively. The results support the use of instructions on adult's response accuracy and will be discussed in relation to the use of interview instructions in adult forensic interviews.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54041 - Gimme-5

Perfect means never giving up: The influence of multidimensional perfectionism on goal disengagement

Presenting Author: Levine, Shelby L
Additional Authors: Holding, Anne C

Abstract: People set goals with the hope that they can accomplish them, but this is not always possible. Letting go of unattainable goals can be beneficial for one's well-being. Perfectionism is a trait defined by striving for high or unrealistic achievement. The current research examined the influence of perfectionism on the goal disengagement process. Undergraduate students (N=447) completed a four time-point year-long study on their personality, goals, and perceived support. Self-critical perfectionism predicted poorer progress at disengaging from unattainable goals (b = -.121, t(426) = -2.159, p = .031), and this was mediated by perceived social support and personal rumination (indirect effect: b = -.167, 95%CI = -.256, -.098]). Conversely, personal standards perfectionism was related to greater goal disengagement progress (b = .117, t(426) = 2.101, p = .036), despite also being associated with more rumination about goal disengagement (indirect effect: b = -.081, 95%CI = -.153, -.025]). Future research is needed to determine how to help those higher in self-critical perfectionism to disengage more successfully from their unattainable goals, as this may benefit their health and well-being.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54056 - Gimme-5

Blended learning through the lens of students: A descriptive case-study

Presenting Author: Plourde, Vickie

Abstract: Background/rationale: Despite the increasing use of blended learning (e.g., teaching delivery including in-class and online components) in university settings, students' perspective remains poorly documented. The goal of the project was to deliver a blended undergraduate level course in psychopathology and surveyed students' experience and satisfaction. Methods: Participants (n=15) were undergraduate students. The blended format involved flipped classrooms during three weeks of the term. Once the blended weeks completed, students were invited to fill an online survey (about 10 minutes; SurveyMonkey), covering students' perceptions of their experience and satisfaction. Results: Twelve out of 15 students participated. Most were in the second or third year of their bachelor and 69% were female. Students reported being engaged (100%), motivated to succeed (100%), and actively participating (92%). Around 75% reported a good level of satisfaction, enjoying going to class and being generally satisfied. However, there were results suggesting some levels of distraction during in-class activities and a preference for in-class (58%) to online or blended course was reported. Conclusions and action/impact: Overall, students were well-engaged and satisfied with the course. Strategies to continue improve acceptance and successful implementation of blended courses are provided.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 54110 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Early Childhood Transition Forum: Planning a multidisciplinary event for a large Quebec school board

Presenting Author: Della Cioppa, Victoria
Additional Authors: Madden, Candice A.

Abstract: A successful early school transition relies on secure, responsive, and respectful relationships between family, school and community. The Ministère de l'Éducation et de l'Enseignement superieur suggests that transitioning to kindergarten is a 16-month process. During this period, both the child and the adult(s) who support them adjust to a new environment. School readiness – the global development of the child's abilities – is only one part of the equation. The other part involves good quality relationships as foundational for the child's sense of belonging and continued development.The Forum, which is the

first of its kind, brings together school staff, board professionals, the health and social services sector, and community partners to exchange ideas concerning children's first transition. The theme for the first year was children with special needs and that of the second year was supporting parents. The forum uses a solution-oriented approach to guide discussions and guests work in multidisciplinary teams on various challenges based on the yearly theme. The forum sparks insightful discussion about strategies that each sector is using to support the transition. Examples of implemented actions include child-friendly booklets describing the school, invitations to the community to join school events, story time partnerships between the school and the local daycare or library.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54268 - Gimme-5

Sustained attention in youth with learning disabilities

Presenting Author: Marrello, Anna S
Additional Authors: Sibalis, Annabel; Milligan, Karen

Abstract: 10% of Canadian youth struggle with a learning disability (LD), impacting their academic, social, and behavioural skills and acting as a risk factor for a variety of negative life outcomes. Sustaining attention is known to be a core difficulty for these youth, but less is known about how this difficulty manifests. In this study, we use behavioural and electrophysiological data to examine how youth with LD sustain attention across segments of a 12-minute continuous performance attention task. We recruited 50 youth with LD to have electroencephalography recorded while they completed a computerized attention task, and examined behavioural accuracy and event-related potentials (ERPs) as markers of attentional ability throughout the task. Markers of attention were examined for each 3-minute quartile of the 12-minute task, in order to examine whether attention changes across time. Data collection has been completed and analyses are currently underway and will be completed by March 2020. Results will be discussed within the context of sustained attention being a core deficit for youth with LD, and will further our understanding of this deficit as well as pinpoint how and when attentional changes manifest for these youth. We will further discuss how the present results have implications for measuring attention in future empirical studies as well as youth's school performance.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54512 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Pre-Service Teachers' Gender Attitudes/Beliefs in Relation to Children's Mistakes in the Classroom

Presenting Author: Orr, Alicia R.
Additional Authors: Leighton, Jacqueline P.

Abstract: Observational research has shown that teachers provide work-related feedback to students differently depending on their gender (Andersson, 2010). Additionally, teacher's adaptive or maladaptive responses to student's mistakes can influence their students' attitudes to learning (Tulis, 2012). Importantly, previous research has indicated students' attitudes towards their mistakes are associated with their academic achievement (Leighton, Tang & Guo, 2018). There is a lack of research that addresses how the beliefs and attitudes of teachers might lead to differing responses to children's mistakes depending on the child's gender. Part of the challenge is the absence of measurement tools for measuring teachers' beliefs about children's errors. This project involved surveying 79 preservice teachers at the University of Alberta. Preservice teachers are an important population to study as they are expected to work with children and could influence children's self-concepts and academic achievement. The present study adapted the Error Orientation Questionnaire (EOQ) to measure teachers' beliefs about students' mistakes in school settings. It is expected that the EOQ will reliably measure preservice teachers' beliefs about children's mistakes and that their attitudes about gender will be associated with their beliefs about children's mistakes. Results are forthcoming.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54522 - Gimme-5

Newcomer well-being: An exploration of psychosocial support services in post-secondary institutions

Presenting Author: Herzog, Andrea
Additional Authors: Domene, Jose

Abstract: Current research has failed to quantitatively examine the experiences of newcomer youth, especially for those who have entered into post-secondary studies. Due to the lack of qualitative research in post-secondary institutions, the effectiveness of current psychosocial support services for newcomers in this context is unknown. This is concerning, considering that newcomer youth often pursue post-secondary education at higher rates than their domestic-born counterparts. The experience of these psychosocial support services, compounded with the presence of language barriers, previous traumas, disabilities, and/ or LGBTQ2+ status may prove overwhelming to newcomer students, serving to prevent them from fully engaging in their programs, and subsequently, their future careers in the broader societal context.This presentation will explore the psychosocial support services that help or hinder the experiences of newcomer youth that are attending Canadian post-secondary institutions. By identifying how psychosocial support services help or hinder the well-being of newcomer youth attending post-secondary programs, such research will provide practical insight for psychosocial support service providers and policy makers at Canadian post-secondary institutions.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54762 - Gimme-5

The interaction between clinical reasoning and emotion on medical students' diagnostic accuracy

Presenting Author: Ruiz Segura, Alejandra
Additional Authors: Lajoie, Susanne P.

Abstract: For success and efficiency in diagnosing patient diseases, physicians need to develop clinical reasoning skills. However, generating a hypothesis is a cognitively and emotionally challenging process. This research expands on the differences that characterize high and low performing medical students, by conducting a detailed analysis of the ongoing interplay between clinical reasoning activities and the emotions that co-occur during the process of diagnosing a virtual patient. The main task was to diagnose virtual patients in a computer- based learning environment: BioWorld (Lajoie, 2009). Online measures were used to track students' learning process. For cognition and performance, the system log files were used to obtain students' actions and system prompts. Emotions were tracked by recording of their facial expression. Detailed results will be submitted in the final presentation. Data mining techniques are being conducted to identify sequential patterns of state transitions (D'Mello, et al., 2010) and likelihood of co-occurrences between clinical reasoning steps and emotions (Lajoie, et al., 2015). This analysis will aid to identify how successful and less successful medical students experience clinical reasoning tasks. Moreover, it will provide information regarding the effect of overlapping cognitive and affective processes on learning outcomes.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54964 - Gimme-5

Printed Poster

Post Secondary Student's use of Social Media and Relationship to Cognitive and Affective Empathy

Presenting Author: Pec, Dominica
Additional Authors: Green , Amanda

Abstract: Past research has shown positive effects of psychological and behavioral dependence on social media and the beneficial effects of social media use, such as social support and self-reported empathy. However, it is unclear whether dependence on social media, and the mechanisms of how social media is used, affects a person's competence to experience the emotions of others. We recruited 50 participants at the University of Guelph-Humber, and asked examinees to complete an anonymous questionnaire about social media dependence, social media use, cognitive empathy, and affective empathy. The results of the study showed total quantity of time spent on Instagram by undergraduate students and how this positively impacts their competence to experience the emotions of others, and emotional understanding of the other person. The results are in line with previous studies, and suggests social media platforms that emphasize visual and real face-to-face communication, were found to have a positive and significant impact on an individual's willingness to engage in empathy. Taken together, online users engagement with more fundamental aspects of human communication, sheds new light into the understanding of empathy.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 52734 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Confidence is Key: Unlocking Relations Between ADHD Symptoms and Math Performance

Presenting Author: Di Lonardo Burr, Sabrina M
Additional Authors: LeFevre, Jo-Anne

Abstract: Are ADHD symptoms uniquely related to affect about mathematics in university students? Undergraduates (N = 425) completed an online survey that included measures of ADHD symptomology (i.e., Adult ADHD Symptom Rating Scale), and rated their confidence about mathematics and literacy. Participants also completed several math measures, including arithmetic, word problems, and algebra. Results were modeled using path analysis. Students who reported more ADHD symptoms also reported less confidence about both their mathematics and literacy skills. Indirect effects suggested ADHD symptoms were related to math performance through math confidence. Additionally, people who reported more ADHD symptoms reported constant levels of anxiety; their state anxiety did not increase from the beginning to the end of the study. In contrast, reported state anxiety increased across the study for people who reported lower math confidence. In summary, ADHD symptoms were not uniquely related to affect about mathematics, but rather related to academic confidence in general; links with math performance were mediated through math confidence. Overall, the present results indicate that people with ADHD symptoms may lack confidence in their academic skills. By alerting educators to the potential difficulties that students with ADHD symptoms face, classrooms can be designed to support academic success and coaching can be provided to improve symptom management.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52773 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Do Social-emotional Skills Affect Teacher-student Relationship, Classroom Engagement, and Wellness?

Presenting Author: Chang, Chiung-Fang
Additional Authors: Hall, Nathan C.; Horrocks, Phoenix

Abstract: Educational research has long focused on the implications of developing positive teacher-student relationships for classroom engagement and instruction. However, little is known regarding teachers' capacities for eliciting emotional support and managing students' disruptive behaviours. According to the prosocial classroom climate and social-emotional learning models (Jennings & Greenberg, 2009), the present study will examine how teachers' social-emotional competencies (SEC: self-awareness, social awareness, self-management, relationship management, responsible decision-making; CASEL, 2003), predict students' classroom engagement and teacher-student relationships that, in turn, should impact teachers' psychological well-being. This study will recruit K-12 practicing teachers (N=300) from across Canada in Dec. 2019 to complete

an online survey consisting of self-report measures assessing teachers' SEC (relational efficacy, multicultural attitudes, emotional regulation, teacher warmth/support, decision-making efficacy), perceptions of dyadic relationships with students, burnout, and overall well-being. Data will be analyzed using structural equation modelling to examine the proposed mediational model, with study results expected to highlight the critical role that teachers' SEC play in classroom climate, student relationship quality, and their own well-being levels.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53021 - Printed Poster

An Investigation of the Role of Mood-Repair and Irrational Beliefs in Procrastination

Presenting Author: Chowdhury, Shamarukh F.
Additional Authors: Pychyl, Tim

Abstract: Pychyl and Sirois (2016) reasoned that procrastinators hold the mistaken (irrational) belief that they can improve their short-term mood by avoiding important goals that they find aversive, and pursue hedonic needs instead (mood-repair). As such, we hypothesize that mood-repair and irrational beliefs will interact with each other in academic procrastination. Also, students who procrastinate but make intention update to do the task later and engage in alternate tasks would report feeling better at the moment. Affective and irrational beliefs dimensions of procrastination were selected based on past research using Personal Project Analysis. Participants are being recruited to complete an online survey. In study 1, we ran PCA (N=561) on positive and negative emotions (generated a 3-component solution), and beliefs (generated 4-component solution). In study 2, we will run CFA (N=600) to confirm the factors. In study 3, we will run MANOVAs (N=300) to examine changes in emotions across 4 momentary phases: task engagement, decision to delay, forming an intention update and engaging in alternate tasks. We will run regression analyses to examine how beliefs and emotions at task engagement phase interact to predict procrastination. All data collection will be completed on Jan 9, 2019. The interplay of emotions and cognitions will have implications on how procrastination is conceptualized.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53038 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Role of Executive Functioning in Cognitive-Motor Integration for Varsity Athletes

Presenting Author: Echlin, Holly V
Additional Authors: Pierias, Alanna; Sergio, Lauren; Wojtowicz, Magdalena

Abstract: The objective was to assess the relationships between cognitive-motor integration (CMI) ability, attention, and executive functioning in healthy varsity athletes. Female athletes (n=29) aged 18-25 completed pre-season measures (i.e., the Sport Concussion Assessment Tool 5; SCAT5, and a health questionnaire), and two computerized tests of CMI and attention/executive functioning (i.e., the Brain Dysfunction Indicator and the Attention Network Test: ANT-I, respectively). Reaction times (RTs) on the CMI task correlated with the ANT-I's overall RT (r=0.611, p

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 53122 - Printed Poster

An exploration of graduate students' epistemic emotions while reading

Presenting Author: Jonas, Emily A
Additional Authors: Horrocks, Phoenix T. M.

Abstract: There is growing interest in understanding the role of emotions in graduate education, with scattered research showing graduate students to report various epistemic emotions (i.e., enjoyment, frustration) and emotional well-being issues related to research and writing processes (Aitchison et al., 2012). Whereas reading has to date been overlooked in educational research with graduate students as it is assumed to be a subcomponent of writing, emerging findings instead conceptualize reading as a complex process worthy of special investigation (McAlpine et al., 2012). The present exploratory study examined relations between epistemic emotions while reading and established psychological well-being measures in an international graduate student sample (N =765). Correlational analyses showed students reported program engagement (i.e., dedication) to correlate positively with curiosity (.48), surprise (.33), and enjoyment (.47); burnout (i.e., exhaustion) to correlate positively with anxiety (.34) and frustration (.35); and imposter syndrome (i.e., feeling like a fraud) to correlate positively with confusion (.30) and anxiety (.37) while reading. These results highlight the importance of addressing the emotional nature of reading processes in graduate education and the corresponding development of graduate support programs that account for students lived experiences while reading.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53144 - Printed Poster

Five little monkeys jumping on the bed: Literacy and numeracy concerns and activities in the home.

Presenting Author: Bailey, Katharine
Additional Authors: Collins, Taylor

Abstract: There is a clear association between both home literacy and numeracy environment and children's academic achievement (Kleemans et al., 2012). However, some research shows that parents engage in more activities designed to promote literacy than numeracy (Anders et al., 2012) and other research indicates the reverse (Manolitsis et al., 2013). Parental attitudes toward literacy and numeracy may influence the extent to which parents engage in literacy or numeracy activities. Cannon and Ginsburg (2013) found that parents prioritize literacy over numeracy, thereby providing a more enriched home literacy environment. No research that we are aware of has followed up on these findings, but it is important to explore parental attitudes towards literacy and numeracy to understand their impact on the home learning environment. The current study investigated parental attitudes and concerns about literacy and numeracy milestones as predictors of the home literacy and numeracy environment in 41 preschoolers. Parents had more favourable attitudes toward, and greater concerns about, literacy milestones compared to numeracy. However, concerns, but not attitudes about literacy and numeracy milestones were associated with all learning activities. Our results indicate that parents are more concerned about literacy compared to numeracy and these concerns enhance the home learning environment.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53349 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The importance of orthographic knowledge in literacy skills in Spanish

Presenting Author: Martinez, Dalia
Additional Authors: Georgiou, George

Abstract: According to the connectionist model of reading (Harm & Seidenberg, 1999), an interaction of orthography, phonology, and semantics is needed for lexical access. Although the model highlights the importance of both orthography and phonology in reading, the vast majority of research has only examined the role of phonology, leaving our understanding of the role of orthography incomplete. This study investigated the role of orthographic knowledge (OK) as a predictor of word/pseudoword reading and spelling using data from 114 Spanish-speaking 2nd-grade students in Mexico. All children were tested on phonological awareness (PA), rapid naming (RAN), OK (lexical and sub-lexical), reading fluency and spelling. Results showed first that lexical OK correlated strongly with reading and spelling (.54 and .40, respectively). A series of regression analyses revealed that, after controlling for PA and RAN, lexical OK explained a unique amount of variance in word reading (12.8%), pseudoword reading (6.2%), and spelling (5.4%). Similarly, sub-lexical OK showed significant contribution for word reading (10.7%), pseudoword reading (2%) and spelling (5.5%). Taken together, our findings highlight the importance of

OK in reading and spelling in Spanish. Thus, literacy programs in Spanish would benefit from a greater emphasis on orthography particularly to obtain improvements at the word reading level

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53390 - Printed Poster

Examining the impact of mindfulness induction on ambiguity tolerance in undergraduate students

Presenting Author: Ibrahim, Marim
Additional Authors: Spinelli, Christina

Abstract: Background: The experience of ambiguity is inevitable. The Entropy Model of Uncertainty suggests that individuals experience discomfort when ambiguity is too great. To manage this, one may adopt rigid cognitive and behavioural patterns. This framework supports findings that lower ambiguity tolerance (AT) correlates with authoritarianism and rigidity. While AT can develop passively, mindful practice may support cultivation. Past studies found a positive correlation between AT and mindfulness, but none have explored the effect of induction. Methods: Undergraduate participants (N = 184) completed an induction task (mindfulness or control) followed by an AT questionnaire and behavioural measure. Baseline measures of AT and mindfulness were taken, and induction was confirmed through pre-post measures. Results: Correlation analyses and an ANOVA will be used to determine the relationship between AT and mindfulness. It is predicted those who completed the mindfulness induction will have significantly higher AT than controls. Conclusion: This study elucidates the relationship between AT and mindfulness. Impact: To thrive in ambiguity is desirable; especially given the constantly shifting political, economic, and environmental spheres. Higher AT is also desired in many careers (e.g., healthcare). Understanding the impact of mindfulness on AT may support new strategies for AT cultivation.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53421 - Printed Poster

[Presented in CPA 2020 Virtual Series]

PASS Theory of Intelligence and Academic Achievement: A Meta-Analytic Review

Presenting Author: Naveenkumar, Nithya
Additional Authors: Kan, Guo; Jaganathan , Das Prasath; Georgiou, George Kyriacou

Abstract: Although Planning, Attention, Simultaneous and Successive (PASS) processing theory of intelligence has been argued to offer an alternative look at intelligence and PASS processes have been used in several studies (Naglieri & Otero, 2018), it remains unclear how well the PASS processes relate to academic achievement. Thus, this study aimed to determine their association by conducting a meta-analysis. To identify the studies for the meta-analysis, we conducted an electronic database search (e.g., ERIC, PsycINFO), ancestral search, and investigated book chapters, dissertations, and interpretive and technical manuals of CAS. A total of 62 studies, involving 13,356 participants, met the inclusionary criteria. A random-effects model analysis revealed a moderate-to-strong relation between PASS processes and reading, r = .41, 95% CI = [.36, .45]), and mathematics, r = .46, CI = [.40, .51]. Moderator analyses further showed that (1) PASS processes were more strongly related to reading and math in English than in other languages, and (2) PASS processes were more strongly related to math accuracy and problem-solving than math fluency. Age, grade level, and sample characteristics did not influence the size of the correlations. Taken together, the findings of this meta-analysis suggest that PASS cognitive processes are significant correlates of academic achievement but their relations may be affected by the language in which the study is conducted and the type of mathematics outcome.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53460 - Printed Poster

Preschoolers do not make attributions of knowledge and prosociality about confident individuals

Presenting Author: Varin, Rose
Additional Authors: Fobert, Sophie F

Abstract: Children do not accept any information from any informant, but actually show selective learning (e.g., a preference to learn from a confident rather than a hesitant individual). The goal of the study is to investigate the scope of children's attributions about confident informants. Three-year-olds (N=15), four-year-olds (N=30) and five-year-olds (N=32) saw videos of two informants labelling pictures while displaying cues of confidence (e.g., saying "Oh, I know, that's a shoe") or hesitancy (e.g., saying "Hmm, I think that's a dress"). Then, children answered questions about attributions of knowledge (e.g., "Who knows a lot about stars and planets?") and of prosociality (e.g., "Who always shares her toys?"). The results show that for all ages, there were no significant differences between a score of chance and children's attribution scores (all t values below t=|1.42| and all p values above p=.05). These findings suggest that preschoolers do not use an individual's prior confidence to infer individual knowledge, nor demonstrate a "halo effect" by thinking that a confident individual would also be nicer. This research contributes to our current understanding of trait reasoning's role in selective learning and has important implications for educational interventions. Future research should look into what attributions school-aged children make about confident individuals.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53544 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Cost and Climate Perception in Chemistry Courses

Presenting Author: Friedman, Solomon N
Additional Authors: Graham, Leila; Lee, So Yeon; Robinson, Kristy A.

Abstract: Instructors' motivational strategies are key for students' motivation in a course, though impacts of strategies may differ between students (Litzler et al., 2014). This study examines how cost perception (effort, opportunity, and psychological) across student groups may differ according to views of instructors' motivational strategies. Data was obtained via an online survey of students in introductory chemistry courses (N=1065; Female 65%; White 43%, Asian 44%) and analyzed using confirmatory factor analysis and pairwise correlations. Significant positive correlations were found among belonging, academic self efficacy, and positive motivational climate (PMC), (.18<r<.20, p<r<.18, p

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53572 - Printed Poster

Longitudinal evaluation of mathematics achievement in children and adolescents with FASD.

Presenting Author: Kennedy, Kathleen E.
Additional Authors: Pei, Jacqueline ; Rasmussen, Carmen

Abstract: Background: Mathematics achievement is a particular area of difficulty for individuals with Fetal Alcohol Spectrum Disorder (FASD). However, existing longitudinal data is outdated and does not consider math performance across time during critical periods of transition such as adolescence. The present study aimed to examine math performance at two time-points at the group and individual level and to examine the impact of various demographic and environmental factors on the math skills over time. Method: Fifteen children and youth with prenatal alcohol exposure (PAE)/FASD were assessed at time one (M age = 13.0 years, range 9-17 years), and at time 2 approximately 5 years later? (M age = 18.5 years, range 15-23 years) using a standardized measure of math achievement. Results: At the group level, mean normative math achievement scores significantly decreased over time. At the individual level, reliable change indices indicated that 33.3% (n=5) of participants'

scores demonstrated clinically significant change across time. No demographic or environmental factor variables were correlated with changes in scores across time. Conclusion/Action and Impact: Our results highlight the importance of considering both group and individual change because without such information there is the potential to overgeneralize the extent to which mathematics scores for individuals with PAE/FASD are decreasing across time. Our descriptive findings acknowledge the critical need for adolescent mathematics interventions which consider the complexity and diversity of the deficits present in PAE/FASD because existing services may be buffering some difficulties in the area of mathematics, but are not necessarily promoting longer-term impacts.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53712 - Printed Poster

More Than Reading, Writing, and Arithmetic: Preservice Teachers and Social-Emotional Learning

Presenting Author: Keys, Kirsty
Additional Authors: Pirraglia , Cassandra; Cheong, Clarissa; Khizer, Amna; Rinaldi, Christina

Abstract: Social-emotional learning (SEL) has implications for students' development, behaviour, psychosocial wellbeing, and academic success.[1,2] Several teacher characteristics (i.e., wellbeing and SEL beliefs, attitudes, and knowledge) can influence the effectiveness of SEL that takes place in the classroom.[2] However, there is little research on the relationships between these characteristics in preservice teachers. This limits our understanding of how to prepare preservice teachers to effectively implement SEL in the classroom. Thus, we asked the following: do aspects of preservice teachers' psychosocial wellbeing (i.e., their perceived social support, perceived stress, and self-esteem) predict their SEL beliefs, attitudes, and knowledge? Currently, 200 preservice teachers are completing self-report questionnaires assessing aspects of their psychosocial wellbeing (i.e., their perceived social support, perceived stress, and self-esteem) and their SEL beliefs, attitudes, and knowledge. Participants' wellbeing and SEL perceptions will be reported. The research question will be answered using linear regression and multiple regression analyses. Results are forthcoming. The findings will contribute to an understudied area of research and will give teacher training programs an improved understanding of their students' psychosocial wellbeing and their SEL beliefs, attitudes, and knowledge.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53716 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Reconceptualizing Handwriting Fluency in Young Learners: The Role of Cognitive Load

Presenting Author: Thomson, Samantha
Additional Authors: Nordstokke, David; Hindes, Yvonne

Abstract: The construct of handwriting fluency has been defined in various ways by scholars. Legibility, speed, automaticity, and accuracy of the text of the task have all been included in the broad conceptualization of fluency. This leads to misunderstanding and inaccurate measurement of the construct. This research seeks to untangle the existing literature and suggest a more ecologically valid model of handwriting fluency. In clinical settings, typical tasks for measuring fluency include one or two minute timed copying, dictation, or generating letters tasks (e.g., Medwell & Wray, 2014). These brief tasks do not consider cognitive load. If the cognitive load is full with the demand of an expository prompt (i.e., healthy living), fluency in printing skills helps make precious cognitive resources available for retrieval of sophisticated vocabulary not generally required for a narrative prompt (i.e., birthday party). This project examines 250 writing samples from a group of Grade 3 students, comparing those who wrote on an expository or narrative prompt. Differences in fluency that may be attributed to cognitive demand of the prompt are explored. This project proposes an updated and ecologically valid conceptualization of fluency. This will aid in researchers' understanding and better capture the construct in future research.

The impact of emotion intensity on speech and song-evoked emotion recognition in children with ASD

Presenting Author: Fernandes, Tania P
Additional Authors: Burack, Jake A

Abstract: Background: The commonly accepted dogma of difficulties in inferring others' emotions from various social cues among persons with ASD needs to be recast in relation to context. For example, the emotion recognition abilities of persons with ASD, like those of others, are highly influenced by factors such as the modality and intensity to which emotions are conveyed and the level of social pragmatic language skills. We examined the impact of specific emotions and emotion intensity on the recognition of speech and song-evoked emotions among children with ASD and TD. Method: Twenty-six children with ASD and 21 TD children identified emotions of high or normal intensity from spoken or sung sentences with neutral semantic content. Results: A repeated measures ANOVA revealed a significant group X intensity interaction, whereby children with ASD, but not those with TD, responded more accurately in recognizing high intensity as compared to normal intensity emotions. Conclusion: Emotion intensity differentially impacts speech-evoked emotion recognition abilities in children with ASD compared to children with TD. Impact: These findings suggest that interventions targeting emotion recognition of children with ASD may be ameliorated by first teaching emotions that are intensely conveyed followed by those that are more subtle.

The Google Effect: Can We Improve Memory for Information Found Online?

Presenting Author: Chater, Raquel
Additional Authors: Eskritt, Michelle

Abstract: Rationale: Research finds that memory for facts can be influenced by how they are received. The Google Effect is the tendency to forget information obtained online, and increased feelings of confidence for memory of that knowledge. The current study examined if the Google effect will be found in an academic setting and if feedback on errors can combat it. Method: Undergraduates who have taken at least two psychology courses completed two quizzes on content from introductory psychology. For the first quiz, we manipulated two variables: 1) participants had help answering questions by searching online or received textbook-like information; 2) the help came either before answering the question or after answering incorrectly. Participants then took a second quiz which assessed similar content but with no help. Results: Participants did not differ on performance regardless of the type or timing of help but participants were more confident in their answers on the second quiz if they searched for answers online in comparison to receiving textbook-like information. Conclusion: Partial support was found for the Google effect in an academic setting for information that participants are motivated to learn. Online searching did not affect memory for information but did increase individuals' confidence in their memory. Impact: Results have implications for modern day educational contexts.

[Presented in CPA 2020 Virtual Series]

Social-emotional and academic behaviours of children with a 22q11.2 microdeletion

Presenting Author: Cheng, Michele P
Additional Authors: Saqui, Sonja

Abstract: There is a marked increase in the prevalence of the 22q11.2 deletion syndrome, affecting at least one in 4,000-4,500 live births (Woodin, Wang, Aleman, McDonald-McGinn, Zackai & Moss, 2001). Individuals with the 22q11.2 deletion demonstrate heterogenous cognitive, behavioural and psychiatric profiles, with some individuals meeting criteria for intellectual disability, attention-deficit/hyperactivity disorder (ADHD), oppositional defiant disorder, and other disorders (Woodin et al., 2001). Despite an increased prevalence in the 22q11.2 deletion syndrome, as well as research that indicates cognitive, psychosocial and behavioural difficulties within this population, limited information or guidance remains available regarding the pediatric population. Critically, little is known regarding the behavioural, and learning differences of children with the 22q11.2 deletion within the school environment. The following study reviews research literature on the subject and presents two case studies of children with the 22q11.2 deletion. The cognitive, academic and behavioural profiles of these children is presented and implications of these factors upon their school functioning discussed. Finally, strategies and recommendations for supporting the academic and behavioural challenges of children with the 22q11.2 deletion within the school environment are offered.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54020 - Printed Poster

[Presented in CPA 2020 Virtual Series]

How well do anxiety websites answer the public's questions about anxiety treatment options?

Presenting Author: Bernstein, Matthew T
Additional Authors: Jakobson, Lorna; Stoesz, Brenda; Alcolado, Gillian; Furer, Patricia

Abstract: Background: Professionals commonly produce anxiety resources for the public with limited knowledge of what is of interest to consumers. The objective was to compare anxiety websites (n=20) on several factors.Methods: Descriptives examined readability, quality, usability, visual design, and content. Results: No relationship was found between Google search results order and website quality. Overall, websites were of reasonable quality, but only half met the suggested cutoff to be considered understandable. The average reading level across websites was 11.2, which is higher than the recommended grade 6-7 level. Websites had variable design features and higher order Google results were associated with a better website design. Websites also varied in terms of the number of topics they covered and most did not adequately cover all the topics of interest to the public. However, most websites included information about both psychological and self-help treatments, how treatment works, and what the consumer has to do in treatment. The Top 5 websites were found to be: (1)AnxietyBC, (2)ADAA, (3)Mind, (4)Mental Health America, and (5)HeadtoHead. Impact: This is the first study to evaluate existing anxiety information websites based on factors above and their relationship to Google results, and provides direction for strategies to improve existing websites and/or to develop new resources.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54185 - Printed Poster

Is Stereotype Threat threatening females' ablities to be Mathematically creative?

Presenting Author: Storozuk, Andie
Additional Authors: Marrone, Rebecca; Cropley, David; Maloney, Erin

Abstract: The economy is shifting to reward individuals in the STEM disciplines. However, not every student is afforded equal opportunity to succeed in this emerging workforce. Historically, females have faced gender-based stereotypes in STEM, particularly in Math, as well as in the field of Creativity. These negative stereotypes impede females' abilities to access opportunities to develop their skills. Are female students experiencing negative stereotypes in Math Creativity and could this be impacting their likelihood of joining the STEM workforce? This study measures Math and Verbal Creativity in 1125 (625 male) Australian students aged 8-18 at four time points. One-Way ANCOVAS were conducted for each testing period on students' self-assessed Math and Verbal Creativity and with judges scores on the Math and Verbal Creativity tasks. The results indicate that females have lower confidence in their Math Creativity abilities in comparison to males, despite out-performing males on a Math-based Creativity task. There are no gender differences in Verbal Creativity, suggesting that females are

facing gender stereotypes specific to Math. Females' lack of confidence in Math may translate to a lack of confidence to pursue other STEM subjects, perpetuating the current gender disparity in STEM fields. Globally, we would benefit from a targeted approach to eliminate gender discrepancies in Math.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54332 - Printed Poster

[Presented in CPA 2020 Virtual Series]

How You Think Matters: The Effect of a Growth Mindset

Presenting Author: Postill, Brittany
Additional Authors: Nordstokke, David

Abstract: Post-secondary studies bring forward immense challenges, particularly for students at either the masters or doctoral level. In response, it is important that graduate students exhibit sufficient levels of resilience. That is, the capacity to cope effectively in the face of adversity, while simultaneously maintaining a state of well-being. Additionally, it is crucial for students to develop effective responses to the demands and stressors they are faced with in order to perform well academically. One's growth mindset is the perception that individuals hold about themselves and their abilities A positive appraisal of stress determines if a stressor is positive (eustress) or negative (distress). Both have been found to promote academic performance and well-being. However, there is currently limited research exploring the relationship between the growth-vs-fixed mindset, stress appraisal and resilience, well-being and academic performance in Canadian graduate students, and therefore warrants further examination. The proposed research study will investigate the relationship between growth mindset and psychological well-being, resilience and academic performance. In addition, the moderating effect of mindset on stress appraisal will be examined.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54334 - Printed Poster

Rhythm perception skills of younger and older children with autism spectrum disorder

Presenting Author: Dahary, Hadas
Additional Authors: Kaedbey, Mira ; Sivathasan, Shalini; Quintin, Eve-Marie

Abstract: Background: In light of musical strengths commonly observed among people with ASD, it is possible that rhythmic patterns in music can be used as temporal cues for synchronizing social interactions and facilitating impulse control of children with ASD. The developmental trajectory of rhythm perception and its association with cognitive skills is explored herein in order to facilitate future intervention planning.   Methods: Eighteen TD children and 21 children with ASD (aged 6-12 years) as well as 19 older children with ASD (aged 13-17 years) completed a cognitive test and rhythm perception task. Results: #1: Independent t-tests did not reveal a significant difference in task performance between TD children and children with ASD, nor between younger and older children with ASD. There was a strong positive correlation between visual-spatial abilities and rhythm perception in older children with ASD but not in younger children with ASD. Conclusions: Findings are consistent with previous research showing preserved rhythm perception for children with ASD across development. Rhythm perception abilities are associated with visual-spatial abilities in adolescence. Impact: Findings could help guide the development of musical training programs that leverage preserved rhythm perception in ASD by using rhythmic patterns in music to facilitate behavioural and cognitive functioning.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54398 - Printed Poster

Assessing Undergraduates' Knowledge of Soft Skills and their Development

Presenting Author: Vreeker-Williamson, Emma
Additional Authors: Kearney, Julia; Rubinoff, Baylee

Abstract: Soft skills are the most important differentiator for job applications within all Canadian industries. While new graduates often believe they possess the skills necessary to obtain and be successful in a job, employers disagree. The reason? A lack of soft skills. The objective of this study was to gain a comprehensive understanding of the concepts and themes that comprise undergraduates' knowledge of the development and utility of soft skills. Eight focus groups were conducted with four to eight undergraduate students and an equal number of men and women in each group. Each group was prompted with four broad questions that asked about the meaning of soft skills and how these skills are developed within University. A thematic analysis (Brain & Clarke, 2006) conducted by four coders identified the overarching themes that emerged across all groups. Before undergraduate students were provided with a definition of soft skills, themes emerged showing that participants had a "Lack of Awareness" or were "Misinformed" regarding soft skills. Once provided with the definition, key concepts characterizing how soft skills develop included "Passive Development" and "Work Experience". Recommendations for increasing awareness and furthering undergraduates' development of soft skills are discussed.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54435 - Printed Poster

Study Habits and Social Emotional Learning of Students on Academic Probation

Presenting Author: Green, Stephanie
Additional Authors: Zovatto, Giuliana; Santor, Darcy

Abstract: Each year a significant number of students are placed on academic probation. Although individual universities maintain their own probation rates, little is known about students on academic probation. Given the new performance-based funding approach to be imposed on educational institutions in Ontario, achieving high retention rates has become increasingly important. This will depend in part on the ability of universities to understand and address the specific academic and social-emotional difficulties that students on academic probation face. The present study investigated the academic and social-emotional difficulties faced by students on academic probation and their association with academic disengagement. Results identified the unique academic and social-emotional difficulties faced by students on academic probation as compared to non-probation students, using both traditional univariate analytic methods and more advance cluster analysis. Results from this study allow for a deeper understanding of probation students in terms of their social emotional learning and academic skills. Findings from this study can be used in further research on the development of more efficient intervention programs to help probation students, while also addressing retention rates.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54458 - Printed Poster

[Presented in CPA 2020 Virtual Series]

De-Implementation of Disproved Practices and Myths in Education and Psychology: Tips and Tricks

Presenting Author: Shaw, Steven R.

Abstract: The emphasis on evidence-based practices (EBPs) in school psychology has potential to provide more effective mental health and educational services to improve the well-being of children, schools, families, and communities. However, one of the most important aspects of EBPs is the oft-ignored de-implementation process. This is stopping practices that are not evidence-based or have been disproved. This is a significant problem in education and psychology as disproved practices continue to be used due to habit, tradition, experience, political pressures, and other features. Disproved practices such as neuromyths, learning styles, corporal punishment, grade retention, profile analysis of intelligence tests, and many other practices make the implementation of EBPs difficult or impossible. An online survey of 312 educators in Canada indicated 4

major factors in failure to de-implement disproved practices are: not aware of disproving evidence (72%), the current practice appears to be effective (61%), there is no alternative practice available (59%), and alternative practices are too difficult to learn (47%). The most effective approach (51%) is to present EBPs to replace disproved practices that are more efficient to implement. Effectiveness of an EBP is not sufficient to replace a disproved practice. Survey details and implications for implementation for EBPs will be discussed.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54510 - Printed Poster

Using Idea Generation Software As Assistive Technology To Aid Student Written Expression

Presenting Author: Wall, Francis J
Additional Authors: Cunningham, Todd

Abstract: Many students struggle with writing. Writing is a complex skill. Some of these areas are well supported (e.g. revision and editing) but others are not (idea generation). This is a randomized controlled study which tests a new field of assistive technology called idea generation software to help students written expression. A tool called ThoughtQ, which provides a list of words associated with a target word was given to students with learning challenges in writing. A strategy group (given a four-square model graphic organizer), control (no support) and combined (both strategy and technology) were also tested. Students completed written paragraphs before and after being given their tools, and change scores were compared across groups. Both single experimental groups showed a significant advantage in volume and idea count of writing. The combined group did not show a statistical advantage over controls. Result show idea generation programs have potential as an assistive technology. The short training window and relative ease of use make the tool appealing for clinical recommendations, classroom use, and tutoring. This study will be revisited to address potential cognitive load components of task instruction in combined group.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54715 - Printed Poster

[Presented in CPA 2020 Virtual Series]

An Acceptance and Commitment group intervention to reduce academic procrastination

Presenting Author: Plouffe, Natan
Additional Authors: Côté, Guylaine

Abstract: Academic procrastination (AP) can be defined as the deliberate delay of an important task, despite knowing that this delay may have negative outcomes. It is estimated that between 50% and 80% of undergraduate students procrastinate. Research found that AP generally affects school grade point averages and mental health. AP is often depicted as a self-regulatory failure and although this idea is well established, it seems to lack practical interventions to target this process. From this angle, an intervention that approaches AP as a self-regulatory behavior could be promising and Acceptance and Commitment Therapy (ACT) seems to fit that description. Few studies assess ACT's efficacy in treating AP and these studies show promising results. This protocol is the first to use a daily self-monitoring scale. Ten students completed the three weekly hour-long group sessions. The Friedman's ANOVAs and Tau-Us suggest that this type of intervention tends to reduce AP and experiential avoidance while improving mindfulness. Committed action did not, however, change significantly. These results were maintained at the follow-up assessment. This protocol is not only simple to implement in universities to foster academic perseverance, but its user-friendly features might spark professionals' interest when procrastination is present in the clinical picture.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54760 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Effects of Imposed Delays on Stimulus Visibility in Day-Night Stroop

Presenting Author: Boguslavsky, Taisa
Additional Authors: Barker, Jane

Abstract: Young children show limitations in inhibitory control (IC), specifically having significant difficulty resisting automatic actions. Imposing a delay before children can act has been shown to improve children's performance on some IC tasks but not others. In a Stroop task, where children are instructed to say 'day' when shown a picture of a moon and stars, and to say 'night' when shown a picture of a sun, experimenter-imposed delays have been shown to improve children's performance. In contrast, in a box-search task, where children search for stickers in boxes on the basis of go-and no-go cues, experimenter-imposed delays have not been shown to improve performance in three-year-olds. This study investigated whether delays help when children can see the relevant stimulus during the delay, which may allow them to formulate a correct, non-prepotent response. 3.5 to 4.99 year-old children (N=80 out of a planned 105) completed one of three day-night Stroop conditions in a museum environment: a Control No Delay condition, a Visible-Delay condition, in which the stimulus card was visible across the delay period, and an Obscured-Delay condition, where the card was briefly shown to the child, then obscured across the delay. Performance was similar across all conditions, suggesting benefits from delays on children's IC may be specific to quiet, non-distracting lab environments.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54793 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Changes in Children's Writing Outcomes from Grade 3 to Grade 4

Presenting Author: Thomson, Samantha
Additional Authors: Nordstokke, David; Hindes, Yvonne

Abstract: The transition from Grade 3 to 4, often referred to as the "Grade 4 slump" in reading research, is a point of increased academic risk for linguistically vulnerable students (Sanacore & Palumbo, 2008). This can be observed in writing as well, as students are expected to produce quantitatively more and qualitatively better writing on increasingly academic topics. However, students struggle to meet these rising expectations. This study explores student progress in written literacy at this challenging point in the elementary years. This project examines 250 elementary students' writing samples. Writing was assessed at the end of Grade 3 and 4 using a repeated measures design. The number of students who could sustain the standard of excellence in written output between grades plummeted (9% to 3%). The majority (56%) of Grade 4 students demonstrated handwriting not yet at the estimated threshold needed to unlock higher order processes and strengthen vocabulary. These findings show that printing and spelling strengths indicating Grade 3 excellence, may mask deficits in vocabulary knowledge required for Grade 4 excellence. As a result, inadequate control of handwriting inhibits written literacy. Therefore, it is suggested that direct instruction in handwriting should be sustained through the elementary grades to promote steady improvement in written literacy.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54801 - Printed Poster

Differentiated instruction: A review of training practices for Canadian pre-service teachers

Presenting Author: D'Intino, Joseph
Additional Authors: Wang, Lifang

Abstract: Canadian provinces emphasize the importance of inclusive education and the positive effects upon learning outcomes for all students. Differentiated instruction is an effective way of addressing learning differences within the inclusive

classroom. As such, teachers are often required to apply differentiated instruction to their teaching practice. The purpose of the present study is to review the professional training that teachers are offered in their university programs regarding inclusive education and differentiated instruction and to compare that level of preparation with provincial policies regarding inclusive education and academic support for students with learning difficulties. All the university programs that offer bachelor of education programs in Canada were reviewed (N=53) for the required number of courses and credits regarding training in inclusive or differentiated instruction practices. The results were contrasted with provincial policies regarding inclusive education. The results indicate that Canadian pre-service teachers receive an average of 5.46 credits of instruction in inclusive teaching practices and often require additional development and support once they graduate. The study has implications for how school professionals can best adapt curriculum and implement academic interventions to meet the various needs of learners within inclusive settings.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54810 - Printed Poster

Emotional intelligence and academic outcomes: The mediating role of emotion regulation strategies

Presenting Author: Eastabrook , Jennifer M
Additional Authors: Conforti , Jesse C

Abstract: Prior research has examined the relationship between emotional intelligence (EI) and academic success, although the process through which this occurs is still unclear. We examined this relationship by examining the mediating role of emotion regulation strategies. Participants were 290 undergraduate students (M = 20.88 years) who completed self-report questionnaires assessing EI, emotion regulation, and academic success, measured indirectly via test-taking emotions (enjoyment, hope, pride, relief, anger, anxiety, shame, and hopelessness). Results indicate that although individuals with high EI use more adaptive emotion regulation strategies (e.g., engagement and reappraisal), certain domains of EI are also associated with the use of strategies commonly thought of as maladaptive (e.g., rumination and suppression). Moreover, findings from hierarchical multiple regression indicate that EI was related to emotions experienced during test taking situations (e.g., test anxiety and feelings of hopefulness), however, this relationship significantly decreased when emotion regulation strategies were included in the models. Results add novel insight into the process through which EI is related to academic success, and suggest that emotionally intelligent people may be more flexible in their selection of emotion regulation strategies across different contexts.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54827 - Printed Poster

Can parent reports of cognitive skills of children with ASD predict performance on a computer task?

Presenting Author: Philibert-Lignières, Gwenaëlle
Additional Authors: Rimmer, Charlotte; Boucher, Troy; Iarocci, Grace; Quintin, Eve-Marie

Abstract: Inhibition and shifting skills are difficult for children with ASD. Traditional cognitive measures may underestimate their skills. Our aim is to assess the performance on computer tasks of inhibition and shifting and investigate whether parent reports of inhibition and shifting predict the performance on these computer tasks. Children with ASD (N=9) and typically developing children (TD) (n=16) completed two inhibition and shifting tasks from the NIH Toolbox on an iPad (Flanker/Attentional Control and Dimensional Card Sort tasks). Parents completed the BRIEF-2 (Inhibit and Shift scales). There was no significant difference in task performance between the ASD and TD groups, but parent report suggested more difficulty with inhibition (p=.017) and shifting (p=.005) for the ASD group. Parent report of inhibition and shifting was not significantly associated with participants' task performance.Findings reveal that parents of children with ASD reported more challenges with inhibition and shifting than parents with TD children but the performance between the two groups did not differ. Perhaps parent reports provide information about their child's inhibition and shifting abilities that are embedded within a social context which is not the case for computerized tasks.Using both modalities of assessment could provide a more accurate picture of the cognitive skills of children with ASD.

The relationship between phonological awareness and cognitive abilities of children with ASD

Presenting Author: Rimmer, Charlotte
Additional Authors: Philibert-Lignières, Gwenaëlle; Iarocci, Grace; Quintin, Eve-Marie

Abstract: The current literature yields mixed findings on phonological awareness (PA) in children with autism spectrum disorder (ASD) showing that preschool children with ASD demonstrate difficulties with PA, while some studies indicate PA as a relative strength within this population. The current study aimed to investigate the PA skills of school-age children with ASD compared to typically developing children (TD). Eighteen children with ASD (age= 6-12, M=9, SD=1.71, male n=16) and seventeen TD children (age= 6-11, M=9, SD=1.53, male n=8) participated in this study. Phonological awareness, ASD symptomology, and cognitive abilities were measured. The ASD and TD groups did not differ in their PA scores (p > .05) or their cognitive ability scores (p > .05). Exclusively within the ASD group, a regression analysis revealed that visual spatial cognitive abilities predicted PA scores (p < .05) and that ASD symptoms did not predict scores in PA skills (p > .05). Results contribute to the literature in examining PA skills in school-age children with ASD, demonstrating that it is a relative strength within this population and is not related to ASD symptom severity. Our findings support previous research showing a relationship between PA skills and nonverbal cognitive abilities in children with ASD. Findings can help inform instructional interventions aiming to increase reading success.

Student Strategy Awareness and Use Questionnaire: A Validation Study

Presenting Author: Wallace, Alannah
Additional Authors: Hoskyn, Maureen

Abstract: Students cope with the attentional demands of a university setting by accessing a range of cognitive and behavioural strategies. Yet, they may not be aware of the full scope of strategies available to them. The aim of the study was to design and evaluate the Strategy Use and Awareness Questionnaire to estimate students' awareness and use of strategies that optimize control of attention and/or compensate for stress on an executive system due to environmental and/or neurobiological influences. An item analysis was conducted that included an assessment of dimensionality and item trimming. Findings from an exploratory factor analysis suggest a seven factor solution is optimal; Comprehension Monitoring, Planning/Organization, Self-Reward, Self-Regulation, Organization with Mobile Phone Technology, Distraction Management, and Organization of Materials. This measure is likely to benefit students, as well as counsellors and coaches interested in improving strategy use of students.

Social Skills Summer Camp for Children with ADHD: Parental Perceptions of Social Competence Outcomes

Presenting Author: Neprily, Kirsten M
Additional Authors: Climie, Emma; Zacharias, Lisa

Abstract: Background: Many youth with Attention-Deficit/Hyperactivity Disorder (ADHD) experience difficulties with social skills (Staikova et al., 2013). Social difficulties have been tied to poor long-term outcomes (Grizenko et al., 1992). Camp programs have been overlooked as a venue for growth and development. Evidence is mounting that well-designed, youth centered programs have positive outcomes on social skills development (Eccles & Gootman,2002; Nicholson et al., 2004). Few

studies about camper outcomes have occurred and even fewer studies include parents' perceptions of social outcomes associated with camp(ACA, 2005). The purpose of this project is to investigate social skills outcomes from parent perspectives in youth before and after camp. Methods: 55 caregivers (one per camper) participated in this study. The campers were 13-16 years of age and were previously diagnosed with ADHD using DSM-5 criteria and participated in a one-week social skills camp. Caregivers completed a camp survey and the Social Emotional Assets and Resilience Scales (SEARS) at two time points: after camp and at one month follow up. Results: Results compare parent perceptions of social competence after camp and at one month follow up. Impact: The research will inform us of parent perceptions on social skills growth and may promote evidence based community programs to reduce negative long term outcomes.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54952 - Printed Poster

Quality of life of children and adolescents with chronic kidney disease and their primary caregivers

Presenting Author: Longobardi Cutinhola Elorza, Cibele
Additional Authors: Rubello Valler Celeri, Eloisa Helena

Abstract: Abstract: Children and adolescents with chronic kidney disease may have complications and characteristics that cause emotional, social, and metabolic changes. Due to the complexity of the disease and its treatment, the quality of life of these children and adolescents may be affected. Objectives: In this sense, this study aimed to evaluate the quality of life of children and adolescents aged 8-18 years with CKD undergoing conservative or dialysis treatment at Unicamp's Hospital de Clínicas and their primary caregivers. Methods: The study included 164 participants, 58 from the case group and 106 from the control group, using the Pediatric Quality of Life Inventory and the Quality of Life Inventory WHOQOL_bref. Results: The case group had a total score of 63.3 for the PEDSQL and the control group scored 72.7, with p-value of 0.0305, and lower scores in the school and psychosocial health domains. The primary caregiver scores, even being lower in the case group, did not present statistically significant differences. The study also pointed to a tendency of correlation between the psychological domain of WHOQOL and the emotional and physical dimensions of the children's inventory. Conclusion: It is concluded that patients with CKD have lower quality of life indexes when compared to healthy children and adolescents.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 55024 - Printed Poster

I Deserve More A's: A Report on the Development of a Measure of Academic Entitlement

Presenting Author: Jackson, Dennis
Additional Authors: Frey, Marc; Rauti, Carolyn; Lamborn, Paige; Singleton-Jackson, Jill

Abstract: Academic entitlement is defined as the tendency for students to expect unearned academic success, undeserved academic services, and/or unrealistic academic accommodations. It is a growing concern and has serious implications for students, professors, and academic institutions. The current study reports the results of a multi-stage effort to develop a measure of Academic Entitlement. An empirical/rational approach was taken to develop items and reduce the item set for a final version of the Academic Entitlement Scale (AES). The 30-item scale measures seven dimensions including Accommodation, Reward for Effort, Responsibility Avoidance, Grade Haggling, Customer Orientation, Customer Service Expectations, and General Academic Entitlement. Confirmatory Factor Analysis indicated good fit for the seven-factor correlated model and a bifactor model including General AE and the six specific factors. Preliminary evidence for validity of the scale was demonstrated. The dimensions of the AES, test-retest reliability, and implications for using the scale will be discussed.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55062 - Printed Poster

Does self-directed learning readiness predict undergraduate students' instructional preferences?

Presenting Author: Justus, Brandon J
Additional Authors: Stobbe, Brittney

Abstract: Self-directed learning is a process by which students take the lead, with or without the help of others, in determining their learning needs and managing their learning strategies and outcomes. Relatedly, self-directed learning readiness (SDLR) looks at the attitudes, abilities, and personality characteristics necessary for self-directed learning. In this study aim to examine w whether self-directed learning readiness predicts a preference for a teacher-directed or student-directed class format in a sample of undergraduate students. Currently, 71 participants have been recruited into this study (68% female), with data collection still ongoing. We conducted a series of four multiple linear regressions on this preliminary data to determine whether the three aspects of SDLR (self-management, desire to learn, and self-control) were predictive of four classroom preference styles (knowledge construction, teacher direction, cooperative learning, and passive learning). These aspects of SDLR explained between 6% and 12% of the variance in classroom preference styles and suggest that SDLR can be predictive of whether students prefer more teacher- or student-focused classrooms. These findings have the potential to identify factors that may promote greater student engagement, a more positive learning environment, and greater student success in the learning process.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 55073 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Use of the BRIEF2 for Youth with Autism

Presenting Author: Labonté, Chantal
Additional Authors: Gaudet, Elizabeth; Howard, Kathleen; Sevigny, Phillip; Brown, Heather M.

Abstract: Given the significance and prevalence of executive function (EF) deficits for children with autism spectrum disorder (ASD), the measurement of EF skills is an important component of the neuropsychological assessment of this population. The Behavior Rating Inventory of Executive Function, Second Edition (BRIEF2) assesses children's EF skills in everyday environments. In youth with ASD, previous examinations of the first edition's psychometric properties did not support the measure's factor structure as suggested in the manual. To date, no published research has addressed the utility of the BRIEF2 for youth with ASD. In this study, we investigated the frequency of scale elevations and the factor structure of the BRIEF2 Parent Form in a sample of 50 youth with ASD. Mean scores obtained in this sample for each clinical scale demonstrated that all scales are, at minimum, mildly clinically elevated, with no scale averaging below the BRIEF2 identified clinical elevation categories. BRIEF2 scale scores were subjected to principal axis factoring (Direct Oblimin Rotation with Kaiser normalization), and results revealed a 2-factor structure that is inconsistent with the 3-factor structure reported in the BRIEF2 manual. Evidence to support the validity of these constructs in children with ASD was not found. Psychologists should interpret BRIEF2 results for children with ASD with caution.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 55082 - Printed Poster

The SAS Project: Motivation and Epistemic Emotions in Graduate Students

Presenting Author: Horrocks, Phoenix T M
Additional Authors: Hall, Nathan C

Abstract: Empirical research increasingly implicates students' emotions as critical to learning and achievement (Pekrun, 2011) with epistemic emotions being particularly important due to their explicit focus on complex knowledge acquisition (Brun et al., 2008). Whereas learning-related emotions in general are found to correspond with self-determined motivation in graduate students (Litalien et al., 2015), little is known about how self-determined motivation impacts epistemic emotions.

To address this gap, an online questionnaire measuring 5 types of self-determined motivation (intrinsic, integrated, identified, introjected, external) and 7 epistemic emotions (curiosity, enjoyment, surprise, confusion, anxiety, frustration, boredom) was completed by 4,749 graduate students (71% female, 67 countries, 47 disciplines). Hierarchical regressions controlling for age and gender showed autonomous motivation (intrinsic, integrated, identified) to predict better emotion levels ($βs = |.04-.28|$) and controlled motivation (external, introjected) to predict poorer emotions ($βs = |.05-.24|$). These findings support the use of self-determination theory for understanding motivation and emotional well-being in graduate students and underscore the importance of corresponding motivational interventions for improving emotional experiences in graduate education.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55104 - Printed Poster

Coach-athlete relationships: Exploring alternative avenues to academic success

Presenting Author: Boulanger, Marie-Michelle
Additional Authors: Distefano, Vincent; Pecsi, Sierra

Abstract: Background: Stronger student-teacher relationships are associated with greater academic success (AS). Students who struggle academically are less likely to develop strong relationships with their teachers. For certain students, school-sport coaches may be more salient and influential than teachers in the school context. The association between coach-athlete relationships and AS has yet to be explored.Methods: Approximately 150 athletes and non-athletes between the ages of 12 and 17 are currently being recruited from high schools in Quebec. Data is collected through self-report questionnaires.Results: Regression analyses will be conducted to determine the relationship between the independent variable (i.e., youth-adult relationship type) and the dependent variables (i.e., GPA, school engagement). A MANCOVA will be conducted to compare the strength of the association between AS and either type of youth-adult relationship. Data analysis will be completed by April 2020.Conclusions: The strength of coach-athlete relationships is expected to be positively correlated with AS to the same extent that student-teacher relationships are positively correlated with AS.Impact: Coach-athlete relationships could act as a potential protective factor for students who have difficulty connecting with teachers. This study may also have implications for intervention planning with at-risk youth.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55130 - Printed Poster

Mindfulness and Procrastination in Undergraduates

Presenting Author: Fillion, Samantha S
Additional Authors: Keefer, Kateryna V

Abstract: There is a growing body of research linking higher trait mindfulness to less stress, procrastination, and better academic performance among university students. However, research on the mechanisms of these relationships is lacking. To address this gap, this study tested a series of mediation models which hypothesized coping styles as mediators of these relationships. As various conceptualizations of mindfulness exist within the literature, it was also of interest whether distinct facets of mindfulness (awareness and acceptance) were differentially predictive of these outcomes. A sample of university undergraduates (N = 199) completed self-report measures of mindful awareness and acceptance, procrastination behaviours and cognitions, coping styles (task-oriented, emotion-oriented, avoidant), and perceived stress. Higher mindful awareness uniquely predicted less perceived stress and procrastination behaviours, and higher mindful acceptance uniquely predicted less perceived stress and procrastination cognitions. Emotion-oriented coping fully or partially mediated these relationships. With this knowledge further research could be extended into mindfulness-based and coping skills interventions to reduce procrastination.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55138 - Printed Poster

Enhancing a motivation treatment intervention with posttreatment boosters

Presenting Author: Kempe, Tyler G
Additional Authors: Perry, Raymond P; Dryden, Robert; Campbell, Aidan; Parker, Patti

Abstract: Approximately one-third of university students will drop out in their first year. Unfamiliar learning environments and frequent failure experiences undermine competence beliefs and promote negative emotions which contribute to students dropping out. Attributional retraining (AR) is a motivation enhancing treatment intervention that encourages students to make adaptive causal attributions (e.g., effort, strategy) rather than maladaptive (e.g., low ability) towards poor academic performance. Decades of research support AR in improving academic outcomes in at-risk student populations. To date, no study has examined the efficacy of posttreatment AR boosters on course withdrawal rates and academic emotions. In our pre-post longitudinal study, 462 first-year university students enrolled in an introductory psychology course received AR and were emailed boosters at strategic intervals throughout the school year. Regression analyses indicated students who completed boosters, relative to their no-booster peers, were 65% less likely to withdraw from the course and reported lower academic boredom at follow-up. Our results support the continued inclusion of posttreatment boosters in AR and suggest other interventions may benefit from the addition of boosters given their cost-effectiveness and ability to be mass distributed.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55174 - Printed Poster

Examining the Link Between the Ecological Context of Sports Programs and Positive Youth Development

Presenting Author: Pecsi, Sierra
Additional Authors: Boulanger , Marie-Michelle; Shaw , Steven R.

Abstract: Background: Youth who participate in school sports demonstrate greater positive youth development outcomes (PYD) than non-athletes. However, it is unknown if these benefits are associated with the school-based nature of the sport program or if these findings generalize to youth who participate in sports outside the school setting. Methods: Approximately 200 athletes between the ages of 12 and 17 are currently being recruited from high schools and community-based sport leagues in Quebec. Participants answer a series of questions assessing demographics, academic achievement, life skills development, and school engagement. Data analysis using a MANCOVA will assess the association between the ecological system in which the sport is played and PYD. Results: Results will show whether there is a significant difference in the level of PYD among student-athletes that participate in sport at school versus the community. Data analysis will be completed by April 2020.Conclusions: It is hypothesized that students who participate in school-based sports will demonstrate higher levels of PYD compared to students who participate in community-based sports. Impact: Understanding how different ecological systems compare in terms of their association with PYD outcomes may have important implications for providing youth with the best developmental opportunities given limited available resources.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 55193 - Printed Poster

Assessing Executive Functions in Autism: A Critical Review

Presenting Author: Labonté, Chantal
Additional Authors: Gaudet, Elizabeth

Abstract: Given the impact of executive dysfunction on the developmental outcomes and functioning of children with autism spectrum disorder (ASD), the assessment of executive function (EF) should be an important component of psychoeducational assessments of children with ASD. However, there are many challenges assessing EF in typically developing populations, which may be exacerbated when assessing children with ASD. We will provide a critical review of standardized EF measures used in current ASD peer reviewed research, with a focus on reviewing the evidence of validity for use with children with ASD. The Standards for Educational and Psychological Testing, a best practice framework for psychological and educational testing,

will be used to evaluate the measures. Included EF measures will be 1) rank ordered by the prevalence of use in published research and 2) summarized for evidence of validity for use with ASD. In a preliminary review of two databases (PsycInfo and ERIC), 23 unique EF measures were used across 117 ASD studies. Rating scales represented 30.43% of all measures used, while EF was measured with a performance-based measure across 69.57% of all measures used. Across the measures, the evidence of validity from the measures' manuals came primarily from clinical studies, which provides evidence of clinical utility but not robust evidence of validity.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55213 - Printed Poster

Feeling frustrated: Graduate-level writing programs, self-efficacy, and emotions

Presenting Author: Jonas, Emily A
Additional Authors: Chang, Chiung-Fang

Abstract: Writing tasks in graduate programs can elicit significant anxiety, frustration, and confusion, with many graduate students seeking out institutional writing programs to improve their writing abilities and regain their writing confidence (Busl et al., 2015). Graduate writing centres typically provide individualized tutoring, workshops, courses, and support groups based on the assumption that program participation improves writing emotions and self-efficacy in graduate students (Papen et al., 2018). To directly test this common assumption, relations between reported involvement in writing programs and measures of writing self-efficacy and epistemic writing emotions (i.e., anxiety, frustration, enjoyment) were assessed in an international graduate student sample (N = 765). Independent t-tests comparing graduate students who participated in at least one (N = 380) vs. no writing program (N = 385) showed no significant differences on writing self-efficacy but did show writing program participation to correspond with less frustration while writing (t(762) = 6.89, p = .02). Whereas these results underscore the potential emotional benefits of academic writing services, they also highlight the need for improved writing services to bolster confidence in advanced writing abilities required in graduate programs.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55239 - Printed Poster

Long-Term Athlete Development: Does the current model meet the needs of Canadian football coaches?

Presenting Author: DiStefano, Vincent
Additional Authors: Boulanger, Marie-Michelle

Abstract: After noticing that sport participation was decreasing amongst Canadian youth, the federal, provincial, and territorial Ministers of Sport endorsed the concept of Long-Term Athlete Development Model (LTAD) in 2004. Football coaches across Canada were surveyed regarding their knowledge and use of LTAD (N = 50). Coaching experience ranged from 1 to 15 or more years, with 30 coaches having 10 years or more of experience. Results indicated that 38% of coaches had not heard of LTAD. Of the 62% of coaches who indicated having heard of LTAD, 74% reported being comfortable with their knowledge of the model, and 77% of those reporting being comfortable indicated that they follow the principles and values of LTAD in their coaching. Although they reported being familiar with LTAD, 52% of these coaches could not name any of the core values or principles, indicating a significant limitation in their ability to implement the model in their coaching practices. This calls into question the claim that they know and feel comfortable with the model. The results also bring into question the current top-down method used to share knowledge about LTAD and to implement its principles in teams across different age levels. Alternative methods of information delivery are required in order to help and allow coaches to effectively use sport as a development tool and increase sport participation in Canada.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 55261 - Printed Poster

Evaluating Motivational Properties of Inquiry-Based Assignments in Sophomore Psychology Courses

Presenting Author: Keefer, Kateryna V.
Additional Authors: Bradley, Hannah

Abstract: Although inquiry-based learning has been consistently linked to increased student engagement and improved learning outcomes, its specific motivational properties have not been examined systematically. The current study used Keller's (1987) Attention, Relevance, Confidence, and Satisfaction (ARCS) model of motivation to evaluate the design properties of inquiry-based assignments in two second-year psychology courses. Towards the end of the term, students were invited to complete a mixed-method survey, including the ARCS assessment, assignment satisfaction and perceived impact ratings, and open-ended questions about their experiences with the inquiries. Quantitative results (N = 57) showed that the assignments fell in the upper-medium to high motivational range across all four ARCS dimensions. In terms of perceived impact, majority of the participants indicated the inquiries elicited deeper comprehension of course material (93%), enhanced critical thinking (86%), and increased their interest and enjoyment of the course material (77%). Students' qualitative comments provided further insight on these themes, as well as highlighted areas for improvement. The ARCS motivational framework is a useful tool for evaluating and refining engaging instructional designs.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 55275 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Therapist effects and their perspectives on training

Presenting Author: Edmondstone, Chris
Additional Authors: Pascual-Leone, Antonio ; Kramer, Ueli

Abstract: Therapist effects, or the differential performance of psychotherapists with respect to client outcome, have long been noted in the psychotherapy literature, but are under-studied (Baldwin & Imel, 2013). Discrete therapist variables contributing to therapist effects have been studied regarding their relation to differential outcome, but no conclusive associations have emerged (Cooper, 2008). Researchers investigated therapist effects at an outpatient psychotherapy clinic where graduate students in clinical psychology are trained. A total of 35 therapists who trained in two or more of CBT, EFT, Brief Psychodynamic Psychotherapy, and Integrative Psychotherapy had caseload outcomes examined for differential effectiveness which revealed significant differences in magnitude and efficiency of client outcome. In a second study, a portion of the same current and former graduate students responded to a questionnaire regarding their perspectives on training experiences to elucidate what aspects were especially influential, both helpful and hindering, to their development. Results indicated trainees perceived growth from challenging clinical experiences when they felt effectively supported by supervisors. Finally, in a third study, the preceding two investigations were combined to identify relationships between training experiences, as reported by trainees, and psychotherapy performance.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 55287 - Printed Poster

Review Session

Exploring the use of Universal Design in a Large Introduction to Psychology Course

Presenting Author: Norris, Meghan E.
Additional Authors: Dinsmore, Christina; Wood, Valerie

Abstract: Universal Design for Learning (UDL) has been recommended as an intentional course design strategy to promote accessibility and inclusion within the classroom. Although there are some clear benefits to the implementation of UDL, there are also some potential challenges associated with UDL in terms of course administration and academic integrity. We describe the implementation of some UDL principles in the redesign of a large first-year psychology course (including a both blended and online delivery). A large team collaborated to create an interactive Open Access online textbook, adapted from existing resources. This team also collaborated to design and build a new, minimalistic and straight-forward course delivery within the Learning Management System (LMS), and to develop and launch intelligent agents within the LMS to promote personalized course interactions with students based on student participation in the course. Features such as grace periods for deadlines and drop-policies for absences were established within the course to promote consistency across students and to increase student privacy related to personal matters. Overall, these features have created a more accessible learning environment. Implications are discussed.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 54066 - Review Session

Section Featured Speaker Address

A Formal Approach to Developing Skills: Upping Our Game in Terms of Student Success

Presenting Author: Joordens, Steve

Abstract: You can learn a lot about Karate in an hour, but if you want to learn to do Karate, that's an entirely different story. Skills start poor, and improve as a function of repeated use of the skill, preferably within a structured and feedback rich environment. In our institutions we do a great job teaching our students information but, I will argue, our approaches to skill development tend to be informal and unstructured. The skills I allude to are the cognitive skills related to problem solving and innovation (i.e., critical and creative thought), those related to effective teamwork (i.e., communication in all its forms, and collaboration) and those skills related to personal growth (i.e., metacognitive awareness). I will describe a more formal and structured approach. The approach begins with students submitting some form of digital composition, and then gaining intense structured practice using the skills described above across two contexts. The first context is peer-assessment, with students learning by applying skills-based rubrics to peer work, and by giving peers constructive feedback. The second context is the formative use of feedback, with students engaging the skills as they are guided through an analysis and implementation of the feedback they received. I will describe recent research showing the validity of this approach while also demonstrating its ability to scale to any educational context and to even measure the skills of interest as they are being developed.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 52706 - Section Featured Speaker Address

[Presented in CPA 2020 Virtual Series]

Symposium

Sizing up the contributions of spatial cognition to mathematical thinking

Moderator: Drefs, Michelle

Abstract: Based on its prevalence and severity, math learning disabilities (MLD) has tended to be an understudied area when compared with other neurodevelopmental disorders. However, the fields of MLD and, more generally, mathematical cognition appear to be burgeoning, with particularly heightened research interest in spatial cognition. Yet, aside from the fairly robust and well-established finding that spatial cognition and mathematics are somehow related, little is presently known regarding which spatial abilities matter most and the exact nature of their influence on mathematical thinking. This

panel brings together researchers from cognitive and school psychology to discuss their work to better understand how spatial skills contribute to math ability and disability. Lefevre will present evidence that math and spatial skills are mutually supportive. Winters will discuss recent research examining the direct and indirect relationships between spatial ability, executive functions, and math. Finally, Drefs presents research that calls into question our current approaches to assessing spatial cognition and present an argument for use of a more expanded spatial battery.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53924 - Symposium

Transactional links between spatial and math skill

Presenting Author: Lefevre, Jo-Anne
Additional Authors: Skwarchuk, Sheri-Lynn; Xu, Chang; Osana, Helena; Lafay, Anne; Di Lonardo, Sabrina; Douglas, Heather

Abstract: Mathematical and spatial skills have been described as separate but distinct abilities. In many studies, math and spatial abilities are correlated. In the present research, 138 children completed spatial and mathematical tasks twice, in grades 2 and 3 (ages 7-9). We asked whether spatial skills in grade 2 predicted mathematical skills in grade 3, and whether mathematical skills in grade 2 predicted spatial skills in grade 3. We found that math, specifically performance on a 0-1000 number line task, predicted improvements in spatial span scores from grade 2 to 3; conversely, spatial reasoning, not spatial span, predicted improvements in number line performance. Conventional interpretations of the relations between academic and cognitive skills typically favor a view in which cognitive skills will predict growth in academic skills. Here, the results are interpreted within a transactional or bi-directional framework. There is considerable conceptual overlap between the processes involved in the spatial and number line tasks; in accord with this view, our data indicate that these skills are mutually supportive. These findings have implications for designing interventions for improving children's mathematical skills, but also suggest that patterns of correlations should be interpreted carefully.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55233 - Paper within a symposium

Investigating the complex relationship between spatial ability and math

Presenting Author: Winters, Katherine M.
Additional Authors: Ramirez, Maria

Abstract: Spatial ability has received much attention owing to its link with math proficiency. To ensure these efforts are not misplaced, we need to move past asking "if" spatial ability and math are related to focus on "how" and "why" they are related. These questions are addressed using findings from a recent investigation of the relationship between spatial ability and five sub-domains of math in early childhood. Students in grade two (N=82; Mage = 7.78 years) completed tasks targeting spatial ability, EF (inhibition and spatial WM), symbolic number competence (ordering, patterning, and discrimination), number line accuracy, and five math outcomes. Correlation and multiple regression analyses reveal differential relations between spatial ability and individual domains of math. The analyses did not identify spatial ability as a significant predictor of either word problems or applied math, though performance in these areas was predicted by spatial WM. Consistent with previous work, follow-up mediation analyses show that spatial ability affects the subdomains of math both directly and indirectly, through its association with number line accuracy. Findings that replicate previous work are highlighted and discussed in terms of their potential role in identifying targets for screening /early detection of math learning difficulties.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55235 - Paper within a symposium

Exploring the potential benefits of an expanded spatial battery

Presenting Author: Drefs, Michelle
Additional Authors: Towers, Jo; Donnolly, Emma; Van Rosendaal, Alison; Markle, Joshua

Abstract: Disability researchers have long been interested in the role spatial abilities play in mathematics achievement. However, such efforts have largely generated inconsistent results and the exact ways in which spatial thinking supports mathematics achievement remains poorly understood. A limitation of previous research, however, is that spatial ability has and continues to be measured in a fairly limited manner. We conducted two studies to further examine this issue. First, we conducted a scoping review to examine the types of spatial tasks that have been used in the study of mathematics learning disabilities. Second, we utilized a multiple case study design, in which participants with a mathematics learning disability completed a comprehensive battery of spatial tasks to derive individual learner profiles (i.e., an individual's unique pattern of strengths and weaknesses in both spatial processing and mathematics). Using a single case design method, these profiles were then used to deliver tailored spatial interventions to three participants. Results from these two studies provide support for the potential use of an expanded battery of spatial tasks in both research and applied settings, and for the further examination of the complex relationships between spatial and mathematics abilities at the level of the individual.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55240 - Paper within a symposium

Guiding Effective Assistive Technology Recommendations: New Research, Solutions, and Tools

Moderator: Cunningham, Todd

Abstract: Assistive Technology (AT) is any technology that allows individuals with disabilities to increase, maintain, or improve functional capabilities (Edyburn, 2000). AT has been deemed a critical component of the inclusion (Edyburn, 2006; Zhou, et al., 2012) and academic success (Maor et al., 2011) of students with learning disabilities (LDs) as it can help them circumvent academic challenges and complete tasks more independently (Morrison, 2007). However, with over 400 AT products on the market, it is a challenge for psychologists to make the right recommendations. The present symposium will review the development and application of a research-informed tool to support psychologists in their recommendations of AT (www.ATSelect.org). The first talk will demonstrate ATSelect.org, which uses a decision map that links academic skills to specific AT tool categories. In the second talk, psychologists will learn how we report the empirical evidence for each of the AT tool categories listed in ATSelect. Finally, we will look at the type of product comparisons within each AT tool category that help users make informed AT recommendations for their clients. The objective of the symposium is for participants to walk away with a deeper understanding of the importance of making evidence-informed AT recommendations and the tools to facilitate these recommendations within participants' practice.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55048 - Symposium

[Presented in CPA 2020 Virtual Series]

ATSelect.org: Supporting Selection and Recommendation of Assistive Technology

Presenting Author: Lamond, Bronwyn

Abstract: Assistive technology (AT) research literature is limited and often difficult for psychologists to access. In addition, technology advances so quickly that new AT tools are being developed constantly. With nearly 400 distinct AT products available on the market (TechMatrix, 2019), it can be difficult for psychologists to select the most appropriate AT tools to recommend to their clients and to feel confident in their recommendations. ATSelect.org provides a model for how to select appropriate AT based on students' academic skill deficits, using the SETT framework (Student, Environment, Task, Tool; Zabala, 2000). It includes comprehensive literature reviews on over 80 different AT tools, ongoing evaluation research completed at the Academic Intervention Lab that supports specific program recommendations, and information about the barriers that students can encounter when implementing AT in a classroom which are drawn from empirical research and clinical experience. The objective of ATSelect.org is to support psychologists in providing more targeted and appropriate AT recommendations without having to personally research hundreds of new technologies.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55057 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Critical Data Consumption: Imperfect Data and Evidence Informed Recommendations

Presenting Author: McNaughtan, Harrison

Abstract: Evidence based practice, or using research to best serve clients, is a guiding principle for many psychologists. However, when recommending assistive technologies (ATs) to clients, simply citing research is insufficient. Clinicians must go one must go one step deeper and consider how high quality and rigorous is the research they are citing (Higgins & Green, 2011)? Problems with the design and execution of studies of interventions raise questions about the validity of their findings. Conversely, a methodologically scrupulous researcher may be paralyzed into inaction if they attempt to recommend ATs based only on the results of RCTs and meta-analyses. When specifically looking at AT literature, it is rife with studies that have small sample sizes, researcher-made measures, and conflicts of interest. Throughout this presentation we will discuss how clinicians can base AT recommendations off of incomplete and potentially biased information. This seminar will walk participants through a risk of bias assessment of the literature we cite throughout ATSelect using a model developed by the Cochrane Collaboration (Higgins, 2011). On top of the characteristics of quality research, our discussion will consider factors such as the value of expertise, generalizability of research, the impacts of diverse identities, and the value of expertise when making AT recommendations for clients.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55060 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Voice Recognition: Using One's Voice to Write

Presenting Author: Staffiere, Emily

Abstract: Written expression is an academic domain in which students with disabilities often struggle, as the writing process itself involves several subsets of skills: prewriting, transcription and self-regulation (Berninger & Amtmann, 2003). One strategy to circumvent difficulties in transcription is through assistive technology (AT), specifically, with Voice Recognition (VR), or speech-to-text software. VR enables hands-free writing for students, as the software is able to recognize and translate spoken language into written text. However, there is major variability in accuracy of text output for the various VR products that exist on the market. The objective of this study was to evaluate the accuracy of text outputs from five popular VR software programs and to examine what types of errors each made in optimal, standardized experimental conditions. A generalized estimating equations (GEE) analysis showed significant differences in the number of errors, and each type of error (i.e. addition, substitution, homophone, etc.), between VR software programs. Dragon 15 had the strongest support as it made significantly less errors of all types than the other programs, supporting its use as an effective VR software. This study has implications for psychologists' practice in the field when recommending AT tools for students to circumvent transcription difficulties in written expression.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55065 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

THEME: EXPLORING INTELLECTUAL ROOTS / THÈME : EXPLORER LES RACINES INTELLECTUELLES

Examining our discipline and various psychological constructs from a theoretical, historical and/or philosophical lens

Examiner notre discipline et les diverses composantes psychologiques selon une perspective théorique, historique ou philosophique

12-Minute Talk

"Moral Insanity" and Victorian Britain's Contributions to Criminal Psychology

Presenting Author: Sheppard, Rebecca

Abstract: J. C. Prichard describes moral insanity as "a morbid perversion of the feelings, affections, and active powers, without any illusions or erroneous conviction impressed upon the understanding" (Treatise 117). Prichard's work reflects a shift in early Victorian conceptions of mind—from Associationism to the newer faculty psychology. This meant, in practice, a shift from emphasizing cognition to stressing affect, emotions, and volition. This paper discusses Prichard's 1835 conception of moral insanity and examines some later nineteenth-century cognates, extensions, and revisions of the disorder. As a disease construct, moral insanity makes an important shift post Darwin's Origin: from erratic affect to a deficit in affect (what we might now consider as psychopathy). For a diagnosis with a limited lifespan, moral insanity does important work: it helped establish psychology as a profession and broadened the discipline's direction and focus: from diagnosing the individual suffering from an affective affliction to suggestions on how to prevent the morally depraved "criminal classes" from breeding. This is possible because moral insanity becomes linked with later nineteenth-century ideas about innate criminality. The ideas surrounding moral insanity instigated mid-Victorian conversations about the origins of the moral sense and forced a reconsideration of criminal culpability.

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 54780 - 12-Minute Talk

Embodied executive functions: A systematic interpretive review

Presenting Author: Feige, Sarah
Additional Authors: Yen, Jeffery

Abstract: The neuropsychological construct of executive functions (EF) has garnered growing research interest as of late, gaining momentum with the construct's recent implanting to the DSM-V. Since its inception in the 1970s, prevailing frameworks for understanding EF have been grounded in classical cognitivist theories that conceive the (pre)frontal region of the brain as a seat of top-down cognitive control. Presuming the mind as modular and detached from the body, these frameworks have been complicated by recent evidence which suggests that EF-related tasks are correlated with activity in not only the prefrontal cortex, but a distributed patchwork of subcortical brain areas that are traditionally considered non-cognitive. Such work has led researchers to argue that theories of embodied cognition—which emphasize the interdependence of body and mind in the brain's functioning as an integrated whole—offer promise in understanding the psychological phenomena to which the EF construct refers. The present study synthesizes this loosely organized corpus of work in the form of a systematic interpretive review, using the method of meta-interpretation. With the aim of advancing psychological theorizing, the analysis will yield a set of core propositions that constitute an embodied theoretical account of EF. Data collection and analysis are currently in process, and results are forthcoming.

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 55142 - 12-Minute Talk

Conversation Session / Discussion Forum

Integration and Development of Multicultural Knowledge and Practice: Experience of Professional Counsellors

Presenting Author: Mani, Priya S.

Abstract: This discussion will advance the research field and university programs by exploring a preliminary framework identified by professional counsellors regarding the development of multicultural knowledge from which novice counsellors may be able to draw from in order to increase their own understanding of how to integrate multicultural knowledge and practice. Te starting point for discussion will be based on a research project conducted by the presenter that identified various factors by which counsellors develop a multicultural base of knowledge to inform their practice when working with culturally diverse clients. The discussion will focus on identifying various factors that affect their understanding of what it means to be a "multicultural counsellor", including their perception of challenges and outcome expectations in developing a multicultural framework to situate their practice. In addition, the discussion will also look at the role of self-efficacy in the formulation of treatment decisions that counsellors have in their ability to work effectively with clients from different diverse groups.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53055 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Honouring Professor Marta Young, Past Chair of International and Cross-Cultural Section of the CPA

Presenting Author: Safdar, Saba
Additional Authors: Bhatt, Gira; Clément, Richard; Chan, Jacky

Abstract: In this session, the work and research contributions of late Prof. Marta Young will be highlighted. The speakers reflect on their professional work and their friendship with Marta. This includes words from a previous advisor, colleagues, collaborators, and a graduate student. The session is a celebration of achievement of a Canadian scholar who contributed significantly to the International and Cross-Cultural section of the CPA.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54241 - Conversation Session / Discussion Forum

Printed Poster

Clock Drawing Test: Comparing the Classic "10 to 11" Error and other Time Related Errors

Presenting Author: Soffer, Matan
Additional Authors: Melichercik, Ashley; Bowie, Christopher R; Mulsant, Benoit H; Mah, Linda; Flint, Alastair; Rajji, Tarek K; Butters, Meryl A

Abstract: Background: Setting the time to "10 past 11" is a popular instruction of the Clock Drawing Test (CDT), since it might elicit stimulus bound responses (SBRs), such that the hands are erroneously set to the numbers 10 and 11. SBRs are thought to reflect executive dysfunction, wherein the salient stimulus "10" guides the response. To date, the assumption that SBRs are indicative of executive dysfunction has rarely been examined. We aimed to determine the extent to which SBRs and other time representation errors correspond with Stroop interference, representing a similar executive construct, and with naming and semantic fluency tasks, since semantic dysfunction has been proposed to underlie other time representation errors.

Methods: We used baseline data from individuals with Mild Cognitive Impairment and/or Major Depressive Disorder, and Healthy Controls, participating in an Alzheimer's dementia prevention study. Out of 251 clocks sampled, we identified 68 clocks with either: SBRs (n=10), other time setting errors (n=16), or errorless clocks (n=42). Results: SBRs were not associated with lower performance on the Stroop test. Both error groups revealed a similar level of dysfunction in the naming and semantic tasks but also lower levels of English proficiency. This effect remained significant after controlling for English proficiency and age. Conclusions: Support for the semantic deficit hypothesis of time setting errors was evident, but no support for SBRs as a marker of executive dysfunction was found. Action: Certain CDT errors might indicate semantic deficits; however, language proficiency should also be taken into account in CDT interpretation.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 52752 - Printed Poster

Validating the Adult Checklist; Self-Report Measure of Dyslexia

Presenting Author: Stark, Zoey
Additional Authors: Franzen, Leon

Abstract: The dyslexia Adult Checklist is a 15-item questionnaire that assesses symptoms of dyslexia on a 4-point-likert-scale. It focuses on problems related to literacy skills, word finding, and organization, e.g. "Do you find it difficult to read words you haven't seen before?" Questions are individually weighted, then summed to form an overall aggregate score. Scores ranging from 45 to 60 indicate symptoms of mild to severe dyslexia, whereas a score of 60 indicates moderate to severe symptoms. Despite the widespread use of the checklist by dyslexia researchers, currently it has no reported psychometric properties. Using a confirmatory factor analysis, we will investigate whether the checklist questions do indeed measure the construct of dyslexia. Scores on the Adult Checklist will be compared to self-report data of individuals whom report being diagnosed with dyslexia. Case level effect sizes of sensitivity and specificity will also be conducted. Empirically validating the Adult Checklist will provide a researchers and clinicians with a psychometrically sound method for rapidly detecting individuals who present with symptoms of dyslexia. Practically, such screening tools are useful in reducing the need for often expensive and time-consuming assessments, while at the same time identifying those who can maximally benefit from receiving treatment.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53793 - Printed Poster

The Dark Tetrad of personality predicts aggression and sexuality.

Presenting Author: Paulhus, Delroy
Additional Authors: Gupta, Rohin

Abstract: The Dark Tetrad of personality comprises narcissism, Machiavellianism, psychopathy, and sadism. These subclinical variables are theoretically distinct, but share a common callousness. Although built on the earlier Dark Triad, the addition of subclinical sadism has re-structured the dark personality space. Therefore, we need to establish links to key outcomes such as sex and aggression. We collected SD4 data in two large scale studies. Study 1 was limited to a student sample but a regression analysis demonstrated a unique link between sadism and two indicators of sexual strength: sex drive and pornography use. Study 2 used an MTurk sample to collect both self-report (Buss-Perry scale) and behavioural (inserting pins in Voodoo Dolls) measures of aggression. Both criteria were best predicted by psychopathy, although sadism also contributed independently in a regression analysis. Although aggression has long been associated with dark personaities, the present work is unique and provocative in linking personality, sexuality, and aggression.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54783 - Printed Poster

Review Session

Meaning Construction in Career Psychology

Presenting Author: Chen, Charles P

Abstract: An essential function of career psychology is the recognition and utilization of meaning making and meaning construction as it affects, shapes, and changes individuals' actions and behaviors in vocational life. To analyze and demonstrate the fundamental co-existence and correlation between meaning construction and human behaviors in worklife contexts, it appears worthwhile to look at this interaction through a perspective of historical development and evolution.   The purpose of this presentation is to review the philosophical and conceptual development through which the phenomenon of meaning construction is identified and explained by a number of major theories in modern and postmodern vocational and career psychology. Along with social and historical contexts, the contents and parameter of meaning construction evolve and develop to represent the trends and dominant worldview of vocational wellness during different social eras and their associated world of work, defining the historical movements and changing characteristics of career psychology that is always dynamic and in motion. As a result, it provides links and logics for a more comprehensive and thorough understanding of the current magnitude of meaning construction in the field. Implications for theory, research, and practice are considered.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 52525 - Review Session

Kenneth Denton Craig (1937 - present): Canadian Pioneer in the Social Communication Model of Pain

Presenting Author: Connors, John B.

Abstract: Ken Craig has been Professor Emeritus in the Department of Psychology at the University of British Columbia since 2003. He is also the Director of the BC Pain Research Network and previously served as Director of the Graduate Programme in Clinical Psychology and Associate Dean in the Faculty of Graduate Studies. His professional work has included service with many national and international organizations. He has served as Presidents of the Canadian Psychological Association in 1986-1987, the British Columbia Psychological Association in 1977, and the Canadian Pain Society from 1994-1997. In terms of journals, he has served terms as Editor-in-Chief of the Canadian Journal of Behavioural Science and Pain Research & Management as well as other journals. His research has focused on the social and psychological determinants of pain that exist in understanding the experience and expression of pain and the social contexts of caring for children and adults in pain. Grants from SSHRC, CIHR, NIH, and other agencies have supported his research. Dr. Craig has published widely in 9 books and over 250 papers in scientific journals. He attributes his success to the many graduate & post-graduate students as well as colleagues with whom he has been able to collaborate. With all the recent news of the problems of opioid addiction, his research has never been timelier.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 52646 - Review Session

Mentalization Based Treatment 20 years later:

Presenting Author: Ensink, Karin

Abstract: Mentalization based treatment (MBT) was developed 20 years ago by Anthony Batement and Peter Fonagy and has been demonstrated to be particularly effective in treating for treating borderline personality disorder (BPD). Clinical trials have shown that symptom improvement can be sustained years after treatment has ended and research studies suggest that MBT may also be effective in treating other personality disorders, eating disorders, depression and drug addiction. Originally developed for adults, MBT has been adapted further to treat a variety of mental health issues and different age groups. As a result, MBT is now used in the treatment of adolescents and children with emotional and behavioural problems including

anxiety, depression, and relational difficulties. In addition, there has been a proliferation of research using the concepts of mentalizing and reflective functioning. It is evident that Fonagy's capacity to identify trans-theorerical concepts and Bateman's understanding of the clinical significance of this and presence of difficulties, have inspired clinicians and researchers around the globe. Looking behind and beyond the hype, the objective of the present review is to integrate and critically discuss key clinical and research findings, and situate the potential contribution of MBT in helping address global mental health challenges.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55108 - Review Session

THEME: EXPLORING LIFE STAGES / THÈME : EXPLORER LES ÉTAPES DE LA VIE

Exploring development across the lifespan from infancy, childhood, adolescence, adults, older adults and through to retirement

Explorer le développement de la personne tout au long de la vie, de la petite enfance à l'enfance, l'adolescence, l'âge adulte et le troisième âge, jusqu'à la retraite

12-Minute Talk

Cumulative Effects of Psychopathic Traits Trajectories on the Persistence of Early-Onset Conduct Problems

Presenting Author: Bégin, Vincent
Additional Authors: Déry, Michèle

Abstract: Recent studies have shown that children who present high levels of more than one dimension of psychopathic traits (callous-unemotional, grandiose-manipulative, and daring-impulsive traits) are at higher risk of presenting persistent conduct problems than children with a high level of only one dimension of these traits. However, these studies used cross-sectional measures of psychopathic traits while theories and empirical studies support the idea that personality traits are malleable in childhood. In addition, these studies were mostly conducted in community-based samples of children that did not present clinically significant levels of conduct problems. The current study therefore aimed to examine the associations between different combinations of 6-year trajectories of psychopathic traits dimensions and 8-year trajectories of conduct problems. To that end, 316 children (41.8% girls) with childhood-onset conduct problems were assessed annually from childhood to adolescence (8 to 16 years old), and latent class growth analyses were conducted to identify trajectories of psychopathic traits and of early-onset conduct problems. Results showed that the combination of a high trajectory of more than one dimension of psychopathic traits is a stronger indicator of a higher and less declining pattern of conduct problems over and above child sex, annual family income, oppositional defiant problems, and attention deficit/hyperactivity problems. Results also indicated that the combination of high trajectories of callous-unemotional and grandiose-manipulative traits was the best indicator of the persistence of early-onset conduct problems. These results support the importance of considering the three dimensions of psychopathic traits in understanding the heterogeneity of childhood-onset conduct problems pathways.

Section: Developmental Psychology / Psychologie du développement
Session ID: 52533 - 12-Minute Talk

Determinants of age-related differences in face perception and face recognition

Presenting Author: Boutet, Isabelle
Additional Authors: Meinhardt-Injac , Bozana

Abstract: Difficulties with facial recognition is a common complaint among seniors who systematically underperform younger adults on tests of this ability (Boutet et al., 2015). While there is evidence that facial identity processing can be measured independently of general cognitive function in younger adults (e.g., Bowles et al., 2009; Wilmer et al., 2010; 2012), very few studies have examined whether this is also the case in geriatric populations. The present study addresses this limitation by examining whether identity processing can be measured independently of general cognitive function using the Cambridge Face Memory Test (CFMT) and the Glasgow Face Matching Test (GFMT). Performance of over 100 younger and 100 older adults was measured on these two tasks as well as tasks of fluid intelligence, crystalized intelligence and holistic processing. Results suggest that age differences on the GFMT disappear after accounting for changes in fluid intelligence. In contrast, age differences on the CFMT remained significant. These results suggest that the CFMT is more suitable to capture deficits in facial recognition in older adults in experimental and clinical settings.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 53646 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

ACEs and Executive Function Challenges in Children: Results of a Systematic Review

Presenting Author: Boles, Kara
Additional Authors: Lund, Jessie; Mushquash, Christopher ; Radford, Abbey

Abstract: Rationale: Various studies have documented the detrimental socioemotional, psychological, and neurobiological outcomes of adverse childhood experiences (ACEs) since the original ACE study published by Felitti and colleagues in 1998. Executive function (EF) deficits, seen in most forms of psychopathology, have also been documented as an outcome associated ACEs. The current project sought to consolidate the research on the relationship between ACEs and various EF outcomes among children. Methods: A systematic review was conducted that included 16 scientific databases and 17 grey literature. Results: Within the reviewed literature, many studies noted a relationship between maltreatment (e.g. abuse, neglect, and exposure to intimate partner violence) and certain EF difficulties (inhibitory control, cognitive flexibility, attention, and working memory) in children. Similarly, family member mental illness was also associated with poor EF outcomes. Impact: The results of this review provide a more in-depth understanding of outcomes related to early childhood experiences through the consideration of EFs. Through the examination of such relationships, it is possible to consider how prevention and treatment approaches may be improved for children dealing with these challenges.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54180 - 12-Minute Talk

Gimme-5

Évolution de la surprotection parentale suite à la naissance d'un enfant prématuré

Presenting Author: Faleschini, Sabrina
Additional Authors: Matte-Gagné, Célia; Tremblay, Richard E.; Boivin, Michel

Abstract: Introduction : Les parents d'enfants prématurés sont à risque d'adopter des pratiques parentales surprotectrices. Néanmoins, les pratiques des parents d'enfants prématurés modérés et tardifs (PMT) sont peu documentées bien qu'ils représentent la majorité des naissances prématurées. Le but de cette étude est d'examiner les effets de la naissance PMT sur l'évolution des pratiques surprotectrices dans les mois suivant la naissance de l'enfant. Méthode : Les données proviennent de l'Étude longitudinale du développement des enfants du Québec (ELDEQ, N = 2128 enfants). Les pratiques parentales ont été mesurées à l'âge de 5, 17 et 29 mois à l'aide du Parental Cognitions and Conduct Toward the Infant Scale (PACOTIS). Des analyses de trajectoires paramétriques multi-niveaux ont été réalisées afin de comparer l'évolution moyenne de surprotection des parents d'enfants PMT et de ceux d'enfants nés à terme. Les variables confondantes incluses dans le modèle sont le sexe de l'enfant, l'éducation maternelle et le revenu familial. Résultats : Les résultats révèlent que bien que les trajectoires moyennes de pratiques surprotectrices des parents d'enfants PMT ne diffèrent pas de celles des enfants nés à terme à 5 mois, un effet léger de la naissance PMT émerge à l'âge de 29 mois (0.46 points, p = .02). Conclusions : Les particularités interactionnelles des enfants prématurés qui émergent au fil du temps pourraient contribuer aux différences observées. Recommandations : Des interventions gagneraient à être mises en place afin de soutenir les nouveaux parents d'un enfant prématuré dans le but de réduire l'apparition de comportements de surprotection.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 52628 - Gimme-5

Respective Influence of Emotion Self-confidence and Social Support on Hong Kong Higher-education Students' Emotional Experiences

Presenting Author: Ching, Ka Chun

Abstract: Background:There is growing public concern over the increasing prevalence of student suicide in Hong Kong. Some identify the problem with insufficient social support, while some attribute it to the vast fluctuations in emotional experience and the hindrances to emotion-regulation, both typical of adolescence and emerging adulthood. Rationale: This study is designed to explore the respective effect of perceived social support (PSS) and emotion self-confidence (ESC), an emotion-regulation mechanism conceptualized by Deeley and Love (2012), on positive emotions (PE) and negative emotions (NE). Method: Fifty-seven Hong Kong higher-education students (17 males, 40 females) aged between 18 and 25 responded to an online questionnaire consisted of self-reported measures of PSS, ESC, PE and NE. Results: Regression analysis revealed that ESC positively associated with PE and negatively with NE, while PSS positively associated with PE but was not related to NE. PSS and ESC did not interact to predict any emotional outcome, but jointly predicted PE on all levels. Conclusions and Impact: It is thus concluded that students' positive and negative emotional experiences are closely related to their emotion-regulation process. But for social support, its effect is merely protective, meaning that although PSS generally promotes positive emotions, it alone does not suffice to alleviate students' negative emotions. These conclusions carry profound implications for suicide prevention practices, including that most existing suicide prevention campaigns should advance from merely fostering mutual support to directly promoting adaptive coping of emotional negativity.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53057 - Gimme-5

Emerging adult self-perceptions predict well-being

Presenting Author: Petrovic, Julia
Additional Authors: Böke, Bilun Naz; Mettler, Jessica; Heath, Nancy

Abstract: Emerging adulthood (EA) is a developmental period characterized by change, instability, and a peak in risk behaviour and mental health diagnoses; as such, improving our understanding of emerging adults' well-being is critical. This study sought to determine the relative contribution of identification with different EA dimensions and perceived degree of reaching adulthood in predicting subjective well-being outcomes. Participants consisted of 255 university students (Mage=20.78,SD=2.40,82% female) who filled out measures of EA, positive affect (PA), negative affect (NA) and life satisfaction (LS). A hierarchical regression revealed that EA dimensions predicted 33.5% of the variance in PA,$F(6,248)=20.79$,p

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53400 - Gimme-5

Daily emotional correlates of positive peer behaviours in adolescents

Presenting Author: Jose, Paul E.
Additional Authors: Gervais, Christine

Abstract: Although we know that adolescents who report experiencing positive peer relationships tend to be better adjusted (Bukowski et al., 1996), lacking are studies showing how positive peer behaviours are associated with both positive and negative emotions over hours or days. We predicted that receiving and giving positive peer behaviours would be associated with higher positive affect and lower negative affect on a daily basis.We obtained daily diary reports from 76 adolescents (agem = 14.0 years, SD = .81) over 14 consecutive days about three aspects of both receiving and giving positive peer behaviours (i.e., praised or complemented; hugged; included in activity) and five negative emotions (e.g., sad) and four positive emotions (e.g., happy). Multilevel modelling analyses showed, as predicted, that positive affect positively co-occurred with both giving and receiving positive peer behaviours on the same day. Contrary to prediction, no association was found with negative affect. Day-lagged analyses showed that behaviour did not predict affect one day later. Other analyses showed that giving and receiving positive peer behaviour strongly co-occurred on a given day, and positively predicted each

other over consecutive days. We concluded that adolescents feel positive on the day that they give or receive positive peer behaviours, but the positive affect is relatively fleeting. Further, giving and receiving positive behaviour bidirectionally support each other over time. Research on the emotional consequences of peer behaviour should more clearly incorporate implications of positive peer behaviour.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53756 - Gimme-5

Be Kind to your Mind: Self-compassion Increases Resilience and Life Satisfaction among Adolescents

Presenting Author: Feltis, Lindsey E
Additional Authors: Kocovski, Nancy L

Abstract: Adolescence can be difficult for young people as they navigate significant transitions. Mindfulness and self-compassion may promote positive youth development. This study examined the feasibility, acceptability and benefits of a combined mindfulness and self-compassion program for adolescent camp counsellors (and young campers). The proposed presentation will focus on the adolescent data. Adolescents (n=26) were randomly assigned to one of two training conditions: mindfulness and self-compassion or social skills training. Throught the summer, they led activities for their campers related to their respective conditions. It was expected that adolescents in the mindfulness and self-compassion condition would experience greater increases in mindfulness, self-compassion, resilience, empathy and sympathy, and life satisfaction, when compared to their control condition counterparts. Consistent with hypotheses, adolescents in the self-compassion condition experienced greater increases in resilience (p=.059) and life satisfaction (p=.030) when compared to their control counterparts. The present study expands upon research on mindfulness and self-compassion innovatively, using an active control group and by conducting research in the summer camp setting.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54379 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The impact of mental health difficulties on impairment for children with ADHD

Presenting Author: Bethune, Sarah C.
Additional Authors: Rogers, Maria; Smith, David; Renauld, Julia; Hone, Michael

Abstract: ADHD in children is frequently associated with increased internalizing and externalizing behaviours (Ter-Stepanian et al., 2019). Negative parenting practices have been linked to the exacerbation of these issues (Pfiffner & McBurnett, 2006), while positive parenting practices can serve as a protective factor for impairment in children with ADHD (Healey et al., 2011). However, child strengths (e.g., positive peer relations, adaptability etc.) have yet to be examined in this context. This study will investigate the influence of externalizing and internalizing behaviours on overall distress and impairment for children with ADHD in a community mental health sample. Child and parent strengths will be examined to identify moderating effectson the aforementioned constructs. Data has been collected by a urban mental health clinic using the Child and Adolescent Needs and Strengths questionnaire and the Child Strengths and Difficulties questionnaire. Participants were 139 children (8-12 years) with an ADHD diagnosis and their caregivers. Regression analyses will be used to explore relationships between constructs. This study has the potential to provide basis for creating specific strength-based interventions for children with ADHD.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54413 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Loneliness and coping ability in emerging adulthood

Presenting Author: Boke, Bilun Naz
Additional Authors: Sadowski, Isabel; Bastien, Laurianne; Heath, Nancy

Abstract: The high levels of loneliness reported by emerging adults (Qualter et al., 2015) are surprising given this period of development is conceptualized as one of exploration and new experiences (Arnett, 2000). The present study sought to investigate the relative contribution of the characteristics of emerging adulthood (Identity exploration, Instability, Experimentation, Self/Other-focus, and Feeling in-between) and coping self-efficacy on perceived loneliness. A total of 104 university students (Mage=20.96, SD=2.81, 70% female) completed online measures of emerging adulthood, loneliness, and coping self-efficacy. Hierarchical regression analyses revealed 3 characteristics of EA (Exploration, Instability, and Other-focus) explained 35.6% of the variance in loneliness, $F(6, 97)=8.94$, p

Section: Developmental Psychology / Psychologie du développement
Session ID: 54685 - Gimme-5

You've got e-mail: Group-based computer training enhances mental health among older adults

Presenting Author: Ysseldyk, Renate
Additional Authors: Morton, Thomas; Haslam, Alex; Boger, Jen; Giau, Emily; Lamanna, Madeline

Abstract: Seniors often experience circumstances that limit their potential for meaningful social relationships, which can result in compromised health and well-being. Online social networking may offer a unique solution to this problem, yet there is inconclusive evidence for its effectiveness in reducing loneliness and enhancing well-being. Many seniors feel overwhelmed by technology, which can lead to disengagement with this potential source of social capital. Drawing on social identity theory, this study assessed the extent to which seniors' health and well-being could be improved by participating in a group-based computer-training intervention within residential care. A series of 2 (time: pre-intervention; post-intervention) x 2 (condition: computer-training, n=25; control, n=23) repeated-measures ANOVAs revealed significant increases in life satisfaction, positive attitudes toward computers, and overall competence among participants who received the intervention. However, depressive symptoms significantly increased for the control group. These findings suggest that group-based computer-training may enhance technology confidence among seniors, while maintaining or enhancing mental health. In a population that often lacks the skill or access to online sources of social capital, such interventions may help to prevent social isolation and associated mental health consequences.

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 55151 - Gimme-5

Printed Poster

Impaired Multisensory Integration at Different Developmental Periods in Individuals with Autism

Presenting Author: Scholes, Samantha
Additional Authors: Ainsworth, Kirsty

Abstract: Multisensory integration (MSI) is a sensory process involving the ability to efficiently integrate stimuli from multiple sensory modalities. Research suggests altered MSI may partially underlie sensory-related behaviours in ASD (Zhou et al., 2018). There has been mixed evidence as to whether the MSI of non-social information is altered in ASD (Bao et al. 2017). Additionally, little is known about the development of MSI across age. This study investigates MSI of non-social information in individuals with ASD at different periods of development using the flash-beep task (Shams et al. 2002). 34 individuals with ASD and 75 typically developing (TD) individuals, aged 6-18 years, participated. On every trial, participants were presented

with either one or two flashes with either zero, one, or two beeps congruently in time, resulting in six audiovisual conditions. A 4 x 6 ANOVA revealed a significant effect of group (p

Section: Developmental Psychology / Psychologie du développement
Session ID: 52750 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parenting practices and children's moral evaluations of different types of lies across cultures

Presenting Author: Mojdehi, Ati
Additional Authors: Shohoudi, Azadeh

Abstract: This study compares Canadian and Persian children's moral evaluations of lie- and truth-telling in prosocial, antisocial situations as well as individual vs. collective-oriented lies and truths in the light of parenting practices and their impacts. Two sets of data were collected: in Canada (N=180) and in Iran (N=180). Participants included 360 children (N=360; 49% male and 51% female) who were 5, 7, 9, and 11 years of age (M = 11.73; SD = .76). Children were read twelve stories about characters facing moral dilemmas in prosocial and antisocial situations. Additionally, the moral dilemmas were about whether to lie or tell the truth to help a group but harm an individual or vice versa. Children were asked to provide an evaluation by using a 6-point Likert scale. Additionally, parents filled out a parenting practices questionnaire. Hierarchical linear regression model analyses showed the disparities among the different cultures. Results revealed that Persian children rated politeness lies more positively compared to Canadian children. No cultural or age difference were found in evaluations of collective lies. All participants rated antisocial lies negatively. Hierarchical regression analyses showed that the impact of parental discipline methods (e.g., induction, power assertion) on children's moral evaluations of different lies. These findings suggest that culture may influence moral judgments of lies and truths.

Section: Developmental Psychology / Psychologie du développement
Session ID: 52970 - Printed Poster

Why are university students depressed? Distinguishing the role of affect and psychological needs on depression

Presenting Author: Brabander, Kiki
Additional Authors: Levine, Shelby L

Abstract: Mental health problems have become increasingly prevalent across university campuses. Negative affect and basic psychological need frustration both contribute to the development of depressive symptoms, while positive affect inversely predicts depressive symptoms. However, affect and needs often coexist in contributing to psychopathology, so the present study aimed to distinguish the differential impact of affect and need frustration on depressive symptoms. A multi-wave longitudinal study surveyed students at a large Canadian university. Students completed surveys on mood, need frustration (e.g., relatedness, competence and autonomy), and depressive symptoms over an academic year. Using hierarchical linear regression, need frustration predicted increased depressive symptoms at the end of the year, even when controlling for affect, and for baseline depressive symptoms (b = 0.16, p = 0.007). Conversely, neither negative affect or positive affect was associated with end of year depressive symptoms. These results highlight the relative importance of basic psychological need frustration rather than affect in predicting mental health problems in university students. Future research should seek to determine how to mitigate need frustration so as to reduce the mental health problems in university students.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53166 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Association entre les représentations d'attachement des mères d'accueil et les symptômes dépressifs

Presenting Author: Lafond-de Courval, Raphaëlle
Additional Authors: Béliveau, Marie-Julie; Pallanca, Dominique

Abstract: Le Projectif de l'attachement adulte (AAP; George & West, 2001) permet d'attribuer une catégorie d'attachement aux individus à partir des différentes échelles dimensionnelles, notamment les processus défensifs utilisés pour surmonter la détresse liée à l'attachement. Étudier les dimensions de l'attachement permet de cerner les liens entre les différents aspects de l'attachement et d'autres variables du fonctionnement psychologique. En contexte de placement, cela permet de mieux identifier les besoins des mères d'accueil et ainsi de mieux orienter le soutien offert. Cette étude effectuée auprès de 54 mères d'accueil vise à approfondir notre compréhension du lien entre les représentations d'attachement mesurées avec le AAP et les scores obtenus à l'Échelle de dépression de Beck (BDI; Beck, Steer, & Carbin, 1988). Dans la présente étude, les catégories globales d'attachement ne sont pas associées aux symptômes dépressifs, alors que le niveau de désactivation est corrélé significativement au score de dépression du BDI ($r = 0.41$, $p < 0.01$). Quoique non significative, il y a une tendance entre les indices de non résolution du AAP et les symptômes dépressifs des mères ($r = 0,262$, $p = 0,082$). L'étude des processus défensifs évalués à l'aide du AAP semble être une avenue prometteuse pour mieux comprendre le lien entre les représentations d'attachement et la régulation de l'humeur.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53219 - Printed Poster

Preschool Antisocial Profiles and Emotional Deficits Predict the Persistence of Antisocial Behaviors

Presenting Author: Paré-Ruel, Marie-Pier
Additional Authors: Stack, Dale M.; Mills, Rosemary S.L.; Serbin, Lisa A.

Abstract: No study has examined the factors that drive the persistence of antisocial behaviors (AB) through key childhood transitions. Whether distinct subsets of children adopt different sets of AB–with the adoption of specific combinations predicting individual variations in their persistence–also remains unknown. As emotion reactivity (ER) and callous-unemotional traits (CU) increase the odds of AB stabilizing, both were included as predictors of membership and transitions across subsets over time. 525 children at ages 3-5, 6-8, and 10-12 participated. Mothers rated children's behaviors on the CBCL. Using latent transition analysis, we derived antisocial subsets using 4 indices: aggression, opposition, property violations, and status offenses. Four subsets emerged at Time 1, with children specializing in aggression (1), property violations (2) or adopting AB indiscriminately and at the highest rates (3), or not at all (4). At Times 2 and 3, children used AB at medium and high rates, or not at all. Aggressive subsets (1&3) persisted more across transitions and manifested higher ER and CU. Property violators (2) showed similar rates of CU as aggressors (1), but less ER. The accumulation of deficits may increase the odds of stability in AB. This study is the first to support the value of preschool antisocial profiles in predicting the persistence of AB, with intervention implications.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53249 - Printed Poster

The Lived Experience of Hope in the Early Career Transitions of Elite Amateur Ballet Dancers

Presenting Author: Sandham, Tricia J
Additional Authors: Larsen, Denise J

Abstract: Establishing a vocational identity is a vital developmental task of childhood that carries into adolescence. If not well defined by late adolescence, a lack of vocational identity can have negative effects on mental health and delay the transition

to adulthood work life. However, a high commitment to a chosen career with a lack of alternate career exploration can have equally negative outcomes. This research examined the lived experience of hope among elite amateur ballet dancers who made early transitions to second careers. Many ballet dancers emphasize career goals to the exclusion of a broad education, leaving them unprepared for second careers. Ballet careers are short and amateur commitment is no guarantee of achieving professional status. Failure to achieve professional status and premature retirement is often exceedingly difficult. This transition can lead to loss of identity. In short, hopelessness often pervades retirement. This is particularly concerning given research highlighting the importance of hope in major human change processes. Interpretative Phenomenological Analysis was used to explore how former elite female amateur ballet dancers experienced hope as they transitioned to alternate careers. Semi-structured interviews were conducted with 10 women. Themes include hope givers, hope barriers, and hope is dynamic. Implications for practise will be discussed.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53353 - Printed Poster

"There Isn't An In-Between Like Me": The Emerging Adult Experience of Shifting Religiosity

Presenting Author: Rajfur, Angela

Abstract: Adolescence and young adulthood are periods when an individual typically encounters change in many areas of development. One of these areas is religiosity, where individuals undergo shifts in the domains of practices, beliefs, understanding and experiences. Through a phenomenological approach, this study sought to better understand how emerging adults experience the process of shifts in religiosity and how they describe the impact. Three undergraduate students participated in in-depth interviews. Results of the analysis indicated an overarching trajectory of religious development, as well as current themes of religious identity, intellectual understanding, and struggle. The impact of this phenomenon on their protection of well-being, autonomy and agency, connection with community and changing metaphors of a deity were noted. Results of the study were synthesized in the "River of Religiosity", a diagram that demonstrates the practical understanding of shifting religiosity as a fluid process, a construct with appreciable impact on mental health and well-being. The results of this study emphasized the potentially all-encompassing nature of religiosity, highlighting the need for mainstream counsellors and therapists to engage their client's religiosity, understanding it as a source of struggle and coping, indivisible from the rest of their self.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53419 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Problèmes de comportements chez les enfants préscolaires avec un TDL consultant en pédopsychiatrie.

Presenting Author: Labelle, Fannie
Additional Authors: Béliveau, Marie-Julie; Lessard, Alexanne

Abstract: Les enfants d'âge scolaire avec un trouble développemental du langage (TDL) sont hautement susceptibles de présenter des difficultés comportementales (Chow et Wehby, 2016). Peu d'études se sont penchées sur ce lien à l'âge préscolaire auprès d'une population clinique. De plus, la littérature suggère que les problèmes de comportements (PC) se manifestent différemment selon le genre (Bayer et al., 2012). L'objectif est de déterminer la fréquence des PC chez les enfants TDL et vérifier s'il existe des différences selon le genre. Une étude sur dossiers d'enfants référés en clinique externe a permis d'identifier 614 CBCL (Achenbach et Rescorla, 2000), incluant 361 enfants diagnostiqués d'un TDL. La fréquence des garçons et des filles ayant un niveau de comportements dépassant le seuil clinique est comparée. La moitié des enfants (50.1%) présentent au moins un trouble de comportements (extériorisé, intériorisé ou mixte). Aucune différence n'est notée entre les garçons et les filles (p=0.56). Un enfant préscolaire sur deux ayant un TDL présente également des PC. La présence concomitante de difficultés langagières et psychiatriques contribue aux conséquences négatives vécues à l'âge adulte (Elbro, Dalby et Maarbjerg, 2011), il serait donc important d'identifier les mécanismes sous-jacents afin de comprendre ce qui met les enfants d'âge préscolaire à risque de comorbidités.

A remarkable alliance: Sibling autonomy support and goal progress in emerging adulthood

Presenting Author: Audet, Elodie
Additional Authors: Levine, Shelby L.; Koestner, Richard

Abstract: The present study examines the degree to which sibling support of young adults' goals is beneficial and if it differs from parental and friend support. Based on self-determination theory, the study distinguished autonomy support and directive support which were defined, respectively, as encouraging volitional functioning or giving active, positive guidance. The yearly goal progress of 879 students was investigated. It was less common to rely on siblings (13% of participants) than parents (70%) or peers (82%). Autonomy support from all sources was significantly related to greater goal progress, but the effect was strongest for siblings and parents rather than for peers. When a participant chose both a parent and a sibling as supporters, it was the sibling support that mattered for goal progress. Autonomy support was significantly associated with psychological need satisfaction. While this effect was seen for all participants, when directly comparing autonomy support from siblings to the other supporters (combining across parents and peers), only autonomy-supportive siblings predicted greater psychological need satisfaction at the end of the academic year. Autonomy support from a sibling in emerging adulthood is related to adaptive outcomes such as greater goal progress and need satisfaction. It is particularly helpful to seek goal support from an autonomy-supportive sibling.

Mentalization mediates the association between maternal trauma and offspring early development

Presenting Author: Duguay, Gabrielle
Additional Authors: Garon-Bissonnette, Julia; Dubois-Comtois, Karine; Lemieux, Roxanne

Abstract: Offspring of parents exposed to childhood trauma are at increased risk of several developmental problems. The present study evaluated whether mothers' reflective functions mediate the association between maternal history of childhood trauma and their offspring development during infancy and toddlerhood.A total of 118 expecting mothers (M_{age} = 28.51, SD = 4.30, 24% exposed to childhood trauma) were recruited in perinatal services and were followed-up between 11 and 36 months postpartum (M_{age} = 15.50, SD = 7.71). Mothers completed the Childhood Trauma Questionnaire and the Reflective Functioning Questionnaire during the 3rd trimester of pregnancy and the Age and Stage Questionnaire 3rd ed. postnatally. Structural equations modeling analyses were used to evaluate the conceptual model.Results revealed that the severity of childhood trauma was associated with higher deficits in reflective functions (β = 0.29). Deficits in reflective functions mediated the association between maternal trauma and child development (β = -0.60). Results revealed a good fit for the data: $\chi2(8)$ = 13.71, p = .09, CFI = .97, NFI = .93, RMSEA = .08 with 90% CI [0.00, 0.15].Maternal deficits in mentalization predicted difficulties in child's developmental progress. These results suggest that mentalization-based prenatal interventions may contribute to support healthy development in children.

How Difficult can Romance be? Social Problem-Solving Contexts and Perspective Taking Abilities

Presenting Author: Owens-Jaffray, Keely
Additional Authors: Im-Bolter, Nancie

Abstract: Studies have examined social problem-solving in late adolescence and emerging adulthood, but have not considered how context (e.g., peer vs. romantic relationship) and degree of immersion (involvement of oneself on a task) might influence social problem-solving. In the current study we examined how social problem solving context (peer vs. romantic relationship) and degree of immersion influenced social perspective taking ability during a conflict situation. The sample included 146 participants aged 17 to 25 years (Mage = 19.56 years; SD = 1.92) who had estimated IQ and language competence within the average range. Significantly better social perspective taking was evident in romantic social problem-solving situations compared to peer social problem-solving situation. Degree of immersion was associated with better social perspective taking during a conflict with a peer context but not during a conflict with a romantic partner. These results suggest that the context of the conflict is important to consider when examining social perspective taking during social problem-solving conflicts in late adolescence and emerging adulthood. Moreover, our results indicate that older adolescents and emerging adults are primed to consider different social perspectives within a romantic context and do not require a high degree of immersion to do so. This highlights the importance of considering social context when examining the processes of social problem solving in late adolescence and early adulthood.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53633 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Relationship between ACEs and Intimate Partner Violence

Presenting Author: Bittar, Sandra
Additional Authors: Hanson, Karl

Abstract: Although the effects of adverse childhood experiences (ACEs) have been linked to negative health and social outcomes, less is understood about the effects of ACEs on men's risk of committing intimate partner violence (IPV). Social learning theory predicts that IPV would follow from observational learning, from childhood experiences of witnessing abusive behaviour (e.g. father hitting mother). The Trauma Model, on the other, suggests, that victims of ACEs become future perpetrators in order to regain control over their lives. The present study aimed to investigate the relationship between ACEs and the risk of IPV in a sample of 356 men attending four community treatment programs for IPV, and 121 males recruited from the same communities through social service agencies. Female partners of males in both samples (n=118 and n=116) were asked to report on their partner's abusive behaviour and attitudes. History of ACEs was retrospectively coded based on a family history questionnaire, previously collected for an evaluation of these programs. Analyses indicated that men who reported more ACEs also scored higher on measures of subjective anger, desire for control, and physical and psychological abusive behaviour towards their intimate partners. The present study supports and extends previous research emphasizing a positive association between ACEs and antisocial behaviours. Differential impact of negative behaviours from primary male and female caregivers will be discussed.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 53664 - Printed Poster

Greater Employment Success Predicts Positive Self-Appraisals Following University

Presenting Author: Karbainova, Daria
Additional Authors: Barker, Erin

Abstract: A key developmental task in the transition to adulthood is finding work. This task in intimately woven with tasks related to identity development. Unfortunately, recent graduates tend to hold jobs that offer lower wages and often experience periods of unemployment, which may impact how they feel about themselves. This study explored how employment success following university related to self-appraisals (N=103, Mage= 23.19, 70.9% female, 59.2% White). Participants completed the Rosenberg Self-Esteem Scale (Rosenberg, 1989) and the Purpose in Life Scale (Ryff, 2014) in their last semester of university (T1) and one year after graduation (T2). Across the year, employment success was measured by employment status (unemployed vs. employed) and a rating of employment satisfaction. Multiple linear regression showed

that greater average satisfaction with employment across the year following university graduation significantly predicted T2 self-esteem (β=.378, p

Section: Developmental Psychology / Psychologie du développement
Session ID: 53681 - Printed Poster

Borderline personality symptoms in parents with bipolar disorder predict offspring substance use

Presenting Author: Chilliak, Shayla J.
Additional Authors: Seravalle, Lisa

Abstract: Negative personality traits such as high neuroticism have been identified as a significant contributor to negative outcomes in the offspring of parents with bipolar disorder (OBD). To extend these findings, we examined whether the relation between borderline personality disorder (BPD) symptoms in parents and offspring psychopathology is mediated by parents' dependent stressful life events, and whether the OBD are more sensitive to the stress generated by BPD symptoms in parents than controls. The sample included children aged 4-14 years (OBD=77, Control=69) and their parents. BPD symptoms and dependent stressful life events in parents were measured at baseline. Anxiety, depressive, and substance use symptoms were assessed by diagnostic interview ten years later. Moderated mediation analyses indicated an indirect effect for substance use symptoms (CI[.068-.959]), such that the relation between BPD symptoms in parents and offspring psychopathology was mediated by parents' dependent stressful life events. The effect of parent stress on offspring outcomes was moderated by risk status, such that the OBD, but not controls, experienced greater levels of psychopathology in response to their parents' dependent stressful life events. These findings highlight a novel developmental pathway to substance use problems in the OBD, and may inform the development of prevention interventions.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53764 - Printed Poster

Being kind to oneself: The gendered experience of preadolescents' personal distress

Presenting Author: Lariccia, Liliana
Additional Authors: Flory, Isabelle; Talwar, Victoria

Abstract: As children transition to adolescence, they face a biological stage of development composed of emotional and cognitive changes. Given these changes, past studies show that self-compassion (SC) may serve as a protective factor as children enter this transitionary stage. Specifically, SC is defined as the ability to experience and reduce one's own emotional suffering through kindness. Also, studies show that personal distress (PD), the feeling of anxiety experienced when witnessing a negative interpersonal situation, affects adolescent girls and boys differently. However, few studies explore adolescents' perceptions of gender orientation and how this may influence SC and feelings of distress. This study examined whether preadolescents' gender orientation and the ability to engage in SC can predict the level of perceived PD. One hundred and twenty-two 11-12-year-olds completed self-report measures on SC, Gender Orientation, and PD. A Hierarchical Multiple Regression revealed that SC, $F_{(1,119)}= 21.11$, p

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53945 - Printed Poster

Beyond the class A team: Secure attachment and substance experimentation

Presenting Author: Curran, Scottie Jean A
Additional Authors: Scharfe, Elaine; Hamza, Chloe; Molnar, Danielle; Cahill, Hannah

Abstract: Background: Although, secure attachment has been found to be associated with both health promotion and risk, Scharfe and Eldredge (2001) suggested that secure university students would be more likely to experiment with sex and drugs. In this study, we tested whether attachment representations would influence experimentation and how the recent legalization of cannabis influenced this relationship. Method: In total, 1033 university students completed surveys to assess attachment (Scharfe, 2016) and frequency of alcohol and drug use. Experimentation was defined as using 1-4 times per month. Results: We found that security was higher while fearful and dismissing attachment was lower in students who reported experimenting with drugs and alcohol compared to students who abstained or used frequently. Not surprisingly, after legalization of cannabis, there was an increase in experimentation with cannabis (37% before and 46% after). Effects of security (increasing experimentation) and the effect of dismissing attachment (decreasing experimentation) were maintained. Conclusions: These findings highlight the importance of understanding how our close relationships may influence experimentation. Action/Impact: It is important that parents as well as post-secondary institutions are reminded of the typical and normal experimentation of secure emerging adults.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 53954 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Associations between mothers' cognitive emotion regulation strategies and infants' temperament

Presenting Author: Martel, Élodie
Additional Authors: Garon-Bissonnette, Julia; Berthelot, Nicolas; Lemelin, Jean-Pascal; Lemieux, Roxanne

Abstract: Temperament can be influenced by the environment. Mothers' abilities to regulate their own emotions could influence the evolution of their infant's temperament. This has rarely been investigated among mother-infant dyads. This study aims to examine the associations between mothers' cognitive emotion regulation strategies (CERS) and three factors of their infant's temperament: negative affectivity, surgency and effortful control.A sample of 100 pregnant women (M=28.95, SD=4.5, 86% primiparous) was recruited through prenatal meetings. Between 11-13 months postnatal, they completed self-reported measure of CERS (CERQ) and reported on their infant's temperament (IBQ-R). Stepwise regressions analyses were conducted to identify the best predictors for each temperament factor. High refocus on planning (ß=0.37, p=0.001) and low acceptance (ß= -0.29, p=0.006) strategies were associated with higher effortful control. High putting into perspective (ß=0.31, p=0.006) and low acceptance (ß=-0.24, p=0.030) strategies were associated with higher surgency. High emotional overwhelm was associated with higher negative affectivity (ß=0.24, p=0.017). Different CERS in mothers contribute to the three factors of infant's temperament. Supporting mothers' use of adaptive CERS could thus positively influence their infant's temperament.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 53962 - Printed Poster

Lifetime Psychiatric Disorder and Childhood Trauma: Independent or Complementary Risk Factors?

Presenting Author: Garon-Bissonnette, Julia
Additional Authors: Drouin-Maziade, Christine; Berthelot, Nicolas; Lemieux, Roxanne

Abstract: Psychopathology and interpersonal traumas have documented intergenerational impacts. This study aims to evaluate the independent and complementary contribution of childhood trauma (CT) and lifetime psychiatric disorder (LPD) to current clinical, affective and relational problems in parents during the perinatal period. Expecting parents (n = 145, Mage = 28.94, SD = 4.13) were recruited at pregnancy-related medical appointments or prenatal meetings. They completed self-reported measures of CT (CTQ) and clinical (K-10, PCL-5, DES), affective (PANAS) and relational (CTS-2) problems. LPD were evaluated using the Structured Clinical Interview for DSM-IV. More than half (52%) of parents had at least one risk factor and 21% had both CT and LPD. Clinical, affective and relational problems were significantly more severe in parents with both CT and LPD compared to parents with only one (p

Exploring Mechanisms That Help Explain Age-Related Improvements in Mental Health

Presenting Author: Krook, B.A., Melissa
Additional Authors: Zia, M.A., Belal

Abstract: Mental health tends to improve with age, although less is known about mechanisms that are responsible for this improvement. Our goal was to examine the influence of multiple mediators of the relationship between age and both positive (well-being) and negative (distress) mental health outcomes in a large, national sample of Canadian adults. Participants were 5,712 adults, aged 18 to 101, who completed a cross-sectional survey that included measures of psychological distress, well-being, and both psychological (i.e., basic psychological needs, time perspectives, optimism, perceived control, mindfulness, & personality) and social (i.e., loneliness, social support, & relationship satisfaction) factors that affect mental health. We used Hayes (2018) PROCESS to conduct parallel mediation analyses with well-being and distress as outcomes, controlling for health and sociodemographics. The strongest mediator of well-being was an individual psychological variable (basic psychological needs), whereas the strongest mediator of distress was a social variable (loneliness). Our findings highlight key processes that may be responsible for age-related emotional improvements, with different mechanisms leading to improvements in well-being and distress. These findings also suggest potential targets for mental health interventions to help people of all ages.

A mixed-methods analysis of emerging adults' depressive symptoms across university graduation

Presenting Author: Newcomb-Anjo, Sarah E.
Additional Authors: Barker, Erin T.

Abstract: Emerging adulthood is a distinct developmental period that poses increased risk for depressive symptoms (Rohde et al., 2013). This increased risk might be explained, in part, by reactions to the developmental challenges inherent to this life stage (Eberhart & Hammen, 2006). One developmental challenge that has implications for later life is university graduation, yet little is known how this rite of passage impacts emerging adult wellbeing. This mixed-methods study aimed to determine whether the transition from university impacts depressive symptoms, and if so, for whom, and why. Canadian emerging adults (n = 168; 69% female) completed online surveys at four time points across the transition out of university. A latent class growth analysis uncovered three separate patterns of depressive symptoms across graduation: stable low depression (57%), depression increasing post-graduation (32%), and depression decreasing post-graduation (11%). To explain the diverging patterns of depressive symptoms, a phenomenological analysis was then used to analyze themes across written accounts of graduation experience, within each group. Results showed that active pursuit of goals, optimism, and sense of self-growth were characteristic of the stable and improving trajectory groups. This finding highlights important intervention avenues to facilitate wellbeing across university graduation.

Developmental differences in preschoolers' reliance on credibility cues: Accuracy versus confidence

Presenting Author: Fobert, Sophie
Additional Authors: Varin, Rose

Abstract: Children rely on informant credibility cues when discerning reliable sources of information. The main objective of this study was to explore children's reliance on confidence and accuracy cues when making inferences regarding informant knowledge. Seventy-six 3 to 8-year olds viewed videos of informants labeling familiar objects. In Condition 1, one informant was confident and the other was hesitant. In Condition 2, one informant was confident and inaccurate, and the other was hesitant and accurate. Children were then presented with 12 cards, each with a picture of an object and a hand-written label beside the picture. The labels were either correct (i.e., matched the picture), incorrect, or novel (i.e., a nonsense word). Next, children were asked to identify which informant had written the object label on each card. Results reveal a negative association between children's age in months and attribution of knowledge to a confident (and thus inaccurate) informant in Condition 2 (N=38, r= -.330, p0.05).These findings suggest that as children age, they rely more heavily on cues of accuracy than those of confidence when making informant knowledge attributions. This study sheds light on the developmental course of selective social learning and contributes to our understanding of children's reliance on informant credibility cues.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54026 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Prevalence of Suicide Ideation and Attempt Across Adolescence and Correlated Mental Health Problems

Presenting Author: Scardera, Sara
Additional Authors: Orri, Massimilliano; Bolanis, Despina; Temcheff, Caroline; Séguin, Jean R; Turecki, Gustavo; Tremblay, Richard E; Côté, Sylvana; Geoffroy, Marie-Claude

Abstract: Background: Suicide-related outcomes have been shown to be associated with mental health problems (MHPs). However, it is unclear whether such patterns of associations differ across adolescence. Method:The Quebec Longitudinal Study of Child Development data was used at 13, 15, 17 and 20 years; n = 1618, 2011-2018. Internalizing (depression/anxiety), and externalizing (oppositional/defiance/conduct/attention deficit and/or hyperactivity) MHPs were assessed with self-report. Suicide-related outcomes included: passive/serious suicidal ideation/suicide attempt. Results: Lifetime prevalence for passive ideation/serious ideation/suicide attempt were 24.4%, 6.9%, and 6.7%, respectively. Overall, rates of passive/serious ideation increased from early-to-late adolescence but were stable for attempt. In univariable analyses, all MHPs were associated with suicide-related outcomes at all ages; stronger associations for more severe suicide-related outcomes. In multivariable analyses, internalizing problems were associated with ideation. Both depression and conduct problems were associated with attempt. Conclusion:Suicidal ideation/attempt were common, especially for youth presenting depressive and conduct symptoms. Action/Impact: Suicidal behaviours in adolescence are often under detected. These results should guide clinicians to systematically assess suicidal risk in teens presenting MHPs.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54049 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Informing Decisions on Fitness to Drive Among Older Adults Utilizing Serial Trichotomization.

Presenting Author: Ranger , Valerie
Additional Authors: Knoefel, Frank ; Yamin, Stephanie ; Stinchcombe, Arne

Abstract: For some older adults there comes a time when their ability to drive safely may be questioned due to illness or cognitive impairment. Decisions related to driving safety and when to cease driving are complex and costly. There is an interest in developing an off-road driving test utilizing neuropsychological tests that could help assess fitness to drive. To date, there are no well-defined cut-off points on neuropsychological tests that produce an acceptable level of sensitivity and specificity allowing for the determination of an individual's fitness to drive. Serial trichotomization involves classifying drivers as either pass, fail or indeterminate based on cut-points that lead to 100% sensitivity and specificity. The purpose of this study was to examine the serial trichotomization method using four common neuropsychological tests (i.e., 3MS, Trails A & B, clock

drawing). Test scores of 105 patients who were seen in a tertiary care memory clinic were abstracted. After applying the serial trichotomization model, 38.1% were classified as unfit, 25.8% were classified as fit, and 36.1% required further testing. This model offers a preliminary method in assessing fitness to drive while utilizing neuropsychological tests with easy administration, simple scoring system, and no equipment requirement.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54052 - Printed Poster

Emotion regulation and conflict resolution explain link between attachment and relationship quality

Presenting Author: Popowich, Alexandra D.
Additional Authors: Mushquash, Aislin R.

Abstract: Background. Quality of romantic relationships is impacted by differences in attachment styles. Individuals with insecure attachment have difficulties with emotion regulation and conflict resolution and may utilize strategies that are maladaptive within their relationships, negatively impacting its quality. However, few studies investigate the association between attachment and relationship quality with the inclusion of these maladaptive strategies in one integrative model. Thus, the purpose of this research is to test a model which proposes that current romantic attachment, influenced by early attachment with primary caregivers, is associated with relationship quality through emotion regulation and conflict resolution strategies. Methods. A sample of 120 undergraduates who were in a current romantic relationship completed study measures.Results. The model was tested using structural equation modelling, and hypotheses were supported.Conclusion. Findings suggest that individuals with insecure attachment styles may compromise their relationships by poorly managing their own emotions and conflicts within their relationships. Impact. The support for this model enhances our understanding of the factors that contribute to the quality of romantic relationships, and can inform future therapeutic interventions for couples through the identification of potential treatment targets.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54098 - Printed Poster

The Broad Autism Phenotype and Parental Reflective Functioning in Mothers of Children with Autism

Presenting Author: Henrikson, Brenna
Additional Authors: Theule, Jennifer ; Cochrane, Karis

Abstract: Parental reflective functioning (PRF) refers to a caregiver's ability to engage in mentalization by reflecting on their own, as well as their child's, mental states. Having a decreased ability to engage in PRF can negatively impact the parent-child relationship. Individuals with autism spectrum disorders (ASD) have been shown to display deficits in the ability to engage in mentalization, while those with higher levels of the broad autism phenotype (BAP) display clinically nonsignificant symptoms of ASD. Due to ASD's genetic component, it is not surprising that parents of children with ASD present with higher than average levels of the BAP, which may in turn impact their ability to engage in PRF. Prior to the current study, the relationship between levels of BAP and PRF had not been examined. The current study examined levels of PRF in relation to levels of the BAP in mothers of children with ASD. 120 Mothers of children with ASD were recruited online, where they completed questionnaires related to PRF, child ASD, and BAP. To determine whether a relationship exists between maternal BAP level [IV] and the level of maternal PRF [DV], Pearson's correlation will be calculated using SPSS. Results from this study will advance researchers' understanding of the BAP on parenting. These findings may also shed light on the importance of including ASD populations in PRF treatment groups.

Section: Family Psychology / Psychologie de la famille
Session ID: 54104 - Printed Poster

Children's cortisol during transition from preschool to school: negative affectivity as a moderator

Presenting Author: Leblond, Maggy
Additional Authors: Parent, Sophie; Castellanos-Ryan, Natalie; Fraser, William D.; Séguin, Jean Richard

Abstract: A difficult school transition may predict subsequent functional consequences such as school difficulties, externalizing problems or substance abuse. The transition from preschool to school is also considered a universal social stressor because it is associated with an increase of cortisol concentration in children. Previous studies suggest that individual differences in this stress reaction may depend on the child's temperament. We suggest that temperament associated with mood and/or behavior regulation (i.e. negative affectivity and effortful control) could predict a different reaction in the cortisol profile. To test this hypothesis, 200 parents took morning salivary cortisol samples from their children at three different times (pre-transition, transition, post-transition). Globally, we note a cortisol concentration increase at the start of the school year which is maintained throughout the second week of school. However, preliminary results show that this increase in cortisol levels began before transition in children with high negative affectivity, suggesting an anticipation effect. This finding partly supports our hypothesis about children's poor regulation, allowing us to further examine the environmental factors modulating this reaction. Finally, it will also be possible to examine if the stress during the school transition may be associated with functional outcomes.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54204 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Sleeping through the night: Parental expectations about infant sleep consolidation

Presenting Author: Burdayron, Rebecca
Additional Authors: Kenny, Samantha; Béliveau, Marie-Julie; Pennestri, Marie-Hélène

Abstract: The age at which infants consolidate their sleep, or "sleep through the night" presents substantial variation. While parental expectations have been identified as a key factor in the emotional adjustment of new parents, they have not been studied in relation to infant sleep. This study examines the age at which parents expect infants to sleep through the night and whether these expectations are related to specific parental characteristics or practices. Parents (55 mothers, 49 fathers) of 6-month-old infants were asked at what age they expect infants to sleep through the night. Attitudes towards co-sleeping, feeding method, criticism about nocturnal parental practices, and sociodemographic measures were compared between parents who expected infants to sleep through the night by 6 months and those who did not. Parental expectations ranged from 1 to 15 months. Thirty-two percent of parents expected infants to sleep through the night by 6 months. Parents who did not have this expectation were more favorable to co-sleeping, more likely to breastfeed, and more prone to feel criticized about their nocturnal practices (p

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54242 - Printed Poster

Stressful experiences in first year-university predict nonsuicidal self-injury among students

Presenting Author: Hamza, Chloe
Additional Authors: Goldstein, Abby

Abstract: Background: As many as 25% of post-secondary students engage in nonsuicidal self-injury (NSSI; e.g., self-cutting without lethal intent). Although understanding pathways to NSSI is critically important to inform prevention efforts, little is known about the processes through which NSSI occurs during the post-secondary years. The present study examines whether

stressful experiences in university, and emotional responses to stressors, lead to heightened risk for NSSI among students. Method: 1126 students (Mage = 17.96 years, 72% female) completed a survey three times in first-year university, reporting on their stressful experiences in university, emotional reactivity, and NSSI. Results: Using path analysis in Mplus, it was found that heightened exposure to stressful experiences in first-year university, predicted increased emotional reactivity, which in turn predicted heightened NSSI engagement. Conclusions: Findings suggest that stressful aspects of the university experience may lead to heightened risk for NSSI, by undermining students' emotion coping capacities. Actions/ Impact: The present study provides new insight into the role of university stressors in the onset and maintenance of NSSI among students. Findings will support efforts to develop evidence-informed transitional and preventative programming aimed at circumventing pathways to NSSI among post-secondary students.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54284 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The role of teacher in children's peer relations in early schooling

Presenting Author: L'Écuyer, Roxane
Additional Authors: Poulin, François; Vitaro, Frank

Abstract: According to social referencing theory, classmates make inferences about children likeability based, in part, on their observations of teacher behavior. Despite recent advances in our understanding of the links between teacher behaviors and peer relationships, important gaps remain. First, the few existing longitudinal studies have been conducted with middle and late childhood samples. Second, only affective domain of teacher-child interactions has been considered. Thus, the present study examine the relationships between peer rejection and acceptance and two types of teacher disciplinary practices (positive versus coercive) a) using a longitudinal design, b) focusing on kindergarten students and c) taking into account children own characteristics. The sample included 1038 children assessed in Fall and Spring of kindergarten. Teachers reported their disciplinary practices they use with each student of their class. Aggression, peer rejection and acceptance were assessed through peer nominations. Autoregressive cross-lagged modeling was applied. The results shown that coercive disciplinary practices at the beginning of the year predict higher peer rejection at the end of the school year ($\beta = 0.19$, p < .000). Results stress the importance of coercive teacher disciplinary practices in shaping peer rejection. They have implications for prevention programs.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54328 - Printed Poster

Goal Disengagement as a Moderator in the Relationship Between Within-Person Stress and Well-Being

Presenting Author: Giannis, Irene
Additional Authors: Wrosch, Carsten

Abstract: Older adulthood is often characterized by an increase in intractable age-related stressors; including chronic illness and life regrets. These stressful changes can compromise psychological well-being. As such, coping mechanisms that facilitate disengagement from unattainable goals may constitute an important protective factor in older adulthood. The present research sought to examine the relationship between within-person stress and well-being as moderated by age and goal disengagement. The study consisted of 146 young and older adults who cmpleted a seven-day daily diary study. At baseline, participants reported on goal disengagement tendencies. Subsequently, participants reported on perceived stress and daily affect on each of the seven days. Hierarchical linear modeling was utilized to test study hypotheses. The results demonstrated that regardless of age, greater within-person stress was associated with aggravated sadness and anxiety. Goal disengagement emerged as a significant buffering factor, especially among those in older adulthood. These findings suggest that goal disengagement may constitute an important protective factor against rising stress in older adulthood. Identifying psychological processes such as goal disengagement that buffer the adverse effects of stress on well-being may thus contribute to an improved quality of life among older adults.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54329 - Printed Poster

Lay Theories for Life Satisfaction: A Lifespan Approach

Presenting Author: Naisani Samani, Mojan
Additional Authors: Busseri, Michael

Abstract: Rationale: Younger adults often believe their lives are becoming more satisfying over time, while older adults anticipate declines. One reason may be that individuals tend to view their life satisfaction either as changeable (incremental lay theory) or fixed (entity lay theory). Extending recent work (Busseri & Samani, 2019), this study examined lay theories for life satisfaction, psychological functioning, and self-regulation across the adult lifespan. Method: Online samples of younger (N = 354, 18-40 years old) and older adults (N = 376, 60-88 years old,) completed measures of lay theories, life satisfaction, psychological adjustment, and goal striving. Analysis: Correlations and regression models assessed lay theories in relation to life satisfaction, adjustment, and goal striving; age group was evaluated as a moderating factor. Results: Age groups did not differ in lay theories for life satisfaction. Individuals with stronger incremental lay theories for life satisfaction rated their lives as more improving over time. Stronger incremental theories predicted more positive adjustment and greater goal striving. Results were consistent across age groups. Impact: This work reveals important similarities between younger and older adults' beliefs about how their lives are unfolding over time, and informs how lay beliefs are related to positive functioning and motivation.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54356 - Printed Poster

[Presented in CPA 2020 Virtual Series]

What kind of world do you want? The influence of wisdom, age, and faith on visions of utopia

Presenting Author: Sardella, Nicole A
Additional Authors: Kim , Juensung J

Abstract: In A Theory of Justice (1971), John Rawls invites readers to conceive of a hypothetical ideal society (utopia). As psychological research is increasingly interested in wisdom, life-longings, and the capacity to transcend self-interest, the thought experiment offers a lens through which influences on ideals are examined. The present study explored the effects of wisdom, age, and religious orientation on conceptualization of utopia. Participants (n=120) were recruited from the Motivating the Self to Virtue Project. The sample was comprised of individuals 18-25 and 60+, of four faith backgrounds (Muslim, Christian, Buddhist, and Atheist). Participants completed the Three-Dimensional Wisdom Scale (3D-WS; Ardelt, 2003) and utopia interview. Thematic analysis revealed seven overarching themes: culture, education, government, infrastructure, work, natural environment, and metacommentary. Little theme difference was observed between those with high and low 3D-WS scores. Analysis by age indicated older participants' emphasis on culture, education, and work, and younger participants' emphasis on government and infrastructure. A split between theistic and non-theistic cohorts was revealed, with government, infrastructure, and metacommentary most prevalent among non-theists. Differences in themes, as well as implications for future research on ideals and life longings are discussed.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 54364 - Printed Poster

Identity Development and Mental Health in the First Year of University: A Longitudinal Examination

Presenting Author: Ewing, Lexi
Additional Authors: Hamza, Chloe A

Abstract: Background: The first year of university is a significant period of transition for emerging adults, characterized by the salient need to develop a strong sense of identity. Although many emerging adults navigate identity development well, others experience more difficulty in developing a cohesive sense of self, which may lead to a variety of mental health challenges (e.g., symptoms of anxiety). Although identity struggles have been implicated in internalizing symptoms among post-secondary students cross-sectionally, it is important to evaluate this relation longitudinally. Methods: As part of a larger research study, 1126 university students (Mage = 17.96 years, 72% female) completed an online survey at two times (4 months apart) during their first academic year. Results: Individuals who experienced more identity challenges reported greater levels of anxious symptoms, perceived stress, and self-injurious behaviours compared to their peers. Moreover, a discriminant function analysis revealed that increasing anxiety, perceived stress, and self-injury over time differentiated those with identity concerns from those who did not report identity challenges. Conclusion: Results of the present study suggest that individuals who struggle to develop a cohesive identity may be more likely to experience mental health difficulties over their first year of university.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54450 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Trait Emotional Intelligence Predicts Social Skills in Adolescents with Autism Spectrum Disorder

Presenting Author: Kingston, Sydney E
Additional Authors: Boily, Roxanne

Abstract: Social impairment is a core feature of Autism Spectrum Disorder (ASD) and adversely impacts functioning in various areas. Social deficits become increasingly evident for many adolescents due to greater social and developmental demands emerging at this time. Emotional intelligence (EI) reflects varied skills and traits related to social success and previous research has shown children and young adults with ASD demonstrate poor development in some EI areas. However, EI can be improved with training, and thus, holds promise for interventions for adolescents with ASD. Limited research has addressed the contribution of EI to social outcomes for adolescents with ASD, despite the increased developmental challenges present in adolescence and the critical need for information to understand this developmental period. This study aimed to address this research gap. Twenty-five adolescents with ASD and 25 typically developing adolescents, 13- to 17-years-old, completed tests examining trait and ability EI and social-emotional skills. Parent-rated social-emotional measures were also collected. Multiple regression revealed that ability EI did not predict social outcomes, but trait EI predicted 32% of the variance in self-reported interpersonal skills and 30% in parent-reported social skills for adolescents with ASD. Implications for future research and intervention are highlighted.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54483 - Printed Poster

Fluidity in sexual identity across a decade of adolescence and young adulthood

Presenting Author: Matheson, Lauren
Additional Authors: Lewis, Nathan

Abstract: Although past research has argued that a stage approach (from pre-contemplation to commitment) represents the consolidation of sexual identity during late adolescence, there is also evidence that sexual identity remains fluid across adolescence and young adulthood for many youths. This fluidity may also vary by age and gender. However, there is little longitudinal research exploring identity formation across this period. The Victoria Healthy Youth Survey (V-HYS) followed 662 youth aged 12-18 for 10 years. Using a subset from the V-HYS sample, this paper tracks changes in youths' self-identified sexual identity over this time (n=603). Multi state modelling is used to examine the influence of age and gender on the likelihood of changing reported sexual identity. The majority (74%) of the sample reported a heterosexual identity that did not change over time. However, women who changed sexual identity labels, were more likely to change from a heterosexual to a bisexual identity than men (Hazard Ratio (HR)= 2.2, CI [1.3, 3.6]), and men, were more likely than women, to change from a bisexual or questioning identity to identifying as gay (HR= .09, CI[.02, .3] and HR .02, CI [.003, .2], respectively). Findings

suggest that there is considerable flux in minority sexual identities across this age and that many youths do not commit to a sexual identity in adolescence and young adulthood.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 54537 - Printed Poster

Infant-mother co-regulation: Associations with preterm birth and temperament

Presenting Author: Bouchard, Samantha
Additional Authors: Doiron, Kelly

Abstract: Early mother-infant interactions shape infants' social-emotional and self-regulation abilities. The present study was designed to understand this development further by examining patterns of co-regulation (how two people adjust to each during interactions) between mothers and their 18-month-old full-term (FT) and very low birthweight/preterm (VLBW/PT) infants. The objectives were to examine: 1) group differences in co-regulation and 2) associations between co-regulation and temperament. Seventy-four dyads engaged in a 15-minute free play period and patterns of co-regulation were coded using the Revised Relational Coding System (Fogel et al., 2003). Temperament, specifically, infants' activity level was reported by mothers on the Emotionality Activity Sociability Scale (EAS-2, Buss & Plomin, 1984). Across both groups, dyads spent the most time engaged and active in the interaction. ANOVAs showed that FT dyads spent more time unengaged from each other and VLBW/PT dyads spent more time in disruptive interactions. Multiple regressions showed that lower infant activity level was associated with dyads spending more time unengaged. These findings suggest that less active infants and VLBW/PT dyads may have more difficulty co-regulating their interactions. Our results highlight the importance of considering risk status and temperament for fostering adaptive mother-infant relationships.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54550 - Printed Poster

Paternal Health Habits and Health Care Perceptions May Predict Fathers' Engagement During Pregnancy

Presenting Author: Lane, Victoria
Additional Authors: Vaillancourt, Monica; Gervais, Christine; Pierce, Tamarha; Zelkowitz, Phyllis; Barker, Erin; Da Costa, Deborah

Abstract: Paternal engagement during pregnancy is associated with more beneficial mother and child outcomes. Despite its importance in determining the health of the whole family, information on paternal engagement has mostly been based on maternal, retrospective and relatively incomplete assessments. To address these limitations, we conducted a multidimensional evaluation of paternal engagement in expectant men (n=77), examining whether it was associated with their satisfaction with health care, relationship satisfaction, childrearing role attitudes, and changes in prior health habits to prepare for their partner's pregnancy (e.g. diet, smoking), through the use of online questionnaires (e.g. Father Engagement in Pregnancy, Satisfaction with Antenatal Care, Dyadic Adjustment Scale, Attitudes Toward Marital and Childrearing Roles Scale). A two-step hierarchical regression controlled for sociodemographic factors and timing of the questionnaire during pregnancy. Greater satisfaction with prenatal health care and improvements in health habits predicted father engagement during pregnancy. Results highlight specific, modifiable aspects of paternal engagement and suggest that supporting fathers in health care and addressing lifestyle choices could serve to increase paternal engagement during pregnancy - an effort that may reap rewards for the entire family even many years after delivery.

Section: Family Psychology / Psychologie de la famille
Session ID: 54577 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Early Childhood Factors Linked to the Co-development of Internalizing and Externalizing Symptoms

Presenting Author: Commisso, Melissa
Additional Authors: Temcheff, Caroline ; Poirier, Martine; Côté, Sylvana; Tremblay, Richard E; Geoffroy, Marie-Claude

Abstract: Little is known about the co-development of externalizing (EXT) and internalizing (INT) problems and associated early childhood factors. Our aims were to describe joint trajectories of EXT and INT symptoms from age 6-12 and to examine sociodemographic factors associated with the trajectories. Participants (N=3016) were from The Quebec Longitudinal Study of Kindergarten Children, a population-based sample of kindergarteners (1986–88). The Social Behavior Questionnaire (teacher-report) was used to assess INT and EXT symptoms from age 6-12. The latent growth curve analysis joint trajectories were: low symptoms, marked by low INT and low EXT symptoms (45.35%); internalizing, marked by high INT and low EXT symptoms (11.74%); externalizing, marked by low INT and moderate EXT symptoms (29.23%) and; comorbid, marked by moderate and increasing INT and high EXT symptoms (13.65%). Compared to children in the low symptom trajectory, those in the three risk groups, were more likely to be boys, come from non-intact family and have lower paternal education. Those in the externalizing and comorbid groups were more likely to have younger mothers. About 1 in 10 children had comorbid INT and EXT symptoms. However, they did not differ on child and family vulnerabilities from those who only had INT or EXT symptoms. Further research in this area can inform interventions for each trajectory group.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54603 - Printed Poster

Caretakers' perception of their relationship with residential care children and behavior problems

Presenting Author: Cyr-Desautels, Laurence
Additional Authors: Langlois, Valérie; Dubois-Comtois, Karine; Hébert, Martine; Cyr, Chantal

Abstract: Few studies have assessed caretakers' relationships with residential care children. A recent study has shown that institutionalized adolescents who engage in a higher quality relationship with their caretaker have fewer problematic behaviors (Mota, 2015). However, is this also the case for younger residential care children and their caretakers? With the collaboration of the rehabilitation centers in the province of Quebec, 56 children aged 8 to 12 and their caretakers were met. Child-caretaker relationship was assessed with the Student-Teacher Relationship Scale (Pianta, 1992) and the Psychological Availability and Reliance on Adult (Zegers & Schuengel, 2006) administered to the child and the caregiver. Behavior problems were assessed with the Child Behavior Check List (Achenbach & Rescorla, 2001). Both the regression analyses on internalizing ($F(5, 55)=2,54$, $p=,04$, $R2=0,12$) and externalizing behaviors ($F(5,55)=4,68$, $p=,001$, $R2=0,25$) were significant. For both analyses, results revealed that the more caretakers' perception of their relationship with the child was good, the fewer children showed internalizing (B=-,32) and externalizing behaviors (B=-0,48). The discussion will focus on the potential bi-directional effects of this association.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54643 - Printed Poster

Predicting Multisensory Integration at Different Points in Development in Autism

Presenting Author: Scholes, Samantha
Additional Authors: Wong, Samantha; Malikin, Hagit; Hove, Ingrid; Michaud, Rachel; Bertone, Armando

Abstract: Multisensory integration (MSI) is a sensory process which involves the ability to efficiently integrate stimuli from multiple sensory modalities. Atypical sensory processing is a key characteristic of Autism Spectrum Disorder (ASD; APA, 2013) and research suggests that altered MSI may underlie these behaviors (Zhou et al., 2018) This study investigates the

relationship between the Sensory Profile Questionnaire (SPQ; sensory patterns) and an MSI task, Flash-Beep. 34 individuals with ASD and 75 typically-developing (TD) individuals, aged 6-18 years old, participated. Participants were asked to indicate how many flashes they viewed on a screen while ignoring auditory cues (total of six different audiovisual trials [AV]) and completed the SPQ. Multiple regression analyses suggest no significant predictors for the ASD group (p>.05); however, for the TD group, the SPQ was a significant predictor of accuracy on congruent AV trials (p

Section: Developmental Psychology / Psychologie du développement
Session ID: 54646 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Maternal responses to positive affect predict immediate and long-term changes in child expressivity

Presenting Author: Schmitt, Gabrielle A
Additional Authors: Dickson, Daniel J; Serbin, Lisa A

Abstract: Numerous studies have shown that maternal responses to negative affect are heavily implicated in children's socioemotional development. Despite these findings, few studies have investigated maternal socialization of positive affect, and in particular, whether maternal responses can help children enhance their positive emotion expressivity. The present study examined whether maternal responses (validating, invalidating) to children's positive affect predicted immediate and longer-term changes in children's emotional expression. Mother–child dyads (N = 129) were video recorded during a 15-minute free play session in early childhood (Mage = 4.48 yrs) and a 4-minute Jenga game in late childhood (Mage = 10.80 yrs). Two systematic observational coding systems were used to classify (1) maternal responses to positive affect and (2) subsequent changes in child expression (kappa coefficient range: 0.70–1.00). Results of linear regressions revealed that immediately following validation, children were more likely to maintain or intensify their positive affect. Moreover, if mothers tended to initiate and validate positive affect during free play, children were more likely to increase their positive expressions over time. Taken together, results suggest that initiating and validating positive emotions may serve as an important socialization mechanism for enhancing children's positive affect.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54647 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Hot and Cool Executive Functioning in Children with Generalized and Partial Epilepsy

Presenting Author: Kahnami, Leila
Additional Authors: Sehra, Ramandeep; Tourchian, Nima; Fabri, Tracy

Abstract: Background: Recently, researchers have divided Executive function (EF) into subcomponents; Cool EFs include executive attention, verbal-reasoning, planning, problem solving, and working memory; Hot EFs encompass emotional components such as reward, punishment, and decision making. The dearth of research into Hot EFs needs to be addressed, particularly in clinical populations. Methods: We tested a sample of children with epilepsy, 4 children with generalized and 5 with focal epilepsy, and 9 age-and sex-matched controls. Caregivers completed the BRIEF-2, which includes components of Hot and Cool EF. Results: We found children with epilepsy showed impairment on hot EFs- behavioral regulation and emotional regulation indices - and cool EFs- cognitive regulation indices. Children with generalized seizures showed more difficulties on the BRI compared to those with focal seizures. Conclusions: Executive dysfunction in daily life is often a part of epilepsy, but this has not be explored in terms of Hot and Cool subcomponents. One novel finding is that children with generalized epilepsy showed elevated dysregulation as compared to those with focal seizures. Impact: When examining outcomes, type of seizure should be included as a key variable. Hot EFs should be included in cognitive rehabilitation programs in children with neurological disorders such as epilepsy.

Determinants of deviance: How attachment effects psychopathy

Presenting Author: Cahill, Hannah M
Additional Authors: Scharfe, Elaine

Abstract: Background: Researchers have provided evidence that early adversity may be linked to attachment and psychopathy and, in this study, we examined the association among these variables. Methods: Participants were 628 undergraduates who completed surveys to assess early adversity (Felitti et al., 1998), psychopathy (Paulhus et al., 2009) and parental attachment (Scharfe, 2016). We grouped participants based on their reports of adverse childhood experiences (none reported, one, two, three, and four or more) and their psychopathy scores (53% low/below median, 47% high/above median). Results: We found that participants who reported no adversity reported highest security and lowest avoidance, while participants who reported 4 or more occurrences of adversity reported lowest security and highest avoidance. This pattern of results was similar for participants who reported low psychopathy but interestingly there were no attachment differences across adversity groups for individuals who reported high psychopathy. Conclusions: There is evidence that attachment representations and psychopathy are influenced by early adversity, however, high levels of psychopathy may mask the effects of attachment relationships. Impact: These findings may provide some evidence to understand the reason why attachment relationships may be of little importance to individuals with high levels of psychopathy.

[Presented in CPA 2020 Virtual Series]

Adolescents with anxious, overprotective and overinvolved parents: A look at their relationship

Presenting Author: Richard, Josée
Additional Authors: Lachance-Grzela, Mylène; Ross-Plourde, Mylène

Abstract: Parents feel a lot of pressure to raise happy and successful children. Parental anxiety seems to be more common than ever and can promote overparenting behaviors (Strang, 2014). Overparenting is a combination of overprotection, an excessive concern to protect the child even though their environment is low risk (Ungar, 2009), and overinvolvement, providing extreme levels of support to the child (Munich et Munich, 2009). Little is known about the impact of parental anxiety and overprotection on parent-child relationships, especially during adolescence, a developmental period when autonomy is central. The aim of our study was to examine the links between parental anxiety, overparenting behaviors (i.e., overprotection and over-involvement), and parent-child closeness during adolescence. A total of 358 adolescents were recruited and completed a series of questionnaires measuring the variables of interest. The double mediator model was tested using Hayes' procedure (2013). Results revealed that adolescents who reported higher levels of parental anxiety, reported lower levels of closeness with their parents. This relationship is partly explained by parental overprotection behaviors. These results suggest that when parents worry about their child, they try to protect them from possible risks, but end up hurting their relationship with them in the process.

Évolution différentielle de la qualité de la relation d'amitié en fonction du genre

Presenting Author: Langheit, Stéphanie
Additional Authors: Poulin, François

Abstract: Des différences de genre ont été rapportées dans l'étude de la qualité de la relation d'amitié (QRA) à tous les âges (Maqubela, 2013). La littérature soulève aussi des contradictions quant à l'évolution de la QRA en fonction du genre à l'émergence de l'âge adulte (Miething et al, 2016). Cette question mérite d'être clarifiée puisque les études passées négligeaient plusieurs composantes de la QRA et ne se basait que sur 2 temps de mesure. L'objectif de cette recherche est d'examiner les différences de genre dans cinq composantes de la qualité avec le meilleur ami (intimité, soutien émotionnel, compagnonnage, loyauté et conflit) entre 19 et 30 ans. Un échantillon de 320 individus (72% de femmes) a rempli le Network Relationships Inventory (Furman et Buhrmester, 1992) à 19, 20, 21, 22, 25 et 30 ans. Des analyses multiniveaux ont été faits sur chacune des composantes (interactions de l'effet linéaire, quadratique et cubique de l'âge avec le genre). D'abord, selon nos résultats, les femmes rapportent plus d'intimité et de soutien émotionnel à 19 ans. Ensuite, pour l'intimité, les femmes ont un effet quadratique négatif significatif tandis que les hommes, un effet linéaire positif. Pour le soutien émotionnel, les femmes ont un effet quadratique négatif significatif tandis que les hommes n'ont aucun effet significatif. Aucune différence de genre n'a émergé pour les autres composantes.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54894 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Father Involvement as Predicted by Child Characteristics

Presenting Author: Martinovich, Vincenza
Additional Authors: Pirraglia, Cassandra; Rinaldi , Christina

Abstract: All members within a family system are thought to reciprocally influence one another. To date, the role of child characteristics in relation to paternal behaviour is understudied, particularly in comparison mothers (McBride et al. 2002). This is problematic, as child characteristics have the potential to influence aspects of the father-child relationship, for example, their involvement (Pleck, 2010). To investigate this relationship, we asked: how do child characteristics (i.e. effortful control, negative affectivity) predict paternal involvement in three domains (i.e. school focused discussions (SFD), academic related activities (ARA), and home based involvement (HBI)? Our sample included 278 fathers and their children (age = 4.91 years). Fathers completed Child Behaviour Questionnaire and a questionnaire assessing their involvement in three domains (SFD, ARA, and HBI). Three multiple linear regressions were conducted. The combination of child characteristics (i.e. effortful control and negative affect) significantly predicted fathers ARA ($F_{(2,275)}$ = 5.069, p= 0.007), SFD ($F_{(2,275)}$ = 4.729, p= 0.006), and HBI ($F_{(2,275)}$ = 4.120, p= 0.017). Our results highlight the importance of looking beyond paternal traits and toward characteristics at the child-level. These findings have implications for practitioners and contribute to the primarily mother-centric involvement literature.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 55023 - Printed Poster

Feasibility of an Internet Intervention for Men at Risk for Depression During the Postpartum Period

Presenting Author: Da Costa, Deborah
Additional Authors: Zelkowitz, Phyllis ; Howlett, Andrew; Dennis, Cindy-Lee; Russell, Brian; Lowensteyn, Ilka; deMontigny, Francine; Stremler, Robyn; Chan, Peter; Khalife, Samir

Abstract: Depression occurs in 10-13% of fathers during the postpartum period. Internet delivered interventions may promote mental health during the transition to fatherhood. HealthyDads is a psychoeducational website for expectant first-time fathers at risk for mental health problems. This pilot RCT evaluated acceptability and initial efficacy of HealthyDads to prevent depression and optimize parental adjustment. 72 expectant fathers were randomized to HealthyDads or the control group and completed questionnaires at study entry, 6 weeks following randomization and 2 and 6 months postpartum. Men randomized to HealthyDads found the website easy to use (76%), 84% would recommend it to other fathers and 84% indicated the program improved their knowledge about being a father. The proportion of men screening positive for depression was significantly lower in the intervention group (4.5 - 8%) compared to control (20%) at both postpartum follow-ups (p's

Gender Differences in the Correlates of Perceived Leadership in Early Adolescence

Presenting Author: Sooknanan, Vishal
Additional Authors: Persram, Ryan J.

Abstract: Gender differences in leadership styles are typically studied within organizational contexts, but such behaviours are likely to be apparent during early adolescence. Early adolescents (n = 790) from Canada and Colombia evaluated items about democratic and autocratic traits, instrumental competence, and completed ratings of peer acceptance. The present study examined the correlates that reflect autocratic and democratic traits on perceived leadership and how they varied as a function of gender, instrumental competence, and acceptance. Three findings were observed. First, the effects of autocratic traits, democratic traits, instrumental competence, and acceptance positively predicted perceived leadership. Second, the gender by democratic trait interaction was a stronger predictor of leadership for boys. Third, gender by autocratic and democratic trait interactions were nonsignificant in girls. These findings highlight the influence of adhering to gender roles in the context of leadership. For boys, they may be more noticed when stepping outside of their gender roles and demonstrating more relational traits, which may translate into influential roles such as leadership. However, for girls, this could reflect that adhering to gender roles remains unnoticed and the democratic style does not predict perceived leadership as it is expected for girls to behave in this way.

[Presented in CPA 2020 Virtual Series]

Emotion regulation, caretakers' availability and behavior problems in residential care children

Presenting Author: Cyr-Desautels, Laurence
Additional Authors: Langlois, Valérie; Dubois-Comtois, Karine; Hébert, Martine; Cyr, Chantal

Abstract: Adolescents living in residential care who have a positive perception of the relationship with their caretaker exhibit fewer hostile behaviors (Zegers et al., 2006). As found in a sample of high-risk children, a low level of emotion regulation may mitigate this association (Kim & Cicchetti, 2010). Using a sample of 59 residential care children (8-12 years old) and their caretaker, this study examines the moderation effect of emotion regulation on the relation between children's perception of the caretaker's psychological availability and behavior problems. The caretakers completed questionnaires assessing emotion regulation (ECR; Shields & Cicchetti, 1995) and behavior problems (CBCL; Achenbach & Rescorla, 2001). A psychological availability questionnaire was completed by the child (PARA; Zegers & Schuengel, 2006). A significant regression was found for internalizing behaviors ($F(3,55)=10,27$, $p=0,001$), but not for externalizing behaviors ($F(3,55)=2,15$, $p=0,11$). An interaction effect indicated that children with higher scores of emotion regulation and a more positive perception of the caretaker as emotionally available have the least internalizing behaviors (coeff.=-1,72, SE=0,34, p=,001, 30% of the variance). Improving emotion regulation skills and the quality of child-caretaker relationship in residential care could help inform future intervention strategies on clinical work.

Internalizing problems and suicidal ideations in adolescence: The predictive value of nightmares

Presenting Author: El-Hourani, Mira
Additional Authors: Zadra, Antonio; Chaput-Langlois, Sophie; Parent, Sophie; Castellanos-Ryan, Natalie; Séguin, Jean

Abstract: Nightmares, a multifaceted sleep disorder with a high prevalence in adolescents, have been associated with psychosocial maladjustment. In adults, nightmare frequency has been repeatedly linked to internalizing problems, such as suicidal ideation, depression and anxiety, but the extent to which such associations characterize adolescent populations remains to be determined. The main goal of the present study was to evaluate the strength and stability of the association between nightmare frequency and internalizing problems between the ages of 13 and 17. Confidential self-reported measures of nightmare frequency, suicidal ideation, symptoms of depression and anxiety were completed yearly. Preliminary results from a cross-lag model (n = 420) showed that having nightmares at 13 years of age significantly predicts the increase in the frequency of suicidal ideation between the ages of 13 to 14. Even after accounting for depression and controlling for sex, this predictive factor remained statistically significant. Forthcoming analyses will examine the predictive value of nightmare frequency in suicidal ideation with levels of anxiety in the model. Collecting information on nightmares and internalizing problems early in adolescence may be an effective approach to the identification of adolescents presenting with suicidal risk.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55245 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Expanding attachment theory into preschool: Associating attachment security and maternal sensitivity

Presenting Author: Abdel-Baki, Rita
Additional Authors: Bailey, Heidi N.

Abstract: Previous research has explored attachment theory in infancy and adulthood, but relatively less has focused on the preschool age. Our study aimed to expand a central tenet of attachment theory into the preschool age by exploring the concurrent association between attachment security and maternal sensitivity. Children (N = 100, M age = 45 months) completed a behavioural assessment of attachment security and a measure of maternal sensitivity with their mothers, and a representational assessment of attachment security with an examiner. The association between each measure of attachment security and maternal sensitivity was explored. Overall, behavioural attachment security was moderately associated with maternal sensitivity (r = .18, 95% CI [-.03, .37]; however, representational attachment was not. Additional exploratory analyses aimed at understanding our results were conducted. In conclusion, further examination of the differences between behavioural and representational measures of attachment security, and their relation to maternal sensitivity, is necessary in order to expand attachment theory into the preschool years. Future research should also consider using continuous variables and expanding attachment research beyond the mother-child dyad.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55267 - Printed Poster

Section Featured Speaker Address

The Transition Puzzle of Well-Being and Distress in the Transition to Adulthood

Presenting Author: Barker, Erin T

Abstract: Canadian youth have been enrolling in university programs at increasing rates, and as a result, the university experience has become a central part of the transition to adulthood for many. University students, as a group, report high

levels of distress, which can interfere with the attainment of key developmental tasks, including those associated with the pursuit of post-secondary education. At the same time, large proportions of students also endorse moderate-to-high levels of life satisfaction and happiness. These trends correspond to more general trends with respect to emotional well-being across the transition to adulthood. First, prevalence rates of mental health problems that involve the regulation of emotions, like depression, peak during this period. Second, depressive experiences appear to be on the rise, with recent cohorts of youth reporting more depressive experiences than cohorts from previous generations. At the same time, emotional well-being tends to improve, on average, across the transition. The co-occurrence of these trends demonstrates that the transition to adulthood is a pivotal point in the life course for experiencing emotional problems and signals a need to better understand the nature of emotional experience across this transition. In this talk, Dr. Erin Barker will discuss her recent research aimed at identifying who, when, and why the co-occurring trends are experienced among university students in particular. She will also articulate an integrative COMPASS Transition Assets model of strengths in emotion regulation capacity that protect against depressive experiences and foster emotional well-being during this period of the life course.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 52833 - Section Featured Speaker Address

[Presented in CPA 2020 Virtual Series]

Symposium

PRENATAL MATERNAL STRESS FROM NATURAL DISASTERS INFLUENCES CHILD STRESS REACTIVITY

Moderator: King, Suzanne

Abstract: The negative effects of prenatal maternal stress (PNMS) on child development have mostly been studied by evaluating maternal depression or anxiety, or by the number of life events, during pregnancy. We study women pregnant during natural disasters in order to tease apart the maternal objective exposure to the stressor, cognitive appraisal of it, and subjective distress.   In this symposium, we present results from two natural disaster studies to demonstrate how PNMS effects on child development might be mediated by the child's hormonal and autonomic stress reactivity.   The moderator, Suzanne King, will present an overview of the PNMS field, and the value of studying natural disasters.   Mia McLean will present data from children exposed to the 2011 Queensland floods. She tested the hypothesis that PNMS explains variance in child anxiety at age 4 as mediated by their diurnal or reactive cortisol at 16 months.   Erin Yong-Ping will present the effects of PNMS from the 1998 Quebec ice storm on cortisol reactivity during the Trier Social Stress Test (TSST) in 13-year-olds, and the possible mediating role of cortisol on their internalizing and externalizing problems.   Finally, Richard Kinkead will present results from the same Project Ice Storm subjects during the TSST, and demonstrate PNMS effects on the heart rate responses to the TSST of boys and girls.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53573 - Symposium

[Presented in CPA 2020 Virtual Series]

Toddler diurnal cortisol mediates the effects of prenatal maternal stress on child anxiety at age 4

Presenting Author: McLean, Mia

Abstract: Programming of the Hypothalamic Pituitary Adrenal (HPA) axis, following exposure to prenatal maternal stress (PNMS) is thought to increase a child's vulnerability to experiencing of anxiety symptoms. Empirical investigations of this pathway are scant, however. In the current study we investigated whether the association between aspects of disaster-related PNMS and child anxiety symptoms at 4-years was explained by toddler HPA-axis dysregulation as indexed by cortisol (a key stress hormone) profiles across the day. Women who were pregnant during the 2011 Queensland floods reported on the objective hardship (e.g., property damage) and subjective distress they experienced (post-traumatic-like symptoms), and their cognitive appraisal of the disaster. Child saliva to assay cortisol was collected at three time points across two days at 16

months, creating indexes of diurnal cortisol rhythm. At 4 years, mothers reported on their children's anxiety symptoms.The effect of subjective PNMS on anxiety symptoms at 4 years was mediated by a greater cortisol awakening response in toddlerhood. Greater toddler daily cortisol secretion was related to more anxiety symptoms, independent of PNMS. A heightened cortisol awakening response, may represent an early vulnerability marker of later preschool anxiety symptoms, following exposure to flood-related prenatal subjective distress.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54991 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Prenatal maternal stress predicts HPA reactivity and psychopathology in adolescents

Presenting Author: Yong Ping, Erin

Abstract: Prenatal maternal stress (PNMS) has been associated with elevated risk of psychopathology in offspring. Programming of the hypothalamic-pituitary-adrenal (HPA) axis has been posited as a biological mechanism underlying such consequences. The present study examined whether dysregulation of the offspring HPA axis mediated the relationship between PNMS and adolescent psychopathology.Women who were pregnant during the 1998 Quebec ice storm completed questionnaires about their objective hardship and subjective distress shortly after the disaster. A total of 45 children, exposed to the ice storm in utero, participated at 13 years of age. Adolescents completed the Trier Social Stress Test while providing salivary samples to measure cortisol levels. Adolescent behaviors were assessed with the Child Behavior Checklist.Results showed greater objective hardship to be associated with elevated cortisol reactivity at 13 years of age. Furthermore, greater subjective distress was associated with greater externalizing behaviors. While lower cortisol reactivity predicted greater externalizing behaviors, it did not mediate the association between PNMS and offspring externalizing or internalizing behaviors.Since HPA axis dysregulation did not mediate PNMS effects, alternative biological systems require further investigation.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54996 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Prenatal maternal stress influences the cardiovascular responses to stress in adolescents

Presenting Author: Kinkead, Richard

Abstract: Development and function of the neural networks regulating cardiovascular homeostasis are generally viewed as highly robust. Here we aimed to test the hypothesis that exposure to the Ice Storm in pregnancy alters the heart rate response to a psychosocial stressor in the offspring. Performing the test on boys and girls allowed us to evaluate sex-specific effects.   Heart rate measurements were performed by pulse oximetry in 13-year-old children whose mothers were pregnant during the 1998 Québec ice storm (61 children; 34 boys and 27 girls). The time of pregnancy at the peak of the ice storm and the mother's cognitive appraisal of the event (negative or non-negative) were assessed. Heart rate was measured at rest and during the Trier Social Stress Test (TSST).   During the stress test, the heart rate of boys born to mother with a negative appraisal of the ice storm was lower than in those born to a mother with a non-negative appraisal. An opposite effect was observed in girls.   The mother's negative appraisal of the ice storm is associated with disruption of autonomic regulation of heart rate and stress reactivity in the offspring. These effects are sex-specific and persist until teenage years.   These data highlight the importance of considering sex when evaluating or treating the consequences of a stressful event.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 55002 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Advances in our Understanding of Adverse Childhood Experiences vis-à-vis Development and Health

Moderator: McAuley, Tara

Abstract: Adverse childhood experiences (ACEs) are a significant public health concern given their deleterious influence on health in later life – a finding initially reported over 30 years ago and now extensively replicated across myriad indicators (e.g., health-risk behaviours, psychopathology, chronic illnesses, etc.). This symposium includes three papers that collectively advance our understanding of how ACEs become entrenched in underlying neurobiology and shape facets of human development. Paper 1 presents prevalence data of ACE exposure in southern Ontario, replicates well-established linkages between ACE exposure and negative health outcomes in adulthood, and demonstrates how resilience factors can attenuate some of these negative health trajectories. Paper 2 extends this work by focusing upon the intergenerational transmission of adversity exposure – showing, for example, that maternal ACEs have the potential to delay the acquisition of children's developmental milestones in the first four years of life. Paper 3 explores how the occurrence of ACEs may become embedded at an underlying neurobiological level, influencing the suite of self-regulating skills that are collectively referred to as executive functions. Taken together, these works advance our theoretical understanding of ACEs and have implications for public policy that is aimed at prevention and early intervention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53647 - Symposium

The Impact of ACEs on Health Outcomes in Wellington-Dufferin-Guelph

Presenting Author: Vanderlaan , Anna
Additional Authors: Favotto , Lindsay

Abstract: Adverse Childhood Experiences (ACEs) are the largest unaddressed public health concern in society, yet no population data sources directly measure ACEs in Ontario. To fill this gap, Wellington-Dufferin-Guelph (WDG) Public Health developed the online Childhood Experiences Survey to assess the burden of ACEs in the community and explore the role of resilience in the link between ACEs and health. Participants over age 18 years were asked about ACEs, resilience, health care usage, and health outcomes (N = 990). Thirty percent reported experiencing 4+ ACEs, with the most common being emotional abuse (55%), household mental illness (46%), and household substance abuse (40%). An ACEs score of 4+ increased the odds of outcomes such as mood disorder and recreational substance use in adulthood. These relationships were attenuated when controlling for resilience. Findings support the importance of early life experiences on long term health. Additionally, there is evidence of an intergenerational cycle of mental illness and substance use, as both are commonly experienced in childhood and high ACEs exposure is associated with the development of mental illness or substance use in adulthood. Resilience promoting programs and services have the potential to modify this trajectory.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54790 - Paper within a symposium

Maternal adversity, pre- and postnatal psychopathology, and children's developmental milestones

Presenting Author: Colucci, Laura
Additional Authors: Browne, Dillon

Abstract: This study examined associations amongst maternal ACEs, pre- and postnatal maternal psychopathology, and child development using data from the Conditions Affecting Neuro-Development and Learning Environments Study (N=1349). Mothers reported on ACEs and psychopathology during their third trimester of pregnancy as well as on psychopathology and developmental milestones when children were 12, 24, 36 and 48 months old. A cross-lagged panel analysis was a good fit to observed data and supported three of four hypotheses. First, higher levels of pre- and postnatal maternal psychopathology predicted developmental milestones that were significantly later. Second, there were four indirect effects linking maternal ACEs, maternal psychopathology, and developmental milestones. Third, maternal ACEs offered a cumulative prediction of

maternal psychopathology and developmental milestones across the first four years, even when controlling for previous levels of these variables. Lastly, there was no evidence of developmental milestones predicting subsequent levels of maternal psychopathology. These findings suggest that maternal ACEs impact child development through multiple mechanisms, which unfold in a dynamic fashion across the initial years of life. Implications for understanding the intergenerational transmission of adversity, intervention, and policy will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54797 - Paper within a symposium

Understanding the Influence of ACEs on Health Through the Lens of Self-Regulation

Presenting Author: Trossman, Rebecca
Additional Authors: McAuley, Tara

Abstract: It is well-established that ACE exposure has negative implications for a broad range of health outcomes, yet underlying mechanisms linking the experience of ACEs with poor health remain poorly understood. Our series of studies evaluate whether the suite of self-regulatory skills referred to as executive functions (EF) constitute a biologically-plausible mediating mechanism in this pathway. In Study 1 (undergraduates) and Study 2 (community sample), participants reported on ACE exposure, EF, health-risk behaviors, and psychopathology. Executive dysfunction mediated the relationship between childhood ACEs and current mental health concerns across both samples, as well as the relationship between childhood ACEs and health-risk behaviours amongst members of the community. Study 3 (undergraduates) extended this work by disentangling between core executive skills and real-world executive skill application. The association between ACEs and poor health outcomes was driven by the latter – that is, challenges related to the application of EF in daily life. Results support the view that ACE exposure may disrupt the development of neural pathways that support EF, increasing the risk of poor health outcomes in later life.These findings are an important next step in furthering our theoretical understanding of this important public health issue.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54799 - Paper within a symposium

THEME: HUMAN RIGHTS AND SOCIAL JUSTICE / THÈME : DROITS DE L'HOMME ET JUSTICE SOCIALE

Exploring the ways in which psychology - from the lenses of practice, science, and education - can, does or should promote equity, diversity, and inclusivity

Explorer les façons dont la psychologie – selon le point de vue de la pratique, de la recherche et de l'enseignement – favorise l'équité, la diversité et l'inclusivité, et comment elle peut et devrait le faire

12-Minute Talk

Effects of identity disclosure on school experiences and outcomes among sexual and gender minority students

Presenting Author: Chan, Randolph Chun Ho
Additional Authors: Suen, Yiu-tung

Abstract: Aims: The present study (1) examined identity disclosure and school victimization among lesbian, gay, bisexual, transgender, and intersex (LGBTI) students in China and (2) investigated their effects on academic performance and educational outcomes. Methods: The study consists of two samples of LGBTI individuals, which was collected as part of a larger study on the lived experiences of LGBTI individuals in China. The first sample involves 9,260 LGBTI students who enrolled in middle school or above in China. The second sample involves 9,712 LGBTI individuals who completed or were not in education. They were asked to fill in a survey on school experiences and outcomes. Results: 40.2% of LGBTI students have received negative treatment in education settings. Students who disclosed their identity were more likely to experience negative treatment. Nevertheless, findings from a sample of LGBTI individuals who completed or were not in education showed that those who disclosed their identity in school were less likely to experience school dropout and have higher levels of educational attainment. Conclusions: This study was one of the first studies documenting the school experiences of LGBTI students in China. The results demonstrated the impact of identity disclosure and school victimization on educational attainment among LGBTI students. Action: In order to foster a supportive campus climate and a safe school environment for LGBTI students, it is important to enact sexual and gender diversity education, inclusive school policies, and teacher training program at different levels of schooling.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 53319 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Preliminary Report of the APA Task Force on Human Rights: Implications for Psychology in Canada

Presenting Author: Huminuik, Kirby
Additional Authors: Twose, Gabriel

Abstract: Background: The American Psychological Association Task Force of Human Rights has described in its preliminary report five connections between human rights and psychology and have used these connections to articulate a definition of human rights for psychology and to make recommendations for psychologists and their organizations. Methods: The authors, contributors to the APA Task Force, draw from foundational human rights documents and the task force report to describe a human rights framework for psychology. Results: The Five Connections Framework is based on principles developed through a century-long international concensus building process and offers a foundation for policy and program development. Conclusions: Psychologists and their professional associations can play an important role in the promotion and protection of human rights. They can uphold the right to science, produce knowledge with an explicit human rights focus, develop rights-

informed clinical applications, and use their knowledge in advocacy efforts to hold states accountable to their international obligations. The Five Connections Framework grounds such efforts in foundational principles. Impact: The presentation will focus on implications for counselling psychology research, education and practice in the Canadian context.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53877 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Re-thinking Risk Assessment: A Culturally Sensitive Perspective

Presenting Author: Ward, Katelyn V

Abstract: The identification of risk factors and the assessment of risk for suicide is considered to be the cornerstone for effective suicide prevention research. However, the notion of risk itself has not been critically interrogated, in particular at the intersections of minority identity status. Increasing research on suicide focuses on labeling new culturally relevant risk factors, yielding information that does not do much to further our understanding of intervention. This focus has led to risk assessments that follow a similar trajectory, regardless of cultural identity. Given the highly culturally relative and contextual nature of suicide, there is a need for qualitative research which enhances our understanding of suicidal risk. Further, there is a need to consider what social, cultural and systemic dimensions are implicated in risk assessment. Our current understanding of suicide has yet to lead to risk assessments that uphold the diversity of the individuals that are meant to be its beneficiaries. This 12-minute talk is a scoping review examining how risk assessment can be re-constructed through a post-modernist lens. We aim to: advance how we can approach risk assessment in ways that are beneficial to those receiving the intervention, consider the strengths and limitations of present risk assessment, and theorize alternative methods to practicing traditional risk assessment.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54377 - 12-Minute Talk

The Prevalence Of The Diagnosis Of ADHD In Black Communities: A Meta-Analysis

Presenting Author: Vandette, Marie-Pier
Additional Authors: Blais-Rochette, Camille; Ndengeyingoma, Assumpta; Noorishad, Pari-Gole; Cénat, Jude-Mary

Abstract: The prevalence rate of Attention Deficit and Hyperactivity Disorder (ADHD) for youths in the general population is estimated to be between 5-9% (Polanczyk, G., et al., 2007). Most of the research on ADHD have mainly focused on the white youths making the prevalence rate for black youths not well established. This meta-analysis examines: (1) whether ADHD diagnosis estimates are comparable among black youths in minority context and (2) whether perceived racial discrimination is related to the prevalence rate of ADHD. Seven databases were consulted (i.e., PsycINFO, MEDLINE, Cochrane CENTRAL, Embase, CINAHL, ERIC, and Education Source). After eliminating duplicates, 3833 articles were secondly screened, 99 full-text articles were thirdly assessed for their eligibility, and 35 articles were finally included. Articles' quality was assessed using the Joanna Briggs Institute Critical Appraisal Checklist for Studies Reporting Prevalence Data (2017) and random effects on the proportions of black youths diagnosed with ADHD were analyzed using the "metaphor" package in R. This presentation will then focus on the results of this meta-analysis including the evaluation of three moderators (i.e., age, gender, perceived discrimination), and recommendations for the development of culturally appropriate prevention and intervention tools for youths with ADHD in Black communities.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54961 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The experiences of emergency healthcare services of Indigenous Elders

Presenting Author: Hartney, Elizabeth

Abstract: Indigenous Elders have reported re-traumatizing experiences of emergency healthcare in Canada. Building on engagement workshops involving Elders, researchers, and health system partners, this study used talking circles and one-on-one, unstructured interviews with Elders, conducted by privilidged access Indigenous researchers, to develop recommendations for trauma-informed care in hospital emergency departments. The recommendations both built on existing cultural supports within the health system, and suggested new approaches to cultural safety, incorporating Indigenous world views.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 55123 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Conversation Session / Discussion Forum

Equity, diversity, and inclusion for psychology students: Discussing potential student-led solutions

Presenting Author: Richard, Alexandra
Additional Authors: Palermo, Alisia; LaFleur, Baénie

Abstract: There is an ever-growing body of research demonstrating the adverse consequences of oppression, inequality and stigma on students' well-being and academic achievement. The increasing number of psychology students in Canada with diverse backgrounds, identities, and experiences has created a responsibility for psychology programs and regulatory bodies to ensure that equity and inclusion are woven into the fabric of academic and institutional culture, as this is an important step toward truth and reconciliation of psychologists' oppressive work throughout history. However, it remains unclear how students can become involved in this initiative. In this discussion forum, we will begin by considering the definitions of equity, diversity, and inclusion, why these issues are important to consider, and will present existing strategies that aim to address these issues. Next, we will facilitate a discussion about potential student-led initiatives that can help to foster an academic and institutional community that is equitable, diverse, and inclusive of all members. We will also explore the feasibility and/or potential barriers to the implementation of such initiatives. To facilitate discussion and connection, participants will be provided with specific questions and discussion prompts and will be invited to share their opinions, personal experiences, and/or insights with the audience.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 52678 - Conversation Session / Discussion Forum

Cultural and Ethical Considerations for Psychoeducational Assessments within Indigenous Communities

Presenting Author: Jones, Kailyn M
Additional Authors: Matchullis, Ryan L

Abstract: In working with Indigenous populations, CPA's Response to Canada's TRC report highlights risks for psychological assessments to be culturally biased, viewed skeptically or rejected, and to prioritize Western theories regarding health, pathology, and treatment. It is critical for psychologists to address these issues within their practice. This Discussion Forum will review the experience of psychologists working within Indigenous communities in Canada while attempting to adapt service delivery in a responsive and respectful manner. Issues to be focused on include challenges obtaining informed consent, lack of representation of Indigenous People in normative samples, potentially inappropriate rating scales, varying understandings of psychological constructs, considerations in cross-battery assessment, and more. Student patterns of

strength and weakness will be explored, weighing theory and diverging views on etiology and concepts of wellness. Experiences of navigating conceptualization, report writing, and provision of diagnoses and recommendations while considering cultural aspects of historical oppression will be discussed. Participants will engage through answering guiding questions, sharing relevant experiences, and reviewing case studies to expand their perspectives and obtain practical recommendations in conducting responsive psychological assessments.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 52965 - Conversation Session / Discussion Forum

Building Capacity: Universal Design for Successful Inclusion of Persons with Disabilities

Presenting Author: Gadsden, Amy Domenique

Abstract: The number of individuals with disabilities continues to grow in Canada (Statistics Canada, 2012). Furthermore, those with learning disabilities (LD) are the largest group with non-visible disabilities in Canadian classrooms (PACFOLD, 2006). Thus, educational stakeholders must be provided the support and resources necessary to assist these individuals. One way to address this need is through universal design for learning (UDL) that provides a framework to support the diverse needs of individuals. Therefore, the purpose of this session is to explore key concepts related to UDL which will help to build the capacity of educational stakeholders to respond to the learning needs of all individuals. The session will first introduce the UDL framework and review the central tenants and relevant strategy implementation. Following this, implications for enacting this inclusive policy will be explored. Participants will be encouraged to discuss their personal experience in classroom, leadership or work environments with individuals with disabilities. Using their experience, participants will be invited to discuss challenges related to inclusion. They will then be asked to revisit the UDL framework and investigate ways they can improve outcomes and achievement. This session will help leaders in any field to support each other and facilitate the success of individuals with disabilities.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53991 - Conversation Session / Discussion Forum

Considering diverse masculinities: Psychologists' role in work with men and boys

Presenting Author: Herzog, Andrea
Additional Authors: Yeganeh Farid , Sepidar

Abstract: Our conversation session will be based on the recently published APA Guidelines for Psychological Practice with Boys and Men (2018). As a part of this conversation, we want to discuss the need for an equivalent Canadian Psychological Association (CPA) document based on a Canadian context. A CPA document such as this would address the significant cultural differences between the United States and Canada; although American statistics are often generalized to Canadian populations, the differences in our indigenous groups and immigration policies substantiate a need for a unique Canadian document. This conversation will also invite attendees to consider intersecting identities that influence various displays of masculinity across diverse cultural communities and populations of men. The APA guidelines suggest considerations for clinical practice; however, it is also important to address alternative therapies at a community level when working with men and boys. This is an important consideration, given that a province-wide survey has shown that men access traditional psychological services at lower rates, despite prominent mental health concerns (Alberta Men's Network, 2016). We aim to encourage psychologists and students to assess their role in considering diverse masculinities, intersectionality, and service accessibility when working with men and boys.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54687 - Conversation Session / Discussion Forum

Organizational Cultures of Inclusion and Equity

Presenting Author: Adair, Wendi
Additional Authors: Kwantes, Catherine

Abstract: What is missing from our discussions of Organizational Inclusion and Equity? How can diversity training move beyond managing differences of individual employees to an organizational culture where differences are valued, all feel free to contribute, and unique perspectives are utilized? In this Conversation Session, we share our recent thoughts on the role of trust and trustworthiness in Organizational Inclusion and Equity. Specifically, we consider 1) organizational cultures of trust that embody psychological and cultural safety and 2) dyadic trust engendered through workplace communication and relationships. After a brief introduction (10 min), conversation participants will be divided into 2 groups to brainstorm (10 min) individual, group, and situational factors that would support equitable inclusion and create conditions for minority group member employees to learn, thrive, and succeed. We will reconvene for a spokesperson to share some of each group's discussion (5 min). We especially invite participation from minority group members of CPA, including but not limited to people who identify as Indigenous, immigrant, and LGBTQ.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54896 - Conversation Session / Discussion Forum

Gimme-5

Fathers Grieve Too: A Scoping Review of Paternal Grief Following Miscarriage or Stillbirth

Presenting Author: Sohal, Pooja
Additional Authors: Tomfohr-Madsen, Lianne

Abstract: Increasing research on paternal reactions to stillbirth or miscarriage suggests that fathers likely experience similar reactions compared to mothers. The current study summarized the literature on grief and bereavement reactions in fathers who have experienced miscarriage or stillbirth. The specific aims of this review were to (1) provide a meta-estimate of paternal grief, (2) characterize grief in relation to timing of loss, (3) examine the interaction with maternal grief responses and (4) summarize clinical implications and provide recommendations for future research. Databases were systematically searched to identify empirical articles on paternal grief responses to stillbirth or miscarriage. Five studies met inclusion criteria and were included in the review. Studies indicated paternal grief is relatively high and increases in intensity in relation to gestational age. Four studies conducted indicated that maternal grief is significantly higher than paternal grief at multiple time points. Results indicated that fathers are susceptible to similar grief responses compared to mothers in specific subscales of grief measures. Fathers should be strongly considered when screening maternal reactions to stillbirth or miscarriage and/or addressed by health care professionals. Bereavement interventions and health care strategies that focus on paternal grief reactions may be beneficial.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53414 - Gimme-5

Individuals with Intellectual Disabilities Conceptualizations of Positive Mental Health

Presenting Author: Bailey, Darcie-Anne
Additional Authors: Ford, Laurie

Abstract: Individuals with intellectual disabilities (ID) are at a greater risk of developing mental health difficulties than typically developing individuals (Munir, 2016). Mental health difficulties have been treated in recent years by providing education about mental health. While individuals with ID experience higher than average levels of mental health difficulties,

there is limited research about how individuals with ID view mental health. This presentation will share findings from a recent study, where the researcher sought to gain a better understanding of how young adults with ID conceptualize positive mental health using a phenomenographic methodology. Eight participant interviews were analyzed in accordance with the phenomenographic method. The resulting categories of description that emerged from the data included defining positive mental health as related to physical health, and uncertainly of what positive mental health was. This study highlights the need for further research about how to best support individuals with ID in their psychoeducation around mental health. It also illuminates the difficulty that this population may have understanding mental health. This presentation will include conversations about providing support and psychoeducation about mental health issues and discuss potential obstacles.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53442 - Gimme-5

Transgender Women and the Male Gaze: The Relationship between Gender, Culture, and the Body

Presenting Author: Lefebvre, Danielle C
Additional Authors: Russell-Mayhew, Shelly; Lambert, Angela M.; Saunders, Jessica

Abstract: Transgender women may feel pressured to achieve certain standards that are largely created and reinforced by a society that prioritizes male perspectives. This is referred to as the "male gaze," and the experience of it has not yet been examined with transgender women. The current study aimed to answer: how does the male gaze influence the experiences of transgender women with their body? Interpretative phenomenological analysis (IPA), a qualitative method that seeks to understand the unique insights people can offer about an experience, was used with eleven transgender women. The interviews were transcribed, coded, and analyzed for themes.Six themes emerged from the data: (a) male gaze and gender expectations as mutually influential, (b) male gaze as a means of maintaining power, (c) male gaze as potentially harmful and dehumanizing, (d) internalization of the male gaze, (e) male gaze as affirming, and (f) absence or rejection of the male gaze.Understanding the experiences of transgender women and the male gaze allows for more targeted interventions and advocacy. On a larger scale, this study aimed to challenge cultural expectations and stereotypes, while emphasizing self-expression, authenticity, and acceptance.Understanding the experience of transgender women with the male gaze will provide insight and direction for practice and advocacy in counselling psychology.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 54172 - Gimme-5

[Presented in CPA 2020 Virtual Series]

School Psychologists' Role in Students with Mental Health Disabilities' Transition to Post-Secondary

Presenting Author: Sagar, Nathalie
Additional Authors: Ruddy, Alexandra; Bailey, Darcie Anne

Abstract: Presently more students with mental health disabilities (SMHD) attend postsecondary (PS) schools than ever before. Once there, SMHD often demonstrate a variety of negative outcomes such as lower graduation rates and higher rates of social isolation. As school psychologists, we often work with secondary school students, but rarely follow and support these students through their transition to PS. As only 10% of PS SMHD access on campus disability services, school psychologists may be the last school-based mental health professional with whom these students have contact. A literature review was conducted to identify protective factors to assist SMHD in their transition. Self-determination, self-advocacy, and self-stigma were identified as important factors. Further research was then conducted to identify school-based strategies aligning with these factors. This research was used to inform a series of recommendations that were specifically created to support this vulnerable population. Research has indicated that 44% of Canadian PS students reported feeling so depressed that it was difficult for them to function and 13% having seriously considered suicide. Thus, supporting Canadian PS SMHD through this transition is crucial. This presentation aims to address this gap in services by providing tangible ways school psychologists can support SMHD in transition to PS.

Listening to Children's Voices: Implications for Emotion Research with Students

Presenting Author: Arquillano, Esther

Abstract: Recognizing and understanding one's own and other's emotions plays an integral role in student's academic, social, and emotional outcomes (Izard et al., 2011). To support young student's development of emotion knowledge and emotional awareness, understanding their lived experiences and perceptions of emotions is needed. Most of what is known about children's emotion knowledge is framed through adult perspectives of what constitutes an emotion and what adults conceive are incorrect and correct labels for emotion experiences. Emotions are complex and understanding children's emotions requires more than assuming that their ideas of emotions align with that of adults. This presentation will highlight a study conducted with two children on their experiences and construction of three emotions and my argument to support the voices of children in research, moving towards an approach of research with children instead of research on or about children (Crump & Phipps, 2013). A case study design and four task-based interviews was used with a guiding approach of listening to children's voices. Thematic analysis revealed variation between the children's experiences of an emotion, showing complexities in their understanding of what constitutes an emotion. Accepting child-conceived constructs of emotions can lead to more collaborative practices where the child's voice is heard and listened to.

Parenting in Chinese Immigrant Families: A Qualitative Study

Presenting Author: ZHOU, YUAN

Abstract: While the mainstream culture often perceives "Chinese way of parenting" as highly restrictive, authoritarian and achievement oriented, a growing body of academic literature focuses on establishing the link between parenting and poor child psychological outcome in Chinese immigrant families. Such studies often assume there are fixed characteristics attached to parenting of certain ethno-cultural groups, overlooking influence of immigration and acculturation experiences on parenting beliefs and practice. Moreover, existing public and scholarly discourse on parenting in Chinese immigrant families does not reflect the tremendous diversity within the Chinese immigrant communities. As a result, stereotypes of Chinese immigrant parents and parenting are further reinforced. Through one-on-one in-depth interviews and focus groups with first-generation Chinese immigrant parents, this qualitative study intends to give voice to Chinese immigrant parents in Western countries, who face dual challenges of acculturation and parenting. Participants' accounts of their lived experiences will shed light on the complex factors that influence parent-child dynamic, parenting beliefs, behaviour, efficacy, and satisfaction over time. The goal is to contribute to developing culture-informed counselling practice to better support psychological well-being of Chinese immigrant families.

Printed Poster

What can we learn from models of disability? A systematic literature review on Turner Syndrome

Presenting Author: Schramer, Kristin M.
Additional Authors: Lafreniere, Kathryn D.

Abstract: Background/rationale: Turner Syndrome (TS) occurs when there is a loss of the second sex chromosome in females. It is characterized by short stature, amenorrhea, and infertility (Deal, 2008). This study systematically reviewed the literature

on the social and psychological impact of TS using the social model of disability as an overarching framework (Shakespeare, 2014).Methodology: Academic databases for psychology, medicine, nursing, and social work were searched from April to October 2018. Ninety-seven articles were retained upon the conclusion of this review.Results: A majority of the articles reviewed were published in medical journals (n = 60), did not refer to TS as a disability (n = 96) and did not explicitly use a disability framework (n = 97). A majority of the majority of authors (n = 87) used deficit-based approaches (e.g., comparison groups) and language in their research. No articles discussed topics discussed the civil rights of persons with TS (n = 97). Conclusions: The TS literature emphasizes an individual or medical approach while avoiding the discussion of social factors that influence the psychosocial functioning of TS persons.Action/Impact: A greater emphasis on the social model of disability is needed. This could start with the recognition of TS as a disability and more research being done by and for TS persons.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 52782 - Printed Poster

Practical Recommendations for Ethical Psychoeducational Assessment within Indigenous Communities

Presenting Author: Matchullis, Ryan L
Additional Authors: Jones, Kailyn M

Abstract: CPA's Response to the Truth and Reconciliation Commission (TRC) of Canada's report encouraged change to psychological service delivery, including more ethical and accountable practices in psychological assessment. Scant literature or practice guidelines provide action-oriented ways in which psychoeducational assessment may be altered to reduce cultural bias, improve likelihood of acceptance, and incorporate Indigenous worldviews. Methods included a review of CPA's response to the TRC report and relevant empirical literature, consultation with colleagues, teachings from Indigenous community members, and changes to personal practice. Numerous concrete modifications are suggested in the areas of: selecting and interpreting questionnaires, appreciating different understandings of psychological constructs (e.g., adaptive functioning), applying knowledge of cross-battery assessment, considering changes to assessment of intelligence, altering report writing styles, adopting land and value statements, seeking informed consent, and more. Authors will speak to their professional experience in understanding unique profiles of student strengths and weaknesses and tensions in conceptualizing various diagnoses. On their path towards accountable practice, psychologists working within First Nations communities should modify how they conduct psychoeducational assessments.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52964 - Printed Poster

Students With Learning Disabilities in Higher Education: A Call to Action

Presenting Author: Gadsden, Amy Domenique

Abstract: Students with learning disabilities (SLD) are increasingly present in post-secondary environments in Canada (Statistics Canada, 2012). Current research has examined fragmented components of their lived experiences such as factors that facilitate success or failure at school and personal attributes. The existing studies remain reductive in their scope, failing to address or holistically capture the multi-faceted dimensions of the disability experience. The proposed poster will provide a review of the existing research in this area within the last 30 years. The articles were evaluated based on the frequency of their topics, and the breath and depth at which those topics were examined. Overall, three metathemes emerged: a) external dimensions; b) internal dimensions; c) enacted forms.This survey has reviewed and revealed both the important contributions of studies to date and the opportunity for new kinds of methods and questions in accessing the complex experiences of SLD in school.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53094 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Measuring Stereotype Threat Susceptibility

Presenting Author: McPhee, Taegen
Additional Authors: Gilbert, Stephanie

Abstract: Women hold only 10% of seats on Canadian boards of directors (Gladman & Lamb, 2013). One key barrier in the way of women's leader emergence may be stereotype threat (the risk of being judged by negative gender stereotypes; Davies, Spencer, & Steele, 2005); yet, there is no scale available to measure stereotype threat susceptibility for the leadership domain. Therefore, the purpose of this study was to assess stereotype threat susceptibility in the leadership domain to examine concurrent validity for predicting leadership aspirations. This new tool could help identify those at high risk of stereotype threat and predictors of susceptibility which could inhibit individuals' leadership aspirations. (Picho & Brown, 2011) scale was modified from the math domain to assess stereotype threat for the leadership domain and relationships with leadership aspirations were assessed. To pilot this measure, 89 men, 259 women, and 2 Gender Queer (N= 305) completed an online survey. A total of 73% were White, 16% Black and, 11% other. The factor structure from the principal components analysis (oblique rotation) supported a 7-factor solution and all subscales had high reliability ($\alpha > .85$). Descriptive results, subscale inter-correlations , and relationships between stereotype threat susceptibility and leadership aspirations will be presented. Implications will be discussed.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53116 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Children's reactions to inequality: Associations with empathy and parental teaching

Presenting Author: Gevaux, Nicole S
Additional Authors: Nilsen, Elizabeth S; Gault, Siann F

Abstract: While children generally prefer equal distributions of resources and engage in behaviours to rectify inequality, less is known about individual and contextual variability in their responses. The present work examined associations between individual differences in empathy and parental teaching of belief in a just world (BJW), and children's perceptions of, and reactions to, unequal distributions. Children aged 5-8 (N = 96) watched videos of two puppets receiving unequal desirable resources, with the same puppet always receiving less. The distributions were made by either one distributor (repeatedly) or multiple distributors. While watching the videos, children took the perspective of either the advantaged or disadvantaged puppet. Age related to perceptions of (un)fairness, in that older children consistently rated the distributions as less fair. Regression analyses revealed that both individual and contextual characteristics were associated with children's behavioural reactions to observing inequality. Higher cognitive empathy was associated with greater subsequent allocation of stickers to the disadvantaged puppet, when the inequality was facilitated by multiple distributors. Children with lower taught BJW allocated more stickers to the disadvantaged puppet after taking their perspective, compared to those with higher taught BJW. In terms of which puppet children chose as their favourite, higher affective empathy predicted preference for the disadvantaged puppet, regardless of perspective taken. The findings provide insight on how context, age, empathy and taught BJW can influence children's behaviour in the face of inequality. This research has implications for individual and contextual factors to consider when developing interventions to promote moral behaviours in young children.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53209 - Printed Poster

Burnout and Mental Well-Being in Higher Education: Investigating the Impact of Multicultural Efficacy

Presenting Author: Chahar Mahali, Saghar
Additional Authors: Sevigny, Phillip

Abstract: Canadian universities are experiencing a dramatic increase in the enrollment of students from diverse backgrounds. Many post-secondary instructors are ill-prepared to teach in multicultural settings. This may lead instructors to experience burnout, which can have a negative impact on their personal and professional well-being. However, self-efficacy beliefs (i.e., judgements of personal capabilities in executing a specific task successfully) may buffer against job burnout and promote mental well-being. Multicultural efficacy is a specific form of self-efficacy beliefs and is defined as having confidence to teach in multicultural contexts effectively. To the authors' knowledge, this was the first study to examine the association of multicultural efficacy with university instructors' colour-blind racial attitudes, burnout, and mental well-being. One hundred and fifty-eight faculty and sessional instructors at the Universities of Regina, Saskatchewan, Alberta, and British Colombia participated in this study. Questionnaires were administered online via Qualtrics. Participants were asked to complete measures of multicultural efficacy, colour-blind racial attitudes, mental well-being, and teacher burnout. The results of a correlational analysis revealed that university instructors who perceived themselves as more multiculturally efficacious had higher mental well-being, reported lower levels of burnout, and endorsed lower levels of colour-blind racial attitudes. These findings can inform the development of training opportunities and diversity-related workshops to enhance instructors' awareness of diversity and multicultural efficacy to help them better cope with the stressful nature of multicultural classrooms. This may increase instructors' occupational commitment and prevent them from experiencing low job satisfaction.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53270 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Critical action moderates the effect of minority stress on mental health in LGBT individuals

Presenting Author: Chan, Randolph Chun Ho

Abstract: Background: Critical action is the action undertaken by an individual or a group to react against oppressive experiences and structures. While critical action is influential in driving policy change and rectifying intergroup inequities, less is known about the psychological benefits of critical action on the lesbian, gay, bisexual, and transgender (LGBT) individuals participating in critical action.Methods: The present study (1) examined the underlying dimensions of critical action in a sample of 1050 LGBT individuals and (2) investigated its moderating effect on the relationship between minority stress and mental health. The participants completed a questionnaire on critical action, perceived discrimination, and depressive symptoms.Results: The results of factor analysis identified two dimensions of critical action, i.e., individual action and collective action. Moderation analysis showed that both individual and collective action can buffer the effect of perceived discrimination on depressive symptoms. For individuals with more active participation in critical action, the negative effect of perceived discrimination on depressive symptoms was smaller.Conclusions: The study revealed the protective effect of critical action in LGBT individuals. Although collective action is more powerful in triggering structural changes, not individuals of all societies have access to collective action due to the absence of opportunity structures. Individual action, that is able to be initiated and undertaken individually, can be directed to transform heterosexist biases in interpersonal context.Action: For LGBT individuals in less democratic societies, individual action is a more manageable way to reclaim personal empowerment and protect mental health in the face of stigmatization.

Section: Community Psychology / Psychologie communautaire
Session ID: 53318 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Motherhood Penalty: Not so Black and White

Presenting Author: Kumar, Shruti
Additional Authors: Weststar, Johanna

Abstract: Working mothers experience discrimination in hiring, promotion, salary, and training opportunities. This "motherhood penalty" occurs, in part, due to stereotyped family role expectations: working mothers are often perceived as primary caregivers in their families and are assumed to have additional domestic responsibilities compared to fathers or non-

parents. Notably, when women are framed as breadwinners rather than caregivers, they do not experience a motherhood penalty. However, this line of research largely focuses on the experiences of White women. We propose that women's family roles are perceived differently based on race, leading to racial differences in the motherhood penalty. In the present study, Amazon Mechanical Turk participants will evaluate a female candidate for a product manager position. The study will involve a 2 (target race: Black, White) × 2 (parenting status: parent, non-parent) randomly assigned, between-subjects design. Participants will review the candidate's file and then provide hiring and breadwinner ratings. Using a moderated mediation model, we expect that Black mothers will more frequently be perceived as breadwinners than caregivers, and that this will mitigate the motherhood penalty they face compared to White women. The present study uses an intersectional lens to examine how race and breadwinner perceptions impact the motherhood penalty.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53329 - Printed Poster

Teaching Diverse Students: Exploring Factors Contributing to Culturally Responsive Teaching Self-Efficacy

Presenting Author: Chahar Mahali, Saghar
Additional Authors: Sevigny, Phillip

Abstract: The rapid increase in immigration in different parts of Canada calls for the implementation of effective teaching practices that accommodate cultural diversity. Many teachers enter classrooms with limited cross-cultural awareness and low levels of confidence in teaching cultural diversity. Teachers' lack of confidence may enhance their burnout levels and negatively affect diverse students. Therefore, it is important that teachers possess culturally responsive teaching self-efficacy (CRTSE), which refers to judgements that teachers hold about their capabilities in executing practices associated with culturally responsive teaching. Limited studies have examined the link between burnout and teachers' CRTSE. Furthermore, it is not clear how factors, such as ethnicity, political orientation, extraversion, and cross-cultural experiences, impact teachers' CRTSE. The purpose of this study was to explore the CRTSE of pre-service teachers at different academic years, the contributing factors to CRTSE, and the association between burnout and CRTSE. A convenience sample of undergraduate pre-service teachers were asked to complete measures of political orientation, cross-cultural experiences, extraversion, teacher burnout, and CRTSE. The results revealed no significant differences in CRTSE of senior and junior pre-service teachers. The results further indicated that higher levels of pre-service teachers' CRTSE were associated with lower levels of burnout and more frequent cross-cultural experiences in their childhood and adolescence. By better understanding CRTSE and its determining factors, appropriate training practices and curricula for pre-service teachers can be offered to create positive school climates for diverse students and teachers.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53340 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Gay Men's Eating Practices: Resisting a Bodily Ideal

Presenting Author: Malyk, John M
Additional Authors: Radtke, Lorraine

Abstract: The limited research on men's eating problematizes the eating and body image concerns of gay men as putting them at greater risk for eating disorders compared to straight men. This claim is based primarily on studies adopting survey methodology, which fail to take into account how gay men's social experiences may impact their interpretation of survey questions and response options, ignores differences among gay men by reducing them to their sexual identities, and assumes that a drive for thinness is the problem. Qualitative research on relevant topics, i.e., gay men's body image and men's perspectives on food and health has shown that men's understandings of their eating practices and body image are more complex. This study added to the critical literature and focused specifically on gay men in emerging adulthood and how they understand eating and food. Discourse analysis of the semi-structured interviews of nine men, who self-identified as gay and were between the ages of 18 and 29 years, indicated that the men constructed their eating as regulated in a number of ways, prioritizing different meanings across different contexts. Eating practices were associated with physical appearance and

health, but also with pleasure, practical matters, concerns related to sexual intimacy, and political issues of the day. Further, gay culture and identity were implicated in complex ways.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 53398 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perceived social support by students with autism spectrum disorder and typical development

Presenting Author: Kaedbey, Mira
Additional Authors: Dahary, Hadas

Abstract: Social support from peers and teachers provide an index of social inclusion at school. We compare self-reported perceptions of social support by students with ASD versus TD students and investigate gender differences in perceptions of social support. Twenty-five students with ASD (n=12) and TD students (n=13) aged 8-12 years completed the Social Support Appraisal Scale with an examiner. An independent-samples t-test revealed that students with ASD reported having less social support from their peers compared to TD students (p.05). TD boys tended to report more peer support than TD girls, but there was no gender difference in self-reported teacher support (p>.05). The results of this study suggest that students with ASD self-report having less social support than their TD peers, but the groups do not differ in terms of teacher-support. We found that pre-adolescent TD boys tend to report higher peer support than girls. Although students with ASD are more likely to be excluded from social activities at school compared to TD students, our results show that teacher support can benefit both populations. Findings support the need for interventions to ameliorate social support of students with ASD and TD girls, and to recognize the different social support needs of distinct populations.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53519 - Printed Poster

The Measurement and Structure of Microaggressive Communications by White People

Presenting Author: Sharif, Noor
Additional Authors: Gran-Ruaz, Sophia M; Williams, Monnica

Abstract: Past research has emphasized the frequency of and distress produced by microaggressions as reported by people of colour. Two studies were conducted to supplement existing literature by developing a self-report measure of White individuals' microaggressive likelihood, the Cultural Cognitions and Actions Scale (CCAS), and an objective measure of microaggressions observed in a lab-based paradigm. Study 1 developed the CCAS through exploratory and confirmatory factor analyses of responses to CCAS items from a sample of 978 white undergraduate students. Study 2 involved 31 of Study 1 participants in a discussion with a confederate to observe and analyze microaggressive behaviour. Study 1 produced a final scale comprising 4 factors (Negative Attitudes, Colorblindness, Objectifying, Avoidance) each with 5 items assessing microaggressive likelihood across 7 contexts. CCAS total and factor scores were significantly related to several other indicators of racial bias. Study 2 showed the total CCAS score and 3 of 4 subscale scores predicted microaggressive behaviour in the laboratory. Analyses suggest the CCAS is a reliable and valid measure related to observed behaviour in the laboratory and other measures of racism. The implications of the results on a growing literature which shows that microaggressions are more than innocuous, harmless behaviours, unrelated to racism will be discussed.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53533 - Printed Poster

An Investigation of the Translated Negative Physical Self Scale in a North American Male Sample

Presenting Author: Nichol, Mackenzie
Additional Authors: Misener, Kaylee; Libben, Maya

Abstract: Cross-cultural research on body dissatisfaction measures is integral to understanding body image concerns. The Negative Physical Self Scale (NPSS; Chen, Jackson & Huang, 2006) is a multidimensional measure of body image concerns that was originally developed using a female Chinese sample, and was recently translated for use in a North American sample (Ly, Misener, & Libben, 2019). The current study explored the application of the English NPSS in a sample of North American men. Convergent validity of the NPSS with the Male Body Attitudes Scale (MBAS; Tylka, Bergeron, & Schwartz, 2005) was examined. A sample of North American men, ages 18-25, completed an online survey consisting of a demographics questionnaire, the English NPSS, and the MBAS. A bivariate correlation confirmed strong convergent validity between the NPSS total scores and MBAS total scores ($r = .67$, $p < .01$). The NPSS displayed exceptional internal consistency with Cronbach's alpha values of 0.84, 0.91, 0.88, 0.91, and 0.92 for the Body Concern, Facial Appearance, Fatness, Thinness, and Shortness subscales, respectively. Exploratory factor analysis findings will be discussed. Preliminary results suggest that the English NPSS is a valid measure of body concern constructs in a North American male sample. Findings from the present study will inform future cross-cultural investigations of body image among men.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53730 - Printed Poster

The Good Student or the Good Patient? The Barriers Encountered by Undergraduate Medical Students with Disabilities at the Northern Ontario School of Medicine

Presenting Author: Belanger, Rachel
Additional Authors: Levin , Elizabeth ; Shack, Jason; Beatty, Kathleen

Abstract: Background: In an age where we place great focus on inclusive education, more research is required on the inclusion of students with disabilities in medical education. A lack of knowledge about disabilities leads to the formation of negative attitudes and stigmatization, potential reasons for the underreporting of disabilities from medical students. The American Association of Medical College's (AAMC) Lived Experience report was released in March 2018 with hopes of broadening the diversity of medical students to include those with disabilities (Meeks & Jain, 2018). This research intends to replicate parts of AAMC's study with the research question "What are the barriers encountered by undergraduate medical students with disabilities at the Northern Ontario School of Medicine?". Methods: A qualitative descriptive study design will be used. The social-ecological model will be applied as the theoretical framework. Semi-structured interviews will be conducted, transcribed and then analyzed using thematic analysis. Discussion: This research aims to explore the climate and culture at NOSM and how this affects the treatment and education of students with disabilities, illustrating the barriers they face throughout medical school. Findings will help establish how to better include students with disabilities in medical education and may be transferable to other health professions.

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 53775 - Printed Poster

A Qualitative Exploration of Students' Views on Reconciliation, Trust, Cultural Identity and Respect

Presenting Author: Fontaine, Aleah
Additional Authors: Starzyk, Katherine B

Abstract: Emotional barriers such as intergroup distrust and damaged social identities must be addressed to advance reconciliation.13 Indigenous and White university students shared their views on reconciliation, trust, cultural identity, and respect in individual interviews; analysis was guided by constructivist grounded theory. For many, reconciliation involves understanding and responding to the past, changing relationships, is personally relevant in different ways, requires meaningful action, and means looking forward to the future. Trust is related to a sense of personal connection, perceiving support and action, and feeling secure and comfortable. Some learn to distrust, and some actively trust others. Many of Indigenous backgrounds spoke of cultural identity growth, with one expressing protectiveness. Many of White backgrounds thought of their identity less, and a couple spoke of privilege. Despite differences, students had much in common: cultural identity involves remembering history, connecting to others, and engaging with culture. We may promote cultural respect by connecting to others in a good way, through challenging yourself and your beliefs, through respectfully responding to different views, and through emersion in culture. Relational, personal, and learning processes were core underlying themes; understanding these constructs' meaning is key to advancing reconciliation.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 53813 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Can Unconscious Bias Training be Improved? Using Canadian Values to Reduce Feelings of System Threat

Presenting Author: Hotchkiss, Lauren R
Additional Authors: Gonzalez-Morales, M. Gloria

Abstract: Unconscious bias training has yet to demonstrate meaningful outcomes for closing the workplace gender gap (Pritlove, et al., 2019). This may be due to both men and women showing an implicit preference for the existing gender hierarchy. According to system justification theory, people maintain the status quo to provide certainty and stability, even if it is unfair for one or more groups. It is proposed that if achieving gender equality is framed as maintaining a system, rather than disrupting it, people may be more likely to promote it.In a between-subjects experimental study, participants in the experimental group were shown a training video about changing gender bias in the workplace followed by an article underlining diversity and inclusion as respected Canadian values. In the control group, they watched the same video with a neutral article. Outcome measures included negative affect, attitudes and knowledge of gender bias, and a gender bias situational judgement test.Preliminary analysis revealed that those in the experimental group were more likely to challenge gender bias and less likely to reinforce gender bias than those who completed the training without reading the Canadian values article. This study provides a greater understanding of the resistance to gender equality movements and supports the use of a training paradigm that can promote gender equality behaviours.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53852 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Smartphones Go to College

Presenting Author: Fichten, Catherine
Additional Authors: Jorgensen, Mary; Lussier, Alex; Havel, Alice; Harvison, Maegan

Abstract: Rationale. Virtually all college students have a smartphone and most bring it with them to class. Therefore, we explored appropriate uses both in class and for academic work out of class by four groups: students with and students without disabilities, professors, and professionals.Methods. Four focus groups: 7 students with disabilities, 6 nondisabled students, 9 professionals, 7 professors.Results: Descriptive results (frequencies) suggest that there are multiple academic uses for students' smartphones and that professors and professionals are not always aware of these. Moreover, students with disabilities use the same applications as nondisabled students, but they also use specialized apps to address their disabilities.Conclusion. There are numerous academic uses of smartphones.Impact. Love them or hate them, smartphones have a variety of useful features for learning.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53941 - Printed Poster

Diversity in Gender Representation? An Analysis of Gambling Conferences over the Past Decade.

Presenting Author: Ng Chu Kong, Kimberly
Additional Authors: Monson, Eva

Abstract: Extensive research has been done on diversity representation (e.g., gender, culture) in the Science, Technology, Engineering, and Mathematics disciplines, but has yet to be truly explored within the field of gambling studies. The objective of this study was to specifically examine gender representation within presenter roles at major gambling research conferences around the world. Data was collected via the internet from a number of international conferences in the gambling field over the past ten years (e.g. New Horizons in Responsible Gambling, International Conference on Gambling and Risk Taking). Using descriptive analysis, our results quantify the ratio of women:men across presentation roles including invited keynote speakers and plenary speakers. Further analysis was conducted to explore affiliation, country, and career stage within these types of presentations. Our results highlight a potential lack of critical voices from researchers of varied genders, cultures and backgrounds within the field of gambling studies.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53971 - Printed Poster

Inclusive Pedagogy in Post-Secondary Environments: Universal Design as a Conceptual Framework

Presenting Author: Gadsden, Amy Domenique

Abstract: Students with learning disabilities (SLD) are increasingly present in post-secondary environments (PSE) in Canada (Statistics Canada, 2012). Despite the growth of inclusive policy, SLD continue to experience disparate achievement and outcomes when compared to their non-disabled peers (e.g., Statistics Canada, 2008, 2011, 2012) and face a multitude of well documented barriers throughout their education. Based on analysis of narratives written by principal instructors with diagnosed learning disabilities at a Canadian university, recommendations for inclusive instruction and assessment were developed. The narratives capitalize on the experiences of the participants as both undergraduate students and instructors in a faculty of education. These recommendations are framed by the three main Universal Design for Learning (UDL) guidelines: 1) multiple means of engagement, 2) representation, and 3) of action and expression. By approaching teaching and assessment using this framework, instructors may mitigate the impact of disability on the post-secondary achievement and outcomes for SLD.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53994 - Printed Poster

[Presented in CPA 2020 Virtual Series]

He's White! No, He's Black! Perceptions of Biracials in Organizations

Presenting Author: Atay, Elaine J
Additional Authors: Lee, Clara

Abstract: Background: Racial stereotypes often influence how individuals are perceived in the workplace, yet most research has focused on people from one race (i.e., monoracials). People with two racial backgrounds (i.e., biracials) are often discriminated against based on their socially subordinate background. This has yet to be explored in a workplace context. Method: In two experiments, we assessed perceptions of a Black/White biracial target in the workplace depending on the target's role (leader vs. employee) and the type of organization (F500 company vs. NPO). Preferences for group

hierarchy and group inequality (i.e., social dominance orientation; SDO) were also examined. Results: The target's role did not influence perceptions of race, but biracials working in a F500 company were perceived as more White. This effect was moderated by SDO, with those medium and high (but not low) in SDO showing the effect. Further findings about perceptions of the target will also be discussed. Conclusions: Biracials may be viewed as more White when employed by prestigious companies, especially among more prejudiced individuals. Action/Impact: These perceptions imply biracials may be discriminated against in the workplace. With the increases in mixed-race people, employers need to account for racial biases that hinder these groups from attaining high status positions.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54058 - Printed Poster

An Analysis of Research on Counselling and Psychotherapy with Punjabi Sikh Individuals

Presenting Author: Hayes, Syler
Additional Authors: Currie, Lauren; Kumar, Rajeena

Abstract: Rationale: There is growing literature on counselling and psychotherapy with South Asian Indian individuals, however, one group is neglected: Punjabi Sikh individuals. The objective of this study was to systematically review the literature to assess the availability of counselling research with Punjabi and Sikh individuals.Methods: Following PRISMA guidelines (Liderati et al., 2009), a systematic review was conducted across 13 databases, including 7 databases based in India. A thematic analysis was conducted on the case studies and a descriptive summary was completed on the qualitative and quantitative research studies. A synthesis was not conducted due to an inadequate number of studiesResults: Analyses of the 12 case studies and 14 research articles produced themes to inform counselling strategies with Punjabi and Sikh individuals working on depression, anxiety, and substance use, (e.g., community involvement).Conclusion: There is a clear need for more research to provide a more comprehensive understanding of counselling and psychotherapy with this population and to allow for causal claims.Action/Impact: The results of this study provide useful information for practitioners, instructors of multi-cultural/cross-cultural counselling courses, theoreticians, and researchers seeking to increase their understanding of working with Punjabi and Sikh individuals.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54094 - Printed Poster

Occupational Gender Segregation Influence on CEO Compensation

Presenting Author: Rahimi , Sarah
Additional Authors: Boies, Kathleen

Abstract: A persistent ethical issue in society is the gender compensation gap—the income inequality between men and women at the same organization performing equal work. As a result of socialization, the proportion of women CEOs is increasing around the world. This, coupled with worldwide advocacy and interest for income and gender equality, makes understanding the CEO gender compensation gap vital. The tendency of men and women to select different jobs leads to occupational gender segregation—the distribution of men and women workers within occupations. Interestingly, very few of the studies that examined the CEO compensation gap considered occupational gender segregation. The purpose of this study was to examine the influence of occupational gender segregation on CEO compensation. We gathered data from public United States firms between 2010 and 2017, from Compustat and Execucomp. The final sample consisted of 456 women CEO and 11,639 men CEO firm-year observations. Results have implications for women interested in pursuing top-level positions as well as human resource departments, particularly with regards to succession planning. In addition, results inform the extent to which gender discrimination at the CEO level may hinder women's access to these positions and discourage them from aspiring to these promotions. As such, organizations may be missing out on competent women leaders.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54233 - Printed Poster

Fostering resilience in LGBTQ2S+ youth

Presenting Author: Pynoo, Emily

Abstract: Sexual and gender minority (SGM) youth face higher rates of discrimination, challenges with comprehensive health, and social repercussions than their heterosexual or cisgender peers1. They are more likely to engage in substance use; ideate about, attempt, or complete suicide; drop out of high school; and/or participate in criminal activities1. Researchers have found that having one supportive adult can help vulnerable youth mitigate these risks and build resilience2. As these youth do not always have supportive parents, they may need to rely on other caring adults for support2.Thus, this ongoing research involving three high schools is investigating how police officers working with SGM youth as School Resource Officers (SROs) can foster positive outcomes. SROs and the students they support are participating in open-ended interviews. Thematic analysis will be conducted in interpreting this research. The findings will provide SROs and school boards with knowledge and insights regarding how to better support vulnerable SGM youth. 1. Taylor, C. & Peter, T. (2011). Every class in every school: The first national climate survey on homophobia, biphobia, and transphobia in Canadian schools. Final report. Toronto, ON: Egale Canada Human Rights Trust.2. Grace, A. P. (2015). Growing into resilience: Sexual and gender minority youth in Canada. Toronto, ON: University of Toronto Press.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 54246 - Printed Poster

Mental Illness Stigma and Juror Decision-Making

Presenting Author: Termeer, Jordan
Additional Authors: Szeto, Andrew

Abstract: Stereotypes associated with mental illnesses lead to discrimination towards those with these illnesses through stigmatization. This study explored the stigmatization of offenders with mental illnesses through a mock-juror scenario. Undergraduate students (N = 266) were randomly assigned to one of three mental illness conditions for a defendant in a trial (schizophrenia, depression, no mental illness). After reading a trial transcript, participants provided a verdict for the defendant and completed two scales (i.e., social distance, perceived dangerousness) to assess stigmatizing attitudes. The primary analysis consisted of an ANOVA to determine main effects and interactions between stigma scales, verdict decisions and mental illness. Results suggested a potential role of perceptions of causal attribution and controllability of mental illnesses in forming verdict decisions which may relate to beliefs in criminal culpability. These findings have implications for anti-stigma education programs and reducing structural discrimination in the judicial system. Future research should explore areas such as applications of anti-stigma programs within this context.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54254 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Does Police Involvement on Mental Health Teams Cut Incarceration Rates for Visible Minority Clients?

Presenting Author: Shunmugam, Rashmini D
Additional Authors: Woodin, Erica; Ortiz, Drexler

Abstract: The Assertive Community Treatment (ACT) model provides interdisciplinary care to adults with severe mental illness (SMI). In some communities, police officers are integrated in this care, which is generally associated with less criminal justice involvement. However, little is known about the specific experiences of ethnic minorities on ACT teams. A history of systemic racism within the criminal justice system can manifest in the racial profiling of visible minorities, possibly causing those with SMI to be more likely to be incarcerated than to receive mental health care. The current study examines if officer involvement is beneficial for ethnic minority clients. Specifically, we evaluate whether visible minority ACT clients experience a reduction in incarceration at the same rate as non-minority clients. We also test the hypothesis that ethnic minority ACT

clients will show a bigger benefit compared to non-minority clients given that racial profiling will be lessened due to more interactions with known officers. Data have been obtained from the Victoria Police Department database. Analyses will model client (N=450) ethnicities, age, sex, and ACT involvement over rate of incarceration using a GLM-Repeated Measures ANOVA. These findings will provide valuable information to improve mental health and social service models for ethnic minority clients.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54318 - Printed Poster

Non-visual perception of foreground-background for inclusive design

Presenting Author: Wnuczko, Marta
Additional Authors: Coppin, Peter; Han, Rachel Hyewon

Abstract: In this study we use Kennedy's (2019) framework of a full set of 6 foreground-background combinations to test how the blind use lines and junctions in pictures to identify distinct objects and relations between them. We test a hypothesis that blind users will be least accurate in identifying distance, direction, and depicted shapes that are not presented in their true form due to perspective and occlusion. The results will carry implications for translating images to representations accessible for people with visual impairments. The recommendations that follow are provided within the framework of Coppin's (2014) perceptual-cognitive model of affordances. Coppin argues that pictorial properties of graphics are better than symbolic properties for conveying concrete structure, because they resemble the surfaces and edges perceived in everyday life. Symbolic properties, learned via convention, are better suited for abstract (amodal) concepts or features that are not perceptible via a given sensory modality (such as touch). This study is a step towards the formulation of empirically-supported guidelines for inclusive design of pictures and diagrams.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54335 - Printed Poster

Impact of Gay-Straight Alliance (GSA) clubs on high school students' well-being

Presenting Author: Alston, Lauren L
Additional Authors: Plante, Maureen ; Konishi, Chiaki; Harley, Jason

Abstract: Background: Over the past 5 years, there have been many changes in Alberta legislation specific to grade-schools. The Alberta School Act amendments that have caused the most controversy are in regard to Gay-Straight Alliance (GSA) clubs. GSA clubs are student-run and teacher-supported with the goal of creating a welcoming space for students of diverse genders and sexual orientations. Our study examines the impact of GSA clubs on student well-being, bullying, relationships, and self-determination.Methods: We collected preliminary quantitative survey data from 1 high school (N=26) in Edmonton, Alberta, and are in the process of collecting data from 8 more schools (estimated N=450). The surveys include the following self-report measures: demographics, Basic Psychological Needs Satisfaction and Relationships scales, Illinois Bullying Questionnaire, and the Center for Epidemiological Studies Depression scale. Results: Our comparison groups are 1) students who attend GSA clubs and 2) students who do not attend GSA clubs and whether attendance correlates with self-reported well-being, school and home relationships, and bullying. Conclusion/Impact: We hope that our results can help inform Canadian school boards by providing insights into the impacts of GSAs on school environments so that all students, regardless of gender identity or sexual orientation, feel welcome and safe at school.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54381 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A decision aid for translating scientific images & data to accessible formats for visually impaired

Presenting Author: Han, Rachel Hyewon
Additional Authors: Coppin, Peter; Wnuczko, Marta

Abstract: There is a lack of theory-driven guidelines for the inclusive design of pictures and diagrams for students with visual impairments. Inspired by Coppin's (2014) perceptual-cognitive model of affordances we propose a decision aid for selecting potential designs from a set of options. These options include (1) text descriptions, (2) raised-line drawings, (3) 2.5D models, (4) 3D models, and combinations of the above. The decision aid specifies that text descriptions will be superior to tactile pictures when conveying information about abstract (i.e., amodal) concepts. Object properties that are imperceptible to touch due to scale (e.g., the shape of an island) will be best represented using pictures or 3D models in addition to text descriptions. Finally, because perspective pictures do not reveal the true form of the depicted objects, tactile pictures showing front or top views of objects or 3D models will be the preferred alternatives. We predict that the use of the decision aid will be more effective (i.e., will lead to better learning outcomes) than the standard methods. This will be assessed through co-design and interviews with students and faculty, in collaboration with W. Ross Macdonald School for the Blind. The ultimate goal is to close the gap between research on non-visual picture perception and the inclusive design of pictures, diagrams, and other content.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54399 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Barriers to Reporting Transgender Sexual Assault: The Influence of Transphobia and Other Factors

Presenting Author: Malyk, John M
Additional Authors: Boyce, Melissa

Abstract: Previous research has found that transgender women are twice as likely as cisgender women to be victims of sexual assault, however, these assaults are only reported to police at the same rate (Langenderfer-Magruder et al., 2016). Survivor blame has been shown to be higher in transgender women compared to cisgender women (Blackham, 2007), this finding may explain why transgender survivors are hesitant to report sexual assaults to police. In this study, perceptions of cisgender versus transgender survivors of sexual assault were compared taking into account whether the survivor's gender role conformity was congruent with each participant's gender role conformity and transphobia was measured. An interaction was found whereby individuals with comparatively higher levels of transphobia rated transgender survivors more negatively than those with lower levels of transphobia; no differences in ratings of cisgender survivors occurred as a function of individuals' levels of transphobia. Congruency between participant gender-role conformity and survivor gender-role conformity was not significantly related to perceptions of the survivor. Findings indicate a need for education of juries and within the legal system about biases in cases involving transgender individuals. Deepening understanding of factors influencing perceptions of transgender survivors may reduce barriers to reporting.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54412 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Implicit Stereotypes of Asian Women in STEM

Presenting Author: Stevenson, Cassandra R
Additional Authors: George, Meghan; Steele, Jennifer R

Abstract: Women continue to be underrepresented in Science, Technology, Engineering, and Math (STEM) fields, and research suggests that negative gender stereotypes are a contributing factor. However, people belong to multiple social groups that might have competing stereotypes associated with them. The goal of this research was to better understand how Asian women, who have a negatively stereotyped gender identity but a positively stereotyped Asian identity, would be categorized and subsequently stereotyped in math. Non-Asian men (n=80) and women (n=80) completed an Implicit Association Test (IAT) designed to assess the speed with which they associate math (versus arts) with Asian women and White men. An additional three trials were added to the end of this IAT to determine whether participants were categorizing primarily by gender or race throughout the task. Pilot data suggest that in this math-IAT, participants were more likely to categorize Asian women by gender than by race. In addition, consistent with related findings (Steele et al., 2018) we anticipate that those who categorize by gender are more likely to associate math with White men (versus Asian women), whereas those who categorize by race are more likely to associate math with Asian women (versus White men). This study adopts an intersectional approach to gain insight into the stereotyping of Asian women in STEM.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54478 - Printed Poster

[Presented in CPA 2020 Virtual Series]

LIVE: Learning In a Vocational Environment

Presenting Author: Sullivan, Samantha

Abstract: Research shows that employment is a crucial component of life satisfaction for adults with intellectual disabilities and that it is important to explore work and self-determination skills in adolescence. This study was an Action-Research project that explored the development of self-determination skills (e.g., making choices and advocating for oneself) through vocational skills training. Data collection took place with students in SUMMIT's special needs vocational program who were between the ages of 16 and 21. Students were observed three times during the vocational program which lasted one semester. The students were assessed in terms of how the vocational skills training models supported the development of self-determination skills. The self-determination model was broken down into four observable behaviours and students were monitored on how often and how long they; 1) acted autonomously, 2) self-regulated their behaviours, 3) acted in a psychologically empowered manner and 4) acted in a self-realizing manner. Overall, the results found that when teachers and support staff delivered divergent and individually appropriate supports students demonstrated self-deterministic responses. The findings of this research will be used to inform policy on how to best support students with intellectual disabilities through their transition into adulthood and toward employment.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54505 - Printed Poster

The Role of Racial Biases on Treatment Resource Allocation for Patients with Mental Illness

Presenting Author: Kusturica, Selma
Additional Authors: Le, Marina T.

Abstract: Research has shown that implicit racism in the healthcare system still exists, leading to disparate outcomes for racial minorities compared to their White counterparts. The literature also suggests that when race is perceived as a biological–rather than a social–construct, racial bias is heightened. Participants in the present study read a clinical case in which the race of the patient (White vs. Black) and the construction of race (biological vs. social) was manipulated. Participants were asked to rate how deserving they think the patient is of funded treatment and indicate how much government funding they would allocate towards the patient's treatment. The study is currently in the data collection phase. ANCOVA analyses will be conducted. It is hypothesized that White patients will be rated as more deserving and be given more treatment resources than Black patients. It is also anticipated that patients will be rated as more deserving and be allocated more treatment resources when race is perceived to be a social, rather than biological, construct. If implicit racial biases influence professionals' treatment recommendations, then patients will continue to differ in their disorder progression and

outcome. Thus, the study will provide insight into the extent of racial biases and influence policies that encourage equity and accessibility for all persons in the health care system.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54553 - Printed Poster

Brief Psychoeducation and Perceptions of Cognitive Behavioural Therapy Across Cultures

Presenting Author: Del Rosario , Nicole
Additional Authors: Yu, Mabel

Abstract: Perceptions of the acceptability (i.e., how appropriate the treatment is for a given problem) and credibility (i.e., how logical and convincing a treatment seems and how much improvement is expected) of Cognitive Behavioural Therapy (CBT) have consistently been linked to important therapeutic outcomes. While research has supported the use of psychoeducation to improve perceptions of credibility for CBT, it has not considered the role of culture. The present study assessed the impact of CBT psychoeducation among Canadian and Chinese participants recruited from the general community and from university participant pools at two prominent universities in each respective nation (n=597). All participants completed measures of acceptability (TAAS) and credibility (CEQ) after exposure to brief CBT psychoeducation. We found both community and student samples from China scored significantly higher than Canadian samples on perceptions of CBT's acceptability, whereas Canadian samples scores significantly higher than Chinese samples on perceptions of CBT's credibility. Further, there was a significant interaction wherein students from China scored significantly lower than community participants from China on perceptions of CBT's credibility. Results suggest the importance of considering cultural and sociodemographic factors when providing psychoeducation to improve perceptions of CBT.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54564 - Printed Poster

Participatory Action Design and Research for Recovery: Social Action through Co-Design

Presenting Author: Thai, Helen
Additional Authors: Sharif, Noor; Bahl, Nancy; Marinos, Julia; Wright, Nicola

Abstract: In traditional research methodology, researchers are often seen as the experts. Participatory Action Research (PAR) differs from traditional research in that it involves individuals with lived experience as the experts of inquiry into knowledge. This research model implicitly addresses social rank through a recovery-orientation and social inclusion. A pilot project was conducted in the The Royal's Schizophrenia Recovery Program, which included the development of a co-design team comprised of experts by experience, health care providers, and research assistants. The project involved including the co-design team to be part of all stages of the research process from implementation to dissemination at the 11thannual world hearing voices congress, Intervoice. At its current development, the project is in the qualitative evaluation phase in which data will be reported and coded from surveys to assess the outcomes of adopting a PAR design. The extensive involvement of experts by experience in the pilot project thus far has led to the awareness and use of innovative approaches to improve the quality, relevance, and utility of mental health research.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54684 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Indigenous university students' perspectives on social and on-campus supports: Preliminary findings

Presenting Author: Bernett, Payton
Additional Authors: Favel, Basile

Abstract: Many Indigenous groups in what is now called Canada face complex challenges affecting their wellbeing, including a history of colonialism, intergenerational trauma, and disparate health issues. To better support Indigenous students, more must be understood about their diverse needs, including their mental wellness. Though little research surrounding the lived experiences of Indigenous university students in Canada exists, research suggests that they tend to have a notably lower rate of enrollment and higher drop-out rate throughout university. As research suggests that wellbeing is important to academic success, it is vital to understand the realities Indigenous students face regarding their social and on-campus supports, two important areas of mental wellness support for university students. 15 Indigenous students from a Canadian university participated in focus groups and/or semi-structured interviews exploring perspectives of on-campus wellbeing supports and social supports. A thematic content analysis found key themes/differences across the data. Findings include themes of discrimination through on-campus supports; a desire for culturally relevant healing options; a lack of culturally competent services; and the importance of allied non-Indigenous peers. The results suggest that Indigenous students may benefit from more culturally relevant supports on-campus and socially.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 54692 - Printed Poster

Humanizing and Dehumanizing Themes of Muslims Surrounding 9/11: Computerized Language Analysis

Presenting Author: Platten, Samantha
Additional Authors: Haji, Reeshma

Abstract: Media plays an integral role in the proliferation of public opinions, leaving a great concern regarding the patterns of language used to represent Muslim populations in mainstream media. Humanization and dehumanization theories within an intergroup context provides a deeper understanding of the psychology behind the representations of outgroups. Vast research has primarily been in-lab settings and experimental in nature, whereby a void persists in the understanding of how humanization and dehumanization exist in a real-world context. The current study sought to fill that gap by empirically examining the frequency of humanizing and dehumanizing words used to represent Muslims in the news coverage in the years surrounding 9/11 by assessing whether a shift occurred in dehumanizing language from pre to post 9/11, while exploring themes of humanization concurrently. Hypotheses were established regarding an expectation of higher dehumanizing word frequencies post 9/11 with an emphasis on animalistic dehumanization. 7,192 New York Times articles were analyzed using computerized language analysis (CLA) software to identify these psychological themes through the use of customized dictionaries. Results supported an increase in subtle dehumanization as well as themes of dehumanization post 9/11, while a significant frequency of humanizing discourse was observed in both sectors.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54986 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Biracial identity management and evaluators' discomfort in hiring contexts

Presenting Author: Colaco, Caren D.S
Additional Authors: Brian, Camellia; Volpone, Sabrina

Abstract: Rationale: Biracial job applicants may make choices about how to disclose their racial identity to manage evaluators' biases. Some may choose to affirm one racial group whereas others may choose to integrate both racial identities

into their self-presentation. We investigate the role of evaluator racial essentialism on the relationship between biracial identity management and evaluator discomfort toward biracial job applicants. Method: We conducted an experiment in which we randomly assigned 146 working adults to observe and evaluate transcripts of biracial job applicants responding to interview questions. In the stimuli, the biracial applicants responded by either affirming a mono-racial identity (e.g., "I am White" or "I am Black") or affirming a Black-White biracial identity (e.g., "I am biracial"). Results: We found that evaluators are more uncomfortable when biracial applicants affirm a biracial identity compared to when they affirm a mono-racial identity, and this is particularly the case for evaluators higher on racial essentialism. Conclusion: We offer a new perspective to extant identity management research, which has mainly focused on evaluators' responses to identity management of singular identities. Action: Our results suggest that decision makers should consider their beliefs about the essence of race in contributing to bias in selection.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 55087 - Printed Poster

Suicide Among Korean Women Related to Having Children in Marriage

Presenting Author: YJ, Kimble

Abstract: Hoyer and Lund (1987) investigated the association between suicide rates and the number of children among Norwegian women. They found there is negative relationship between the number of children and the suicide rates. Joiner(2005) mentioned this result as one of the examples to support his Interpersonal Theory of Suicide, by arguing the number of women's children made women feel more belongingness which leads lower suicidality. In 1980s, the expected role for women was taking care of family. Having more children would have made them feel more belongingness and effectiveness.Nowadays, women are educated they have equal opportunity to pursue any professions. More women work outside and share housework responsibility with husbands. However, if Korean women become pregnant, the role expectations for them change. Many Korean women stay at home solely with their babies, disconnected with the previous social relationships.According to the conflicting environment where Korean women situated in, I suggested the opposite hypothesis. By analyzing 9997 Korean women taken from panal data, the result shows that women with children who quit their jobs have higher suicide ideation when they have less social support. The result will help us understand the Korean women's significant suicide rates and also contribute suicide prevention policy establishing process.

Section: Women and Psychology / Femmes et psychologie
Session ID: 55090 - Printed Poster

Stress, Coping, and Religiosity among Recent Syrian Refugees in Canada

Presenting Author: Keshavarzi, Sara

Abstract: As of November 2015, 34 696 Syrian refugees have resettled in Canada (Government of Canada, 2016). Previous studies with refugee populations have found: a) depression, anxiety, and posttraumatic stress disorder and b) problems with discrimination in new host cultures. However, little is known about refugee coping processes. The current study conducted qualitative interviews with 10 Muslim Syrian refugees in Windsor, Ontario to explore their pre- and post-arrival experiences. Interviews were recorded, transcribed and coded using an interpretive phenomenological analysis. Results revealed superordinate themes of 1)pre-migration trauma; 2) identity assertion; 3) post-migration stressors; 4) religious and collective coping; and 5) wellbeing in Canada. Pre-migration stress ad trauma entailed fear for family members, discrimination, and financial instability. Through enduring adversity, Syria refugees asserted cultural and reigious identities as well as their gender identities. Post-migration experiences included acculturative stress, discrimination, financial burden, and survivor's guilt. To cope, Syrian refugee participants reported using religious and collective coping strategies to achieve positive outcomes and hope for their future in Canada. The findings invite the consideration of the importance of cultural and religious contexts for improved integration outcomes.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55118 - Printed Poster

Stanley Cups and Status: External Status as a Driver of Cumulative Advantage

Presenting Author: Contini, Molly
Additional Authors: Spence, Jeffrey

Abstract: This research aims to extend our understanding of how status associated from winning an award affects future employee career outcomes. Drawing on the theory of cumulative advantage, which suggests award-winners gain elevated status that results in more opportunities, productivity, and resources (Merton, 1988), we'd previously examined if winning the Stanley Cup is associated with career outcomes (i.e., opportunities, productivity, and resources). We matched Stanley Cup winners with non-winners of equivalent tenure and abilities at the point of the winner winning the Stanley Cup and then post-win outcomes were compared. Award winners were found to receive more opportunities than non-winners, but were not found to be more productive. This research extends this work by applying the principle of cumulative advantage to the Hockey Hall of Fame. Stanley Cup winners in the Hall of Fame were found to have more opportunities, earn more resources, and get inducted into the Hall of Fame faster than their peers that have not won the Stanley Cup, despite winners not having more productive careers. Stanley Cup winners were also found to earn more resources after they won the Stanley Cup than before. Overall, our results indicated some evidence for the cumulative advantage hypothesis, where status generates more opportunities and resources for winners, but does not increase productivity.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 55135 - Printed Poster

Acculturative stress in Filipino-Canadians: First- and second-generation immigrants' experiences

Presenting Author: Lingbaoan, Jacqueline E
Additional Authors: Bhatt, Gira

Abstract: Filipinos are one of the largest immigrant groups in Canada yet remain one of the least researched in psychology. Often, they are grouped together with other minorities which poses challenges for furthering our understanding of their unique experiences. Colonial mentality (CM) for example, is a type of internalized oppression that may not be common among the minorities they tend to be grouped with. Yet to be examined, is how CM, acculturation, values, and generation status could affect acculturative and daily stress levels in Filipino-Canadians. 280 first- and second-generation Filipino immigrants from Canada will complete the study online or via paper copies. After demographics, participants will complete scales measuring acculturative and daily stress, acculturation and Filipino values. A 2 (Generation status) by 4 (Acculturation strategy) ANCOVA will be used to examine their potential main effects and interaction effect on acculturative and daily stress. A multiple linear regression will be used to analyze the relationship between CM, Filipino values and stress. The findings of this study could help identify which aspects of the Filipino-Canadian experience are most pertinent to their stress levels, providing important insights for future research and for mental health professionals who may be working with first- and second- generation Filipino immigrants.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55257 - Printed Poster

Review Session

Navigating Intersectionality of Multiple Minority Youth

Presenting Author: Sodhi, Pavna K

Abstract: The topic of multiple minorities, within the context of identity development literature, has become more prevalent in recent years (Sodhi, 2017). Multiple minorities are individuals of racial and/or ethnic and sexual minority status. According to Erikson (1950), "identity is the result of a dynamic interplay between individual and group and cultural context." Identity development typically occurs during one's adolescence stage entitled "Identity vs. Role Confusion." As a result, multiple

minority youth may encounter barriers that prevent them from effectively combining their ethnic identity formation and sexual identity development stages. This review session will address three main objectives: first, it will discuss literature about ethnic identity formation and sexual identity development; second, it will conceptualize how multicultural youths navigate multiple identities through the following ecological perspectives: familial influences, community memberships, and dominant culture perceptions; and lastly, based on narrative inquiry research, it will share an identified framework, illustrating stages for youth to effectively develop a multiple minority identity. ReferencesErikson, E. H. (1950). Childhood and society. New York, NY. W.W. Norton.Sodhi (2017). Exploring immigrant and sexual minority mental health: Reconsidering multiculturalism. New York, NY: Routledge.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 55263 - Review Session

[Presented in CPA 2020 Virtual Series]

Symposium

Ecological Approaches to the Psychological Assessment of Three Culturally and Linguistically Diverse Children

Moderator: Cunningham, Todd

Abstract: This symposium will present an in-depth overview of three psychological assessments completed at the OISE Psychology Clinic in Toronto focusing on cultural and linguistic considerations. The three children assessed presented with complex language, learning, and behaviour concerns and histories including intergenerational and developmental trauma. Dynamic assessment approaches (Fuchs et al., 2013), including the Brief Psychoeducational Assessment Protocol (Cunningham, 2017) and response to academic intervention were used. Cultural and family considerations pertinent to these individuals (e.g., trauma experience due to exposure to violence, family mental health, poverty, and low parental education; Geva & Wiener, 2015) will also be reviewed. Each speaker will highlight important factors that were considered during the case formulation process to separate trauma from a variety of other diagnostic possibilities (e.g., Szymanski et al., 2011, Sobsey, 1996). One speaker will focus on complex behavioural presentations, while another will focus on academic and learning concerns. A final presenter will discuss the interplay of language and adaptive functioning challenges. An Ecological Systems theoretical orientation (Bronfenbrenner, 1992) was employed throughout each assessment process. The symposium will integrate pertinent research literature regarding divergent areas such as learning disabilities and cognitive processing, social and emotional issues, alternative assessment and intervention practices, and consultation and advocacy for culturally and linguistically diverse clients. Findings will inform psychological assessment methods and case formulation for psychologists working with these populations.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52779 - Symposium

[Presented in CPA 2020 Virtual Series]

Differentiating Developmental Trauma from Intellectual Functioning and Language Impairments: A Case Study

Presenting Author: Lamond, Bronwyn

Abstract: This presentation will provide an in-depth overview of a psychological assessment that was completed at the OISE Psychology Clinic. The 10-year-old male client presented with complex language and learning concerns. These concerns included transition from French to English schooling, limited vocabulary in both French and English, and low adaptive functioning skills. This client also had a history which included developmental trauma, as well as other pertinent cultural and family considerations (e.g., intergenerational conflict, poverty, and low parental education; Geva & Wiener, 2015). The client was referred by a special education teacher who has expertise in working with clients with complex presentations following his transition into the English school system. His sister was also assessed as part of the same doctoral-level assessment course. Dynamic assessment approaches and the assessment of the client's younger sibling were used to inform case

formulation and diagnosis. This case presentation will illustrate the importance of using dynamic assessment as well as longer-term involvement in cases with clients who have trauma presentations in order to obtain a valid measure of their current functioning (Bücker et al., 2012; Schuder & Lyons-Ruth, 2004). It will demonstrate important considerations when working with clients with cultural and linguistic diversity. It will also illustrate the importance of advocacy to support families with low parental education within the education system, and tailoring assessment recommendations to meet the needs of the client within their specific family and ecological systems.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53258 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Intersection of Developmental Trauma and Learning Disabilities: A Case Study

Presenting Author: Simone, Ariana C.

Abstract: This presentation will focus on highlighting the complexity of a learning disability diagnosis in culturally and linguistically diverse children, particularly when developmental trauma is also present. It will focus on the assessment of an 8-year-old female completed at the OISE Psychology Clinic. The client presented with severe learning and language concerns (e.g., limited vocabulary, low academic achievement). She also experienced significant developmental trauma that impacted her current adaptive, behavioural and academic functioning. Longer-term dynamic assessment approaches and response to academic intervention were used in order to develop a comprehensive understanding of the client's intellectual abilities. The importance of deviating from standard assessment batteries in complex cases will be discussed, as well as the utility of assessing siblings in informing diagnosis. It will demonstrate important factors for clinicians to consider during the case formulation process to separate trauma from a variety of other diagnostic possibilities (e.g., Szymanski et al., 2011, Sobsey, 1996). Cultural and family considerations pertinent to this family (e.g., exposure to violence, suspected abuse, poverty, and low parental education; Geva & Wiener, 2015) will also be reviewed, as well as the importance of building trust and rapport with culturally diverse families, especially those who have experienced significant trauma.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53259 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Case Study of a Syrian Child: Identifying Trauma in the Classroom

Presenting Author: Khan, Maria

Abstract: Bronfenbrenner noted development "occurs through this process of progressively more complex exchange between a child and somebody else." In most cases, however, this "somebody else" is actually several "some bodies." Each individual from a "layer" of a child's environment (e.g. family, school, community) exerts a unique influence on a child's functioning. This case presentation will detail the dynamic psychological assessment process of an 8-year-old Syrian refugee who arrived in Canada with her family. She was referred to the OISE Psychology Clinic by her family's sponsors. Psychological assessments typically involve an evaluation of an individual's cognitive, academic, behavioural, social-emotional and contextual functioning in order to identify and facilitate appropriate recommendations and interventions. Working with this particular Syrian child and her family in the context of assessment meant considering the interplay of embedded concentric contexts that included learning difficulties, trauma, parental psychopathology, family dynamics, cultural differences, and well-intentioned but sometimes misinformed community connections. Though the initial presenting reason for referral was related to concerns around behavioural functioning in the classroom, data collection via multiple sources painted a far more complex picture. It appeared that supporting this child meant ensuring she was supported in every "layer" of her environment. This case presentation highlights the importance of training educators and other care providers about identifying and supporting children and families who have experienced significant traumas.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53260 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

A 'Value-Laden' Proposition?Social Justice in Counselling Psychology Training

Moderator: Kassan, Anusha

Abstract: Social justice has been a foundational value since the inception of counselling psychology as a distinct discipline. However, in recent years, there has been a resurgence of social justice principles and education in Canadian counselling psychology, in an effort to address the needs of diverse students as well as the inequities faced by the communities they will serve. Yet, training programmes in Canada have only just begun to systematically integrate social justice into their curriculum. Over the past five years, the counselling psychology programme in the Werklund School of Education at the University of Calgary has integrated increasing amounts of diversity training in its curriculum and declared a social justice orientation as its signature pedagogy. To highlight this shift in training, this symposium will center on the ways in which the programme has embraced social justice. The first presentation will describe the collective initiatives that have been developed in the programme over the past five years. The second presentation will discuss the programme evaluation that is being conducted to assess students' experiences through the implementation of social justice as a core value. The third presentation will provide an overview of social justice research efforts that have advanced by faculty members and their graduate students in the programme.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54090 - Symposium

Addressing Social Justice Training at a Programme Level

Presenting Author: Mudry, Tanya
Additional Authors: Benzanson, Birdie; Russell-Mayhew, Shelly; Wada, Kaori

Abstract: Social justice training is currently at the forefront of the discipline of counselling psychology. While training programmes have emphasized theory and general methods of learning in the areas of diversity (e.g. cultural competence), there is growing recognition of the need to prioritize social justice pedagogy and praxis. Although social justice is a foundational construct in counselling psychology research and practice, there are few resources to inform pedagogies and praxis in counselling psychology curricula. This is an important gap to address as "(p)raxis…starts with an abstract idea (theory) or an experience, and incorporates reflection upon that idea or experience and then translates it into purposeful action" (Breunig, 2005, p. 111). The counselling psychology programme at the University of Calgary has adopted social justice as its signature pedagogy. To work toward this goal, a collective definition of social justice has been developed to guide student teaching and learning, admissions criteria and processes have been altered, curricula has been modified to incorporate social justice principles and content into all of its courses, to name but a few examples. In this presentation, we will share the journey we have embarked on as a programme, describing our most recent initiatives along with implications for training more broadly.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54612 - Paper within a symposium

Evaluating the Integration of Social Justice Training through an Intrinsic Case Study

Presenting Author: Kassan, Anusha
Additional Authors: Wada, Kaori; Cohen, Julie; Marulanda, David

Abstract: As the counseling psychology programme at the University of Calgary continues to embrace social justice as its signature pedagogy, it is critical to engage in research to assess the training experiences of students. In this research, we focus on the what (pedagogy) and how (praxis) counselling psychology graduate students learn about social justice. Our main goals are to strengthen social justice praxis for counselling psychology to improve students' learning experiences in our programme and better prepare our graduate students for practice in the community. As such, we are conducting an intrinsic case study investigation into the implementation of social justice pedagogy within our programme. This study includes a content analysis of key programme documents as well as qualiative interviews with stakeholders within the Werklund School

of Education and community stakeholders outside of the faculty. Through this researh, we a) illuminate the concept and practice of social justice in our counselling psychology programme, in order to b) make recommendations to improve the ways that social justice is embedded in our curriculum content through pedagogy and praxis, and c) advance the applications of social justice in professional practice. In this presentation, we will describe this initiative and present preliminary results.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54614 - Paper within a symposium

Addressing Social Justice Training through Research

Presenting Author: Russell-Mayhew, Shelly
Additional Authors: Nutter, Sarah

Abstract: In addition to bringing social justice into the pedagogy of the counselling psychology programme at the University of Calgary, social justice is a foundational value in the research conducted by its faculty members and graduate students. In this presentation, we will highlight weight as an example of a research topic with a core value of social justice. Both eating disorders and obesity are health concerns that have garnered consideration attention within public health, politics, and the mainstream media. However, the framing of body weight as personally controllable, an individual responsibility, and a proxy for health is problematic. Internalization of these messages have been associated with considerable psychological and physical health consequences, including eating disorders and internalized weight stigma. In response to current conflicting framings of weight, we have conducted research related to the complexity of weight, addressed issues of language, and examined weight bias in health care and educational settings. In an effort to increase the recognition of the systemic inequity experienced by individuals in large bodies, we engaged in research efforts to better position weight bias as a social justice issue. Woven throughout this overview of research will be the challenges and opportunities inherent in approaching this research topic with a social justice lens.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54615 - Paper within a symposium

Contextual variations in acculturation, attitudes, and sense of belonging in Canada

Moderator: Doucerain, Marina M.

Abstract: Canada's cultural diversity entails ongoing negotiations and changes among cultural groups as a result of prolonged contact – a phenomenon called acculturation. Sometimes harmonious, sometimes tenser, these intergroup relations are strongly influenced by the context within which they take place. Three studies illustrate this point by exploring contextual influences on various facets of acculturative negotiations. First, Berry and Hou investigate whether immigrants' (first and later generations) sense of belonging to Canada and their province of residence is shaped by differences in diversity and incorporation policies across Canada. Second, Bourhis turns to majority groups and examines majority attitudes toward a highly politicised religious sign: Muslim women wearing the hijab or niqab. This second study probes whether support for banning or accepting this dress code is driven by different ideologies in different provinces. Third, Doucerain and colleagues focus on more proximal contextual influences on acculturation. They explore associations between immigrants' social interactions and networks and daily variations in their orientation toward the mainstream culture. Together, these studies illustrate the nuanced ways in which people experience and manage cultural diversity in different contexts across Canada.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54881 - Symposium

National and provincial sense of belongings of immigrants and their descendants in Canada and Québec

Presenting Author: Berry, John
Additional Authors: Hou, Feng

Abstract: The policies of multiculturalism in Canada, and of interculturalism in Québec, as well asdifferences in the public acceptance of cultural diversity provide different contexts for immigrantacculturation and settlement. This study examines whether these context differences may beassociated with variations in the sense of belonging to Canada and to the province of residence,among immigrants and later generations. Samples of adult immigrants and subsequentgenerations were drawn from those who live in Québec and in the rest of Canada. From themeasures of sense of belonging to Canada and the province of residence, four acculturationprofiles were created: Canada and Province (strong sense of belonging to both); either Canadaonly or province only (strong belonging to one or to the other); and neither (strong to neither).The distribution of the four profiles among first generation immigrants differed little betweenQuébec and the rest of Canada. However, among later generations, the share of Canada only islower, while the share of province only is higher in Québec than in the rest of Canada. Thesefindings suggest a drawing away from identifying with Canada, and an increase in identifyingwith Quebec, in later generations in Québec. This pattern is consistent with the goals of thedifferent incorporation policies in Québec and the rest of Canada.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54902 - Paper within a symposium

Majority attitudes towards Muslim women wearing the hijab and niqab in Quebec and Canada

Presenting Author: Bourhis, Richard Y.

Abstract: State policies regulating the dress code of Muslim women are often adopted in the name of religious, secularism or pluralism legitimizing ideologies. In Quebec, the nationalist Parti Québécois proposed the Charter of Quebec Values (Bill 60, 2013) to ban the hijab and full face niqab in the provincial public administration. In 2017, the Liberal Party adopted Bill 62 banning the niqab by public servants and citizens when offering and receiving government services.In 2019, the nationalist CAQ government adopted Bill 21 banning the niqab and hijab by public servants in authority positions including police, judges and teachers, but exempting health care providers. Evidence from polling and attitude studies document varying degree of majority group support for banning the niqab vs hijab based on: language background (Francophone vs Anglophone), geographical origin (Quebec vs rest of Canada) age and political affiliation. While Francophones in Quebec invoke state securalism to justify banning of the hijab for receiving government services, Anglophones in Quebec and rest of Canada invoke multiculturalism and Charter religious freedoms for accepting the hijab while receiving state services. Francophones and Anglophones tend to converge in banning the niqab when receiving government services, likely for the sake of efficient face to face communication and national security.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54905 - Paper within a symposium

Daily variations in mainstream acculturation: The role of migrants' social context

Presenting Author: Doucerain, Marina M.
Additional Authors: Gouin, Jean-Philippe

Abstract: We examined immigrants' mainstream acculturation in the context of daily life and tested (1) whether mainstream acculturation varies day to day, and (2) whether different facets of immigrants' social ecology can predict this variation. Specifically, we considered the effects of immigrants' daily intimate social context (romantic partner's own mainstream acculturation and location in participant's social network), interactional context (daily social interactions over a week), and social network (structure of the personal network). We examined these questions in a daily diary study of immigrant couples from France to Canada (N=270, 135 couples). Participants reported on their daily level of mainstream acculturation and on their daily social interactions for 7 days. They also provided information on their social network. We conducted multilevel

analyses of the data, within an actor-partner interdependence model framework. The results show that (1) immigrants' mainstream acculturation varies day to day, and (2) all facets of immigrants' social ecology measured in this study contributed to explaining this daily variation. This study is in line with recent work in cross-cultural psychology that emphasizes the dynamic and contextual aspects of immigrants' acculturation.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54907 - Paper within a symposium

An applied approach to understating the formation of intercultural identities

Moderator: Benkirane , Sarah

Abstract: Immigration and multiculturalism have played, and continue to play, a significant role in shaping Canadian society. In fact, according to the 2016 census, 1 in 5 Canadians is foreign born and this number is projected to increase in the coming years. That being said, newcomers and citizens alike have a vested interest in understanding the determinants of integration and adaptation to mainstream society. This symposium has two main goals (1) to explore the shaping of immigrants' cultural identities through the perspectives of both mainstream and heritage cultures; (2) to explore applications of identity configurations through the lens of intercultural cultural romantic relationship. The first goal will be addressed in the first presentation which uses an identity integration framework to examine the mainstream group's (Quebeckers) perception of Muslim Quebeckers' integration. Additionally, the second presentation highlights the role cultural identification in the process of identity integration. The second goal will be addressed by the two final presentations. Notably, these presentations will address interaction of cultural and romatic relationship identities and the perception of family and friends on intercultural relationships as a predictor relationship satisfaction.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55078 - Symposium

The moderating role of acculturation orientations on the process of social integration

Presenting Author: Bragoli-Barzan, Léa
Additional Authors: Benkirane, Sarah

Abstract: The cultural integration of immigrants has become a societal ideal in the province of Quebec. As a form of cultural integration, multicultural identification refers to the internalization of multiple cultural identities in immigrants' sense of self. Cultural identities can be analyzed globally (how do I identify to my ethnic and host cultures in general) and seen as blended (cohesion between one's multiple cultural identities within oneself) or compartmentalized (keeping one's multiple cultural identities separated from one another within the self. As a second form of cultural integration, social integration can be reflected by immigrants' relationships structures, resulting in a large and culturally diversified social network. The main objective of this study, conducted among Maghreb immigrants (N=114) to Montreal, was to explore the relationship between cultural identification and social integration. Results of multiple regression analysis showed the moderating role of acculturation orientations towards the heritage and Canadian cultures, in the relationship between migrants' cultural identities configurations (blendedness vs. compartmentalization) and the structure of their social network, in terms of network homogeneity and diversity. Further research is required to establish which form of cultural integration would best predict well-being among immigrants.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55098 - Paper within a symposium

Mechanisms associated with the integration of immigrants in the majority's identity

Presenting Author: Caron-Diotte, Mathieu
Additional Authors: de la Sablonnière , Roxanne

Abstract: The last decades have been characterized by an increase in immigration. Migratory movements induce an increase in ethnic and cultural diversity in Western countries, which can cause social tensions. Representatives of the majority group can see immigrants as incompatible with their culture, leading to intergroup conflicts. According to the cognitive-developmental model of identity integration, two mechanisms are responsible for integration: the creation of cognitive links between identities and the creation of identities encompassing them. However, these mechanisms are still poorly understood and have not been tested empirically. Based on connectionist theories of cognition, we propose that simultaneous exposure to identities is positively related to integration. In addition, it is proposed that a more flexible supraorbital identity would be associated with greater integration. A sample of 241 white francophone Quebecers answered a questionnaire on Quebecers-Muslims relations measuring the simultaneous experience of identities, their supraorbital identity representation and identity integration. Results from regression analyzes corroborate the hypotheses; the simultaneous exposure to identities and the perception of a flexible supraorbital identity are associated with a greater perception of integration of Muslims into Quebecois identity.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55114 - Paper within a symposium

Exploring how intercultural couple partners configure their cultural and couple identities together

Presenting Author: Sta-Ali, Iman
Additional Authors: Yampolsky, Maya A.; Lalonde, Richard

Abstract: The relationship context of the intercultural couple is an intimate venue for culture mixing and for understanding each other's diversity. While cultural identity has been assumed to be important in intercultural couples, the role of one's cultural identity in these relationships has yet to be systematically and specifically examined. The current study qualitatively explored how partners in intercultural relationships navigate and configure their cultural and couple identities within the self, using the Cognitive-Developmental Model of Social Identity Integration (CDSMII; Amiot et al., 2007; Yampolsky, Amiot & de la Sablonnière, 2013). Participants (N=195) were asked an open-ended question about how they see the relationship between their cultural and couple identities. Our findings revealed that participants integrated and compartmentalized their cultural and couple identities or sided with either one or the other. Participants also spontaneously expressed several themes surrounding their identification experience, including family, communication, and values, among others. In addition to giving voice to intercultural couples, this examination provides a springboard for continued investigation into identification and intercultural couples, as well as the context variables that influence the process.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55122 - Paper within a symposium

Friends' Approval Promotes Relationship Quality in Intercultural Relationships

Presenting Author: Di Bartolomeo, Alyssa
Additional Authors: West, Alexandria

Abstract: Intercultural romantic relationships are still marginalized by society and even by family and friends. Experiencing a lack of social approval can negatively influence intercultural couple's perceptions of their relationship, undermining their relationship quality. Family and friends often pressure the intercultural partners only follow their cultural norms without regard for their partner. This external pressure can cause conflict between intercultural partners and lead to lower relationship quality. A cross-sectional study (N = 242) involving one member of an intercultural relationship revealed that approval from friends predicted less conflict, and in turn, greater relationship quality, likewise this relationship was maintained when controlling for family and societal approval. Family and societal approval was also associated with relationship quality, however, when examined independently this relationship did not hold. In an ongoing longitudinal dyadic study (N = 121 couples) of intercultural partners, results from Time 1 replicate that greater friend approval predicts less conflict and higher relationship quality for oneself and marginally also for one's partner. Data collection for two additional timepoints (4 and 8 months later) will provide insights into how these variables relate over time and their directionality.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55349 - Paper within a symposium

THEME: IMPROVING AND PROMOTING HEALTH / THÈME : AMÉLIORER ET PROMOUVOIR LA SANTÉ

Helping people make healthy lifestyle choices, facilitating peak human performance, and improving the treatment of complex human problems.

Aider les gens à adopter un mode de vie sain, faciliter la performance humaine de pointe et améliorer le traitement de problèmes humains complexes

12-Minute Talk

Distinguishing suicide ideators and attempters: The critical role of fearlessness about death

Presenting Author: Stewart, Jeremy G
Additional Authors: Rowe, Megan; Sherifi, Emilia; Yeo, Si Ning; Dalmaijer, Edwin

Abstract: Background: Suicide ideation is common but few who think about suicide make attempts. To attempt suicide, people must overcome the fear that doing so evokes. This fearlessness about death (FAD) develops through exposure to dangerous experiences (provocative events). However, few studies have tested whether FAD distinguishes suicide ideators and attempters. Methods: Study 1 and 2 included youth with prior self-injury (n=397) and depression (n=340), respectively. Study 3 is enrolling adults with suicidal thoughts and behaviours (STBs; current n=84). Participants completed measures of psychiatric symptoms, STBs, and provocative events. In Study 3, eye movements are also recorded with eye tracking while participants view suicide-relevant images paired with neutral images. Results: In Study 1, suicide attempters reported greater risky behaviours than non-ideators (p=0.03, OR=1.06) and ideators (p=0.04, OR=1.05). In Study 2, the association between bullying and more frequent past suicide attempts (Point estimate [PE]=0.10, SE=0.02, p

Section: Clinical Psychology / Psychologie clinique
Session ID: 52680 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The Cognitive, Emotional, and Behavioural Sequalae of Trauma Exposure: An Integrative Trauma Model

Presenting Author: Rizeq, Jala
Additional Authors: Ferdossifard , Ayda

Abstract: The prevalence of trauma exposure remains a major public health concern, impacting multiple aspects of one's life including cognitive, emotional, and behavioural functioning. Research has demonstrated that individuals with higher trauma histories and those experiencing increased associated psychopathology tend to engage in more risky, impulsive and self-destructive (RIS) behaviour. Three studies were conducted with samples of young-adults and adults to uncover the underlying mechanisms that perpetuate psychopathology and RIS behaviour after trauma exposure. In Study One, we demonstrate the unique association between trauma symptomatology and difficulties in emotion regulation. In Study Two, we demonstrate that RIS behaviour is not a function of an individual's perceptions of risk but is rather uniquely associated with trauma symptomatology. In Study Three, using path analysis, we developed and tested a model that examined the direct and indirect effect of trauma exposure on related symptomatology and RIS behaviour; We tested the mediating effect of one's assumptions about the world and the self after trauma exposure and emotion dysregulation on these associations. Taken together, the findings are fundamental to our understanding of the impact of trauma exposure on one's core beliefs that comprise their assumptive world and in turn their psychopathology and emotion dysregulation. Further, the combination of the aforementioned sequalae of difficulties was associated with increased RIS behaviour, which can negatively impact on

one's success and wellbeing. The model reveals potential areas for intervention at different stages in the negative sequalae of trauma exposure which could mitigate its progression.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53056 - 12-Minute Talk

Prospective associations between body mass index and incident diabetes: A dyadic approach

Presenting Author: Burns, Rachel

Abstract: Background: Intrapersonal risk factors for type 2 diabetes (T2D), such as body mass index (BMI), have been widely examined. Although theoretical models such as ecological systems theory and interdependence theory suggest that health outcomes are shaped by close others, interpersonal risk factors for T2D are rarely examined. Thus, this study tested dyadic associations between BMI and the development of T2D in middle-aged and older adult couples. Methods: Data came from both members of 950 couples in the Health and Retirement Study. Neither partner had diabetes at baseline. Body mass index was measured objectively at baseline. T2D was assessed at two time points over the next 8 years via hemoglobic A1c collected in blood samples. Data were analyzed with the actor-partner interdependence model for binary outcomes. Results: After adjusting for covariates, a significant actor effect was observed; one's BMI at baseline was positively associated with one's own odds of developing T2D during follow-up (OR = 1.08, p < .001). A significant partner effect was also observed; the BMI of one's spouse at baseline was positively associated with one's own odds of developing T2D during follow-up, above and beyond one's own baseline BMI (OR = 1.04, p = .003). Conclusions: Spousal BMI was prospectively linked to incident T2D over 8 years. Action/impact: Results suggest that interpersonal risk factors for T2D are a promising avenue of research. These results also highlight the need to develop theoretical models that specify how and when partner characteristics are linked to physical morbidity.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53101 - 12-Minute Talk

Evaluation Study of an Expressive Writing Intervention: The Kids Write Network

Presenting Author: Farella Guzzo, Maria

Abstract: In general, adolescents do not like to talk publicly about negative experiences, and they don't believe anyone will understand what they are going through. Sadly, the consequences are impacting their behaviour, which may cause disorderly conduct in classrooms and at home. Traumatic experiences may impact their lives. Finding the right approach for adolescents to express themselves to help themselves is crucial to maintaining and promoting positive mental health. Some researchers have shown that expressive writing has positive mental health impacts on adolescents while others argue the contrary. This research project evaluated the Kids Write Network (KWN) that was implemented in middle and high school classrooms across the Montreal community. The 6-step structured writing process uses authentic writing, illustrations and peer-to-peer discussions designed to encourage students to unite in their struggles. This intervention was implemented in several middle and high school classrooms in an inner-city school in Montreal, Quebec. Data was generated through a randomized control trial and a collection of student journals as well as conducting individual qualitative interviews. A total of eight journals were thus retained for analysis. Data analysis combined both inductive thematic coding and conceptual deductive coding that reflected the psychological theories proposed in the literature to explain the potential mechanisms. The analysis suggests that 3 of the 5 theories proposed in the literature were found in the student journals. Furthermore, 3 additional theories chosen by the author, however not proposed in the literature, were also reflected in the student journals and interviews.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53186 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Men's Talk about Sexual Behaviors: Implications for Consent-Focused Models of Sexual Violence Prevention

Presenting Author: Jeffrey, Nicole

Abstract: Despite increased attention to the issue of men's sexual violence (SV) against women over the past 30 years, occurrence rates remain high (Black et al., 2011; Perreault, 2015). My recent program of research has examined university men's talk about sexual behaviours and SV. In one study, I used interviews with 10 intimate partner sexual violence (IPSV) perpetrators in which they described IPSV incidents. In a second study, I used focus groups with 29 heterosexual university men in which they discussed sex between intimate partners. In both studies, I used discourse analysis, which is useful for examining the language and shared societal norms or discourses that people use in talk and what this "accomplishes in people's lives and in society at large" (Cameron, 2001, p. 7; Gavey, 1989). In this presentation, I will highlight some potential limitations of consent-focused models of SV prevention based on my findings. In particular, men's talk in my studies suggested that consent-focused models may allow men to (a) put the onus on women to (clearly) communicate and to blame SV on women's ineffective communication; (b) disregard the need for consent, especially in ongoing relationships; (c) understand consent as something to be achieved, even if through violent and coercive means; (d) uncritically accept "yes" as unfettered consent; and (e) minimize SV. Preventing SV may, thus, require efforts that move beyond consent.

Section: Women and Psychology / Femmes et psychologie
Session ID: 53609 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Trajectories of depressive symptoms predict diabetes incidence

Presenting Author: Burns, Rachel J
Additional Authors: Briner, Esther

Abstract: Depression is a risk factor for type 2 diabetes (T2D). Although depressive symptoms may remit, emerge, or intensify over time, most studies examine associations between depressive symptoms at a single time point and incident T2D. This study tested if 8-year trajectories of depressive symptoms predicted T2D incidence during an 8-year follow-up. Data came from 9,233 participants who did not have T2D from 1998-2006. Depressive symptoms were measured biennially from 1998-2006 with the Centre for Epidemiological Studies Depression scale. Self-reported T2D was assessed biennially from 2008-2014. Group-based trajectory modeling identified trajectories of depressive symptoms. Discrete time proportional hazard models tested associations between trajectory groups and incident T2D after adjusting for demographics. Five trajectories were identified. Compared to the no depressive symptoms trajectory group (referent), incident T2D was associated with low depressive symptoms (HR = 1.35, 95% CI:1.09, 1.67), low-moderate depressive symptoms (HR = 1.49, 95% CI:1.20, 1.86), moderate depressive symptoms 2 (HR = 1.41, 95% CI:1.07, 1.86), and elevated and increasing depressive symptoms (HR = 2.18, 95% CI:1.44, 3.32). Temporal patterns of depressive symptoms were differentially linked to incident T2D. Individuals with slightly elevated depressive symptoms were at increased risk of T2D, though individuals with elevated and increasing depressive symptoms were at greatest risk. Research examining links between depressive symptoms and physical morbidity should consider the temporality of depression.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53826 - 12-Minute Talk

Psychological risk factors for cannabis misuse: Use Motives and internalizing/externalizing symptoms

Presenting Author: Brunelle, caroline
Additional Authors: McDonald, Catherine

Abstract: Cannabis is the most frequently used substance after alcohol and since legalization, first time users and the number of active cannabis users have risen. Motivations for using a substance predict disordered use but cannabis motives research has been modeled on alcohol, failing to explore cannabis specific motivations (e.g. medical, etc.). Also, several risk factors have been explored in relation to cannabis use disorder, but studies have rarely explored how these factors interact together. The first study used exploratory factor analysis to identify core cannabis use motivations in a sample (N=262) of past year cannabis users. Five distinct motivations (i.e., additive, coping, medical, social cohesion, and secondary substance) emerged. Endorsing medical motives (b= .487, p < .001) and lower endorsement of social cohesion motives (b= -.233, p < .001) were associated with past 30-day use but coping (b = .183, p= .028) and additive (b =.173, p= .014) motives were most predictive of cannabis-related problems. A second study focused on a typology of cannabis users that includes cannabis use practices, polysubstance use, internalizing/externalizing symptoms and explore how these differ in negative cannabis-related outcomes. This research suggests that targeting motivations for cannabis use and associated mental health conditions must be part of cannabis use disorder interventions.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53836 - 12-Minute Talk

Developing Substance Use Best Practices for Primary Care: A Psychologist-Led Process

Presenting Author: Hartney, Elizabeth

Abstract: People who use substances often lack trust in, and access to primary care, and while some may be further marginalized and stigmatized through segregation in safer spaces associated with substance use (MacNeil & Pauly, 2011), others may opt out of discussing substance use with their doctor (Hartney et al, 2003). This psychologist-led project developed best practices for primary care from data gathered from patients who use(d) substances, and analyzed using concept mapping (Urbanoski et al, 2018). Three days of workshops bringing together patients employed as peer research associates, physicians, and health system partners were used to develop three key resources: a one-page best practice guidelines document; a checklist for self-assessment by primary care practices; and a website compiling the best practice resources for download, providing background information on the project, and providing links to community resources. The guidelines were externally evaluated by the best practice development team at McGill University who presented at the Canadian Psychological Association Convention in 2018. The guidelines are currently being disseminated to primary care physicians and health system partners, and will undergo further evaluation and development to meet the needs of remote practices and Indigenous patients.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 54111 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Cortisol Levels, Self-Regulation, and Risky Decision Making in Adoelscents Diagnosed with FASD

Presenting Author: Keller, Sarah
Additional Authors: Rorem, Devyn ; Kryska, Kathyrn; Kapasi , Aamena ; Pei, Jacqueline; Abele-Webster , Lynne; Oberlander , Tim; Rasmussen, Carmen

Abstract: Fetal Alcohol Spectrum Disorder (FASD) describes a range of neurodevelopmental deficits that can occur due to prenatal alcohol exposure. FASD impacts several areas of executive functioning, including self-regulation (SR). SR refers to a series of high order processes that allow one to control their emotions, thoughts, and behaviour. Difficulties with SR may be associated with elevated levels of cortisol and risky decision making (RDM), which refers to engaging in behaviors that could lead to negative consequences. Difficulties with SR, elevated cortisol, and RDM have been identified as areas of challenge for those with FASD. However, the relationship between these factors has yet to be explored for this population. The purpose of the present study is to assess how physiological, cognitive, and behavioural measures are associated with SR in adolescents (11-17) with FASD. Preliminary data analyses with a subset of participants (N=24) indicated that poor SR, as indicated on a self-report measure, was significantly related with lower scores on the Iowa Gambling Task, a measure of RDM (p= .019). Data

analyses are underway using the larger sample to also evaluate cortisol levels. Gaining an understanding of how these factors relate for adolescents with FASD could support intervention planning and policy development. Implications for assessment and intervention practice will be noted.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54395 - 12-Minute Talk

Group Counselling for ICU Survivors and Caregivers: Physical, Emotional, and Social Recovery

Presenting Author: Mudry, Tanya
Additional Authors: Stone, Jezzamyn

Abstract: Background: Upon discharge, Intensive Care Unit (ICU) survivors face challenges related to their stay in the ICU, as well as the long-term recovery from critical illness. These challenges impact survivors' physical, emotional, and social recovery processes, which increase mental health concerns and psychological distress, reduce quality of life, delay (re)integration into their communities, and cause further health problems. Methods: Drawing from an evidence-based recovery program, we implemented and evaluated a recovery-oriented counselling group for ICU survivors and their caregivers. A mixed-methods design was used, including a quantitative outcome measure survey currently used by an ICU Recovery Clinic, at pre-test, immediate post-test, 3-month follow-up, and 6-month follow-up. Results: Preliminary results will be presented (pre, post, and 3-month follow-up), showing strong support for this innovative intervention.Conclusion: The provision of psychological support through a group counselling format encouraged physical, emotional, and social recovery processes, thereby improving overall recovery and quality of life. Impact: As patient oriented research, patients and caregivers were active partners in this pilot project from inception through implementation and evaluation. We addressed a significant gap in care and plan to extend our program.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54509 - 12-Minute Talk

ADHD in problem-gambling treatment-seeking individuals

Presenting Author: Theule, Jennifer
Additional Authors: Keough, Matthew; Ronaghan, Dana; Barnes, Jennifer; Henrikson, Brenna

Abstract: studies have established an association between symptoms of Attention-Deficit/Hyperactivity Disorder (ADHD) and problem gambling. We will present the preliminary results of our recent investigation into the rate of clinically significant ADHD symptoms in treatment-seeking Manitoba gamblers. Findings will be contextualized with information from our previous meta-analysis on this topic, looking at differences between treatment seekers vs. non-treatment seekers, and Manitoban vs. international data. Focusing on a treatment-seeking population is important, as this population varies in systematic ways from the larger problem gambling population. For example, amongst problem gambling populations, research has shown that those with the most severe gambling problems are the most likely to seek treatment (Suurvali, Hodgins, Toneatto, & Cunningham, 2008). Other studies have shown that women are more likely to seek treatment than men (Crisp et al., 2004). Further, treatment-seekers are the population that clinicians have the most opportunity to support, given their readiness for change (Kowatch & Hodgins, 2015). Locally relevant data is essential for tailoring interventions to effectively support those who seek treatment, in the specific sociocultural context in which they reside. We will touch on how this work can be used to inform assessment and treatment of problem gambling.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54540 - 12-Minute Talk

The meaning, experience, and treatment of adjustment disorder stemming from romantic betrayal.

Presenting Author: Lonergan, Michelle

Abstract: Prior research suggests that romantic betrayal (e.g., infidelity) can be experienced as a traumatizing event that precipitates symptoms of anxiety, depression, and traumatic stress (e.g., adjustment disorder). Yet, no research has investigated the association between betrayal, trauma, and adjustment disorder from the perspective of betrayed individuals. Further, individualized treatments for adjustment disorder are scarce. This research involves a mixed-method investigation of the experience and treatment of adjustment disorder stemming from romantic betrayal. First, in a clinical trial, treatment-seeking participants received up to 6 weekly sessions of betrayal-memory reactivation under propranolol (i.e., reconsolidation therapy). Results demonstrated significant reductions in event-related stress symptoms, depression, and anxiety compared to the 4-week wait-list condition. Thirteen participants subsequently engaged in a semi-structured individual interview on their experience with betrayal and related distress. Participants' response to betrayal was akin to traumatic stress, and they used trauma metaphors and prototypes to describe their experience, however few identified their reaction as posttraumatic stress disorder. Findings from this research suggest that romantic betrayal can lead to an adjustment disorder, which can be alleviated by a targeted trauma-based intervention

Section: Traumatic Stress / Stress traumatique
Session ID: 54928 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Le Niveau De Confort Des Étudiants Gradués Quant Au Soutien Relié Aux Difficultés De Santé Mentale.

Presenting Author: Vandette, Marie-Pier
Additional Authors: Daigle, Marie-Pierre; Aubry, Tim

Abstract: Au cours des dernières années, la santé mentale des étudiants de premier cycle est devenue un sujet d'intérêt et un enjeu important pour les universités. D'ailleurs, récemment, plusieurs études canadiennes se sont intéressées à comprendre l'état de la santé mentale des étudiants universitaires ainsi que les causes sous-jacentes à la détresse psychologique de ceux-ci. S'intéressant davantage aux étudiants des cycles supérieurs et avec l'objectif d'augmenter le nombre et la qualité des ressources disponibles, un groupe de travail composé d'étudiants du cycle supérieur en psychologie clinique de l'Université d'Ottawa a effectué une évaluation des besoins en santé mentale de ces étudiants. Cette présentation fournira, d'une part, les résultats d'une revue de la littérature qui a évalué la prévalence des difficultés de santé mentale chez les étudiant(e)s aux cycles supérieurs. D'autre part, les résultats d'un sondage mixte (quantitatif et qualitatif) concernant le niveau de confort des étudiant(e)s (n = 109) à approcher leur superviseur(e), les professeur(e)s et les membres du personnel administratif (n = 25) pour du soutien en santé mentale seront partagées tout comme ceux concernant le niveau de confort de ces derniers à offrir du soutien aux étudiant(e)s. Puis, des recommandations afin d'améliorer l'ouverture au soutien seront discutées.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54967 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The impact of stress on attention for youth with learning disabilities: a behavioural and EEG study

Presenting Author: Sibalis, Annabel
Additional Authors: Milligan, Karen

Abstract: The 10% of youth who struggle with a learning disability (LD) experience challenges in academic, social and emotional domains. Ultimately, difficulty in these core areas leave LD youth at higher risk for negative life outcomes including mental health challenges, school dropout and unemployment. Attention is understood to be a key factor for success in many life domains. While research has begun to understand how attentional deficits are central to LD, no research has examined the impact of stress on attention. Due to the major challenges that LD youth face, and the result that they experience a high level of daily stress, understanding how stress impacts attention and which factors influence this is critical to our understanding of LD and how it can be helped. In this study, LD youth and a control group of non-LD youth completed an attention task pre- and post-exposure to a social stressor while EEG was recorded. Behavioural and EEG attentional markers were extracted to determine the effect of stress exposure on attention. The impact of social skill level and mental illness symptoms is also examined. Data collection is ongoing and will be completed by March 2020. Results and implications will be discussed, including furthering our understanding of LD deficits and which co-occurring factors contribute to them and outlining mechanisms of change for future therapies to address.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 55276 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Sexual interest after prostate cancer treatment.

Presenting Author: Wong, Samantha Tze Sum
Additional Authors: Wibowo, Erik; Wassersug, Richard J.; Palmer-Hague, Jaime

Abstract: About half of all men treated for prostate cancer (PCa) are, at some time, on androgen deprivation therapy (ADT). ADT depresses libido and impairs sexual function; however, a direct relationships between steroid hormone levels and sexual interest have not been fully established.We investigate here the effects of testosterone (T) and estradiol (E) on self-reported sexual function and severity of ADT sexual side effects, in prostate cancer patients on ADT versus prostate cancer patients and men not on ADT. Seven healthy controls, 6 PCa patients on ADT and 12 patients not on ADT participated in the study.Patients on ADT had lower T ($p < .001$) and E ($p < .05$) compared to healthy controls. In addition, there were negative correlations between T and E levels and sexual dysfunction, as well as severity of hormonal side effects ($p < .05$). Patients on ADT also reported viewing visual sexual images less frequently ($p < .01$) and having more hormonal side effects ($p < .05$) compared to controls. They reported worse sexual functioning compared to both groups ($p < .01$). They were also more bothered by those symptoms ($p < .05$).Results align with literature showing positive relationship between estradiol, testosterone, and visual attention to sexual images. Our study population's discomfort with hormonal symptoms highlight the clinical need to support patients coping with ADT.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 55319 - 12-Minute Talk

Conversation Session / Discussion Forum

Feeling like a fraud: How scholarly belongingness and imposter syndrome shape doctoral students' health

Presenting Author: Sverdlik, Anna
Additional Authors: Hall, Nathan C

Abstract: Research on doctoral students' well-being consistently suggests that an interplay of social and psychological factors shape the experiences of students in doctoral programs. Specifically, scholarly integration (e.g., Schmidt & Hansson, 2018) and perceptions of self-worth (e.g., Di Pierro, 2007) have been highlighted as important determinants of doctoral students' well-being. The present research examined the role of perceived scholarly belongingness (a social factor representing scholarly integration) and imposter syndrome (a psychological factor representing perceptions of self-worth) in doctoral students' health. In line with previous research, perceived belongingness was expected to negatively predict imposter syndrome that, in turn, was expected to correspond with greater depression, stress, and illness symptoms. This model was tested in two studies that utilized different designs (i.e., cross-sectional and prospective) and using advanced

statistical analyses (i.e., Structural Equation Modeling) with a total of 2,614 international doctoral students from across the disciplines. The results of both studies supported our hypothesis, while also providing preliminary evidence for the directionality of the proposed model. In both studies, perceived scholarly belongingness negatively predicted imposter syndrome, and imposter syndrome, in turn, was a strong positive predictor of all three mental (stress, depression) and physical (illness symptoms) health outcomes. Based on the present findings, research and practice are encouraged to focus on designing learning environments that facilitate active socialization of doctoral students into their departments, as well as understanding the imposter phenomenon in doctoral students, and the ways in which it can be minimized to improve the physical and psychological health of these students.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53358 - Conversation Session / Discussion Forum

Is habit formation an underlying mechanism of change in psychotherapy?

Presenting Author: Colvin, Eamon

Abstract: Since William James, the concept of "habit" has been foundational to psychological research and clinical practice. Whether it be quitting smoking or exercising more regularly, human beings are constantly trying (yet often failing) to change our behaviour. In psychotherapy, clinicians often seek to change both behavioural habits (e.g. meditation) and automatic thinking patterns (e.g. thinking "I'm worthless"). Despite the important role that habitual thoughts and behaviours play in our day-to-day lives, there has been limited research on the role of habit in mental health. Given the importance of habit change, and the lack of research on this topic in the context of mental health, the broad question "Is habit formation an underlying mechanism of change in psychotherapy?" has both theoretical and clinical applications. In this Conversation Session, we will discuss the potential theoretical and clinical utility of conceptualizing thoughts and behaviours as habits. This conversation, facilitated by Ph.D. Candidate and Vanier Scholar Eamon Colvin, will be particularly intriguing for established clinicians, clinical trainees, behaviour change researchers, and researchers who investigate the intersections between automatic versus reflective thinking and behaviour. Together, we will explore and integrate the concept of habit with existing models of mental health and clinical practice.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54944 - Conversation Session / Discussion Forum

Transitioning to Counselling Practice at a Distance

Moderator: Miller, Janet ; Luo, Houyuan

Abstract: Please join us for a panel presentation and roundtable discussion where counselling psychologists will share how their practice was impacted through the COVID-19 pandemic. Here the focus will be on counselling work that moved from traditional face-to-face sessions into the online world in response to the pandemic. For most of us, the transition to remote practice required rapid professional development and training for new technology practices. Remote practice introduced new challenges, fresh ethical considerations, and changed work patterns. We will reflect on the boundary between practice and home life, issues of equity and access, debrief the experience of engaging with new and ongoing clients in remote ways, reflect on personal biases that were challenged, and share lessons learned (setbacks and strengths) that we will carry on into our future work. Opportunities to engage the audience through the chatbox, online polls, and discussion questions will be provided.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 59660 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Teaching and Researching Remotely

Moderator: Brosseau, Danielle

Abstract: If you were required to move your teaching and research into an online world rapidly in March of 2020, or if you are planning to be doing this work online in the Fall – please join us for a roundtable discussion of the trials and triumphs of teaching and researching remotely. If voiceover powerpoints, chatbox discussion groups, lighting, virtual eligibility screening and consent and online recruitment are on your mind, please know that you are not alone. You will be invited to join in the discussion as we collectively reflect on pedagogy, rigour, quality, equity, issues of privacy, and considerations for best practices.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 59661 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Supervision in the Post-Pandemic World

Presenting Author: Huminuik, Kirby
Additional Authors: Mudry, Tanya ; Wallace, Kevin; Williams, Emily

Abstract: The entire post-secondary sector rapidly transitioned into online teaching and practice in March 2020. How has this impacted our counselling psychology students and our practice with them? Join us for a roundtable discussion as we unpack the experiences of practicums, internships, and meaningful work in counselling practice. Supervisors and students will discuss considerations and plans for the upcoming school year, including what we hope will be a fulsome discussion of how to prepare students for remote practice while also preparing these new professionals for future face-to-face work as counselling psychologists.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 59664 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Gimme-5

Reflecting on a poor midterm mark reduces stress and increases affective well-being in students

Presenting Author: Briggs, Chloe O
Additional Authors: Wirtz, Derrick

Abstract: Most students report greater than average or tremendous stress, which negatively impacts academic performance and increases risk for attrition. This study sought to determine whether a mindfulness, self-compassion, or generic reflection could reduce stress and increase well-being in students receiving a poor mark. This study also sought to determine whether the amount that students wrote influenced the extent to which well-being benefits occurred. Participants included undergraduate UBCO students (n = 174). Students completed measures of self-compassion, mindfulness, stress, and positive and negative affect before and after a reflection exercise. T-tests and ANOVAs were conducted to examine within- and between-group differences, and word count was correlated with changes in well-being variables. All three groups increased in positive affect, and significantly decreased in negative affect and stress after all reflection exercises. Higher word count correlated with greater increases in self-compassion, mindfulness, and positive affect. Results demonstrate that reflecting on a poor midterm grade increases affective well-being and decreases stress, regardless of reflection instructions, showing that reflecting in any form can be beneficial. Additionally, writing more in a reflection exercise may increase the extent to which individuals experience well-being benefits.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52544 - Gimme-5

[Presented in CPA 2020 Virtual Series]

PTSD Symptoms Predict Daily Student Binge Drinking

Presenting Author: Rappaport, Lance M
Additional Authors: Amstadter, Ananda

Abstract: The present study used ecological momentary assessment to i) contrast the self-medication, susceptibility, and shared liability models of comorbid post-traumatic stress disorder (PTSD) with high-risk alcohol use and to ii) predict student binge drinking. For 14 days, undergraduate students with a trauma history (N = 276) reported nightly on use of alcohol and illicit substances and thrice daily on current affect and internalizing symptoms including PTSD. Daily binge drinking, per the NIAAA definition, was analyzed using multilevel, multivariate logistic regression. Supporting the self-medication model, participants were more likely to binge drink on days marked by elevated PTSD symptoms, OR = 2.82, p < 0.01. Binge drinking was also associated with weekends, OR = 4.21, p < 0.0001, and elevated daily positive affect, OR = 1.60, p < 0.001, but not concurrent depressive or general anxiety symptoms (ps > 0.29). PTSD symptoms were not associated with use of cannabis or other substances (ps > 0.05). Regarding the susceptibility model, on the day following a binge drinking episode, participants reported elevated depressive symptoms, B = 0.28, p = 0.02, but no change in affect or symptoms of PTSD or anxiety (ps > 0.21). Results suggest that, beyond understanding who is at risk for binge drinking, fluctuations in PTSD symptom severity clarify when students engage in binge drinking.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 52567 - Gimme-5

Exploring How School Staff Cope with Stress

Presenting Author: Savage, Michael J
Additional Authors: Woloshyn, Vera

Abstract: The purpose of this study was to examine how school staff cope with stress and to determine which coping strategies were most effective in reducing perceived stress and increasing well-being. An online survey was completed by 630 school staff in a school board in southern Ontario. The survey consisted of 56 questions including 4 demographic questions, the Perceived Stress Scale 10 (PSS-10), the World Health Organization Well-being Index (WHO-5), the Brief Coping Orientation to Problems Experienced (Brief COPE) scale and 10 open-ended questions. A k-means cluster analysis was conducted on responses to the Brief Cope scale. The analysis produced 4 clusters of school staff based on coping strategies. Cluster scores on the PSS-10 and WHO-5 were then compared using an ANOVA. Staff in Clusters 1 and 2 used active coping strategies, those in Cluster 3 used avoidant coping and self-blame, and those in Cluster 4 did not utilize any specific strategy and/or used all coping strategies in a non-systematic way. Clusters 1 and 2 staff reported significantly higher well-being than those in Clusters 3 and 4. Cluster 2 staff reported the least perceived stress while Cluster 4 staff reported the greatest perceived stress. Recommendations include providing psychoeducation to all school staff about stress and its effects on health and wellbeing as well as educating them in how to use active coping strategies to manage stress.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52693 - Gimme-5

An Inquiry into Grit and its Effect on Wellbeing in University Students

Presenting Author: Di Palma, Daniel

Abstract: Pursuing a university degree is by no means an easy task. Do students who persevere experience wellbeing? This study intends to explore this question. To that end, its purpose is: (a) to determine if there is a connection between wellbeing in students and their manifestations of grit; and (b) if such a connection exists, to explore the extent to which they are connected. Using a constructivist grounded theory, this qualitative research study analyzes students' experiences to determine the nature of any relationship between students' experience of wellbeing and their demonstration of grit. Results of this study show that participants who manifest elements of grit also demonstrate living with the elements of wellbeing. These findings suggest that perseverance and grit can lead to good outcomes, not only in instrumental ways but also in terms of one's wellbeing and their ability to flourish.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 52788 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Hookups: Double Standards and Communication

Presenting Author: Zebeljan, Alex
Additional Authors: Barata, Paula

Abstract: Most studies on sexual communication have focused on communication within committed couples but hooking up (sexual acts performed outside of a committed relationship) has increased over time. While there is some research about sexual communication in committed relationships, less is known about factors impacting communication during hookups. Furthermore, no studies have looked at the influence of sexual double standards on sexual communication, despite the existence of double standards in today's society. This secondary analysis of data bridges this gap in literature by exploring the relationship between sexual communication and sexual double standards during women's experiences of hookups. This secondary analysis of the data focuses only on those participants who had consensual and wanted hookups. A total of 745 women between the ages of 18 and 25, who identified as heterosexual, and attended the University of Guelph were surveyed. In this exploratory study, there was a small-medium and negative correlation between sexual communication and sexual double standards. That is, as acceptance of traditional sexual double standards increased, sexual communication decreased. Implications for this study include understanding what contributes to better communication during hookups for women. This is critical as it can contribute to positive sexual education efforts.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 52857 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Negative social interactions affect the relationship between sexual orientation and mental health for Canadians

Presenting Author: Barry, Caitlin E.
Additional Authors: Speed, David

Abstract: Background: Canadian research has revealed that the lesbian-gay-bisexual (LGB) population experiences higher rates of mental illness than the non-LGB population. This greater reporting of psychopathology can be misconstrued as a direct result of sexual orientation. However, minority stress theory (MST) suggests that this pattern of findings is explained by increased social negativity. This study critically examined how minority stress features (e.g., negative social interactions) further marginalize sexual minority Canadians. Method: Using a nationally representative sample of participants from the 2012 Canadian Community Health Survey – Mental Health Component (n = 22,495), researchers investigated the mediating impact of negative social interactions on the relationship between sexual orientation and mental health outcomes. Data analysis used weighted regression models to determine the proportion of mediated effect. Use of this dataset was beneficial as it enhanced statistical analyses, provided an opportunity to validate smaller studies, and allowed generalizability to the Canadian population. Results: Negative social interactions (NSIs) were found to partially mediate the relationship between sexual orientation and mental health outcomes, specifically depression and satisfaction with life. Discussion: This research aimed to bring awareness to the loss of privilege faced by sexual minorities, and expanded on the theoretical understanding of minority stress theory, the social determinants of health, and the multitude of social inequities experienced by marginalized Canadian populations. Action: This study propelled my current Master's thesis, where I am examining if negative social interactions mediate other mental health concerns for LGB Canadians.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 53097 - Gimme-5

Understanding the Link Between Trauma & Problematic Substance Use: Does Diagnosis Trump Experience?

Presenting Author: Skelding, Brittany C
Additional Authors: Barry, Caitlin; Speed, David

Abstract: It has been suggested that that the consistent link between childhood trauma and problematic substance use may be explained by the self-medication hypothesis, which posits that individuals consume substances to dampen the secondary symptoms of having experienced trauma. However, little research has distinguished between the likelihood of using substances problematically following a trauma-related diagnosis (i.e., post-traumatic stress disorder) versus the experience of traumatic events without receiving a diagnosis. The current study utilized data from the Canadian Community Health Survey (N = 21,917) to investigate this distinction. A logistic regression revealed a significant interaction between PTSD and traumatic events without a clinical diagnosis on the likelihood of using substances problematically (p = .038, OR = .684, 95% CI [.479, .973]). Specifically, having PTSD may initially lead to a higher likelihood of using substances problematically as compared to having no clinical diagnosis; however, as the frequency of childhood traumatic events an individual experiences rises, disordered substance use increases as well, matching that of individuals with a clinical diagnosis. These findings suggest that substance use interventions in the context of trauma are necessary regardless of PTSD diagnosis and intensity of services should match the level of exposure to trauma.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53251 - Gimme-5

NSSI and meditation: Potential benefits?

Presenting Author: Bastien, Laurianne
Additional Authors: Böke, Naz B; Heath, Nancy L

Abstract: Non-suicidal self-injury (NSSI) has prevalence rates of 15% among university students (Eisenberg et al., 2013) and can be defined as an unhealthy way to cope with emotion regulation difficulties (Whitlock, Voon, & Rose, 2016). Little is known about the added value of using positive coping behaviours (e.g., meditation) for students who engage in NSSI. The present study sought to investigate whether meditation would have similar benefits (decreased stress and loneliness, better coping self-efficacy, and increased mindfulness) in students who also engage in NSSI. Participants were 1896 female university students (Mage=19.43, SD=1.74) who completed in-class questionnaires assessing coping behaviours and indices of wellness. Results from a two-way ANOVA revealed a significant interaction of NSSI and meditation on coping self-efficacy, $F(1,1892)=9.43$, p=.002, and mindfulness levels, $F(1,1892)=6.84$, p=.009. Findings are indicative of a differential benefit of meditation for those who also engage in NSSI compared to those who do not. Thus, there is support for the added value of meditation despite the presence of other less healthy coping behaviours.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53348 - Gimme-5

Evaluating a mindfulness intervention for young adults with a history of non-suicidal self-injury

Presenting Author: Simundic, Amanda
Additional Authors: Argento, Amanda; Petrovic, Julia; Heath, Nancy Lee

Abstract: Mindfulness (MF) interventions have been shown to enhance emotion regulatory processes that seem to be affected in individuals who engage in non-suicidal self-injury (NSSI). However, research on the use of MF tasks to attenuate the stress response is lacking despite their use in treatment of NSSI. Thus, the present study sought to determine whether a brief MF task was effective at increasing state MF and decreasing stress following a stress induction. Women undergraduate students with (n=57;Mage=20.09, SD=2.05) and without a history of NSSI (n=87;Mage=20.22, SD=1.94) were randomly assigned to either a MF or control task prior to undergoing a Stroop stress induction task and completing pre/post measures

of state MF and stress. Two 3-way mixed ANOVAs (Group X Condition X Time) revealed significant time by condition interactions for both state MF (F(1,140)=10.69, p=.001, partial h2=.07), and stress (F(1,140)=4.21, p=.04, partial h2=.03). Therefore, the MF intervention was successful at increasing state MF and decreasing stress similarly in both groups (NSSI/no-NSSI), relative to participants in the control task. Implications for future research and clinical practice as well as the importance of further exploring the effectiveness of MF interventions with those who engage in NSSI will be discussed.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53374 - Gimme-5

A Fresh Start: Does Exposure to New Social Environments Facilitate Personality Change Goals?

Presenting Author: Pilote-Schraenen, Mathieu
Additional Authors: Moore, Amanda; Levine, Shelby; Koestner, Richard

Abstract: Objectives: The present study investigated whether greater personality change goal progress is achieved when individuals are in newer social environments. Methods: A multi-wave prospective longitudinal design was employed to track the progress that 354 university students made in their personality change goal pursuits over an academic year. At baseline, desire to change was assessed and participants completed the Big Five Trait inventory. In the middle of the first semester, the newness of the social environment was assessed. In the middle of the second semester (i.e. at 6 months) goal progress was assessed in the form of perceived personality trait change.Results: As hypothesized, desire to change and newness of social environment were significantly related to personality change goals progress. Unexpectedly, trait Openness to experience was also significantly related to personality change goals progress. Together desire to change, newness, and Openness to experience significantly predicted a moderate increase in personality change at 6 months. Conclusions: The desire to change, newness of social environment, and trait Openness to experience are associated with greater personality change. The present study integrated volitional personality change findings with recent advancements in personality development to enhance our understanding of personality change goals [and thus facilitate peak human performance].

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53402 - Gimme-5

Fusing drama with life: Fostering emotional wellness through collective creation

Presenting Author: Yeganeh Farid, Sepidar
Additional Authors: Taha, Walaa

Abstract: This short presentation aims to provide an overview of using drama tools and creative collective projects to encourage the free expression of life experiences. Descriptions and visuals of two collective performances (inVISIBLE and upROOTED) initiated by the Handsome Alice Theatre will be presented to showcase the use of creative methods and drama in facilitating nonverbal and verbal expression. Drama can be used with diverse populations of all ages, identities, and backgrounds to enhance well-being (Konopik and Cheung, 2012) by encouraging emotional expression and a healthy release of emotion (Joronen, Konu, Rankin, and Astedt-Kurki, 2011). Using drama in a group setting allows for the establishment of a safe space to facilitate the creation of life stories (Keisari & Palgi, 2017). The collective creations mentioned (inVISIBLE and upROOTED) consist of diverse female artists and community members who were guided through drama activities (i.e., writing, vocal practice, movement) to create and interweave solo narratives into a final collective performance depicting significant life experiences. This presentation will encourage the consideration of integrating group drama-based inteventions and creations both clinically and in research, given the applicability and potential benefits posed by using such methods.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53471 - Gimme-5

Self-Critical Perfectionism and Daily Stress Predict Depressive and Anxious Symptoms Over Two Years

Presenting Author: Gossack, Amanda
Additional Authors: Richard, Alexandra

Abstract: This study examined the moderating effect of perfectionism on daily stress in predicting depressive and anxious symptoms over two years. Participants completed measures of perfectionism (personal standards [PS], self-critical [SC]) at baseline (Time 1). Then, participants rated the stressfulness of their most bothersome events at the end of the day for 8 consecutive days at Time 2 one year later. Participants also completed measures of depressive and anxious symptoms at Time 1, Time 2, and Time 3 two years after baseline. SC and PS perfectionism demonstrated weak to moderate associations with aggregated daily stress. Hierarchical regression analyses of moderator effects revealed that individuals with higher SC perfectionism and higher daily stress had higher levels of depressive and anxious symptoms at Time 3 relative to those of other individuals, controlling for the effects of Time 1 and Time 2 symptoms. In contrast, PS perfectionism did not interact with daily stress to predict depressive and anxious symptoms at Time 3. These findings highlight stress as a vulnerability factor for SC perfectionistic individuals that contributes to depressive and anxious symptoms over time. Interventions that directly target daily stress may be particularly beneficial in improving the well-being of individuals higher in SC perfectionism.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53497 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Self-critical perfectionism components versus neuroticism predicting well-being over one year

Presenting Author: Saucier, Anne-Marie
Additional Authors: Richard, Alexandra

Abstract: This study examined the relative influence of different self-critical (SC) perfectionism components and neuroticism in predicting well-being over one year. A sample of 343 community adults completed measures of SC perfectionism and neuroticism at Time 1, and measures of well-being (presence of meaning in life, search for meaning in life, subjective life satisfaction, vitality, negative affect, positive affect) at Time 1 and Time 2 one year later. Hierarchical regression analyses revealed that SC perfectionism components and neuroticism both uniquely predicted well-being outcomes concurrently. Time 1 SC perfectionism predicted decreases in the presence of meaning in life, as well as increases in search for meaning and negative affect over one year, controlling for Time 1 well-being and neuroticism. In contrast, neuroticism did not provide incremental power over SC perfectionism components in predicting well-being outcomes over one year, except for predicting negative affect. Self-criticism and discrepancy were the most problematic perfectionism components in predicting decreased well-being outcomes concurrently and longitudinally. These findings highlight which perfectionistic tendencies confer vulnerability to lower well-being. Self-criticism and discrepancy could be the best targets for intervention aimed at the improvement of well-being in perfectionistic individuals.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53518 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Positive Mental Health: Attenuating the Association Between Childhood Maltreatment and Hypertension

Presenting Author: Maduro, Alexandra
Additional Authors: Deschênes, Sonya; Elgar, Frank

Abstract: Background: Adverse childhood experiences (ACEs) are well-established risk factors for poor health outcomes. Existing findings suggest a dose-response relationship between ACEs and hypertension, a condition afflicting 1 in 4 Canadian adults. Identification of factors that may moderate this association is crucial. Positive mental health (PMH) may function as a resilience factor when coping with adversity. This study tested the potential interaction between ACEs and PMH with the likelihood of hypertension in adulthood.Methods: The sample included 18,975 adult participants from the cross-secitonal 2012 Canadian Community Health Survey-Mental Health. The association between ACEs and prevalence of hypertension in adulthood, as well as the potential interaction with PMH, was examined using logistic regression.Results: A positive association was found between number of ACEs and probability of hypertension (OR=1.05). Moreover, a significant interaction with PMH demonstrated that at high levels of positive mental health, the predicted probability of hypertension remains low regardless of ACEs.Conclusions: Positive mental health appears to attenuate the association between ACEs and hypertension and may thus be a protective factor for health following ACEs. PMH may serve to reduce stressful reactions such as increased blood pressure, leading to quicker cardiovascular recovery from trauma.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53567 - Gimme-5

Comparative accuracy of three cognitive screening measures in the diagnosis of aMCI

Presenting Author: Paterson, Theone S. E.
Additional Authors: Sivajohan, Brintha; Freedman, Morris; Levine, Brian; Leach, Larry; Darvesh, Sultan; Strother, Stephen C; Black, Sandra E; Tang-Wai, David F; Troyer, Angela K

Abstract: We examined the relative utility of three cognitive measures to detect amnestic mild cognitive impairment (aMCI) in community dwelling older adults. Ninety-one adults (age 60-90) completed a gold standard neuropsychological assessment to diagnose aMCI or normal cognition. Participants also completed the Montreal Cognitive Assessment (MoCA) and Toronto Cognitive Assessment (TorCA), two practitioner-administered measures, and Cogniciti's Brain Health Assessment (BHA), an online, self-administered measure. Logistic regression models were used to weight subscore performance within each measure, and sensitivity and specificity were compared. Sensitivity and specificity for MoCA were .75 and .48, respectively (PPV & NPV of .64 & .59); Sensitivity and specificity for BHA were .78 and .78, respectively (PPV & NPV of .82 & .74); and sensitivity and specificity for the TorCA were .75 and .75, (PPV & NPV of .79 & .70). Overall accuracy of the MoCA in our sample was 64% (AUC=.67), accuracy of the BHA was 78% (AUC=.75), while accuracy of the TorCA was 75% (AUC=.75). The BHA and TorCA identify aMCI with increased sensitivity and specificity over the MoCA. Given the BHA is self-administered, use of this measure to screen for cognitive difficulties in the assessment of aMCI will save practitioners time and resources, while use of TorCA or BHA will improve classification.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 53734 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Validation of the Positive Schema Questionnaire (PSQ) among Post-Secondary Students

Presenting Author: O'Byrne, Ryan
Additional Authors: Cherry, Kathlyn M; Lumley, Margaret N

Abstract: Research at college campuses across 18 countries identified the transition to post-secondary as a vulnerable time for mental health difficulties (Auerbach, 2018). Targeting self-schemas may help students to experience more positive mental health during this turbulent time (Pennant et al., 2015). However, research to date has focused extensively on negative self-schemas, despite empirical evidence that positive self-schemas uniquely contribute to mental health outcomes (e.g., Cherry & Lumley, 2019). This study is the first to validate a measure of positive self-schemas among university students (N = 363, 72% female, Mage = 18.16). The results indicate that the Positive Schema Questionnaire (PSQ) is a reliable and valid measure of university students' positive schemas. Exploratory factor analysis supports a five-factor structure which corresponds to five unique self-schema themes. Relations among self-schema themes and mental health indicators were examined. Optimism

self-schemas were associated with a broad range of indicators, while self-efficacy self-schemas and worthiness self-schemas were associated with resilience and depression, respectively. These results advance efforts to better understand and support the mental health of university students during the vulnerable transition to adulthood.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53794 - Gimme-5

[Presented in CPA 2020 Virtual Series]

A Systematic Review of Neuroimaging Outcomes following Sport-related Concussion in Female Athletes

Presenting Author: Sehra, Ramandeep K
Additional Authors: Feldman, Samantha; Gardner, Andrew J ; Wojtowicz, Magda

Abstract: Background: Women comprise an increasing proportion of the athletic population, yet the vast majority of research on sport-related concussion (SRC) has focused primarily on male athletes. This systematic review sought to examine the literature on magnetic resonance imaging (MRI), specifically magnetic resonance spectroscopy (MRS) and diffusion tensor imaging (DTI) following SRC in female athletes.Methods: Databases searches included PsychInfo, PsychEXTRA, OVID MEDLINE, Scopus, Web of Science, PsychARTICLES, CINAHL, PubMed, and SportsDiscus until May 2019. Studies were screened for inclusion based on pre-determined criteria.Results: A total of 8 studies met inclusion criteria. MRS studies found lower metabolite levels (i.e., myo-inositol, glutamate) in female athletes with an history of concussion, two weeks or more post-injury, and across a season of play. DTI studies found alterations of white matter, primarily in the corpus callosum. Overall, studies found metabolic, microstructural, and functional brain changes in female athletes 2 weeks or more post-SRC.Conclusion: These brain alterations after SRC suggest that female athletes may be in a state of neuro-vulnerability which may contribute to prolonged recovery time after SRC. More studies are needed to fully characterize sex-related differences in the outcomes and pattern of recovery following SRC.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53807 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Perfectionism, experiential avoidance, anxiety sensitivity, and depressive and anxious symptoms

Presenting Author: Richard, Alexandra
Additional Authors: Dunkley, David M

Abstract: Self-critical (SC) perfectionism has consistently been linked to depressive and anxious symptoms. This study examined anxiety sensitivity and experiential avoidance as mediators to better understand the relation between SC perfectionism and depressive and anxious symptoms. Community adults (N=331) completed self-report questionnaires measuring SC perfectionism, neuroticism, anxiety sensitivity, experiential avoidance, and depressive and anxious symptoms. Structural equation modeling results revealed that anxiety sensitivity mediated the relations of SC perfectionism and experiential avoidance with anxious symptoms, controlling for the effects of neuroticism. The relation between SC perfectionism and depressive symptoms was mediated by experiential avoidance, controlling for neuroticism. These results suggest that individuals higher in SC perfectionism experience anxious symptoms because of their fear of the physical sensations associated with anxious symptoms. On the other hand, individuals with higher SC perfectionism experience depressive symptoms because of their tendency to avoid aversive thoughts, memories, or emotions. Interventions that directly target anxiety sensitivity may be recommended to reduce anxious symptoms in SC perfectionistic individuals, whereas interventions that target experiential avoidance may be more beneficial to reduce depressive symptoms.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53879 - Gimme-5

Complex death and urban Indigenous youth: A qualitative study

Presenting Author: Peltier, Shanna
Additional Authors: Ansloos, Jeffrey P

Abstract: Suicide is commonly described as both an urgent health concern and a tragedy. Indigenous peoples' in Canada are familiar with this devastating reality, whereby Indigenous youth are five to seven times more likely to die by suicide than non-Indigenous youth in Canada. It is certainly the case that suicide is documented for on-reserve First Nations groups, albeit quite homogeneously. However, instances of suicide and inquiries into mental health more broadly in urban Indigenous youth populations are vastly understudied and underreported. This goal of this research is to develop a more contextual and nuanced understanding of complex death, specifically Indigenous deaths by suicide. This research aims to challenge dominant discourses of complex death by providing a space for a critically situated and experience informed investigation that centers the voices urban Indigenous youth. This work employs the use of youth-engaged qualitative methods comprised of semi-structured interviews with urban Indigenous youth wellness facilitators. The results of this study highlight the shortcomings of Western conceptualizations of suicide prevention and intervention efforts within Indigenous contexts. This work centers on the implications of on-going colonialism within the mental health professions. This timely research will have applied value in informing innovations in Indigenous mental health.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 53888 - Gimme-5

Exploring the Effectiveness of Mental Health Apps for Young People

Presenting Author: Ruddy, Alexandra M.
Additional Authors: Martin, Stephanie; Bailey, Darcie-Anne

Abstract: Almost 25% of Canadian youth are affected by mental health (MH) challenges; however, less than 20% of said youth will seek appropriate support. MH mobile apps have become increasingly popular due to their accessibility and the immediacy of support. MH apps may be especially attractive to young people who may be hesitant to receive professional help due to various barriers, such as stigma. While MH apps are now widely available on smartphones, the question remains: are they effective? A literature review was conducted to explore the research surrounding the effectiveness of popular MH apps for young people. Research findings demonstrated that although these apps should not be a replacement for professional treatment, they have the potential to help young people who are experiencing MH difficulties. However, many of the popular MH apps are not yet supported by sufficient evidence. Prior to recommending MH apps in our practice as clinicians it is important that these apps are demonstrated to be effective through robust, evidence-based research. Further research is needed to identify the MH apps that are truly effective, particularly for young people. This presentation aims to determine which MH apps are suitable to use and to recommend to young people seeking supplemental support for their MH challenges.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53968 - Gimme-5

Mindfulness facets and nature relatedness: Implications for well-being

Presenting Author: Sadowski, Isabel
Additional Authors: Böke, Naz; Heath, Nancy; Khoury, Bassam

Abstract: Nature relatedness refers to the cognitive-affective relationship with natural environments. Mindfulness is described as non-judgmental attention to the present moment and is a multi-dimensional construct consisting of interacting facets. This study aimed to clarify the mechanisms through which nature relatedness and mindfulness contribute to subjective well-being. Participants were 250 university students (Mage=20.67, SD=1.99, 82.4% female) who completed online measures of nature relatedness, the five facets of mindfulness, positive and negative affect and life satisfaction. Mediation analyses revealed that of the five facets of mindfulness, only Non-Reactivity and Observing partially mediated the positive relationship between nature relatedness and positive affect, and fully mediated the positive relationship between nature

relatedness and life satisfaction. Only Non-Reactivity was found to fully mediate the negative relationship between nature relatedness and negative affect. Findings suggest that when creating nature-based mindfulness interventions for university students, it may be clinically useful to focus on the development of skills that target mindfulness through Non-Reactivity and Observing.

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 54062 - Gimme-5

Psychological Well-Being in the Transition to University and the Affects of Self-Care

Presenting Author: McGuinness, Claire
Additional Authors: Nordstokke, David

Abstract: Problems pertaining to well-being of undergraduate students have been recognized in many countries. The importance of actively confronting and reducing signs of stress that post-secondary education brings is vital to the prevention of psychological distress. Mindful self-care integrates internal experiences (i.e., physiological, emotional, and cognitive) and external experiences (i.e., familial, community, and cultural) that when practiced can lead to positive aspects of psychological well-being. First-year undergraduate students (n=160) completed online measures including Mindfulness Self-Care Scale and the Flourishing Scale. Results of a multiple linear regression analysis reveal that aspects of mindful self-care predicts psychological well-being. This suggests that by understanding and supporting self-care, psychological well-being may be improved.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54215 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Assessment of the long-term cognitive outcomes after Out-of-Hospital Cardiac Arrest

Presenting Author: Predovan, David
Additional Authors: Collins, Barbara; Bedard, Marc; Tulloch, Heather

Abstract: Approximately 40,000 Canadians suffer a cardiac arrest each year. More and more of these patients are surviving thanks to improvements in medical treatment. Cognitive abilities seem to naturally recover in some cardiac arrest patients, but others are left with permanent problems. As of now, the area of cognitive functioning that is most affected is also unclear. A group of 78 patients who have survived a cardiac arrest who were deemed to have a good neurological outcome was tested 12 months after hospital discharge. Cognitive abilities, as measured by the Neuropsychological Assessment Battery (NAB), were compared to the general population and patients who experienced a myocardial infarction (i.e. a heart attack; MI), but whose hearts had not stopped. About one fifth (19%) of the cardiac arrest patients were cognitively impaired (defined as one standard deviation below the mean of the normative sample). Rates of impairment were approximately 5 times higher in the cardiac arrest patients than the MI group. Our results revealed impairments across all cognitive domains, with attention and memory being the most affected domains. These results indicate that cognitive rehabilitation, with an emphasis on these cognitive domains, may be beneficial to patients post arrest.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54217 - Gimme-5

Amplifying savouring predicts increases in positive events over time

Presenting Author: Jose, Paul E.
Additional Authors: Macaskill, Ella E

Abstract: Research has shown that various emotion regulation strategies, e.g., rumination, can 'generate' more stressful events over time, but the question of whether savouring strategies can analogously promote more positive events over time has not been investigated. We predicted that amplifying savouring, e.g., sharing good times with others, would predict higher numbers of positive events, but that dampening savouring, e.g., considering oneself as unworthy, would not. We conducted a five timepoint (3 months between measurements) longitudinal study, with 755 community adults (agem = 39.0 years, SD = 14.40). We obtained self-reports on frequency of positive events over the last month, and amplifying and dampening savouring. Latent variable structural equation modelling analyses showed, as predicted, that amplifying savouring, but not dampening savouring, predicted an increase in the reported frequency of positive events at the subsequent timepoint. Importantly, the reverse pattern of relationships was not statistically significant. Although the mechanism is uncertain, it may be that amplifying savouring sensitises individuals to notice more positive events in their everyday life. Take-home message: amplifying savouring may foster well-being by making positive events more salient and noticeable.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54245 - Gimme-5

Effectiveness of self-compassion inductions among individuals with elevated social anxiety

Presenting Author: Siegel, Ashley N
Additional Authors: Kocovski, Nancy

Abstract: Background: People with social anxiety disorder report low levels of self-compassion (Werner et al., 2012) and previous research has shown that inducing self-compassion may be beneficial (e.g. Harwood & Kocovski, 2017). However, methods of inducing self-compassion have yet to be compared. The primary aim of this study was to explore different methods of inducing self-compassion among individuals with elevated social anxiety. Methods: Three methods of inducing self-compassion were compared: a writing tool, an audio meditation and an interview. Participants (N=167; students with high social anxiety) were asked to write about a social situation in which they felt judged and were then randomly assigned to one of the three induction conditions or a control condition. Subsequently, state self-compassion was assessed. Results: Participants in the writing tool condition reported significantly higher state self-compassion compared to both the interview and control conditions (h2=.100; medium effect). Additionally, the difference between the meditation and control conditions approached significance (p=.056), such that participants had higher state self-compassion after the meditation. Conclusions: The present study informs future work examining the impact of self-compassion inductions on social anxiety outcomes, suggesting the continued use of written self-compassion inductions.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54311 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Animal-assisted Therapy as a Compementary Treatment for PTSD

Presenting Author: Wilson, Kate

Abstract: Post-traumatic stress remains at the forefront of clinical research and public discourse, yet effective treatment of individuals with PTSD remains challenging due to high drop-out rates, and subsequently poor responses to existing clinical interventions. In 1999, Altschuler called for the integration of animals into treatments for traumatic stress after observing that some of his trauma-exposed clients were less anxious in the presence of their companion animals. Since then, anecdotal and empirical evidence has emerged in support of animal-assisted therapy (AAT) as a complementary treatment for clients with PTSD. AATs are goal-oriented and structured interventions in which animals play an integral part of the treatment process. Current evidence suggests that AAT can not only enhance psychological health and recovery from PTSD, but can also increase client motivation to participate in primary treatments (e.g. CBT, social skills training, etc.). Clients treated with AAT often report feeling better equipped to face a range of social and sensory experiences that were previously uncomfortable or impossible for them due to their trauma exposure. Given the persistent/complex nature of PTSD, there is a need to develop and validate trauma-informed interventions to supplement current clinical practice. This Gimme-5 talk will summarize AAT as a possible supplemental treatment for PTSD.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54361 - Gimme-5

Systematic Video Analysis of Head Impacts among Female Hockey Players

Presenting Author: Rahimi, Alma
Additional Authors: Daskalo, Carmel; Wojtowicz, Magdalena

Abstract: Background: There is increasing concern regarding the incidence, severity, and potential effects of repetitive head impacts in contact sports. This study examined the frequency, player characteristics, and game situations of direct and indirect head impacts (DIHI) among female varsity ice hockey players using systematic video analysis. Method: Using a standardized coding system, two independent raters documented key characteristics of DIHIs sustained by York University female varsity hockey players during all games in the 2017-2018 season. Results: A total of 429 DIHIs were captured with 23% direct head impacts (DHI) and 77% indirect head impacts (IHI). Forwards sustained a higher average of DHIs compared to defencemen (p=.047). Those with 3 years of collegiate experience sustained a higher number of DHIs over the season, while those with 2 years of experience sustained higher IHIs (ps< .001). There was a trend of higher DHIs during intra-division games and higher IHIs during inter-division games. IHIs were more likely to lead to mid-game voluntary switching (23%) than DHIs (3%; p= .002).Conclusions/Impact: DHIs were more common in forwards, with greater years of experience, playing in intra-division games. Yet, these hits were less likely to result in voluntary switch offs. Future research should include clinical measures to assess the potential impact of DIHIs on athletes.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54404 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The benefits of giving into temptation: Examining motivation and (dys)functional licensing

Presenting Author: Wu, Ruolin (Raymond)
Additional Authors: Werner, Kaitlyn M.

Abstract: Giving into temptation is often viewed as having a lack of willpower, implying that indulging in our desires is problematic. But is this always the case? Contrary to popular belief, recent research suggests that functional licensing, or strategically incorporating temptations into the goal striving process, can actually enhance goal attainment. Conversely, dysfunctional licensing occurs when a person provides excuses to justify an indulgence, thus undermining goal attainment. Expanding on these ideas, the purpose of the present research was to examine the motivational determinants of licensing behaviour during goal pursuit. Across two studies, participants indicated the extent to which they were pursuing the goal to eat healthy for want-to (it is personally meaningful and/or important) or have-to (feeling a sense of pressure or coercion) reasons (Werner at al., 2016) and licensing behaviour (Prinsen et al., 2017). Results from Study 1 indicate that want-to motivation was positively associated with functional licensing, whereas have-to motivation was positively associated with dysfunctional licensing. In a second pre-registered study (Study 2), we sought to replicate this finding while also extending it by including self-reported eating behaviours (e.g., snacking). Discussion will focus on the benefits of giving into temptations when pursuing important personal goals.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54406 - Gimme-5

Personality risk for cannabis misuse

Presenting Author: Kempe, Tyler G
Additional Authors: Keough, Matthew T

Abstract: Approximately 162 million people use cannabis globally while its consumption contributes to mental health problems, cognitive functioning, and respiratory problems. Reinforcement sensitivity theory suggests individuals with an overactive Behavioral Inhibition System (BIS) may use cannabis to relieve anxiety. However, heightened BIS activation may lead to concerns over negative outcomes (e.g., losing control of one's mind or behaviour while high) promoting avoidance of cannabis. For high BIS individuals, problematic cannabis use may be contingent on the level of concurrent Behavioral Approach System (BAS). The goal of our study was to investigate the joint subsystems hypothesis by investigating the moderating effect of BAS and BAS factors on cannabis use problems. Participants (N=414) recruited on Amazon Mechanical Turk completed self-reports of BIS and BAS, and The Cannabis Use Disorder Identification Test (CUDIT). Moderated regression analyses indicated an interaction between BIS measures and BAS factors Reward Interest, Reward Responsiveness but not the Goal Drive Persistence, or Impulsivity on CUDIT scores. These results suggest individuals with both high BIS and specific BAS factors are at increased risk of developing a cannabis use disorder. Further, these findings advance the theoretical understanding of anxiety and cannabis use.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54464 - Gimme-5

Exploring Positive University Experiences Among Students with Mental Illness

Presenting Author: Longthorne , Karli E
Additional Authors: Boyle , Sarah-Lynn ; Lumley , Margaret

Abstract: Recent research suggests that the prevalence and severity of mental illness among university students is increasing. While extensive research focuses on the challenges that such students experience, comparatively less research explores experiences that facilitate well-being and mental health in students with mental illness. Research on the role of positive life events (PLEs) among individuals with mental illness reveals that events involving play, pleasure, and social connection with others contributes to positive well-being. The current study extends this research by exploring the nuances of PLEs, within a clinical sample attending university. PLEs among students with mental illness may provide important clues about factors promoting well-being for this vulnerable group. Undergraduate students (n= 26) with diagnosed mental illnesses partook in semi-structured interviews discussing the PLEs that contributed to their positive university experiences. Qualitative analyses are employed to illuminate both the types of experiences students with mental illness report and also how they describe these events. Gaining insight into the PLEs that may contribute to positive experiences for this vulnerable group contributes to positive clinical psychology research as well as the potential for meaningful application for promoting well-being among vulnerable students.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54468 - Gimme-5

The effect of physician support on skin self-examination behaviors: A serial mediation model

Presenting Author: Bergeron, Catherine
Additional Authors: Czajkowska, Zofia; Sewitch, Maida; Hall, Nathan; Korner, Annett

Abstract: Background/rationale: Clinical practice guidelines for melanoma follow-up care recommend that high-risk patients perform regular skin self-examinations (SSE); however, SSE uptake remains poor. Patients who perceive their physicians as supportive of SSE are more likely to perform regular SSE. The current study explored whether self-efficacy for SSE and intention to perform SSE mediate the link between physician support of SSE and SSE behavior among a sample of melanoma patients. Methods:Self-report measures were administered to a cross-sectional sample of 154 melanoma patients from Montreal. We ran a serial mediation model using the PROCESS macros in SPSS v23. Results:Self-efficacy for SSE and intention to perform SSE serially mediated the relationship between physician support for SSE and SSE behaviors (total effect: β = .31, p < .001, [CI = .14 - .48]; direct effect: β = .10, p = .16, [CI = -.04 - .24]). In addition, the total indirect effect of the model was statistically significant (β = .21, [CI = .08 - .35]). Conclusions: Physician endorsement of SSE may promote patients' confidence in their ability to perform SSE and empower them to assume greater responsibility over their health. Action/Impact: Physicians appear to play a key role in promoting SSE practice and, as such, should be included in educational interventions targeting the secondary prevention of melanoma.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54488 - Gimme-5

The self-medication hypothesis is understudied in adolescent suicidality: Meta-analytic results

Presenting Author: Rioux, Charlie
Additional Authors: Huet, Anne-Sophie; Le Blanc, Myriam; Hamaoui, Stéphanie; Geoffroy, Marie-Claude; Séguin, Jean R

Abstract: Meta-analyses on substance use and suicidality in youth only tested the secondary psychiatric disorder hypothesis (SPDH - substance use leads to suicidality). An alternative hypothesis was not examined, i.e., the self-medication hypothesis (SMH - suicidality leads to substance use). Accordingly, the present meta-analysis examined these associations and compared results according to the SPDH and SMH. Web of Science, Embase, PsycINFO, PubMed, Medline, and ProQuest Dissertations were searched. Eligibility criteria included: (1) prospective data on the substance use-suicidality relation; (2) age 25 or younger at follow-up. As there were multiple effect sizes per study, a 3-level meta-analysis was conducted. 55 studies clustered in 41 samples were included; 25 samples examined the SPDH, 8 examined the SMH, and 7 examined both hypotheses. Results for the SPDH showed that substance use predicted subsequent suicidality (OR = 1.68, 95%CI 1.46-1.93). Results for the SMH showed that suicidality predicted subsequent substance use (OR = 1.78, 95%CI 1.32-2.39). The effect size did not differ between both hypotheses (p = 91). Although associations were of similar magnitude for both hypotheses, there is a clear bias towards the SPDH in the literature. The present results suggest that there is a need for studies to give the same attention to the SMH and to examine bidirectional associations.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54514 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Perfectionism, Stressors, and Anxious Symptoms: Testing the Personality-Event Congruence Hypothesis

Presenting Author: Robillard, Christina L.
Additional Authors: Legg, Nicole K. ; Turner, Brianna J.

Abstract: Self-critical perfectionism (SCP) is a maladaptive personality trait characterized by constant self-scrutiny and an enduring fear of failure. The personality-event congruence hypothesis posits that personality traits interact with congruent negative life events to produce psychopathology. Based on this hypothesis, individuals high on SCP should be particularly susceptible to anxiety when they encounter stressors that align with their personality vulnerability, namely achievement stressors. This hypothesis was tested in 643 first-year undergraduate students (73% female, Mage=18) who completed a baseline survey measuring SCP, followed by seven monthly surveys assessing achievement stressors and anxious symptoms. Multilevel models revealed that students reported more anxious symptoms on months where they encountered more achievement stressors than usual. As hypothesized, the relationship between achievement stressors and anxious symptoms was stronger for students higher on SCP. Our results lend support the personality-event congruence hypothesis, as students higher on SCP were particularly susceptible to anxiety when they encountered achievement stressors that were congruent with their personality vulnerability. Programs that teach strategies for coping with achievement stressors may help students high on SCP navigate the first year of university with fewer anxious symptoms.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54567 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The role of specific symptoms of depression in preventing occupational engagement

Presenting Author: Paré, Catherine
Additional Authors: Sullivan, Michael

Abstract: Depression is the leading cause of disability worldwide, and an important risk factor for work disability. Although individuals with depression are often unable to work, the relationship between specific symptoms of depression and return to work remains unclear. The present study addressed this gap by determining whether certain depressive symptoms were more predictive of return-to-work at a one-year follow-up. 243 individuals with Major Depressive Disorder participated in the Progressive Goal Attainment Program, a 10-week psychosocial intervention program aimed at reducing psychological barriers to rehabilitation progress and promoting reintegration to the workplace. Participants completed measures of depressive symptoms, catastrophizing, perceived injustice, and disability pre- and post-treatment. Participants were interviewed one year following treatment about their current occupational status. Preliminary analyses illustrate that depressive symptom severity predicts return to work one year following participation in treatment. Further analyses will include an item-level analysis of the Patient Health Questionnaire-9 to determine which aspects of depression symptomatology predict work disability. Targeting specific depressive symptoms might more effectively alleviate the burden of disability experienced by individuals with depression and improve occupational reintegration.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54635 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Differential association of depressive and anxiety symptoms with face-emotion recognition in youth

Presenting Author: Rappaport, Lance M
Additional Authors: Roberson-Nay, Roxann

Abstract: Multiple disorders are associated with impaired face-emotion recognition. To clarify the development of face-emotion recognition in childhood, the present study tested theory asserting that, while depressive symptoms are associated with impaired face-emotion recognition, generalized anxiety disorder (GAD) may be associated with increased recognition of others' emotional expressions. Twin children aged 9-13 from a genetic epidemiological sample (N=601) reported on depressive and GAD symptoms and completed a face-emotion labeling task of the six Ekman prototypical emotions (i.e., anger, happiness, sadness, fear, surprise, disgust). As theoretically indicated, while depressive symptoms were associated with deficits in emotion recognition, specifically happiness (beta=-0.14, p=0.003) and sadness (beta=-0.16, p=0.001), elevated GAD symptoms were associated with improved emotion recognition, specifically happiness (beta=0.14, p=0.006), surprise (beta=0.12, p=0.02) and fear (beta=0.13, p=0.01). Results held when adjusting for participant age, sex and nonindependence. Evidence of improved recognition of happiness and fear associated with GAD symptoms are consistent with theories of heightened social vigilance. The present results support a transdiagnostic role of face-emotion recognition that may differentiate between concurrent depressive and GAD symptoms in childhood and adolescence.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54654 - Gimme-5

Self-efficacy and dyadic efficacy predict perceived stress among couples coping with cancer

Presenting Author: Brosseau, Danielle C
Additional Authors: Körner, Annett

Abstract: Background: The study of efficacy expectations among cancer patients and their partners has almost exclusively focused on individual constructions of self-efficacy. Cancer-related dyadic efficacy is an individual's judgement of his or her confidence to conjointly manage the effects of cancer and its treatment together with a partner. Theory suggests that dyadic efficacy is related but distinct from self-efficacy. Methods: Patients undergoing treatment for cancer (N = 247) and their partners (N = 203) participated in a survey study. Patient and partner data were examined separately. A two-stage hierarchical multiple regression analysis was used to examine self-efficacy (stage one) and dyadic efficacy (stage two) as predictors of perceived stress. Conclusions: Self-efficacy was a significant stage one predictor in both samples, R^2patient = .26 $F_{(1,245)}$ = 86.65, $p < .001$; R^2partner = .26 $F_{(1,201)}$ = 71.37, $p < .001$. Dyadic efficacy explained a small but significant additional portion of the variance in perceived stress, R^2patient=.01, $F_{(2,244)}$ = 4.37, $p < .05$; R^2partner=.05, $F_{(2,200)}$ = 14.88, $p < .001$. Impact: Results suggest the emergence of some distinction between self-efficacy and dyadic efficacy that may be more pronounced for partners of individuals diagnosed with cancer than for patients themselves.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54829 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Screening with the Distress Thermometer in Pregnancy: Psychological and Physiological Correlates

Presenting Author: MacKinnon, Anna L.
Additional Authors: Drogos, Lauren; Campbell, Tavis; Carlson, Linda E.; Giesbrecht, Gerry; Tomfohr-Madsen, Lianne

Abstract: Background: Clinically significant psychological distress in pregnancy is common and associated with adverse outcomes for maternal and child health. However, implementation of mental health screening during pregnancy remains low. Objective: To investigate the potential utility of the Distress Thermometer (DT) administered during pregnancy as a brief screening tool for psychological distress. Methods: Cross-sectional baseline data from a randomized controlled trial of treatment-seeking pregnant women (n= 60) was used to examine correlations between the DT with several self-report psychological and objective physiological measures of distress. Results: The DT was associated with psychological measures of depression, general anxiety, perceived stress, negative affect, low social support, and financial strain. The DT was not related to cortisol levels but was associated with other physiological outcomes including stress reactivity, sleep duration, nightly awakenings, and subjective sleep quality. Conclusions: The DT has promising clinical utility as a brief screening tool for risk of perinatal mental health concerns as it captures a wide range of psychological and physiological measures of distress during pregnancy. Impact: Use of the DT could help prevent maternal mental health problems by improving routine perinatal care and referral to targeted services.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55028 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Associations entre le stress prénatal et les biomarqueurs du stress chez la mère et le nouveau-né

Presenting Author: Dansereau-Laberge, Ève Marie

Abstract: Certaines études suggèrent que l'axe HPA pourrait jouer un rôle dans la transmission du stress de la mère au fœtus. La concentration de cortisol dans les cheveux (CCC) est une technique novatrice qui permet de mesurer le stress au cours des derniers mois. L'objectif de cette étude est d'examiner l'association entre les événements de vie stressants (PLES) survenus au cours de la grossesse, le stress perçu par la mère (PSS) et la réponse biologique au stress (CCC) de la mère et du bébé. Un score élevé de PLES et de PSS durant la grossesse devrait être associé à une CCC élevée chez la mère et son enfant.Le PLES de la mère a été mesuré au 2e trimestre via le Prenatal Life Events Scale ; le PSS a été rapporté chaque trimestre via le Perceived Stress Scale. 600 échantillons de cheveux ont été prélevés (mères & enfants) et analysés via la technique LC-MS. Des transformations logarithmiques et des corrélations de Spearman ont été effectuées pour examiner les associations.Les scores de PLES et de PSS élevés étaient associés à une élévation du cortisol maternel (PLES: $\rho = 0,09$, $p = 0,037$ et PSS au 1e

trimestre: ρ = 0,155, p = 0,000; 2e: ρ = 0,118, p = 0,006; ρ = 0,095, p = 0,031). Aucune corrélation ne s'est révélée significative avec le CCC des bébés. Les études futures devraient considérer le rôle d'autres symptômes prénataux et du placenta dans la transmission du stress in utero.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55045 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Reliability and Validity of a New Brief Measure of Mental Health Literacy

Presenting Author: Reynolds, Kristin
Additional Authors: Ceccarelli, Laura; Mackenzie, Corey

Abstract: Poor mental health literacy (MHL), defined as knowledge about recognition, prevention, and management of mental health problems (Jorm, 2012), is a barrier to service use. Complicating the research in this area are the varied and lengthy measures of MHL. The objective of this study was to evaluate a new brief measure of MHL created by Mackenzie and colleagues (2017). This measure contains four items and was developed based on Jorm's definition. We used secondary data collected in the Social Engagement & Mental Health Survey (Mackenzie et el., 2017), an online Qualtrics Panels survey of 5,712 Canadian adults ages 18+ (M = 34.3; SD = 19.6). This scale demonstrated a high level of internal consistency (Cronbach's alpha = 0.91). With regard to demographic characteristics, we found significant positive correlations with sex (female) and education; and a significant negative correlation with age. When examining psychosocial correlates, we found significant positive correlations with attitudes toward seeking professional psychological help, stress, social support, and lifetime and past-year mental health service use. We found a significant negative correlation with self-stigma. A confirmatory factor analysis revealed that the first component (knowledge about signs and symptoms of mental health problems) was associated with 78.4% of the scale variance. Implications will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55162 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Psychophysiological habituation effect of a single virtual reality exposure session with biofeedback

Presenting Author: Senderling, Sarah
Additional Authors: Brown, Delanie

Abstract: The purpose of this study is to examine the continuous psychophysiological response to a virtual reality single exposure therapy session utilizing biofeedback measurements. This current research project aims to better understand biofeedback as an in session measurement mechanism to determine client experience that can not otherwise be gained from self report measures. This study will observe the rate at which participants self regulate to novel stimuli orientation via biofeedback hardware and virtual reality orientation compared to self regulation effects of observed fear responses to a virtual presentation of a phobic entity. Methods include orientation to biofeedback hardware, guided meditative breathing, orientation to virtual reality without phobic stimuli, medatative breathing, and finally introduction of phobic stimuli via virtual reality and measurement of biofeedback response to arousal. Data collected from all points of the session will be compared to pre and post self report measures of distress. Data is currently in collection and results are yet to be determined. Impact of this research and presentation will aim to show the benefit of within session physiological measurements for determining the extent of progress made with a virtual reality phobic entity in a clinical population.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55166 - Gimme-5

A comparison of pain communication in children with and without a history of trauma.

Presenting Author: Baker, Matthew
Additional Authors: Williams, Shanna; Perron, Mélanie

Abstract: It is known that children's pain is often underestimated in healthcare and subsequently mismanaged, which may lead to a myriad of harmful consequences. Concomitantly, it has been reported that children often suppress their pain. Similarly, in children who have experienced childhood trauma, their experiences are often undetected, either as a result of concealment or lacking awareness of the experiences, which may also result in greater risk for harmful consequences. Despite a link between the tendency for childhood pain and trauma to be under detected, the literature examining pain in children with childhood trauma is scarce. This study aims to investigate differences between children's pain communication by comparing the facial expressions of pain in children who have experienced trauma and typically developing. Children will be asked to produce genuine, suppressed and feigned pain expressions during the cold pressor task, which will be coded and compared. Moreover, differences between physicians, social workers, and lay persons' ability to accurately judge children's pain facial expression authenticity and rate their pain severity will be examined, elucidating perceived differences in pain facial expression authenticity between each child group. This presentation will highlight a need for research examining pain in children with trauma and present preliminary results.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 55203 - Gimme-5

Puppies, Plants, Painting, & Popcorn: An Evaluation of Memorial University's Oasis Outreach Program

Presenting Author: Moores, Lisa
Additional Authors: Fawcett, Emily; Button, Pamela; Whelan, Beth

Abstract: With 1/3 of students experiencing clinically significant distress globally, universities are seeking new accessible mental health supports. Memorial University's Oasis Outreach Program is an integrated wellness program incorporating therapy dogs, horticultural mindfulness, art therapy, and even popcorn. Over a four-week program evaluation, more than 100 participants completed questionnaires surveying demographic variables, frequency of attendance and engagement, perceived reductions in stress and anxiety, plant knowledge, and mindfulness enhancement, while open-ended questions investigated students' program experience, their explanations for stress reduction, and suggested improvements. The vast majority of students agreed or strongly agreed that the program helped them to destress, reduce anxiety, and felt calmer and more relaxed after attending Oasis. All respondents would recommend the program to other students and participant suggestions emphasized program growth, promotion and resource development. Qualitative themes will also be shared. Presenters will discuss wellness programs embedded within the university as a means to decrease support stigma, contribute to healthy campus goals, and expand the range of support services offered to students, who may not necessarily want, need, or be aware of more formal psychological services.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 55216 - Gimme-5

How School Psychologists Can Provide Mental Health Services in Settings that Prioritize Assessments

Presenting Author: Martin, Stephanie A
Additional Authors: Sagar, Nathalie; Ruddy, Alexandra

Abstract: The prevalence of mental illness among youth is increasing, with an estimated 10-20% of Canadian youth affected. Despite these growing concerns, the delivery of mental health services is often fragmented, making it difficult for youth to

access the services they need. School psychologists are well-positioned to support this population at the individual or group level, as well as provide mental health education and support at the systems level. However, due to competing demands and limited resources, schools often prioritize psychoeducational assessments. This limits the role of school psychologists and leaves them with little time to address mental health in the schools. There is a need for greater clarification of the role of school psychologists, specifically regarding their ability to provide mental health services. This interest in advocating for the role of school psychologists to include mental health support is not new. However, as with all systemic change, it can be a long process. Therefore, the aim of this presentation is to explore small ways that school psychologists can integrate mental health services when working in assessment-focused settings. Findings from a review of the literature on evidence-based, school-based mental health services were combined with suggestions from practicing school psychologists to develop recommendations for school psychologists.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55229 - Gimme-5

Discussing the Use of Family Therapy Interventions with Homeless Youth

Presenting Author: Martin, Stephanie A

Abstract: The Canadian Observatory on Homelessness, along with select Canadian provinces, have identified homeless youth as a priority group requiring targeted efforts to help mitigate their risk and support their unique needs. In addition, several other organizations in Canada and the United States (US) have increased efforts to develop frameworks and identify strategies to end homelessness. Service providers who work with homeless youth have drawn attention to the utility of family therapies for preventing homelessness among at-risk youth, as well as rehousing and reconnecting youth who are homeless. As a result, there is a growing discussion about the implementation and effectiveness of family therapies with homeless youth. At the core of these discussions is a call for professionals to shift their conceptualization of families as the problem of youth homelessness to viewing families as an integral part of the solution to ending youth homelessness. A review of family therapy interventions for use with youth who are at-risk of or experiencing homelessness highlighted several evidence-based and evidence-informed practices. Some of these include Ecologically Based Family Therapy, Functional Family Therapy, Multidimensional Family Therapy, and Multisystemic Therapy. These interventions and their implications for psychologists who work in schools will be discussed.

Section: Family Psychology / Psychologie de la famille
Session ID: 55232 - Gimme-5

Can we end the stigma? Lessons learned from the first year of a walk-in mental health clinic

Presenting Author: Bakker, A. Myfanwy
Additional Authors: Iyar, Megumi ; Kreklewetz, Kimberly

Abstract: Currently, as many as 6 out of 10 primary care visits are mental health related. Research has demonstrated that physicians support the use of psychotherapy and want to refer patients to address emotional health concerns. However, medication prescriptions are currently preferred 3 to 1 by patients due to financial, access, and other barriers, including stigma. In an effort to address these issues, the integrated primary care model positions psychologists and other mental health professionals side-by-side with physicians to provide immediate, wrap around care. Studies have shown that this model not only improves patients' emotional health, but it also improves physical health outcomes. In the fall of 2018, our university-based psychology clinic opened a walk-in mental health service. Our goals were: 1) to provide our half of integrated primary care through a same-day, no-referral, no cost clinic, 2) to train future psychologists in providing brief, focused assessment and intervention, and 3) to position psychology as an important component of the newly developing Primary Care Networks in the province. To date, over 200 patients have been seen, using an adaptive screening tool (CAT-MH) to help efficiently identify patient risk and severity. Outcome data, lessons learned, and future clinical and research directions stemming from our experience will be discussed.

Patterns in school absenteeism: Comparing attenders and non-attenders seeking mental health services

Presenting Author: El Samra, Carolina
Additional Authors: Rogers , Maria; Whitley , Jessica; Klan, Amy; Hone, Michael

Abstract: School absenteeism is a prevalent issue worldwide and is linked to a range of adverse outcomes (Cozzi & Barbi, 2019). Mental health difficulties, such as mood disorders, are significant contributing factors to student absenteeism (Finning, Ford, Moore & Ukoumunne, 2019). However, beyond mood and anxiety, little is known about factors causing variation in school attendance among elementary school children. Our study contains 92 children (62 males, 30 females) seeking mental health services at an urban children's mental health centre: 46 were regular school attenders and 46 were consistent non-attenders. The samples were matched on age and gender. Data were collected from parents and clinicians. Multivariate analyses of variance will examine differences between attenders and non-attenders on a range of variables, such as internalizing and externalizing behaviours, family strengths, individual strengths and family demographics. Our hypotheses are that non-attenders will have more internalizing and externalizing behaviours, as well as lower family income, attenders will have both more family strengths and individual strengths compared to non-attenders. The findings will bring awareness to school absenteeism and will contribute to our knowledge about the importance of mental health. Implications for the practice of school psychology will be discussed.

[Presented in CPA 2020 Virtual Series]

Homeless Youths' Experiences Living in a Transitional Housing Program

Presenting Author: Martin, Stephanie A
Additional Authors: Ford, Laurie

Abstract: Youth homelessness is a pervasive and complex issue that affects the lives of at least 35,000 to 40,000 Canadian youth each year. Youth experiencing homelessness are often chronically exposed to some of the most significant contributors to unhealthy development and simultaneously lack the most significant contributors to healthy development. Despite increased efforts to support these youth, very few intervention and prevention programs have resulted in long-term benefits. The purpose of the present study was to gather perceptions of what is and is not working in a shelter-based transitional housing program in an urban area in British Columbia from the perspectives of the youth. Seven youth participated in semi-structured interviews about their experiences in their current transitional housing program. A qualitative content analysis of the interviews identified two themes and nine categories related to the transitional housing program structure and the various forms of support provided through this program. Youth discussed having more opportunities for independence, freedom, and responsibility. However, they also noted that these same opportunities can sometimes be a disadvantage, sometimes resulting in feelings of loneliness. These findings and their implications for service providers and future research with homeless youth populations will be discussed.

Printed Poster

Body mass index moderates the depressive symptoms-C-reactive protein relation among emerging adults

Presenting Author: Briner, Esther L.
Additional Authors: Burns, Rachel J.

Abstract: Background: This study investigated if the body mass index (BMI, kg/m2) of young adults moderated the association between depressive symptoms and c-reactive protein (CRP), a biomarker of inflammation. Given that young adults are typically viewed as healthy, prior research mainly examines older populations. With growing evidence that inflammation sets the foundation for age-related disease later in life, examining inflammation in early adulthood might provide clues about how it impacts health over time. Methods: Cross-sectional data came from Wave IV of the National Longitudinal Study of Adolescent to Adult Health. This study included participants aged 24-32 years with CRP data (N = 4,271). Binary logistic regression analysis was used to evaluate the relations between BMI, depressive symptoms, and CRP (normal CRP, ≤3 mg/L; elevated CRP, >3 mg/L), adjusting for sex. Results: A significant main effect of BMI, b = 0.13, SE = 0.01, p < .001, was qualified by a significant depressive symptoms x BMI interaction, b = 0.03, SE = 0.01, p = .009. Depressive symptoms were not a significant predictor of elevated CRP at low BMI (-1 SD below the mean), whereas at high BMI (+1 SD above the mean) depressive symptoms were positively associated with elevated CRP, b = 0.32, SE = 0.10 , p = .002. The odds of elevated CRP for high BMI increased 1.37 times with depressive symptoms. Conclusions: BMI moderates the depressive symptoms-CRP association among emerging adults. Findings have implications for identifying at-risk individuals and promoting effective interventions to reduce chronic inflammation.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 52518 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Assessing Risk of Institutional Sexual Assault: Findings from a Sex Offender Correctional Facility

Presenting Author: Mitchell, Damon
Additional Authors: Freidinger, Elissa

Abstract: Background/rationale: In the United States, the National Standards to Prevent, Detect, and Respond to Prison Rape (2012) addition to the Prison Rape Elimination Act (PREA) requires prisons and community confinement facilities to assess prisoners' risk for sexual assault victimization and perpetration. The present study examined the reliability and validity of a new PREA Victim Risk (PVR) scale.   Methods: 172 male sex offenders admitted to a secure residential treatment facility were administered the PVR scale upon admission and 30-days later. Incidents of prisoner-on-prisoner inappropriate sexual behavior yielding a PREA investigation served as the dependent variable. Measures of general criminal risk, sex offense risk, psychological distress, substance abuse, and criminal thinking served as additional correlates. Results: Receiver Operating Characteristic (ROC) analysis indicated the PVR scale was effective in discriminating alleged victimization while in the facility (AUC = .72). Test retest reliability for the scale was .96. Higher scores were associated with a greater suicide risk, and criminal thinking patterns suggesting a lack of trust and a tendency to give up in the face of adversity.   Conclusions: The PVR scale demonstrated strong test retest reliability and was predictive of new PREA victim cases. The findings suggest risk factors for institutional victimization in sex offenders are different from those associated with perpetrating sexual offenses in the community. Action/Impact: Given that the majority of prisoners are not sex offenders and are not held in specialized treatment facilities, the next steps in the validation process include evaluation of the PVR scale in a non-sex offender institution.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 52557 - Printed Poster

Memory Reframing: Using Retrieval-Induced Forgetting to Improve Wellbeing

Presenting Author: Collins, Janinne
Additional Authors: Briere, Jennifer L

Abstract: Recalling negative anxious experiences may lead to increased anxiety that can direct maladaptive behaviours. Memory reframing (i.e., changing the content or quality of memory) may allow a reinterpretation of an experience and subsequently reduce distress and direct future behaviour. Retrieval-induced forgetting (RIF) is a natural process that helps reframe memory to reduce recall of details irrelevant to the current task and to increase recall of relevant information. It may be possible to use this procedure to shift the remembered emotional valence and anxiety about a negative event towards a more positive evaluation. The purpose of the current study was to evaluate a reframing retrieval-induced forgetting (RRIF) procedure that incorporated positive reappraisals with freely recalled anxious, academic memory details in a typical RIF procedure. Consistent with typical RIF results, a significant practice effect for the positive details and reappraisals was obtained (ps

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 52575 - Printed Poster

Influence of Life Events on a Laboratory Stress Task in Healthy Children and Adolescents

Presenting Author: Figueiredo, Danielle
Additional Authors: Bradwejn, Jacques; Koszycki, Diana

Abstract: Research has shown that exposure to life events may alter the hypothalamic-pituitary-adrenocortical (HPA) axis in children and adolescents. Studies also suggest that psychological, genetic, and environmental factors may moderate the relationship between exposure to life events and HPA axis function, although the exact nature of this relationship remains unclear. The current study aims to investigate whether exposure to life events over the past year influences HPA axis function in healthy children and adolescents, and explores whether sex, age, behavioural inhibition, trait anxiety, anxiety sensitivity, perceived parental bonding, and parental history of anxiety moderates this relationship. Life events was assessed with the Coddington Life Events Scales and salivary cortisol was collected during a laboratory stress task and used as an index of HPA axis functioning. Preliminary analysis showed that interactions between life events and possible moderators (sex, age, behavioural inhibition, trait anxiety, anxiety sensitivity, perceived parental bonding, and parental history of anxiety) had no effects on stress reactivity, measured as area under the curve in respect to ground (AUCG) and area under the curve in respect to increase (AUCI). However, children who were at risk based on their life events within the last three months demonstrated altered AUCI. Examining the relationship between life events and HPA axis activity in healthy children and adolescents and identifying moderators of this relationship may improve our understanding of how early exposure to stress influences the HPA axis.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 52582 - Printed Poster

Exercise as a Treatment Adjunct for Obsessive-Compulsive Disorder: Review of the Evidence, Mechanisms, and Methodologies

Presenting Author: Santiago, Vincent A

Abstract: Effective treatments for obsessive-compulsive disorder (OCD) are available. However, they are associated with limited availability, side-effects, nonadherence, and nonresponsiveness. Therefore, treatment may be optimized with an adjunct intervention, such as exercise, which has been explored in treating depression and anxiety disorders but not extensively with OCD. A systematic review across three databases using PRISMA guidelines was conducted. A total of 845 articles were identified in May 2019 and were narrowed down to eight publications (three uncontrolled pilots, two secondary analyses, three controlled studies; total n = 104). The latter were assessed using the Revised Cochrane Risk-of-Bias tool for

randomized trials. Preliminary findings suggest that moderate-intensity exercise protocols are associated with improved symptoms of OCD, depression, and anxiety from pre- to postintervention, as well as after each exercise session. However, these effects were not significantly different when compared to the effects of an active control condition, except for acute improvements. Given the high risk of bias in these studies, the evidence for this adjunct intervention is currently weak and requires further investigation. The proposed mechanisms (e.g., extinction through exercise exposure) are not well-understood and are discussed. Lastly, study methodologies are critiqued for improvements (e.g., considering the dosing and timing of exercise). This is the first systematic review of exercise as a treatment adjunct for those affected by OCD and highlights the encouraging, yet insufficient findings of present research. Improvements in methodology may help elucidate the mechanisms, increase confidence in results, and ultimately improve accessible treatment options for those affected by OCD.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52586 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Caregiver's experience among parents of individuals with an eating disorder: A gender specific literature review.

Presenting Author: Hetroy, Emeline
Additional Authors: Meilleur, Dominique

Abstract: Introduction. Parents of individuals with eating disorders can face multiple challenges and difficulties related to their caregiving role. Formerly, fathers were set aside in clinical practice and in the scientific literature. However, recent studies have suggested that their experiences should be considered in the same way as those of mothers.Consequently, researchers have become interested in the differences in the caregiver's experience of mothers and fathers and have identified some significant distinctions.Objective. The purpose of this study was to review the literature on differences between mothers and fathers regarding their caregiver's experience. Method. A search for articles published from 2000 to March 2019 was carried out using the PsycINFO and Web of science computer databases. To be selected, an article had to include several criteria: 1) To focus on mothers and fathers of individuals with an eating disorder; 2) To study caregiver's experience by gender. Fourteen quantitative studies were selected.Results. Preliminary results suggest that mothers are usually the primary caregiver and present higher levels of burden, expressed emotions and distress than fathers. In terms of coping strategies, mothers are more prone to use an emotional coping style whereas fathers use a more behavioral one.Conclusions. This literature review highlights important differences in the caregiver's experience of mothers and fathers, although some similarities are also observed. It also suggests that future research on parents would benefit to add a gender specific component to their study. These results indicate that a special attention to each parent is needed in clinical settings.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52612 - Printed Poster

Why psychological help is relevant for individuals with obesity? An ecological descriptive study

Presenting Author: Legendre, Maxime
Additional Authors: Bégin, Catherine

Abstract: Traditionally, studies of obesity highlight a famous "big two" target (food environment/physical activity). However, weight loss treatment based on healthy diet and physical activity showed poor long term efficacy. Therefore, this "big two" conception of obesity may emphasis too much on food and exercise and overlook underlying factors. The present study aims to look at weight gain causes reported by individuals seeking psychological help for problems related to eating/weight and to draw a portrait of their condition. 126 overweight/obese individuals were recruited and completed measures about weight history and eating behaviors. The mean BMI were 37 kg/m2 with the type 3 obesity being the most represented (33%). From 12 possible causes of weight gain, the two recurrent were "bad nutrition" (64%) and "difficulty to regulate emotions" (53%). The third possible cause, "hard/stressful events (e.g., dismissal, separation)", was reported 17% of the time. Finally, "cessation of physical activity" and "sedentary work" were reported, respectively, 12% and 6% of the time. The "big two"

conception of obesity is clearly discordant with what overweight/obese individuals seeking psychological help reported. This subgroup reported eating behaviors/choices and emotion regulation difficulties as the two main factors for weight gain suggesting these should be the primary targets.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 52613 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Exploring Moral Affect in Individuals Found Not Criminally Responsible: A Mixed-Method Investigation

Presenting Author: Roth, Sophia L
Additional Authors: Moulden, Heather M; McKinnon, Margaret C

Abstract: Background: There is a paucity of research around the affective experiences of individuals found Not Criminally Responsible (NCR). A lack of insight into the nature and consequences of their crime may leave these individuals more vulnerable to intense emotional experiences that may impact treatment, risk, and recovery. A multi-phased, multi-site study is employed to investigate the affective experiences of individuals found NCR and subsequently use this knowledge to develop an offence-related moral injury (MI) assessment.Methods: Phase 1 employed semi-structured interviews with forensic clinicians, patients, and family members (N=31). Qualitative content analysis generated a thematic coding scheme to identify concepts and linkages in the data. Study rigour was achieved collaboratively through independent coders, an audit trail, and method and data-source triangulation. Results from Phase 1 will be used to inform item development for an MI assessment to be piloted in Phase 2 along with measures to assess validity and psychosocial correlates of MI.Results: Themes include the experience of self-conscious and other-focused moral affect and the role of patient insight on affective experiences. Subthemes include impacts of guilt, shame, anger, moral disorientation, and hope/hopelessness.Conclusions & Implications: Phase 1 findings suggest that there exists a subset of NCR individuals who experience profound moral affect and disorientation, which may be characteristic of moral injury. This project is the first to attempt to explore, measure, or characterize these constructs in NCR populations. These results elucidate the role of moral affect in offender treatment and recovery processes and will inform future study phases.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 52638 - Printed Poster

physical and mental health after a cancer diagnosis: can cognitive flexibility improve outcomes?

Presenting Author: Proctor, Cecile J.
Additional Authors: Carpender, Adrienne K.; Reiman, Anthony J.; Best, Lisa A.

Abstract: Because many cancer patients become survivors, understanding the short- and long-term impact of diagnosis on physical and psychological health is important. Psychological flexibility (PF) is a modifiable factor associated with higher well-being. We examined if PF can mitigate the effects of negative physical and mental symptoms. Method: 469 participants (170 had a cancer diagnosis) completed online questionnaires to assess physical (i.e., pain) and psychological (i.e., anxiety) variables, satisfaction with life (SWL), and PF (openness to experience [OE], behavioural awareness [BA], valued actions [VA]). Results: A cancer diagnosis was associated with lower SWL. Although SWL was even lower after a relapse, time since diagnosis did not impact SWL. A linear regression was used to determine if PF was associated with higher SWL, after controlling for demographics (Block 1) and physical and psychological symptoms (Block 2). The model accounted for 49.5% of the variability (p

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 52791 - Printed Poster

The Process of Help-Seeking among Men who have Experienced Intimate Partner Abuse

Presenting Author: Toews, Kelsi
Additional Authors: Cummings, Jorden

Abstract: Research suggests that men experience intimate partner abuse (IPA) from female partners at alarming rates but are often reluctant to seek help for this abuse, despite the associated deleterious physical and mental health consequences. This reluctance might be due to a number of factors, such as negative help-seeking experiences, lack of services, and masculinity and shame. Although there is a significant amount of research into men's help-seeking experiences, no research has been done to develop a theory to explain the process of how and why men seek help for IPA. Thus, the main purpose of this study is to understand the processes behind seeking and receiving help for IPA. To do this, we interviewed men who have sought help for female-perpetrated IPA, as well as men who have experienced IPA, but have not sought help. The data was analyzed using a grounded-theory methodology, and via a social-constructionist epistemology and relativist ontology. Preliminary results depict a clear theory and process underlying men's journeys towards seeking help for IPA, which is influenced by desires to protect family members, recognizing excuses, acknowledging severity of abuse, identifying mental health concerns, and social support. The full theoretical model is currently under development, and will be completed by April, 2020. This theory will assist researchers, policy-makers, and service-providers determine what points in the process influence men's desires to seek or not seek help and will thereby assist in developing interventions and approaches aimed at encouraging help-seeking in this population.

Section: Traumatic Stress / Stress traumatique
Session ID: 52858 - Printed Poster

Growth mindsets regarding well-being predict preference for experiential over material purchases

Presenting Author: Howell, Andrew J.
Additional Authors: Aquin, Carley R.

Abstract: Growth mindsets regarding well-being are predictive of eudaimonic and hedonic well-being, as well as the endorsement of therapeutic lifestyle changes (Howell et al., 2016). Mindsets regarding well-being may also predict additional aspects of people's experiences. No prior research has examined mindsets regarding well-being in relation to experiential versus material purchases. Experiential purchases (e.g., going to a restaurant with friends), more than material purchases (e.g., buying a new cell phone), are conducive to well-being (see review by Gilovich et al., 2015). We predicted that a growth-oriented well-being mindset would predict experiential over material purchasing preferences and intrinsic over extrinsic reasons for experiential purchases. Two hundred and seventy undergraduate participants completed the Implicit Theories of Well-Being Scale, the Experiential Buying Tendencies Scale and the Motivations for Experiential Buying Scale. Results showed that a growth mindset regarding well-being predicted greater preference for experiential over material purchases and more autonomous than heteronomous reasons for engaging in experiential purchases. Implications for this research are considered, including benefits of cultivating a growth mindset regarding well-being.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 52872 - Printed Poster

Worth taking the hit? Understanding the effects of concussion and subconcussive impacts on cognitive health

Presenting Author: Ewers, Nathalee P
Additional Authors: Hunt, Christie L; Connolly, John F

Abstract: A concussion is a complicated and life-altering injury, yet the current standard for diagnosis and assessment is unreliable. As such, many have turned to event-related potentials (ERPs) as they have proven to be sensitive to concussion-induced cognitive deficits. The MMN, P300, and N2b are three ERP components of interest, assessing automatic attention , attentional resource allocation, and inhibitory executive function, respectively. Alterations in the amplitudes and/or latencies of these ERP components in concussed compared to healthy populations provide support for cognitive deficits associated with concussions. Many of these studies have involved athletes, however minimal research has evaluated the cognitive effects of sustaining repeated blows to the head and/or body that do not result in a clinical diagnosis of concussion, as is the case for many athletes in collision sports. These blows are often referred to as subconcussive impacts. The present study used ERPs to examine the acute cognitive effects of subconcussive impacts and concussions on collegiate varsity athletes in contact sports compared to those in non-contact sports. The athletes completed computerized tasks meant to evaluate the aforementioned cognitive processes during an electroencephalographic recording. They were tested pre- and post-season, as well as after any in-season concussions. We hypothesized that contact athletes would show changes in ERP characteristics post-season compared to pre-season, whereas non-contact athletes would not, and that these changes would also be present following a concussion. These results would support the utility of ERPs in assessing concussions and provide evidence that subconcussive impacts can also alter cognitive function.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 52878 - Printed Poster

Addictive identity centrality predicts impairment

Presenting Author: Tippins, Emily
Additional Authors: Salmon, Melissa; Tabri, Nassim

Abstract: Social identity theory proposes that people define themselves based on their membership in groups (Tajfel & Turner, 1986). Identification with a group has been found to have positive implications for both physical and mental well-being (e.g., Jetten et al., 2012). However, no research has examined the well-being implications of identification with a group defined by addictive behaviour (e.g., gamblers, drinkers). In Study 1, we hypothesized and found support for a three-factor model of "gambler" identity in a sample of people living with gambling problems (N=225). The factors were identity centrality (e.g., "Being a gambler is core to my identity"), ingroup affect (e.g., "I am glad to be a gambler"), and ingroup ties (e.g., "I feel strong ties to other gamblers"). Gambler identity centrality was positively associated with greater addiction impairment. In Study 2, we will replicate and extend Study 1 by examining "drinker" identity among people with drinking problems. We will test the hypothesis that problem drinkers with greater drinker identity centrality have greater addiction impairment and are less ready to change their drinking behaviours. We will also test the role of conformity motives to explain this association. Together, the results will shed light on psychological factors that may hinder positive behaviour change among people living with addiction.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 52979 - Printed Poster

Explicit ratings of low-calorie food and eating pathology: Thin-ideal internalization as a mediator

Presenting Author: Wilson, Samantha
Additional Authors: Benning, Stephen D

Abstract: Individuals with eating pathology demonstrate altered reactions to food. Discordant responses across self-report and physiological measures have been found, which may indicate a conflict between the appetitive nature of food and the association between food and an aversive outcome (i.e., weight gain). Thin-ideal internalization (TII) may be associated with a preference for low-calorie food and an aversion to high-calorie food and may help to clarify the relationship between responses to food and eating pathology. Female participants (N = 88) with eating pathology viewed images of low- and high-calorie foods while self-report ratings and physiological responses measuring aversive (startle blink reflex) and appetitive (postauricular reflex) responding were recorded. Eating pathology and TII were assessed via self-report. Negative self-report ratings of high-calorie food and positive ratings of low-calorie food were associated with greater eating pathology. TII mediated the relationship between self-report ratings of low-calorie food and eating pathology. Physiological responses were

unrelated to TII and eating pathology. Eating pathology may be influenced by cognitive factors such as TII and its impact on explicit reactions to food, as opposed to alterations in emotional processing of food stimuli. Research of this kind may help clarify factors that motivate disordered eating.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53044 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Examining the Relationship Between Emotion Regulation and Bonding in the Perinatal Period

Presenting Author: Clasky, Adam
Additional Authors: Agako, Arela

Abstract: The perinatal period is considered a window of vulnerability for mental health difficulties in women. Further, bonding difficulties during the perinatal period can prompt life-long developmental issues and psychopathology in the child (Malekpour, 2007). Emotion dysregulation (problematic reactivity and an inability to use regulatory strategies) is at the core of mental health disorders (Gross & Jazaieri, 2014). Furthermore, unresolved emotional issues in the mother can affect bonding through disorganized attachment. This study evaluates a 7-session perinatal emotion regulation skills group. We expect an n =15 by April 2020. Participants will complete the Postpartum Bonding Questionnaire and the Difficulties in Emotion Regulation Scale at baseline and post-treatment. We hypothesize that there will be an improvement in bonding post group, and that baseline emotion dysregulation will be associated with changes in bonding through treatment. A t-test will assess changes in bonding at baseline to post-treatment, and an exploratory regression analysis will be conducted to determine whether baseline emotion dysregulation severity is associated with changes in bonding. This study will provide a better understanding of the relationship between perinatal emotion regulation and bonding and evaluate whether an increase in emotion regulation skills is associated with mother-infant bonding.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53045 - Printed Poster

Accumulative Impact of Adolescent Mood on Workplace Outcomes

Presenting Author: McBride, Kyle
Additional Authors: Santor, Darcy

Abstract: The impact of depressive symptoms on long-term vocational outcomes, such as performance and satisfaction, has been understudied. The accumulating impact of depressive symptoms across the lifespan is unknown. Public-use datasets, such as the National Longitudinal Study of Adolescent to Adult Health (Add Health) provide the means to estimate the long-term impact of mental health experienced during adolescence on a wide range of adult vocational and health outcomes. Several models were tested that examine the extent to which depression scores from four-time points across the lifespan (i.e., adolescence to early adulthood) predict job performance and satisfaction in adulthood after accounting for current depression scores. Results indicate that accumulative depression scores are a statistically significant predictor of workplace outcomes at the adult timepoint, even after controlling for depression scores collected at the adult timepoint. Although effect size is relatively small, implications for the early intervention and long-term preventative measures are discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53105 - Printed Poster

Relationships between Emotion Dysregulation and Maladaptive Behaviours Associated with University Student Well-being

Presenting Author: White, Chloe L.
Additional Authors: Miller, Alexia; Racine, Sarah E.

Abstract: Students unable to cope with college stress may turn to harmful maladaptive behaviours such as binge eating, drug and alcohol use, self-harm, and risky sex. Emotion dysregulation is associated with poor psychosocial wellbeing in university students and a robust correlate of each of these behaviors. However, emotion dysregulation is a multidimensional construct, and little research has examined the specific emotion regulation difficulties that predict engagement in various maladaptive behaviours. Thus, this study examines which emotion regulation difficulties predict engagement in maladaptive behaviours. Further, we investigate whether certain emotion regulation difficulties moderate the relationship between daily negative affect and maladaptive behaviours. Fifty undergraduate students have completed daily diary surveys assessing negative affect and engagement in disordered eating, drug and alcohol use, deliberate self-harm, and unplanned or risky sexual encounters over 10 days. To assess emotion regulation abilities, the Difficulties in Emotion Regulation Scale (DERS) is completed at the end of the 10-day period. We hypothesize that lack of emotional clarity will be the best predictor of engagement in, and frequency of, daily maladaptive behaviours, and that lack of emotional clarity will moderate the relationship between daily negative affect and daily maladaptive behaviours. Data collection and analyses are currently in progress. Findings can inform the development of university programs to target specific emotion regulation skills necessary to prevent maladaptive behaviours and enhance student well-being.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53109 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Role of Outcome Expectancies and Exercise Self-Efficacy in the Relation between Anxiety Sensitivity and Exercise

Presenting Author: Gallagher, Anna G
Additional Authors: Olthuis, Janine V

Abstract: Anxiety sensitivity (AS), a known risk factor for mental health problems, is an individual trait characterized by a fear of arousal-related bodily sensations (e.g., difficulty breathing, rapid heartrate). Because physical exercise often leads to similar bodily sensations, people with high AS tend to fear and avoid participating in exercise. Research suggests, however, that not all individuals with high AS avoid exercise. Other variables may affect the relation between AS and exercise behaviour. Indeed, self-efficacy and outcome expectancies have been identified as important predictors of exercise participation, but have not been explored in the context of AS. This study aimed to consider the moderating role of self-efficacy and outcome expectancies in the relation between AS and exercise. We hypothesize that AS will be associated with frequency of exercise only in those with negative outcome expectancies or low exercise self-efficacy. Participants are university students who completed an online self-report measures of AS, outcome expectancies, and self-efficacy. To date, data from 120 participants has been collected, with data collection ending Dec 6 as the existing sample size is sufficiently powered to explore study aims. Moderation will be explored using regression models. Findings from this study could serve as a potential explanation for individual differences in exercise behaviour among individuals with high AS and identify modifiable factors that could inform exercise promotion efforts in this at-risk population.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53110 - Printed Poster

A Qualitiative Analysis of a Province-Wide Knowledge Exchange Program to Improve Care for Eating Disorders

Presenting Author: Wallace, Aimée
Additional Authors: Paquin Hodge, Chloé ; Steiger, Howard; Leloup, Anne-Gaëlle; Mariamo, Audrey

Abstract: In Canada and elsewhere, a significant gap exists between effective eating disorder (ED) treatments and what is applied in clinical practice. To minimize this research-practice gap, researchers are increasingly relying on narrative reviews of the barriers and facilitators to the implementation of knowledge exchange (KE) initiatives. The goal of the present study was to conduct a qualitative analysis of factors that facilitated or impeded the uptake of an eating disorder-focused knowledge exchange (ED-KE). The program is designed to equip clinicians working in nonspecialized health-care centres with skills to evaluate and treat people with EDs. Semi-structured interviews were conducted with twenty-seven clinicians and six managers at six front-line sites (four local community healthcare centres, one substance abuse centre and one college) participating in the program. Data were analysed using thematic analysis to help identify the specific barriers and facilitators to the program. The most frequently noted facilitators by both therapists and managers were management support/buy-in to the program, time allocated for training activities, building professional competence on ED treatment, ongoing relationship building/communication between specialists and community-care providers and information sharing on EDs at the front-line. The most frequently cited barriers were limited access to clients and challenges with treating individuals with comorbidities. A unique barrier noted by therapists was the lack of practice with clients and a unique barrier highlighted by the managers was the limited resources available to the community healthcare centers. The results provide insights into the practical imperatives involved in implementing a context-specific KE initiative for ED treatment.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53131 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Are Clinicians Willing to Use Imaginal Exposures Across OCD Symptom Presentations?

Presenting Author: Puccinelli, Christina
Additional Authors: Gavric, Dubravka ; McCabe, Randi; Soreni, Noam; Alcolado, Gillian

Abstract: Obsessive-Compulsive Disorder (OCD) is characterized by various symptom presentations. Exposure with response prevention (ERP) is an effective treatment and can involve in-vivo and imaginal exposures. Little is known about how clinicians use imaginal exposures (IE) across OCD presentations. Clinicians with experience treating OCD completed an online survey consisting of 7 vignettes describing clients with varied OCD presentations. Clinicians were asked if they would consider using a described IE, which 3 OCD experts vetted as useful for therapy. If the clinician did not respond "yes", they were asked what the most important reason was for not considering the IE. One-hundred and thirty-two clinicians completed the survey. Most clinicians indicated they would encourage IE across all OCD presentations (72.7-80.8%), except for pedophilic doubts (34.1%). The most important reason for not responding "yes" was "it is not necessary for therapeutic success". There was greater variability in why respondents would not encourage IE for pedophilic doubts compared to all other OCD presentations. Most clinicians are willing to use IE, however, some believe that IE is not necessary for therapeutic success. IE is especially avoided with clients with pedophilic doubts. IE is an important element of ERP to achieve deepened extinction. Further education on the role of IE in ERP may be necessary.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53147 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Adjustment to Vision Loss Group Outcomes: A Mixed Method Study

Presenting Author: Oates, Jacqueline
Additional Authors: Todd, Karen; Sepehry, Amir

Abstract: Adjustment to vision loss (AVL) is a psychosocial process that affects psychological wellbeing, social support, and quality of life. The Canadian National Institute for the Blind (CNIB) in Newfoundland and Labrador offers an eight-week AVL emotional support group via telephone-conference. They provide participants with the opportunity to share experiences, understand, and adapt to their vision loss. The purpose of this study is to evaluate the outcomes of the AVL group using a mixed-method research study design. Participants are recruited by the CNIB during intake for CNIB services. Questionnaires are administered pre- and post-group and interviews are conducted to explore one's experience of the group. It is hypothesized that after participating in the AVL group, individuals will experience an improvement in overall adjustment and quality of life. Results of this study will allow the voices of a marginalized population to be heard, guide how to structure future groups facilitated via telephone conference, assist policy makers in determining resource allocation, encourage funding agencies to invest in additional research and program maintenance, and add to the growing body of research on adjustment to vision loss and telephone-health services for psychological support.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53176 - Printed Poster

L'Association Entre Le Sentiment D'Injustice Et Le Bien-Être Des Couples En Clinique De Fertilité

Presenting Author: Bourget, Frédérique
Additional Authors: El Amiri , Sawsane; Péloquin, Katherine

Abstract: L'infertilité et ses traitements sont associés à une perturbation du bien-être psychologique et de la qualité de vie des couples qui en sont touchés. Toutefois, aucune étude quantitative n'a exploré le lien entre le sentiment d'injustice et ces perturbations. Ainsi, l'objectif de cette étude était de mieux comprendre l'expérience du sentiment d'injustice et les liens entre ce sentiment et les symptômes dépressifs et anxieux, ainsi que la qualité de vie émotionnelle des couples infertiles. L'échantillon de l'étude était composé de 98 couples en traitement de fertilité. Les participants ont complété le Injustice Experience Questionnaire - In Vitro Fertilisation, l'Échelle hospitalière d'anxiété et de dépression et le Fertility Quality of Life tool. Les scores du sentiment d'injustice des hommes et des femmes étaient significativement corrélés, bien que les femmes aient rapporté un sentiment plus élevé d'injustice. De plus, pour chacun des partenaires, un sentiment d'injustice plus élevé était significativement associé à plus de symptômes anxieux et dépressifs, ainsi qu'à plus de symptômes dépressifs chez leur partenaire. Un sentiment d'injustice élevé était également associé à une détérioration de leur qualité de vie émotionnelle liée à l'infertilité. Le sentiment d'injustice apparaît donc comme une cible d'intervention pertinente pour réduire la détresse chez ces couples.

Section: Family Psychology / Psychologie de la famille
Session ID: 53190 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Physical Activity and Wellbeing: An Analysis of Their Weekly Association

Presenting Author: McAulay, Taylor L.
Additional Authors: Olthuis, Janine

Abstract: Research has shown that there is a positive relation between sedentary behaviour and psychological distress, anxiety symptoms, and negative self-esteem. In contrast, research as also shown that physical activity may counteract these effects by providing anxiolytic and mood-enhancing effects. Understanding the relation between exercise and wellbeing is important, as we do not yet know how regular exercise impacts wellbeing on a weekly basis. Thus, the present study seeks to examine whether weekly exercise dose is predictive of weekly wellbeing. A secondary objective is to determine whether the

impact of exercise on wellbeing varies across subcategories of wellbeing (overall, interpersonal, individual, or social). Participants in this study were undergraduates with elevated mood and anxiety symptoms who were engaging in a psychological intervention involving group cognitive behaviour therapy and physical exercise. As part of the intervention, participants completed a seven-week "learn to run" program. Each week, participants completed measures of wellbeing and exercise. The results indicated that total weekly exercise was a significant predictor of all categories of wellbeing. The relation between exercise and wellbeing varied across each category. High and low intenisty exercise was also found to moderate the effect of exercise on wellbeing. As most studies examining exercise and wellbeing consider them on a global basis (i.e., overall exercise and wellbeing), findings from this study help us better understand the nuances behind these global associations. Such knowledge can inform the development of effective physical activity interventions for mental health problems.

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 53199 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Efficacy of Psilocybin in Treatment-Resistant Depression: A Meta-Analysis

Presenting Author: DeFrancisco, Alysia
Additional Authors: Bui, Nicholas E

Abstract: The purpose of this research is to analyze the efficacy of psilocybin in treatment-resistant depression for those whose traditional treatment has been proven to be ineffective. This research sought to find novel and alternative methods particularly for patients who can no longer rely on traditional pharmaceuticals. In order to analyze this research question, a meta-analysis was employed using 10 studies and 115 participants. In order to homogenize the results of each study the quick depression inventory (QIDS-SR) scale was used. Participants began the study with a baseline mean QIDS-SR score of 17.6, indicating moderate depression. The results found that after the participants were given a 10-12 mcg dose of psilocybin periodically over a 6 month period the mean QIDS-SR score was 5.2, indicating a change from severe to mild depression. In conclusion, with a large number of participants, the drastic changes within the QIDS-SR, a Cohen's d of .2 it can be found that psilocybin can be a useful treatment for previously treatment-resistant depression. This research contributes to the field of non-traditional treatments for prevalent brain disorders that were previously deemed untreatable. It is hopeful that with these results, psilocybin can have a favorable profile and be supported as a treatment within the psychological and pharmaceutical community.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53217 - Printed Poster

Strength domains and association with subjective and psychological well-being

Presenting Author: Leung, Tiffany SY
Additional Authors: Rawana, Edward

Abstract: Background: Although the possession and utilization of strengths is associated with elevated reports of well-being, it remains unclear as to whether certain domains of strengths are more strongly associated with certain indices of well-being. Methods: 236 high school students from an urban northern community completed questionnaires that examined different strength domains (character and environmental) and subjective and psychological well-being (i.e., perceived stress and relatedness adequacy, respectively). Results: Bivariate correlations were used to identify strength domains that would be further analyzed through hierarchical regression modeling. Results showed that the strength of self-knowledge was relevant for both subjective and psychological well-being (β = -.54, p < .001; β = .20, p < .05; respectively), whereas strengths at home (β = .24, p < .01), strengths at school (β = -.18, p < .05), and strengths from having goals and dreams (β = .21, p < .05) were relevant for only psychological well-being. Conclusions: Adolescents with a sense of self-knowledge may be better equipped to manage daily stresses and form connections to others. Action: Further fine-grained analysis of strengths and well-being is needed to understand how strengths affect individual and social functioning, and to inform the adaptation of strength-based interventions within different settings.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53223 - Printed Poster

Scrutinizing the association between interleukin-6 and the experiencing of depressive and anxiety symptoms

Presenting Author: Lee, Sean T. H.

Abstract: The uncovering of a significant, positive association between inflammatory cytokine levels – interkleukin-6 in particular – and the experiencing of depressive and anxiety symptoms is one of the most promising and enthusiastically discussed finding in recent years. However, despite considerable ambiguity with regards to the directionality and underpinnings of this association, anti-inflammatory drugs, which carry risks of adverse side effects, are already being tested on patients who present no overt, physical symptoms of inflammation. Researchers have thus urgently called for more rigorous empirical assessments and elucidations of this association. Heeding such calls, this study employed the use of a large, longitudinal, nationally representative sample of middle-aged adults in the United States (N = 1,255). IL-6 was only found to be significantly associated with current number of depressive and anxiety symptoms experienced and was not predictive of numbers assessed six years later, even after controlling for relevant covariates (e.g., relevant medication use). Evidence for IL-6's proposed role as either a biological base or consequence of a psychological cause was also not found. These findings underscore the imperativeness of more rigorous studies to be conducted in this area, and caution practitioners against the premature consideration of IL-6 levels in clinical practice.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53236 - Printed Poster

Prevalence and correlates of mental health in adults with diabetes

Presenting Author: Fardfini, Kimia
Additional Authors: Burns, Rachel J

Abstract: Mental health problems are more prevalent in people with diabetes and lead to poor health outcomes. According to Keyes' two continua model, mental illness and positive mental health are distinct constructs. However, little is known in the context of adults with diabetes. Therefore, the purpose of this study is to examine the prevalence and correlates of positive mental health in adults with diabetes. Data came from the Canadian Community Health Survey – Mental Health 2012, which is a national cross-sectional survey. Diabetes diagnoses, demographics and health behaviours were self-reported. Positive mental health was measured with the Mental Health Continuum Short Form, which categorizes individuals into flourishing, moderate and languishing. Data was analyzed with chi-square and one-way ANOVAs. Results showed that the prevalence of flourishing mental health is less common among individuals with diabetes (73.1%) compared to people without diabetes (76.5%), (x2(2) =29.56, p

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53262 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Examining the Self-Disclosure of Nonsuicidal Self-Injury: A Review of the Literature

Presenting Author: Simone, Ariana C
Additional Authors: Hamza, Chloe A

Abstract: Background: Nonsuicidal self-injury (NSSI) is a widespread mental health concern among adolescents and young adults. Despite the high rates of NSSI, many may try to conceal the behavior from others, given the stigma around NSSI. Understanding self-disclosure experiences related to NSSI is important, as a positive disclosure experience may foster social

connectedness, promote formal help-seeking, and ultimately serve to reduce NSSI engagement. Method: In the present study, an electronic review of the literature on NSSI disclosure (peer-reviewed articles) was conducted using PsychInfo, PsychArticles PubMed and Google Scholar. Results: Findings suggest that less than half of persons who self-injure have disclosed to someone. Disclosures occurred 2-3 times more to informal sources, particularly peers, than to formal ones (e.g., mental health practitioner). Key barriers to disclosure included shame, fear of stigma, and concern for the disclosure recipient, and recipient responses ranged from detrimental (i.e., intense negative reactions) to beneficial (i.e., sympathizing). Conclusions/Impact: Review findings will inform best practices for responding to NSSI disclosures, underscore the benefit of promoting disclosures to safe recipients (i.e., adults) to avoid social contagion, and the highlight the importance of school and institution-wide protocols for responding to NSSI.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53299 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Screen time is not associated with well-being in university students.

Presenting Author: Remedios, Joshua C
Additional Authors: Gunnell , Katie E

Abstract: Research has shown that higher screen time could be associated with higher ill-being (e.g., anxiety and depression) during late adolescence and into early adulthood. Few studies have examined if screen time is associated with well-being during this point in development. We examined the relationship between screen time and two types of well-being in university students. After consenting, Undergraduate students (N=334, Mage=19.50, years; 74% female) taking introductory psychology classes completed online questionnaires assessing eudaimonic well-being (flourishing and meaning of life), hedonic well-being (positive and negative affect), and screen time (watching TV and videos and using a computer). Students reported approximately 8.84 hours (SD = 5.59) of screen time during leisure time. Controlling for age, gender, body mass index, parents' marital status, and income, multiple regression analyses revealed that screen time was not associated with hedonic or eudaimonic well-being. Contrary to our hypothesis, our results suggest that recreational screen time was not associated with hedonic or eudaimonic well-being in undergraduate students. Given current calls for interventions to reduce screen time for mental health, more research is needed to replicate these findings to determine if there is a relationship between screen time and well-being.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53333 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Examining Personality and Body Dissatisfaction

Presenting Author: Wang, Yun-Han
Additional Authors: Wang, Yun-Lin; Misener, Kaylee; Libben, Maya

Abstract: Specific types of perfectionism (i.e., self-oriented, other-oriented, and socially-prescribed) have yet to be examined in relation to self-efficacy and body dissatisfaction, despite known associations between perfectionism and these variables. This study investigated the relationships between specific types of perfectionism, body dissatisfaction, and self-efficacy through the examination of mediating and moderating effects. Female university students (N = 173) completed a battery of questionnaires, including measures of perfectionism, body dissatisfaction, and self-efficacy. Mediation effects were examined using multiple regression and bootstrapping. Moderation effects were explored with hierarchical multiple regression and simple slope analysis. Body dissatisfaction moderated the relationship between self-oriented perfectionism and self-efficacy. In addition, body dissatisfaction fully mediated the relationship between socially-prescribed perfectionism and self-efficacy. Self-oriented perfectionism was found to moderate the association between body dissatisfaction and self-efficacy. Simple slope analysis revealed that socially-prescribed perfectionism moderated the association between body dissatisfaction and self-efficacy. The present results inform new directions for the development of interventions for body dissatisfaction, perfectionism, and self-efficacy.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53351 - Printed Poster

Application fidelity evaluation of a vicarious trauma and response-art workshop: New contributions for professional development

Presenting Author: Drapeau, Catherine E
Additional Authors: Drouin, Marc-Simon

Abstract: Psychotherapists working with refugees may be vulnerable to experiencing vicarious trauma (VT). The benefits of art-therapy in the context of trauma work are well documented. It is also noted that response art (RA), spontaneous or systematic manipulation of art materials in response to an experience, a common practice among art therapists, can facilitate self-awareness and provide a means of self-care. Self-knowledge and -care have been reported as instrumental in the mitigation of VT in therapists. Considering the growing number of publications addressing VT and the fact that benefits of art expression are not exclusive to art therapists and their clients, we were surprised to find only two professional development trainings focusing on VT and art expression. Furthermore, to our knowledge, no research has yet studied the outcomes of such training. As a result, we developed a professional development workshop focused on awareness of VT and RA and devised a training guide and program for an art-therapist animator. Seven psychotherapists working with refugees participated in the workshop. Workshop description, evaluation of the application fidelity (Chen, 2005) and animator feedback are presented. Results show that 94% of crucial activities was covered as planned, strength (procedures implemented as planned) was deemed high and intensity (comparison of expected and actual times) was evaluated at 82%. Conclusions point to the importance of a well-structured yet flexible animator training program for the successful implementation of the workshop. New avenues of thought regarding the structure of workshops focusing on VT and art for professional development are proposed.

Section: Traumatic Stress / Stress traumatique
Session ID: 53354 - Printed Poster

Exploring Crunch in the Video Game Industry: The Impact of Long Working Hours on Employee Health

Presenting Author: Coppins, Trevor
Additional Authors: Kwan, Eva; Weststar, Johanna

Abstract: In the high-skilled knowledge work sector, employees are often required to work extreme hours to meet the performance standards of their jobs. While popular opinion states that working long hours is positively related to employee health issues, research on this topic is often less than conclusive. Previous research has suggested that working long hours is related to employee health issues (e.g., poor mental health), however, these studies highly vary in terms of effect size and significance. One major criticism in this area of research is the lack of synthesis between streams of research on how and why working long hours relates to poor health outcomes (Ganster et al., 2016). To address this gap, we simultaneously examined the influence of two popular streams of research: work/family conflict and employee justice perceptions. To achieve this, we utilized a cross-sectional sample of 252 video game developers from an international self-report survey conducted in 2017. The results indicate that hours worked only predicted employee health issues when developers were also experiencing relationship conflict from their long work hours. Our results also indicated that developer perceptions of fairness in compensation negatively predicted health issues. This study contributes a synthesized understanding of how work/family conflict and justice perceptions influence employee health.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53357 - Printed Poster

The Development and Validation of a Patient Reported Compassion Measure

Presenting Author: Boss, Harrison C D
Additional Authors: Hack, Thomas F; Jaggi, Priya; McClement, Susan; Sinnarajah, Ayn; Sinclair, Shane

Abstract: Background/Rationale: A need was identified to develop and validate a psychometrically rigorous, patient-reported experience compassion measure for patients living with an incurable, life-limiting illness, for research and clinical use. Methods: Patients/residents living with a life-limiting illness were recruited over two phases. In the EFA phase, a 54-item measure based on the Patient Compassion Model (PCM) was administered to 303 patients. In the CFA phase, the 15-item Sinclair Compassion Questionnaire was administered to 330 patients/residents, along with existing measures of compassion, symptom distress, and patient experience to establish convergent/divergent validity. Results: CFA yielded a single factor with strong factor loadings. Evidence for convergent/divergent validity was found. Patients reporting greater compassion scores had greater well-being and lower depression. Patients in acute palliative care and hospice reported experiencing greater compassion than residents in long term care. Conclusions: This measure allows healthcare providers, practice settings, and health systems to assess compassion as a quality care indicator, while providing researchers the means to conduct high-quality compassion research. Action/Impact: The Sinclair Compassion Questionnaire is the first evidence-based, patient-centered, psychometrically robust measure of compassion.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53361 - Printed Poster

Increased negative affect associated with sleep disorders in adolescence

Presenting Author: Dimakos, Jenny
Additional Authors: Cordova Galvan, Estefania ; Gauthier Gagne, Gabrielle; Anika, Fariha; Boursier , Johanne ; Gruber, Reut

Abstract: Adolescence is a developmental period marked by numerous changes including increased mood and emotional lability. Previous studies have demonstrated that experimental sleep restriction increased negative affect, but no data currently exists regarding the association between sleep disorders and affect in adolescence. The objective of this study was to examine this association. It was hypothesized that adolescents with higher levels of sleep disorders would present with lower positive affect and higher negative affect. 106 adolescents (64.2% female) between 13 and 18 years old (M=14.72, SD=1.15) completed the Positive and Negative Affect Schedule and symptoms of sleep disorders were assessed by the Sleep Disorders Inventory for Students. Correlational analyses revealed higher scores on the excessive daytime sleepiness (r= -.21, p< .05) and periodic leg movement (r= -.23, p< .05) scales were negatively associated with positive affect. Negative affect was associated with higher scores on narcolepsy (r= .39, p < .001), excessive daytime sleepiness (r= .37, p < .01), and periodic leg movement disorder (r= .34, p < .001) scales. Decreased positive affect and increased negative affect were both associated with sleep disorders in adolescents. Mental health care providers should ensure adolescents presenting with heightened negative emotions are screened for possible sleep disorders.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53363 - Printed Poster

Examining the Quality of Expert Assessment Reports for Individuals found Unfit to Stand Trial

Presenting Author: Hill, David
Additional Authors: Demetrioff, Sabrina

Abstract: Accused persons found Unfit to Stand Trial (Unfit) in Canadian courts are placed under the jurisdiction of provincial Criminal Code Review Boards (RBs). RB disposition hearings are held on an annual basis and typically include the submission of expert assessment reports by one (or more) mental health professionals. According to the Criminal Code of Canada (CCC, 1992), RBs should determine whether an accused person is fit to stand trial at the time of each hearing. In this study, we reviewed expert assessment reports and RB hearing information for 39 individuals found Unfit in Manitoba between 2000 and 2015. The main goal was to examine how often experts mentioned specific psycholegal factors in RB reports. In

particular, we focused our analysis on the components of the Canadian legal standard for fitness to stand trial assessments (CCC, 1992). Initial analyses included a sample of 135 expert assessment reports for Unfit accused persons in Manitoba. RB files were reviewed to determine whether experts addressed the following variables: mental disorder, understanding the legal proceedings, understanding possible consequences of proceedings, ability to communicate with counsel, and relevant case law (e.g., R. v. Taylor, 1992). We will discuss the implications of our findings for accused persons and RBs that must consider fitness to stand trial on an annual basis.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53365 - Printed Poster

Bonds with pets and their role in human well-being: Psychological, social, and biological factors

Presenting Author: Pranschke, Maria C
Additional Authors: Matheson, Kimberly

Abstract: Given the increasing presence and cultural importance of companion pets in contemporary life, understanding their effects on human well-being has become an important area of study. Despite some promising findings suggesting health benefits, existing data remains mixed. Building on prior findings in the areas of human-animal interaction and the neurobiology of social behaviour, the present research explored whether bonds with pets promote mental health, and whether these effects vary based on psychological, social, and biological characteristics of pet owners. Survey responses and saliva samples were gathered from a varied group of pet owners (n=188) and non-owners (n=79) at several public locations and events. Pet owners reported somewhat greater quality of life when demographic differences were controlled. However, among pet owners, stronger attachment to pets was associated with negative psychological well-being and the presence of health conditions. Variables that might moderate these links, including genetic variation in the oxytocin system, were also explored. Overall, findings suggest that bonds with pets and their relation to human well-being can differ depending on owner characteristics. As individuals in poorer health appear to be particularly attached to their pets, supporting human-animal bonds in vulnerable groups may be especially important.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53378 - Printed Poster

Self-Care in School Psychology Graduate Students

Presenting Author: Postill, Brittany
Additional Authors: Andrews, Jac J.W

Abstract: Post-secondary studies bring forward immense stressors (i.e. clinical performance, financial applications, coursework demands), particularly for school psychology graduate students which require effective coping strategies in order to succeed. Extensive research has been conducted with respect to self-care strategies - behaviours that maintain and promote well-being - (Myers et al., 2012) for both counselling and clinical psychology trainee's that are aimed at improving psychological well-being, personal stress and academic performance (Colman et al., 2016). However, a limited body of research has been done involving school psychology trainees with respect to their self-care. The proposed research study will address this limitation by taking a comprehensive approach to studying self-care among a representative sample of Canadian school psychology trainees within school psychology graduate programs. The major objective of this study will be to investigate the relationship between self-care and percieved stress, psychological well-being and academic performance of school psychology graduate students. The goal of this study is to better understand the nature and scope of self-care among this population and provide both research and practice implications and recommendations for moving forward relative to the self-care of school psychology graduate students.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53387 - Printed Poster

Cognitive Bias Modification and Perfectionism

Presenting Author: Wang, Yun-Lin
Additional Authors: Wang, Yun-Han; Misener, Kaylee; Libben, Maya

Abstract: Cognitive Bias Modification of Interpretations (CBM-I) is a paradigm used to reduce or induce cognitive biases. In a typical CBM-I task, participants are asked to fill in the missing letter of a word in a set of ambiguous scenarios. Based on previous research, there are limitations in CBM-I training method (e.g., lack of engagement) that may undermine training effectiveness. The present study aimed to increase treatment engagement by employing a novel CBM-I technique to induce perfectionism. Participants in the novel CBM-I group were asked to generate a word that fits the perfectionism valence presented in the scenario. Participants (N = 217) were randomly assigned to a traditional or novel CBM-I group. They completed measures of perfectionism before and after the CBM-I induction. A two-way MANOVA was conducted to compare the effects of CBM-I group and testing time on perfectionism. As perfectionism was not significantly higher in the CBM-I groups after the CBM-I training, the results may suggest that state perfectionism cannot be manipulated with a single CBM-I session. However, participants in the novel CBM-I group performed better in the recognition test which may imply that the novel technique had implications for increasing attention in training. Future research should apply the novel CBM-I technique to other constructs to further explore its utility.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 53407 - Printed Poster

Stress-induced reduction in HRV mediates temporary anorectic response

Presenting Author: McGeown, Laura M.
Additional Authors: Davis, Ron

Abstract: Background. Individuals often increase their intake of energy-dense, palatable foods in response to psychological stress (Masih et al., 2017). It has been proposed that stress may deplete one's mental capacity for self-regulation, and thereby enhance susceptibility to eat when exposed to tempting food cues (Byrd-Bredbenner et al., 2016). As low heart rate variability (HRV) reflects a lower capacity for self-regulation (Holzman & Bridgett, 2017), and acute mental stressors decrease HRV (Castaldo et al., 2015), it was hypothesized reduced HRV during stress may mediate the relationship between stress and food intake. Methods. Female undergraduates (n = 97) were randomized to complete the stress or control condition of the Montreal Imaging Stress Task (MIST) while HRV was recorded. Participants subsequently engaged in a bogus taste test to quantify ad libitum consumption of palatable snack foods. Results. Mediation analysis using Hayes' (2018) PROCESS macro model 4 revealed that HRV significantly mediated the relationship between stress and consumption, ab = -.390, SE = .199, 95% CI [-0.841, -0.061]. However, contrary to expectation, stress-induced reduction of HRV led to a significant decrease in consumption. Conclusion. Reduced HRV during stress suppressed food intake. It is speculated that situations wherein the perception of one's ongoing safety from stress is uncertain may attenuate attention to food to facilitate coping.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53410 - Printed Poster

Evaluating a Group-Based Psychoeducation Protocol for Women with Anxiety in the Postpartum Period

Presenting Author: Green, Sheryl M
Additional Authors: Inness, Briar; McCabe, Randi E; Frey, Benicio N; Donegan, Eleanor

Abstract: Over 20% of women report heightened anxiety after the birth of a child. Postpartum anxiety is associated with distress and impairment in mothers and high economic cost. However, fewer than half of women with postpartum anxiety receive effective treatment due in part to a lack of empirically-supported treatment options. Psychoeducation programs provide information to increase awareness about mental health and to better manage emotional distress. Preliminary research suggests that psychoeducation for postpartum anxiety can be effective but outcomes vary considerably across studies. Moreover, many protocols rely on passive dissemination (e.g., brochures) or offer a limited range of topics. We

developed a 6-session group-based psychoeducation protocol for women with postpartum anxiety. Content includes prevalence, risk factors and etiological models of postpartum anxiety, maternal self-care, infant feeding and care, infant developmental milestones and infant sleep. Preliminary data from an anticipated 20 participants will be presented with primary (anxiety; State Trait Inventory of Cognitive and Somatic Anxiety) and secondary (worry, depression, stress) measures administered pre- and post-treatment. Treatment acceptability will also be reported. If effective, this protocol will provide an empirically-supported treatment option for a prevalent and underserved population.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53417 - Printed Poster

A Comparison Between Eye-Tracking and Traditional Techniques for Attentional Bias Modification

Presenting Author: Wood, Lydia
Additional Authors: Misener, Kaylee; Nichol, Mackenzie; Libben, Maya

Abstract: Attentional Bias Modification (ABM) is a paradigm that allows for manipulation of attentional cognitive biases. ABM can be used as a treatment for depression and anxiety to reduce selective attention to disorder-relevant information (e.g., a picture of a sad face for depression). The objective of the present study was to evaluate the effectiveness of an eye-tracking ABM paradigm as compared to a button press ABM paradigm for influencing mood. Participants (N = 299) completed an eye-tracking or button press ABM task in which attention was trained either toward or away from positive mood related stimuli. State mood was measured using a visual analogue scale before and after the task. An ANCOVA was conducted to examine the efficacy of each ABM condition. Preliminary results suggest biasing attention toward positive stimuli in the eye-tracking ABM paradigm resulted in the greatest decrease in negative mood. The findings from this study suggest that existing ABM treatment paradigms may be enhanced by integrating eye-tracking methodology. The current results will inform the development of further ABM treatment for cognitive biases related to psychopathology.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 53430 - Printed Poster

Anxiety Sensitivity & Alcohol: Norms/Gender Effect

Presenting Author: Miller, Caitlin
Additional Authors: Corran, Charlotte

Abstract: Anxiety sensitivity (AS) is characterized by the fear of anxiety sensations. Theory suggests those high in AS misuse alcohol as a way to reduce their anxiety; thereby, drinking for negative reinforcement purposes. However, alcohol can mimic anxiety symptoms, which might make those high in AS avoid drinking. This theoretical complexity, and the mixed empirical evidence supporting AS risk for alcohol misuse, suggest moderators need to be considered. Those high in AS may look to others for direction on their drinking. They may be particularly responsive to perceived approval of alcohol use by their parents (parental injunctive norms). Moreover, there is evidence supporting gender differences in the anxiety risk pathway to alcohol misuse. Taken together, the present study tests parental injunctive norms and gender as potential moderators of the effects of AS on alcohol misuse. Participants (N = 230, 59.57% women, 29.13% men, and 0.43% other) were students (M = 18.87, SD = 1.08) who self-reported on AS and alcohol use and problems. Preliminary analyses reveal that AS and alcohol use and problems were not correlated (r = -.028, and r = .069, all p > 0.05, respectively). This supports the investigation of moderators, which will follow using multiple regression analyses. This research might highlight individual-level risk factors that clarify AS risk for alcohol misuse.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53437 - Printed Poster

Associations between Hormonal Contraception and Anxiety

Presenting Author: Sternin, Shulamit
Additional Authors: Guimond, Fanny ; De Moissac, Danielle

Abstract: Hormonal contraception (HC) is one of the most widely used method of female contraception. Yet, little is understood about the mood symptoms associated with HC. The majority of studies that have addressed HC and anxiety fail to systematically control for confounding variables. The present study examines the associations between HC use and anxiety while controlling for extraneous variables believed to play a role in first year university students' anxiety. The sample consisted of 697 female students from two Canadian universities. All participants completed a survey which included self-reported measures of anxiety, sexual activities and HC use, as well demographic and psychosocial indicators. Analyses of covariance revealed differences between HC users and non-users regarding self-reported anxiety. HC users were more anxious than non-users, those using other contraceptive methods, or those who were not sexually active. These results remained significant after controlling for variables believed to play a role in anxiety, including: grades, income, number of work hours, debt, having children, and being a victim of bullying or physical and sexual violence. HC use seems to be associated with anxiety symptoms in first year female university students. This finding holds implications for both HC users and healthcare practitioners, highlighting the need for experimental studies.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53439 - Printed Poster

There is a Lack of Empirically Supported Psychosocial Interventions for Food Addiction: A Systematic Review

Presenting Author: Montemarano, Vanessa
Additional Authors: Sijercic, Iris

Abstract: Rationale: There is growing evidence that food addiction is a valid construct. Consuming hyperpalatable foods activates similar brain mechanisms and pathways found in drugs of abuse, including brain reward dysfunction and impaired control. Food addiction is prevalent across BMIs and among individuals with bulimia and binge eating disorder. While some people have food addiction, there are no clear guidelines for best clinical practices of symptom treatment. The aims of the current systematic review were to examine existing psychosocial interventions for food addiction and their impact on food addiction symptoms, and to assess the quality of these studies. Methods: A PsycINFO and PubMed search of publications was conducted in September 2019. Two authors assessed article eligibility and rated study quality using an established checklist. Results: 8 studies met inclusion criteria, and study quality ranged from "poor" to "fair". Most studies were pilot and feasibility studies with limitations that obscure conclusions. Conclusions: There are no empirically supported psychosocial interventions for food addiction. More research is needed to develop and test the efficacy of food addiction interventions. Action: In the interim, clinicians treating food addiction should assess for comorbid eating disorders, and if present, first provide evidence-based treatments for those conditions.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53449 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The role of task difficulty on the cognititve modulation of pain

Presenting Author: Desjardins, Sophie
Additional Authors: Vogel, Todd Andrew

Abstract: Non-pharmacological avenues of chronic pain treatment are increasingly investigated. For instance, performing on a difficult cognitive task is associated with a substantial reduction in pain, but it remains unclear how difficult the task must be in order to obtain an analgesic effect. Our study sought to investigate the role of task difficulty in the modulation of pain through cognitive effort. Twenty-one healthy adults performed a cognitive task at three levels of difficulty while receiving

painful thermal stimulations and subsequently rating them. We performed a one-way repeated measures ANOVA to assess mean differences in pain ratings (DV) across the three levels of task difficulty (IV). We found a significant effect of task difficulty on pain ratings, $F(2, 20) = 5.56$, $p < .05$. Post-hoc comparison tests showed that the medium level of difficulty differed from both the low and high levels at $p < .05$. Our findings suggest that pain inhibition by means of cognitive effort depends largely on task difficulty. In order to reduce pain by engaging in a concurrent task, it must be adjusted at a medium level of difficulty. The study has large implications for the advancement of non-pharmacological treatments for chronic pain. For instance, the use of videogames and virtual reality (VR) as interventions for chronic pain should ensure that the level of difficulty is properly adjusted.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 53478 - Printed Poster

Eating Self-Efficacy Predicts Post-Surgery Emotional Eating Among Bariatric Surgery Patients

Presenting Author: Nightingale, Bethany A.
Additional Authors: Cassin, Stephanie E.; Wnuk, Susan

Abstract: Bariatric surgery is an effective treatment for obesity and its comorbid physical and psychiatric conditions, but outcomes are highly variable. To further improve outcomes, pre-surgery variables that predict better post-surgery outcomes must be identified. This longitudinal study examined whether pre-surgery eating self-efficacy predicts post-surgery mental health outcomes, specifically binge eating, emotional eating, body image, and self esteem. Bariatric surgery patients (N = 358) completed questionnaires before and 1 year post bariatric surgery. A multiple regression was conducted for each outcome variable with eating self-efficacy and the outcome variable as predictors. Lower pre-surgery eating self-efficacy significantly predicted post-surgery emotional eating in response to anger (β =.04, r2 =.13, F(2, 307) = 22.65 , p =.02), anxiety (β =.03, r2 =.11, F(2, 318) = 20.12, p =.03), and depression (β =.02, r2 =.14, F(2, 324) = 25.42, p = .02) after controlling for pre-surgery levels of the outcome variable, but did not predict post-surgery binge eating (β =.02, r2 =.06, F(2, 261) = 7.69, p =.17), body image (β =.006, r2 =.12, F(2, 294) = 20.82, p =.92), or self-esteem (β =.003, r2 =.07, F(2, 170) = 6.05, p =.75).Lower eating self-efficacy pre-surgery may predict worse emotional eating, indicating that interventions targeting emotional eating pre-surgery may improve outcomes.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53482 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Assessment and Diagnostic Practices of Canadian Psychologists who Diagnose Autism Spectrum Disorder

Presenting Author: Esteves, Jeffrey
Additional Authors: Carrier, Christina

Abstract: BackgroundWhile best practice guidelines exist in ASD assessment and diagnosis, very little is known regarding the actual practices of clinicians who diagnose ASD. The purpose of this study was to examine the assessment procedures of Canadian psychologists who diagnose ASD in childhood. Methods Psychologists across Canada were recruited using snowball sampling. Professional associations were contacted and asked to disseminate the study to their members. Participants completed an online questionnaire regarding their assessment and diagnostic practices including their professional experience, multidisciplinary team use, their broad assessment procedures, as well as their use of specific ASD assessment tools. 64 psychologists from across Canada completed the survey. ResultsPsychologists indicated a reliance on standardized measures of intelligence and adaptive function. They also reported relatively low levels of multidisciplinary team involvement. The ADOS was the most commonly used assessment tool, although there was greater reliance on unstructured observation and the CARS when assessing children with lower cognitive abilities, and greater reliance on the ADI-R when assessing children with average or above cognitive abilities. Conclusion / Action and ImpactThe current study highlights the need for further investigation into the assessment and diagnostic practices of clinicians who diagnose ASD. Inconsistent assessment methodologies between diagnosticians could result in decreased diagnostic reliability, impacting both clinical and

research initiatives. Given the variation in assessment procedures based on the cognitive abilities that was reported, the study highlights the need for research into the utility of assessment battery variations based on a child's cognitive ability.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53484 - Printed Poster

Neuroticism, Temporal Orientation, Materialism and Well-being

Presenting Author: Watson, David C

Abstract: The purpose of the study was to investigate the relationship between temporal perspective, neuroticism, well-being and materialism. Temporal perspective is whether the individual tends to think about the past, present or future. Past research has indicated focus on the present is associated with higher subjective well-being and that too much focus on the past or future is related to lower well-being. Previous research has indicated that materialistic individuals were more likely to have a negative view on the past and upon the future. Past research is unclear whether negative emotions or a negative view of the past or future are important factors in the relationship between materialism and lower well-being. Therefore, in a sample of undergraduate participants, the relationship between materialism and well-being was examined in order to determine which is more important, negative emotion or a negative view on time. Using a series of mediation analyses, the results indicated that both neuroticism/emotionality and past-negative temporal orientation were mediators in the well-being-materialism relationship. The results add additional insight into the well established relationship between materialism and lower well-being. These findings suggest possible methods of decreasing materialistic tendencies and increasing subjective well-being.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53496 - Printed Poster

Greenspace exposure and mental health in adolescence: Preliminary findings from a Quebec cohort

Presenting Author: Bolanis, Despina
Additional Authors: Philibert, Mathieu; Bouchard, Samantha ; Ouellet-Morin, Isabelle; Tremblay, Richard; Geoffroy, Marie-Claude

Abstract: Background: Spending time in greenspaces (eg, parks) is associated with better mental health outcomes in young children and adults. However, these associations are less clear during adolescence.Methods: The 806 participants were drawn from the Quebec Longitudinal Study of Child Development, a prospective birth cohort of individuals followed over 20 years. Each participant received a normalized vegetation index score localized to their residence at age 17 years which provides a standardized measure of the "greenness" of a patch of land. Mental health problems (depression/anxiety/ADHD/conduct/suicidal ideation) at age 17 years were self-reported using the Mental Health and Social Inadaptation Assessment.Results: Preliminary results demonstrated that adolescents in greener neighborhoods had fewer ADHD and conduct symptoms, over and above sex, parental socioeconomic status and neighborhood characteristics. No significant associations were found between greenspace exposure and internalizing mental health problems.Conclusion: Adolescents in greener neighborhoods exhibited fewer externalizing symptoms, suggesting that residential greenness may protect against such problems.Impact: This study adds to the existing literature by suggesting that residential greenspace is associated with mental health outcomes across the lifespan, including adolescence.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 53513 - Printed Poster

Maternal Psychosocial Factors and their Impact of Health Promoting and Health Impairing Behaviours During Pregnancy

Presenting Author: Toundjian-Piciacchia, Alexander
Additional Authors: Parr, Lindsay; Da Costa, Deborah

Abstract: Prior research has associated select sociodemographic and psychological factors with maternal health behaviours, however few studies have simultaneously examined the role of multiple psychosocial factors in relation to maternal health promoting and health impairing behaviours during pregnancy. This study examined the role of multiple psychosocial factors on maternal health behaviours during pregnancy. A total of 80 pregnant women (mean age= 32.2, SD=4.5 years) completed self-report questionnaires measuring sociodemographic factors, couple adjustment, depressive symptoms and social support. Health behaviours were measured with the Prenatal Health Behaviour Scale. Multiple linear regressions examined factors associated with maternal health behaviours. Once adjusted for sociodemographic factors, less depressive symptoms (p

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53514 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Low Appearance Esteem Associated with Depression in a Clinical Sample of Adolescents with Obesity

Presenting Author: Dunn, Leigh C
Additional Authors: Buchholz, Annick; Lamb , Megan L; Mohipp, Charmaine

Abstract: Body image is a concern for many adolescents, but those with obesity are at greater risk for poor body-esteem (Sikorski et al., 2015). Further, depression and obesity are often comorbid, a relationship found in adults and adolescence (Preiss et al., 2013). This study examined whether body-esteem is associated with depression in a clinical sample (n=108; aged 12–17.99;53% female) with obesity (BMI>95th percentile) who were participating in a family-based weight management program. Participants completed the Children's Depression Inventory (Kovacs, 1992), and the Body-Esteem Scale for Adults and Adolescents (Mendelson et al., 2001) which contains 3 subscales: Feelings About Appearance, Weight Satisfaction, and Evaluations Attributed to Others. A multiple regression model tested the effects of body-esteem on depression, adjusting for age, gender, SES and BMI. Holding more negative feelings about appearance was related to greater depression (B=-7.84,95% CI=-10.47,-5.20, p < .001), weight satisfaction and attributions were unrelated. Suggesting that youth with obesity who are more dissatisfied with their overall appearance have greater symptoms of depression. Surprisingly, weight and attributions were not predictive of depression. Fostering an overall positive body image in youth with obesity is likely an important treatment target to complement other weight management strategies.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53522 - Printed Poster

Adverse Childhood Experiences show a sex-differentiated influence on adulthood MSK trauma.

Presenting Author: Seo, Wonjin
Additional Authors: Walton, David M.; Elliott, Jim; Ghodrati, Maryam; May, Curtis

Abstract: Background/rationale: ACEs can be a 'diathesis', that influenced the response to new trauma in adulthood as a potential explanatory variable in the genesis of chronic pain. Those adults who report more ACEs will perceive (experience) trauma in adulthood with fewer resiliency resources, describe the experience as more distressing, and thereby be at greater risk of reporting more severe pain and disability symptoms when followed over time.Methods: Data were drawn from the prospective acute trauma SYMBIOME database. The tools relevant to the current analysis were ACEQ, BIPQ, TIDS, and BPI.Results: The magnitude of the standardized path coefficient of the result of the sex-disaggregated analyses was in the

ACEQ->BIPQ path was stronger in males (β = .39) while it was non-significant in females (β = .06).Conclusions: The work herein contributes a novel piece of knowledge to the growing field of post-trauma pain, disability, and recovery that appears worthy of further exploration to better establish causation.Action/Impact: Some respondents may experience re-victimization by virtue of recalling and reporting traumatic past events especially if those have been unresolved. By looking at this work through a critical lens of social justice, the findings will help to move the field forward but should not yet be adopted as part of a routine clinical or insurance screening procedure.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53534 - Printed Poster

[Presented in CPA 2020 Virtual Series]

ICBT is Acceptable to Public Safety Personnel

Presenting Author: McCall, Hugh C
Additional Authors: Hadjistavropoulos, Heather D.; Beahm, Janine D; Carleton, Nicholas; Fournier, Amelie

Abstract: Background: Canadian public safety personnel (PSP) have elevated rates of depression, anxiety, and posttraumatic stress disorder. Many PSP are unable to access treatment for mental health problems for various reasons (e.g., stigma, geography, limited time). Internet-delivered cognitive behavioural therapy (ICBT) is evidence-based and can overcome several barriers to treatment, but PSP's attitudes towards ICBT are currently unknown.Methods: Interviews were conducted with 79 PSP stakeholders in the province of Saskatchewan, Canada, to explore PSP perspectives on ICBT and to inform the development of ICBT tailored for PSP.Results: The results indicate that tailored ICBT would be acceptable to PSP. Participants identified several advantages (e.g., privacy, convenience) and limitations of ICBT (e.g., no face-to-face contact with therapists). Participants also provided valuable input on the content, design, and implementation of ICBT for PSP, which will inform future efforts at optimizing ICBT for PSP.Conclusions: The results suggest that PSP are open to ICBT as a method to address the high prevalence of mental health problems among Canadian PSP, especially if ICBT is tailored to address their needs.Impact: The results support ICBT as an acceptable treatment option for PSP, but concerns were identified that should be addressed to maximize the utility of ICBT for Canadian PSP.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53538 - Printed Poster

Enhancing Self-Compassion in Athletes: A feasibility study of an online self-compassion program for athlete anxiety and performance

Presenting Author: Flegar, Alaina
Additional Authors: Koszycki, Diana

Abstract: The nature of sport competitions involves athletes being compared and ranked based on athletic ability, with athletes constantly confronted by potential threat of failure or loss within their sport context. Given this circumstance and the extraordinary amount of criticism and pressure often experienced by athletes, developing an ability to be kind towards oneself in the face of perceived failure could be an important part of training. The purpose of this study is to assess the feasibility of an online self-compassion training program for athletes and obtain preliminary data on the effects of the online intervention on anxiety, mindfulness, self-compassion, perceived athletic ability/performance, and objective athletic performance. Competitive athletes who participate in time-based sports are being recruited from sports teams and other competitive sport leagues, and randomly assigned to either a 1-month self-compassion training, or a wait-list control group. Preliminary results show that the program is of importance and interest to athletes, suggesting that athletes are open to developing kind and understanding attitudes towards themselves within the context of competitive sport. With increased evidence supporting the potential benefits of self-compassion in sport, as well as links between mental health and optimal sport performance, sport psychologists and mental training consultants may find it appropriate to integrate self-compassion training into their work with athletes.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 53555 - Printed Poster

Exercise Addiction, Muscle and Weight Satisfaction, and Disordered Eating, as Predictors of Overtraining in Male Bodybuilders

Presenting Author: Tremblay, Line
Additional Authors: Kosmerly, Stacy

Abstract: Research suggests that bodybuilders are more at risk for unhealthy eating behaviors, muscle dysmorphia symptoms (MD), and exercise addiction. First, the current study aimed to establish a risk criterion for overtraining by comparing the volume and frequency of physical activity between high (HCB) and low (LCB) commitment bodybuilders. Results showed that HCB reported training significantly more often and at a higher intensity than LCB. Second, we verified the predictive validity of the physical activity risk index related to a number of unhealthy physical and psychological training behaviors. Results showed that high exercise frequency and volume were significantly predicted by MD symptoms, exercise addiction behaviors, and satisfaction with weight. Bivariate correlations suggest an indirect predictive effect of disordered eating and dissatisfaction with weight. Collectively, our results suggest that high levels of exercise intensity and volume can gauge the risk that bodybuilders will adopt unhealthy behaviors to achieve body image satisfaction.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 53561 - Printed Poster

Understanding Self-esteem in Children with ADHD Attending Summer Camp

Presenting Author: Charabin, Emma C
Additional Authors: Climie, Emma A

Abstract: Many youth with Attention-Deficit/Hyperactivity Disorder (ADHD) experience difficulties with social skills (Staikova et al, 2013). Social difficulties have been tied to low self-esteem which may cause poor long-term outcomes (Grizenko et al., 1992: Slomkowski et al., 1995). There is a need to explore more naturalistic programs, as they may be more effective for youth with ADHD (Wehmeier et al., 2010). Summer camps are often overlooked as natural settings that can improve social skills and self-esteem (Dworken, 2001: Eells, 1986: Henderson et al., 2007). No research has examined camp effectiveness with a population of youth with ADHD. The purpose of this project is to investigate self-esteem in youth with ADHD before and after camp. 117 campers (36 girls and 81 boys) between ages 9-16 years participated in this study. All were previously diagnosed with ADHD using DSM-5 criteria. Youth participated in a one-week social skills camp where they learned social skills along with regular activities. They completed the Rosenberg self-esteem scale at three points: before camp, after camp, and a one-month follow up. The results will compare levels of self-esteem before and after camp, as well as at the one-month follow up. Additionally, gender differences in self-esteem will be analyzed.We expect this research will inform us of summer camps' effectiveness on self-esteem in an at-risk population of ADHD youth. This work may offer a direct benefit by providing a novel and unique way to build self-esteem. Further, this illuminates community-based programs as evidence-based that can help to reduce negative outcomes.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53563 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parent Well-Being: The perceived support systems of parents of children with autism spectrum disorder

Presenting Author: de la Roche, Laura A.
Additional Authors: Im-Bolter, Nancie

Abstract: Studies show that the deficits in social communication in children with autism spectrum disorder (ASD) play a critical role in the high levels of parenting stress experienced by parents of children with ASD (Hayes & Watson, 2013). Previous research has shown a lack of effective support for these parents, which increases their risk for even greater levels of

parenting stress (Shepherd et al., 2017). In the current study, we interviewed parents of children with ASD to investigate the support systems available to and utilized by them. A thematic analysis of the qualitative data (according to Braun and Clarke's methodology 2006) was conducted in relation to the quantitative data of personal supports and accompanied quality ratings. We found three themes: parent advocacy burden for educational assistance, barriers in finding specific support groups, and desire for professional parenting support. These themes help to explain why parents of children with ASD experience such high levels of parenting stress and where support areas are lacking. Our qualitative analysis suggests that parents of children with ASD feel the weight of having to advocate for their child, while at the same time dealing with a lack of resources for self-care. These results can be used to instrument change through improving current, and instilling new, support systems for parents who have children with ASD.

Section: Family Psychology / Psychologie de la famille
Session ID: 53570 - Printed Poster

Making Mindfulness Matter; The Acceptability of a Concurrent Parent and Child Community Program.

Presenting Author: Bax, Karen
Additional Authors: Read, Melissa; Pacholec, Emilia

Abstract: Objective: This study examined the feasibility of a universal mindfulness-based 8-week concurrent parent and child program called, Making Mindfulness Matter (M3). Research into mindfulness-based approaches suggests that the practice of mindfulness is related to increased executive functioning in children and a better ability to manage stress. Although there is a growing interest in mindfulness-based interventions for children, there has been less research examining the role of similar interventions that include both parent and child. Method: 40 children, ages 4-8, and their parents participated in the M3 Program. Parents completed a weekly practice log of skills and also completed at the outset the Behavior Rating Inventory of Executive Functioning, and the Parenting Stress Index.Analysis: A multilevel modelling approach was used to analyze the data. A repeated-measures (longitudinal) design was employed for the weekly practice report data.Results: Parents reported increasing weekly practice of the M3 skills throughout the duration of the program. Parents reported high levels of overall weekly pracitce for themselves (95%) and their child (86%). The M3 skills were practiced equally by families of children with varying levels of executive skills and regardless of parental stress level.Discussion: Results suggest the universaility and acceptabilily of the M3 Program.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53578 - Printed Poster

'Feeling Fat' Uniquely Influences Eating Pathology Beyond Body Dissatisfaction in Undergraduate Women

Presenting Author: Mehak, Adrienne
Additional Authors: Schell, Sarah E.

Abstract: 'Feeling fat,' the somatic experience of excess weight that is not entirely explained by one's objective body mass, is associated with pathological eating behaviours in individuals with and without eating disorders. 'Feeling fat' is clinically recognized as a maintenance factor in eating pathology. Yet it is unclear whether 'feeling fat' has a unique influence on eating pathology or if it is merely an element of body dissatisfaction. Undergraduate women (N = 184) with a range of eating pathology completed online questionnaires. Hierarchical multiple regression analyses indicated that 'feeling fat' accounted for significant unique variance in global Eating Disorders Examination-Questionnaire scores when controlling for BMI and body dissatisfaction. Further, 'feeling fat' accounted for unique variance in dietary restriction and purging over and above BMI and body dissatisfaction. 'Feeling fat' did not account for unique variance in binge eating or muscle building behaviours. While 'feeling fat' is related to body dissatisfaction, it is a separate construct with relation to eating pathology. 'Feeling fat' has a specific relationship with symptoms that reduce caloric intake. Body dissatisfaction is more influential to binge eating than 'feeling fat,' perhaps because 'feeling fat' inspires attempts to reduce one's shape. 'Feeling fat' has no influence beyond body dissatisfaction on muscle building behaviours in women, despite suggestions that a female athletic ideal is growing increasingly popular. As dissatisfaction with muscularity may influence the desire to lose weight to accentuate one's muscles

more commonly in men, the relationship between 'feeling fat' and muscle building behaviour requires further investigation in men.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53597 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Social Anxiety and Injunctive Norms Predict Undergraduate Risky Drinking

Presenting Author: Séguin, Katherine
Additional Authors: Hines, Sarah

Abstract: Tension-reduction theory suggests that those high in social anxiety (SA) may misuse alcohol because of its anxiolytic effects. However, those high in SA should be sensitive to the potential negative consequences of drinking, and thus avoid alcohol. Beliefs about whether others approve of risky drinking, known as injunctive norms (IN), may be particularly relevant to understanding SA risk for alcohol misuse. The goal of this study was to investigate the potential moderating effect of IN on SA risk for alcohol misuse. It was hypothesized that individuals high on SA would be at a higher risk for alcohol misuse, but only when they believe others approve of risky drinking. Undergraduates (N = 250) completed questionnaires evaluating drinking habits, SA, and IN every four months for one year. Latent growth curve modeling was used to test IN specific to approval of risky drinking as a moderator of the effect of SA on change in alcohol-related problems. The main effect of IN and the interactive effect of SA and IN on alcohol-related problems was supported. Consistent with our hypothesis, high SA and IN predicted high levels of risky drinking. These results suggest that individuals who are high on SA and believe others approve of risky drinking are at a higher risk for alcohol misuse. This study has the potential to explicate the role of social influences in SA risk for alcohol misuse.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53601 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Muscle Hustle: Perfectionism and Instagram Use on Drive for Muscularity and Substance Use in men

Presenting Author: Bolt, Megan
Additional Authors: Arpin-Cribbie, Chantal

Abstract: Instagram (IG), promotes rigid body ideals and creates ample opportunities for social comparison. While research in this area has largely focused on vulnerability factors in women, body dissatisfaction in men has risen considerably in recent years. This study examined relationships between IG use and perfectionism, and their links with drive for muscularity (DFM) and appearance and performance enhancing substance (APES) use in men. A sample of 232 men recruited from popular social networking sites and a regional university completed an online survey assessing these areas. Results revealed significant interactions between perfectionism (socially prescribed perfectionism [SPP] and self-oriented perfectionism [SOP]) and IG use on DFM, with those higher in perfectionism (SPP, SOP) and IG use reporting a greater DFM. Significant interactions were noted between perfectionism (SPP, SOP) and IG use on the endorsement of muscle building and weight-loss APESs, with those higher in perfectionism (SPP, SOP) and IG use being more likely to endorse APES use in both groups. This study suggests that men with elevated trait perfectionism are vulnerable to experiencing a high DFM and engagement in risky body change strategies when they report high IG use. The identification of this vulnerability can inform social media literacy campaigns addressing the rise in body dissatisfaction among men.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53607 - Printed Poster

Alcohol & Athletics: A Study of Student-Athlete Risk

Presenting Author: Fitzpatrick, Siobhan K
Additional Authors: Olthuis, Janine V

Abstract: Accumulating research suggests that student-athletes are at heightened risk for hazardous alcohol use and related problems. Understanding these psychosocial factors that contribute to this increased risk is imperative, however, research among Canadian student-athletes is very limited. Guided by the Theory of Planned Behaviour, this study investigated the influence of drinking motives, social norms, and alcohol outcome expectancies on Canadian student-athlete alcohol use and whether athlete-specific versions of these factors better predict drinking. Participants were 197 varsity student-athletes who completed online self-report measures of their drinking attitudes and behaviours. Hierarchical regression revealed that age, enhancement motives, general descriptive and injunctive norms, negative outcome expectancies, and athlete-specific positive reinforcement motives predicted alcohol use outcomes but that athlete-specific predictors did not explain additional significant variance in outcomes beyond general predictors. Findings are among the first to investigate risky drinking among Canadian student-athletes. Results suggest that student-athlete drinking may not be impacted by unique predictors, but that future research should examine characteristics of the athlete environment that might magnify the influence of general student predictors in this population.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 53625 - Printed Poster

Psychological Distress in Mothers Reporting Infant Sleep Difficulties During the Postpartum Period

Presenting Author: Vaillancourt, Monica
Additional Authors: Ditto, Blaine

Abstract: Infant sleep problems have been shown to be highly prevalent and persistent during the postpartum period. This study examined distress and sleep quality among women who perceive infant sleep difficulties (ISD). A total of 462 participants (Mage=33.190.20 yrs) completed questionnaires on depression, stress, and maternal and infant sleep at 6 weeks (T1) and 6 months (T2) postpartum. Analyses involved (ISD Status*Time) repeated measures analyses on continuous data, as well as Chi-square analyses on categorical clinical cut-off scores. At T1, 32.7% of women reported ISD. Women reporting ISD at T1 predicted greater symptoms of depression, stress, and poorer sleep quality at both T1 and T2 compared to those that did not (p's

Section: Family Psychology / Psychologie de la famille
Session ID: 53629 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The role of the Dark Tetrad of personality in intimate partner violence perpetration severity

Presenting Author: Plouffe, Rachel A
Additional Authors: Wilson, Claire A

Abstract: Intimate partner violence (IPV) is a major public health issue defined by infliction of physical, psychological, and/or sexual harm to a partner or spouse. Given its extreme mental and physical health consequences, it is imperative that we better understand individual difference factors underlying IPV. The purpose of this research was to evaluate whether the Dark Tetrad of personality, including psychopathy, Machiavellianism, narcissism, and sadism, moderated relationships between partner's and participant's severity of physical IPV perpetration. Participants were recruited from Amazon's Mechanical Turk and ranged in age from 18 to 73 (Mage = 34.39, SDage = 10.96). The majority of participants resided in the United States (n = 339), and the remainder of participants lived in Canada (n = 21). They completed a series of questionnaires

online and were compensated with 1USD. Results showed that being female, IPV victimization severity, and Factor 2 psychopathy significantly increased odds of engaging in more severe IPV perpetration. However, the remaining Dark Tetrad traits did not predict IPV perpetration severity, and the interaction terms were not significant. Results from this study could have implications for future implementation of appropriate interventions in the context of IPV perpetration. It is also important for victims of IPV to be informed of potential red flags associated with maladaptive personality characteristics. This involves better education on individual differences as mechanisms underlying IPV perpetration not only for victims, but also for healthcare practitioners and society as a whole.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53650 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Role of Self-Compassion in the Relationship between Negative Affect and Binge Eating

Presenting Author: Bicaker, Ege
Additional Authors: Sadikaj, Gentiana

Abstract: Escape theory of binge eating suggests that binge eating functions to temporarily escape aversive emotional states; yet these emotional states return once the eating ceases and individuals gain awareness of their eating. Indeed, a meta-analysis demonstrated that negative affect predicts the occurrence of binge eating and further increases immediately after a binge eating episode. However, the role of individual difference factors in the relationship between negative affect and binge eating is unknown. Self-compassion is defined as a kind approach towards one's experiences and entails holding distressing feelings in mindful awareness. Accordingly, when negative emotions arise, individuals high on self-compassion would be less likely to avoid them and engage in binge eating. Self-compassion could further attenuate the negative affect stemming from binge eating episodes. After a binge eating episode, individuals high on self-compassion may be less likely to criticize themselves harshly and feel negative affect. The current study examines the influence of self-compassion on the relationship between negative affect and binge eating using a daily dairy study. Participants with high levels of self-compassion are expected to report less binge eating on days of increased negative affect as well as less negative affect the day after a binge eating episode. Participants are asked to report their emotional states throughout the day and the occurrence of binge eating episodes at the end of the day for ten days. Data collection is ongoing, and the results are pending. Future interventions would benefit from a better understanding of the protective role of self-compassion.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53652 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Depressed Mood, Coping Motives, and Cannabis Use across the Menstrual Cycle in Females with PMDD

Presenting Author: Joyce, Kayla M
Additional Authors: Good, Kimberley P; Thompson, Kara; O'Leary, Elizabeth; Perrot, Tara; Stewart, Sherry H

Abstract: Though limited, female, vs. male, heavy cannabis users have a higher propensity to develop a cannabis use disorder. Further, addictive behaviors, like nicotine use, may change, along with mood states and motivations, across the menstrual cycle (MC), particularly (pre-)menstrually. We hypothesized that females with a provisional premenstrual dysphoric disorder (PMDD) diagnosis would experience stronger relations between cannabis use, depressed mood, and coping motives premenstrually and menstrually vs. females without PMDD. A sample of 69 naturally cycling female cannabis users completed 32-days of daily assessments on cannabis use quantity, depressed mood, and coping motives. Time-varying effect models indicated a provisional PMDD diagnosis (n=19) vs. none (n=50) influenced cannabis use across the MC. Depressed mood and coping motives predicted heightened cannabis use menstrually and (pre-)menstrually, respectively. Females with PMDD also had greater cannabis use quantities overall vs. females without PMDD. Results add to a growing body of literature on the importance of female reproductive hormone variations on female addictive behavior. Important treatment implications for

reproductive-aged females with PMDD who misuse cannabis can be drawn. For example, training in more adaptive skills for depression management premenstrually and menstrually may improve treatment outcomes.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53697 - Printed Poster

Athlete-specific factors in student-athlete alcohol use

Presenting Author: Connell, Emma M
Additional Authors: McAulay, Taylor; Zamboanga, Byron; Perrotte, Jessica

Abstract: Research has shown that adolescent student-athletes are more likely to consume alcohol than non-athlete students. Having a better understanding of the psychosocial factors specific to student-athletes may aid in the prediction of athlete alcohol consumption. We investigated whether athlete-specific psychosocial factors explained additional variance in student-athlete alcohol consumption after considering general psychosocial risk factors. 352 student-athletes participated and completed a self-report questionnaire about their alcohol use attitudes, behaviours, and cognitions. Hierarchical regression analyses revealed that among student athletes, gender, class year, liquid courage/sociability, sexuality, and negative alcohol expectancies, and negative athletic-functioning alcohol expectancies predicted alcohol consumption. Among lifetime drinkers, gender, class year, negative athletic-functioning alcohol expectancies, enhancement motives, conformity motives (negative), and sport-related coping motives predicted alcohol use. Findings suggest that negative athletic-functioning alcohol expectancies and sport-related coping motives are important athlete-specific factors that predict student-athlete alcohol use. The present study promotes the consideration of both general risk factors and risk factors unique to the athlete environment in prevention and intervention programming.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53705 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The impact of cognitive behavioural therapy for insomnia (CBTi) on inflammatory biomarkers

Presenting Author: Baraku, Elger
Additional Authors: Cudney, Lauren E; Frey, Benicio N; Green, Sheryl M

Abstract: The association of insomnia with inflammation suggests a pathway towards various future morbidities such as cardiovascular disease (Fernandez-Mendoza et al., 2017). Further exploration is needed to understand whether improvement in insomnia after cognitive behavioural therapy for insomnia (CBTi) reduces inflammatory biomarkers. Individuals with insomnia were recruited from CBTi groups at St. Joseph's Healthcare. Self-report measures of insomnia symptom severity, beliefs about sleep, and sleep variables from the Consensus Sleep Diary were collected at baseline, weekly sessions, and post-treatment. Urine and blood samples were collected at baseline and post-treatment to measure inflammatory biomarkers including TNFa, IL-1b, IL-6, IL-10, and CRP. Data collection is in progress. Multivariate ANOVAs will determine if CBTi improves insomnia symptoms, beliefs about sleep, the adherence to sleep prescriptions, and systemic inflammation. A sample size of 28 individuals is expected by March 2020. The findings will contribute to understanding how changes in symptom severity following CBTi impact systemic inflammation, building on previous research that link insomnia and inflammation. Since inflammation is detrimental to health, prognoses of insomnia can be improved by increasing understanding of how psychological treatment may dampen the negative physical effects of sleep disturbance.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53709 - Printed Poster

The impact of Fitspiration and Transformation Imagery on Female Body Satisfaction

Presenting Author: Samson, Lindsay
Additional Authors: Zaitsoff, Shannon L

Abstract: Fitspiration and transformation imagery are a popular type of content on Instagram which ostensibly exist to encourage individuals to engage in a healthy lifestyle. However, research has shown that fitspiration imagery is associated with body dissatisfaction and appearance comparison (AC). This study is the first investigation of the impact of transformation imagery. Female participants (N= 161) were randomly assigned to a fitspiration, transformation, or travel condition. Participants completed a baseline measure of body satisfaction (BS), viewed a series of images, and completed measures of BS and state AC. One week later participants completed measures of BS and trait AC. A two-way mixed ANOVA and moderated mediation analyses were performed. Viewing fitspiration or transformation imagery was associated with significantly lower BS at post ($F_{(2.0, 95.85)} = 11.14$, $p < .001$ and $F_{(1.76, 86.26)} = 4.67$, $p < .05$), however BS returned to baseline levels one week later ($p > .05$). The relation between fitspiration imagery and changes in BS was mediated by state AC and moderated by trait AC, whereas the relation between transformation imagery and changes in BS was only mediated by state AC. Findings suggest that fitspiration and transformation imagery may put females at risk for appearance comparison and body dissatisfaction, and thus exposure to both types of imagery should be limited.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53723 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Moderating Effect of Mindfulness on the Relationship Between Perfectionism and Anxiety

Presenting Author: Manova, Viktoriya
Additional Authors: El-Khoury, Bassam

Abstract: Rationale: Research on perfectionism has shown that maladaptive evaluative concerns, perfectionistic self-presentation, and perfectionism cognitions are positively associated with anxiety. Mindfulness is a potential coping strategy for individuals who engage in maladaptive perfectionism, although research in this area is scarce. The current study investigates the moderating effect of mindfulness and specific mindfulness skills on the relationship between symptoms of anxiety and maladaptive evaluative concerns, perfectionistic self-presentation, and perfectionism cognitions. Methods: Two samples (N = 150 each) of graduate and undergraduate students are expected to complete an online study comprised of measures of mindfulness, social anxiety, trait perfectionism, perfectionistic self-presentation, perfectionism cognitions and anxiety symptoms. Expected results: Regression analyses are expected to reveal that higher scores on mindfulness will be associated with lower levels of maladaptive evaluative concerns, perfectionistic self-presentation and perfectionism cognitions. Moderation analyses are expected to demonstrate that as mindfulness scores increase, the relationship between measures of perfectionism and measures of anxiety will be buffered. Impact: The results have implications for the design of interventions to aid students cope with maladaptive forms of perfectionism.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53753 - Printed Poster

The mediating role of emotion regulation for university students with a history of non-suicidal self-injury

Presenting Author: Zito, Stephanie
Additional Authors: Simundic, Amanda; Heath, Nancy L.

Abstract: Emotion regulation (ER) is a commonly cited reason for engaging in non-suicidal self-injury (NSSI). Similarly, research has demonstrated a link between mindfulness (MF) and NSSI engagement; however, there has been limited research examining the underlying role of ER in this relation. Thus, the objective of the present study was to investigate the role of ER in the relation between MF and NSSI status (yes/no). The sample consisted of 115 undergraduate students (86.1% female; Mage=19.87, SD=1.97), with (n=58) and without (n=57) a history of NSSI engagement, who completed measures of ER and MF. Findings from a mediation analysis revealed that MF was associated with higher levels of ER. In addition, lower ER was associated with an increased likelihood of NSSI engagement. Finally, ER fully mediated the relation between MF and NSSI status (OR=-.42, Boot CI [-.78, -.19]). In other words, while the relation between MF and NSSI engagement has been well documented in the literature, the present findings suggest that higher MF predicted a lower likelihood of NSSI engagement through students' level of ER. Therefore, MF may be an effective tool for intervening with ER difficulties in those at risk for NSSI. Future research directions and clinical implications will be discussed.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53762 - Printed Poster

Defensive functioning in adults with binge-eating disorder (BED) versus adults without BED

Presenting Author: Carlucci, Samantha
Additional Authors: Chyurlia, Livia; Mcquaid, Nancy; Hill, Robert; Wiebe, Stephanie; Grenon, Renee; Balfour, Louise; Tasca, Giorgio A

Abstract: BACKGROUND: Defense mechanisms are automatic psychological responses used to manage distress or internal conflict. Maladaptive defensive functioning is common in psychopathology; however, it is relatively understudied in binge-eating disorder (BED). OBJECTIVE: This study examined baseline levels of defensive functioning in individuals with BED compared to overweight and normal weight individuals without BED. HYPOTHESIS: Individuals with BED will have less adaptive defensive functioning than overweight and normal weight individuals without BED. METHODS: We used the Defense Mechanisms Rating Scale (DMRS) to assess defensive functioning in Adult Attachment Interviews (AAIs). This study included three samples: (1) individuals diagnosed with BED (n = 32) assigned to group psychotherapy, (2) a matched sample of overweight (n = 15) women without BED, and (3) an age-matched sample of normal weight (n = 16) women without BED. RESULTS: Differences were assessed by a one-way ANOVA and Tukey's post-hoc test. Individuals with BED had significantly lower levels of defensive functioning than normal weight individuals, but not different from overweight individuals without BED. CONCLUSIONS: Maladaptive defensive functioning is more prevalent in BED than healthy normal weight controls. IMPACT: These results may contribute to our understanding of BED, as well as effective therapy processes.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53780 - Printed Poster

Comorbid OCD in Individuals with Eating Disorders: A Meta-Analysis

Presenting Author: Drakes, Dalainey
Additional Authors: Fawcett, Emily; Carter-Major, Jacqueline; Fawcett, Jonathan

Abstract: Background:In individuals with Eating Disorders (EDs), estimates of the prevalence of comorbid Obsessive-Compulsive Disorder (OCD) vary substantially, from 0% to 79.1%. The present study aims to provide a meta-analytic estimate of the lifetime prevalence of OCD amongst those with EDs and to isolate predictors of their co-occurrence. Methods:An online search of PubMed and PsycINFO was conducted using a Boolean search phrase. Of the 847 articles identified, a preliminary sample of 22 were coded. Studies were included if they prospectively examined individuals (age > 12) with current ED diagnoses, used semi-structured diagnostic interviews, and reported lifetime OCD comorbidity. Several potential moderators were also coded.Results:Preliminary data were analyzed using a fully Bayesian multilevel modelling approach, which revealed an aggregate lifetime OCD comorbidity of 18%, 95% CI [10.4%, 27.4%]. Moderator analyses revealed higher OCD comorbidity in samples utilizing DSM-IV diagnostic criteria and with a lower mean age of ED onset. Conclusions:Lifetime prevalence of comorbid OCD in individuals with EDs is substantial and elevated with earlier onset of ED diagnosis and when more recent diagnostic criteria are employed.Impact:Identification of individuals with EDs at greater risk of having comorbid OCD may inspire new integrated interventions that target shared etiological factors.

[Presented in CPA 2020 Virtual Series]

The physician-patient relationship in chronic pain

Presenting Author: Too, Andrea
Additional Authors: Gatien, Catherine

Abstract: Healthcare provider empathy has been associated with improved clinical outcomes. However, little research has explicitly examined provider empathy in the context of chronic pain. Therefore, the present study explores the role of physician empathy on chronic pain patients' symptoms of depression. Participants (N=259) were adults from the general population receiving treatments for their chronic pain by a physician. They completed online questionnaires regarding their chronic pain experience, including the Consultation and Relational Empathy Measure and the Center for Epidemiological Studies –Depression Scale. Regression analyses identified consultation frequency, relationship duration, and physician gender as significant factors in patient perception of physician empathy ($R2 = .07$, $F (5, 253) = 3.91$, p

Celiac Disease and Romantic Relationships

Presenting Author: Boon, Susan D
Additional Authors: Holmgren, Janne A

Abstract: A full understanding of how those with celiac disease experience their illness requires understanding its effects on their relationships with close relationship partners. Romantic relationships are of special significance in this regard as they satisfy needs for connection, intimacy, and support (Shaver & Mikulincer, 2006) and influence both physical and psychological wellbeing (Kiecolt-Glaser & Newton, 2001; Myers, 2000). In the present study, we hoped to illuminate an important influence on a domain of life central to individuals' happiness and wellbeing through exploring affected individuals' perceptions of the ways in which and the extent to which their disease affects their romantic relationships. We recruited a sample of 109 community dwelling individuals with biopsy-proven celiac disease to complete an online survey exploring their perceptions of their illness's impact on their romantic relationships. The survey also measured relationship quality and attachment. Analyses revealed that, whether they had met their partners before or after diagnosis, participants perceived celiac disease to have had modest impact on their relationships and viewed its positive effects as more pronounced than its negative effects. Moreover, controlling for attachment anxiety and avoidance and relationship quality, neither perceptions of the disease's broader effects on their lives nor of their partner's responsiveness consistently predicted their appraisals of its effects on their relationships. Our findings also suggest that attachment anxiety and relationship quality should be assessed in any study investigating affected individuals' appraisals of the disease's impact on their romantic relationships.

[Presented in CPA 2020 Virtual Series]

Prevalence of Resilience, Risk and Protective Factors in Foster Care Children and Youth: A Systematic and Meta-Analytic Review

Presenting Author: Fisher, Reyna N
Additional Authors: Sepehry, Amir A

Abstract: Background: Foster care youth have greater maladaptive outcome odds than normative populations. 'Resilient youth' circumvent by balancing risks and resources. Knowledge of these factors' prevalence and the resilience construct is

limited and heterogeneous. This study includes an identification of the true prevalence rate in foster care children and adolescents; how moderating factors affect the true prevalence rate; overview of resilience measurements in the foster care literature; summary of how knowledge of risk and protective factors can help promote resilience in this population; and directions for future research. Methods: A Cochrane systematic review and meta-analysis was completed to find the true prevalence rate and the effects of various risk and protective factors on that rate. Results: 98 studies were included in this study with sample sizes ranging from 18 to 30,399 (n=113,367). The true prevalence rate was 0.537 (54%; 95% CI: 0.48-0.59). The male sex was a significant moderating factor (N: 56; m: -0.0167; SE: 0.00503; P: 0.00086); whereas, age was insignificant (N: 41; m: 0.0202; SE: 0.02506; P: 0.42023). The most commonly used measurement scale was the Child Behavior Checklist (CBCL). The studies were heterogeneous due to the variability of definitions and measurement tools. Conclusions: Future results will be discussed.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53816 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Indecisiveness and Perfectionism in Hoarding Disorder

Presenting Author: Provost-Walker, Olivia
Additional Authors: McCabe-Bennett, Hanna; Lachman, Richard; Antony, Martin M.

Abstract: Information-processing deficits such as indecisiveness may play a role in the etiology and maintenance of hoarding disorder (HD). Indecisiveness is correlated with perfectionism and may arise from a fear of making mistakes. This study examined the relationship between HD severity, indecisiveness and perfectionism in 40 nonhoarding controls and 36 individuals with HD. It was hypothesized that indecisiveness and perfectionism would be associated with each other and with HD severity. Analyses revealed that indecisiveness was not correlated with HD severity, controlling for general distress. A t-test showed higher indecisiveness in the HD group compared to the nonhoarding group, $t(74) = -5.98$, $p < .001$. When comparing perfectionism subscales across groups, a difference was found, $F(9,62) = 3.84$, $p = .001$, controlling for general distress. Contrasts revealed group differences on the following subscales: concern over mistakes, doubts about actions, organization, and socially-prescribed perfectionism. These differences remained significant on 3 of 4 subscales when controlling for indecisiveness, $F(9,61) = 2.58$, $p = .014$, but differences in indecisiveness did not remain when controlling for perfectionism. These findings suggest that elevated indecisiveness in HD may be explained by perfectionism. Clinical implications for the treatment of HD are discussed.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53819 - Printed Poster

ACEs and Mental Health Symptoms in Pregnancy

Presenting Author: Walker, Hope
Additional Authors: Runtz, Marsha

Abstract: Pregnancy is a unique developmental period in a woman's life, characterized by numerous psychological, behavioural, and biological changes. How a woman experiences her pregnancy may be influenced by early experiences of adversity. This study explored associations between a latent maternal Adverse Childhood Experiences (ACE) variable (comprised of abuse, neglect, and household dysfunction) and mental health symptoms in pregnancy (comprised of symptoms of depression, anxiety, and fear of childbirth) via structural equation modelling within a sample of 330 Canadian women. Maternal ACEs predicted mental health symptoms during pregnancy, which were in turn, mediated by sleep quality and social support. Contrary to expectations, health risk behaviours (e.g., substance use during pregnancy) and resilience did not act as mediators. In addition, social support mediated the relationship between resilience and mental health symptoms in pregnancy. The concurrent testing of several pathways in this study served to characterize possible mechanisms through which early adversity relates to current mental health symptoms in pregnancy. Implications of these findings include identification of possible targets for intervention in pregnancy, in order to lessen the burden of ACEs on maternal mental health.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53843 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Development of a Telephone-based Mental Health Program for Socially Isolated Older Adults

Presenting Author: Davidson, Dylan
Additional Authors: Reynolds, Kristin; Pryor, Teaghan; Mackenzie, Corey S; Menec, Verena; Newall, Nancy; Ranville, Michelle

Abstract: Background: Most community programs and mental health services focused on reducing social isolation in older adults are offered in-person, limiting access for those struggling to leave their home. Research suggests that telephone-based programming may be an effective alternative. We are using participatory program development methods to create a telephone-based program for older adults which will target social isolation and prevalent mental health concerns in this population (anxiety, depression). The objective of this study was to elicit stakeholder views concerning the program's development. Method: Data collection involved semi-structured focus groups with three stakeholder groups: 1) Community-based older adults endorsing social isolation; 2) Staff/volunteers at a community organization targeting social isolation; and 3) Experts in aging and mental health. Participants provided feedback on a program logic model containing preliminary ideas for program content/activities designed to reduce participants' isolation and improve their mental health. Data is being analyzed according to thematic analysis. Results: Analyses will be completed by March 2020. Findings will be discussed, contextualized within existing interventions for this population. Conclusion/Impact: Participant views will help us refine our program logic model and develop content for this novel intervention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53851 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Vaping-related brain injury: A review of case studies

Presenting Author: Sepehry, Amir A
Additional Authors: Schultz, Izabela I.Z.

Abstract: Background: Personal electronic nicotine delivery systems (PENDS) (AKA: vaping pens) are widely used by individuals recreationally and as a smoking sensation strategy. However, the efficacy of this purported benefit has not been established, while adverse consequences of using PENDS have been reported in randomized clinical trials. Other evidence indicates the inclusion of 60 to 70 varieties of chemical compounds (identified and unidentified) in PENDS. The WHO and National Academies of Sciences released reports on the pens' public health consequences and the CDC provided a case definition. Further research has demonstrated the deleterious effects of vaping on pregnancy, the brain and the immune system, the outbreak of lung injury (i.e., popcorn lungs), and cases of suicide. Evidence suggests that second-hand inhalation of the toxic metals has its own health risk effects. Methods: We systematically examined published and grey literature on the effect of vaping-related brain injury. Study variables were collected to be used for the analysis purpose. Results: Limited case reports exist that directly establishes the association between vaping and brain injury. However, the indirect effects of toxic compounds (e.g., nicotine, aluminum, tin, etc.) may have harmful effects on the brain and its development.

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 53858 - Printed Poster

Eye Movements During Smooth Pursuit Training for Different Hemispatial Neglect Subtypes

Presenting Author: Copeland, Clerissa
Additional Authors: Libben, Maya; Miller, Harry; Hansen, Jessica

Abstract: Hemispatial neglect is characterized by the failure to perceive, report, and orient to stimuli on the contralesional side of the environment or body. The presence of neglect in stroke patients is associated with poor rehabilitative outcomes. Neglect may be classified into subtypes based on stimulus-centered neglect and viewer-centered neglect. Smooth pursuit eye movement training (SPT) is a promising therapeutic intervention for neglect. During SPT, patients repeatedly follow moving stimuli by making smooth pursuit eye movements from the ipsilesional to the neglected side. We are investigating how eye movements may change during and after multiple SPT sessions, depending on neglect subtype. Right hemisphere stroke patients with acute neglect symptoms are being recruited. During an initial assessment, neglect subtype is determined, and participants partake in an SPT session in conjunction with eye-tracking. Within one-week, patients complete another SPT session. Data is being collected and will be analyzed using multilevel modeling. Eye-tracking allows for observation of how eye movements change in response to SPT. If differences in the effectiveness of SPT based on neglect subtype exist, it suggests that accurately diagnosing neglect subtype following a stroke is important in both predicting patient prognoses and in determining whether SPT is an appropriate treatment method.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53895 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The impact of contingent self-worth on the association between interpersonal stress and disordered eating

Presenting Author: Auclair, Genevieve I
Additional Authors: Schell , Sarah

Abstract: According to the Interpersonal Psychotherapy Model for Eating Disorders (IPT-ED), interpersonal stress leads to negative affect, which in turn leads to disordered eating as an attempt to improve affect. While this model has received empirical support, there may be individual traits that influence the extent to which the model is applicable across individuals. The goal of this study is to examine how contingencies of self-worth (the domains on which individuals base their self-worth) moderate the different pathways of the IPT-ED model. We predict that self-worth contingent upon other's approval will moderate the association between interpersonal stress and negative affect, such that interpersonal stress will be associated with greater negative affect in individuals whose self-worth is contingent on others' approval. We also predict that appearance-contingent self-worth will moderate the association between negative affect and behaviours aimed at controlling weight/shape (i.e., dietary restriction and purging) such that negative affect will be associated with greater dietary restriction and purging in individuals who base their self-worth on their appearance. To test these hypotheses, we are collecting self-report data from first-year female undergraduate students. Results are pending and findings will be discussed in terms of treatment and prevention efforts.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53898 - Printed Poster

Who Am I Really? Reassurance Seeking About the Self in OCD

Presenting Author: Mendel, Billie L.
Additional Authors: Wong, Shiu F.

Abstract: Rationale: Research shows that intrusive thoughts may take on obsessional qualities in relation to how much these thoughts threaten core perceptions of the self. Recently, researchers have proposed that the fear of who one could be or become may be implicated in obsessive-compulsive disorder (OCD). Individuals with OCD may seek reassurance to neutralize this "fear of self." The current study aims to provide experimental evidence for the proposed causal relationship between a fear of self and reassurance seeking.Method: One-hundred and twenty-eight psychology undergraduates will be randomly assigned to be experimentally-induced to have a fear of self or not using virtual reality. Participants will then complete self-report questionnaires and a novel task measuring reassurance seeking about the self.Results: Data collection is ongoing (n = 110), but it is predicted that individuals experimentally-manipulated to believe that they could be or become their feared possible self, relative to controls, will evidence greater feared self-perceptions, more reassurance seeking about the self, and more OCD symptoms. Impact: Over time, reassurance seeking about the self may exacerbate OCD symptoms. If a fear of self

causes reassurance seeking about the self, then it should be directly targeted during treatment. The current study could inform cognitive-behavioural interventions for OCD.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53927 - Printed Poster

Moderation of the social anxiety-drinking pathway

Presenting Author: Morris, Madeline Q
Additional Authors: Corran, Charlotte

Abstract: Tension reduction theories of alcohol misuse support social anxiety (SA) as a risk factor for drinking to cope with negative affect. Empirical evidence reveals mixed support. Examination of moderators may clarify this potential risk pathway. Impulsivity has been associated with risk for drinking to cope in socially anxious undergraduates. While impulsivity is comprised of several facets, negative urgency (NU) – a tendency to act rashly to escape negative affect – aligns with coping motives, and thus should be considered independently. Indeed, NU has been linked with alcohol misuse and related problems. The present study investigates moderating effects of NU on the association between SA and drinking to cope with depression and anxiety, and in turn alcohol use/problems. Undergraduates (N=3,082, Mage=22.44 years) self-reported on SA, drinking motives (cope with depression/anxiety), NU, and alcohol use/problems. A moderation model revealed that SA predicted drinking to cope with depression; this effect was stronger for those high on NU. SA was not associated with drinking to cope with anxiety. Mediated moderation will follow to assess effects of SA on alcohol use/problems moderated by NU, via its influence on drinking to cope with depression. Findings support SA risk for alcohol misuse, and may inform future interventions targeting NU in individuals with SA who drink to cope.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53929 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Process and Outcome in an Online Perfectionism Intervention: What Does Treatment Readiness Tell Us?

Presenting Author: Smith, Alyssa J
Additional Authors: Arpin-Cribbie, Chantal A

Abstract: Transdiagnostic interventions may be beneficial for reducing several mental health concerns. The purpose of the current study was to use a qualitative approach to examine the treatment process and outcome of a 10-week online intervention for perfectionism. Twelve participants were randomly assigned to one of three conditions: cognitive behavioural intervention (CBT), general stress intervention (GSM), or no treatment (NT) waitlist. Perfectionism, depressive symptomatology, anxiety, and treatment readiness were assessed at baseline and posttest, with a subset of individuals assessed on a weekly basis. Single subject analyses were performed by examining the level, trend, and latency of the treatment process and outcomes. Results suggest that CBT participants improved on indicators of cognitively-focused perfectionism and distress symptomatology compared to GSM and NT participants, but this pattern was not observed for trait perfectionism. Analysis of trends supports the relevance of treatment readiness and adherence on the patterns observed. Cognitive benefits were observed in implementing this online CBT intervention; however, higher levels of treatment readiness may be necessary to facilitate change on trait perfectionism indicators. Therefore, treatment readiness is particularly relevant in treatment planning given one's presenting perfectionistic orientation.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53959 - Printed Poster

Evaluating Mental Health Outcomes & Attrition in a NorthEastern Ontario Outpatient Addiction Service

Presenting Author: Pelot, Annalie
Additional Authors: Mariani, Matias

Abstract: Progress continues to be made in the treatment of substance use disorders with a growing body of empirical evidence endorsing various harm reduction (HR) strategies. The current study evaluated a NorthEastern Ontario outpatient addiction program that utilizes a HR approach, and attempted to identify characteristics that may predict client retention/attrition. Clients (n=144) completed the Behaviour and Symptom Identification Scale (BASIS-24), a brief but comprehensive measure of mental health functioning. Data from the BASIS-24 was collected following completion of each phase of a four-phase treatment program. Repeated Measures ANOVAs revealed a significant reduction in symptoms as treatment progressed but varied as a function of the subscale and treatment phase. Binary logistic regressions revealed that those with comorbid disorders (47% of clients) were twice as likely to complete treatment than those without comorbid disorders. This could be due to clients' increased motivation to succeed due to increased levels of distress when seeking treatment, especially given existing barriers to mental health treatment in NorthEastern Ontario. The results may then also reflect differences associated with the individuals seeking/receiving treatment in this region of Ontario. Importantly, the HR program was shown to have a positive impact on reported global mental health functioning.

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 53960 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Adapting a Strengths- and Hope-Based Program for Schools Within a Changing Context

Presenting Author: Hobbs, Chelsea
Additional Authors: Hudson Breen, Rebecca; Edey, Wendy; Larsen, Denise J; Badger, Amy

Abstract: Teaching is a complex and demanding profession (Gray, Wilcox, & Nordstokke, 2017). Hope is an essential and sustaining factor when facing stressful workplace conditions (Flesaker & Larsen, 2010), and is necessary to overcoming challenges in educational contexts (Nolan & Stitzlein, 2011). The Strengths, Hope and Resources Program for School Mental Health (SHARP-SMH) adapts an empirically supported program employed in health settings for use with teachers and students. Research shows the program to be flexible to context and to enhance participants' hope, emotional well-being, and life-engagement (Howell, Jacobson, & Larsen, 2015). Originally proposed as a mixed method concurrent (nested) design, the project has adapted to meet participant needs within a changing provincial politico-economic landscape in education. Now employing a participatory research design, the program remains committed to the co-creation of transformative spaces for teachers and students, supporting autonomy and agency to sustain their well-being. The collaborative program builds on strengths and fosters empowerment and social change in school communities. We provide commentary on responding to major field changes during research implementation and data collection.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53970 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Sociodemographic, lifestyle, and psychosocial correlates of cannabis use in expectant fathers

Presenting Author: Parr , Lindsay H
Additional Authors: Toundjian , Alexander ; Da Costa , Deborah ; de Montigny , Francine

Abstract: Recent research suggests that parents who use cannabis have different parenting behaviours than those who do not, and fathers' cannabis use is associated with early cannabis use in offspring. This study explored the sociodemographic, lifestyle and psychosocial correlates of lifetime and past year cannabis use in expectant fathers. A total of 77 expectant fathers (mean age =35.1, SD=5.7) completed online self-report questionnaires during their partner's pregnancy assessing sociodemographics, lifestyle (e.g. smoking, alcohol use), financial stress, adjustment in the couple relationship, anxiety, childrearing gender role attitudes and lifetime/past year cannabis use. Logistic regressions determined correlates of lifetime and past year cannabis use. An estimated 56% of expectant fathers had ever used cannabis, 47% had used more than once, 26% reported past year use and 14% reported past month use. The multivariate analysis indicated that being Canadian born, alcohol use and having less gender stereotyped childrearing attitudes were associated with greater odds of lifetime cannabis use. Ethnicity (being Caucasian) was associated with a greater likelihood of lifetime and past year cannabis use. Our findings suggest that cannabis use is prevalent during the transition to fatherhood. Future research should track cannabis use over time and its impact on parent and infant outcomes.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53975 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Cognitive rehabilitation therapy to slowdown MCI conversion to AD: A meta-analysis

Presenting Author: Kolett, Carolyn M
Additional Authors: Dallas, Thedora

Abstract: Background: Studies demonstrate the transition from mild cognitive impairment (MCI) to early Alzheimer's disease (AD) in older adults. Equipping patients with appropriate coping strategies to reduce cognitive disabilities associated with this transition is needed. Cognitive Rehabilitation Interventions would be an apt approach to treating the diagnosis of MCI. However, limited studies focus on the need for early assessment and treatment benefits to prevent MCI from deteriorating to AD, and at most with heterogeneous results. This study aims to systematically review the available published evidence on the efficacy of CRI for the elderly population with MCI to avert the risk of developing AD. Method: A standard meta-analysis was conducted on published research articles. Studies meeting the selection criteria were reviewed and all relevant data were extracted into a database for analysis. Results: Studies varied based on intervention methods, and selected outcome assessment scales. The volume of evidence suggested that CRI affects cognitive abilities including episodic, semantic memory, attention span, and quality of living in older adults diagnosed with MCI. Conclusion: We present evidence of positive outcome effects observed for improving symptoms of MCI. However, a robust well-structured research design with larger sample sizes and durable outcome effects is needed.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 53979 - Printed Poster

Do you feel what I feel? A dyadic study of physiological reactivity to stress and comfort in couples

Presenting Author: Lonergan, Michelle
Additional Authors: Lafontaine, Marie-France; Léah, Clément

Abstract: Within a romantic relationship, stress can be transmissible. In couples where one partner is living with chronic pain, increased physiological reactivity to pain-related stress has been observed among caregivers and their spouse, while the provision of comfort can reduce reactivity and alleviate distress (Kiecolt-Glaser & Wilson, 2017). Yet no research has examined whether physiological reactivity during stress and comfort is harmonious within couples. Using a single-case repeated-measures dyadic design, we examined the synchrony between romantic partners' physiological reactivity during a stressful laboratory task involving the absence and presence of comfort. Heart rate and skin conductance were recorded from 4 couples while they watched a video on chronic pain and a neutral video; the caregiver alternated every 2.5 minutes between holding and not holding their partner's hand. Data was analyzed graphically and descriptively for each couple. Patterns of physiological reactivity during the experiment were more congruent for 2 of the 4 couples. Differences within and

between each couple are discussed in light of potential moderators, including romantic attachment and couple satisfaction. Our findings highlight the importance of including the couple as a unit for understanding the psychological and physiological effects of stress and comfort and can inform clinical practice.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53986 - Printed Poster

[Presented in CPA 2020 Virtual Series]

EMDR treatment efficacy on cognitive and neurovegetative symptoms in depression

Presenting Author: Sepehry, Amir A
Additional Authors: Onabadejo, Abiodun

Abstract: Background: The efficacy of Eye movement desensitization and reprocessing (EMDR) therapy on PTSD, and the overlap between PTSD and depression, has led researchers to explore the effects of EMDR as a possible treatment for depression. Evidence from clinical trials to date have shown the positive effect of EMDR therapy for depression. Since depression includes cognitive and neurovegetative symptoms, it was relevant to examine whether EMDR also affects these functions in depression. Hence, we have systematically reviewed the available evidence on the role of EMDR for cognition in depression. Methods: We conducted a meta-analysis examining the effect of EMDR on depression and cognition, using a priori set selection criteria for collecting trials from the search of electronic medical and psychological literature. Results: 7 trials providing cross-sectional data, comparing EMDR versus other treatment modalities (e.g., pharmacotherapy) as a control, that met our selection criteria. Various studies have shown that EMDR improves depressive symptoms, yet, they do not measure the effects of EMDR on cognitive symptoms in depression. Further examination of data for neurovegetative symptoms remains to be elucidated. Discussion: The mechanisms in which EMDR improves depression is still unknown and needs further investigation.

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 54001 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Pain severity and psychological flexibility trajectories during group-based psychotherapy for pain

Presenting Author: Dragomir, Anda I
Additional Authors: Reynolds, Ashley I; Gentile, Christina I; Lahaie, Marie-Andrée; Shir, Yoram

Abstract: Introduction: Research on the effectiveness of psychotherapy for pain management has yielded mixed results. The objectives were to identify (1) patient subgroups sharing similar outcome trajectories during group-based psychotherapy for chronic pain; and (2) baseline predictors of these trajectories.Methods: Patients (N=71) attended 8-session weekly group-based psychotherapy for chronic pain and completed questionnaires weekly. Growth mixture models were used to identify patient subgroups for pain severity (composite score of Brief Pain Inventory) and psychological flexibility (Psychological Inflexibility in Pain Scale) trajectories. Results: Results showed the presence of 5-6 patient subgroups that differed in terms of initial outcome values and rates of change over time. Higher levels of depressive symptoms predicted membership to high unremitting pain severity trajectory. Younger age predicted membership to the initially high but improving psychological inflexibility-fusion trajectory. Pain intensity, depressive symptoms and pain catastrophizing were significantly associated with psychological inflexibility-avoidance trajectories. Impact: Trajectories of pain patients engaged in group-based psychotherapy are heterogeneous. Such results are expected to lead to the development of cost-effective interventions aimed to boost treatment response of these complex at-risk patients.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54028 - Printed Poster

Faisabilité d'un programme de présence attentive en milieu scolaire chez les jeunes de 11-12 ans

Presenting Author: Yacola, Noémie
Additional Authors: Paquette, Linda ; Dion, Jacinthe; Chevrette, Tommy

Abstract: Plusieurs interventions basées sur la présence attentive (IBPA) sont mises en place dans les écoles pour aider les adolescents avec leurs problèmes de stress. Ces interventions ont aussi un impact sur les capacités de pleine conscience des jeunes. Cette étude vise à tester l'impact d'un programme créé pour la communauté scolaire du Québec. Il est composé de 10 séances hebdomadaires d'une durée de 1 heure, suivies par une seconde intervention qui consiste en 5 minutes de méditation par jour pendant quatre semaines. L'étude a été réalisée avec un devis expérimental multiple à cas unique de A-B-A'-C-A'' avec neuf étudiants de secondaire 1 (5 filles et 4 garçons) âgés entre 11 et 12 ans. . En tout, 29 mesures de la capacité de présence attentive et de la fréquence de méditations ont été prise hebdomadairement à chacune de ces phases : A (pré = 5 T) ; B (10 semaines intervention = 10 T) ; A' (post = 5 T) ; C (intervention 5 min X 4 semaines = 4 T) et A'' (post = 5 T). L'analyse visuelle, utilisant la méthode de pourcentage de non-chevauchement excédant la médiane (PEM) pour le groupe de données, indique que la capacité de présence attentive s'est améliorée à chaque phase. La fréquence de méditations était très faible durant les 29 temps de mesures. Individuellement, les résultats montrent une disparité entre les participants dans l'évolution des symptômes.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54048 - Printed Poster

Differential responses to personalized and general food cues in women with binge eating symptoms

Presenting Author: Lee, Viveca
Additional Authors: Biçaker, Ege; Weinberg, Anna E; Steiger, Howard; Racine, Sarah E

Abstract: Binge eating is characterized by the consumption of a large amount of food in a short period of time, accompanied by a sense of loss of control over eating. Theories suggest binge eating is controlled by cues that have been associated with binge eating episodes. Indeed, previous studies demonstrate that women with binge eating symptoms show greater physiological responding to food cues and report greater wanting and liking of food cues compared to healthy controls. However, it is unknown whether the personalization of food cues influences the physiological response of individuals with binge eating symptoms. The current study investigates whether individuals with binge eating symptoms show greater physiological responses and self-reported wanting and liking to personalized food cues compared to general food cues. Two reflexive electromyography measures assessing positive emotion (postauricular reflex) and defensive emotion (startle blink) and self-report ratings are used to investigate cue reactivity. It is hypothesized that participants with binge eating symptoms will show elevated physiological responding and self-reported wanting and liking to personal food cues compared to general food cues. Data collection is in process and results are pending. Understanding differential responses to individualized food cues could help the development of tailored binge eating interventions.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54050 - Printed Poster

Mindfulness Facets Safeguard Emerging Adults from Disordered Gaming

Presenting Author: Kronstein, Naama B
Additional Authors: Single, Alanna

Abstract: Disordered gaming (DG) is a growing concern in North America. Notably, DG can lead to a host of problems, such as job loss, and mental health issues. It has been suggested that DG shares similarities with gambling and substance use disorders. Much like these disorders, evidence suggests that individuals who game to avoid unpleasant emotions (e.g., depression) are at an increased risk of DG. Recent research demonstrated that specific mindfulness facets (awareness, non-reactivity, and non-judgement) act as a buffer against risky behaviours in emerging adults. However, how these facets relate to behavioural addictions, like DG, is undetermined. In line with these findings, we predicted that awareness, non-reactivity and non-judgement would be associated with less severe DG and that this relationship could be explained by low levels of negative affect. We conducted a secondary data analysis with emerging adult participants (aged 18-25) who completed online self-reports on MTurk at three time points, spaced two weeks apart. In support of our hypothesis, a path-model analysis revealed that high levels of non-reactivity, awareness, and non-judgment predicted less DG, and that low levels of negative affect acted as a mediator. These findings posit that it is important to teach awareness, non-reactivity and non-judgement as part of the clinical intervention and treatment of DG.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54067 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Quality and quantity of children's screen use and the impact on language development

Presenting Author: Anhorn, Ciana
Additional Authors: Madigan, Sheri

Abstract: Background: There is considerable scientific debate and public discourse questioning if screen time helps or hinders child language development. The current study uses a meta-analysis to clarify the role of screen use on children's language development. Methods: Searches in MEDLINE, Embase and PsycINFO were completed. Included studies had a measure of screen time and language skill, and a statistical effect size. Results: Quantity of screen time was negatively associated with language skills [r = -.13; 95% CI, -.17 to -.09]. High quality screen time, specifically educational programming [r = .13; 95% CI, .02 to .24], and co-viewing [r = .16; 95% CI, .07 to .24], was positively associated with child language skills. Conclusions: High quantities of screen time can be detrimental to language development; however, risks can be mitigated by supplementing high quality programing and co-viewing when possible. Impact: Findings support current pediatric recommendations to limit children's screen time consumption.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54071 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Anxiety in Children and Youth: A Study of Comorbidity, Impairment, and Clinical Characteristics

Presenting Author: Purcell, Victoria
Additional Authors: Makarenko, Erica

Abstract: Little is known about the clinical characteristics of youth with anxiety disorders, especially within the Canadian context. The present study examined the referral concerns, impairment, and clinical characteristics of 32 youth (M=11.5 SD=3.24) diagnosed with an anxiety disorder at a university assessment and intervention training clinic. Of these youth, 43.8% also met criteria for a comorbid learning concern, and 8% met criteria for ADHD. The present study also compared anxious youth's clinical impairments (e.g., executive functioning and emotional concerns) with other disorders (e.g., learning disorder and ADHD). While exploratory, relative to youth diagnosed with a principal anxiety disorder or learning concern, anxious youth with a comorbid learning disorder presented with executive functioning deficits related to attention, flexibility, and initiation. Further, in examining those who completed behavioural rating scales, t-tests indicated significant group differences (anxious vs non anxious) in parental reported depressive, withdrawal, and somatization symptoms. Further understanding of these relationships is necessary, as comorbid psychopathology has been associated with poorer treatment outcomes in

anxious youth. The current poster will, therefore, discuss and emphasize on how different diagnostic profiles may impact treatment and assessment among this population.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54076 - Printed Poster

Self-Compassion and Pain: Impact of a Website

Presenting Author: Basque, Dominique
Additional Authors: Talbot, France

Abstract: Self-compassion has been associated with several positive pain-related outcomes. However, little is known about the impact of targeting self-compassion on pain management. This study assesses the feasibility of a self-compassion psychoeducation website among adults with chronic pain. Method. Participants (N=26) were recruited online and a single group pretest and post-test design with a 3-month follow-up used. The intervention was a 6-week program comprised of a video, writing tasks, guided meditations and automatized emails. Feasibility outcome measures were grouped into the following categories: Study engagement (attrition, adherence, satisfaction), Self-compassion, Pain (intensity, interference, catastrophizing, resilience) and mood (anxiety, depression). Results. The majority of participants completed the study (58%) and 4 to 6 sessions of the program (80%). Treatment satisfaction was high with 93% reporting that they would recommend the program to a friend. Mixed effects models showed a significant and large increase of self-compassion (d = 0.92) and a significant impact on several outcome variables (d from 0.24 to 1.15) with gains maintained or increased at the follow-up. Conclusion. Findings suggest that web-based programs targeting self-compassion may benefit adults with chronic pain who may not have access to psychological help or prefer online-based interventions.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54129 - Printed Poster

Peritraumatic distress and cognitive appraisal predict later maternal distress: The QF2011 Study

Presenting Author: Paquin, Vincent
Additional Authors: Elgbeili, Guillaume; Kildea, Sue; King, Suzanne

Abstract: How a natural disaster is experienced shapes the risk of post-disaster depression and anxiety, which can have a delayed or prolonged trajectory. For exposed pregnant women, this poses a particular risk, as maternal distress can impede child development. In a group of women exposed to the 2011 Queensland Floods during pregnancy (N = 230), we are evaluating the extent to which their trajectory of depression and anxiety was predicted by three aspects of disaster experience: objective exposure to the disaster, peritraumatic distress and cognitive appraisal of the disaster's impacts. Outcomes were assessed at 16 months, 2.5 years and 4 years after childbirth using the Depression, Anxiety and Stress Scales (DASS-21). Preliminary multivariate regression models were done for DASS-21 and its subscales at 16 months post-partum. Results show that higher peritraumatic distress significantly predicted higher stress and global distress, while more positive cognitive appraisal significantly predicted lower anxiety. The objective scope of exposure was associated with depression, stress and global distress in univariate correlations but was not a significant predictor in multiple regressions. Given that peritraumatic distress and cognitive appraisal can be easily measured, we believe these tools could be useful in identifying at-risk women following a natural disaster.

Section: Traumatic Stress / Stress traumatique
Session ID: 54134 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Impact of Distress Tolerance on University Student Well-Being

Presenting Author: Carter, Brooke
Additional Authors: Rappaport, Lance M

Abstract: Extant literature implicates low distress tolerance, reduced ability to withstand aversive affective and physiological states, in multiple clinical disorders. However, future research is needed to examine the specific impact of low distress tolerance on well-being and specific domains of functioning (e.g., subjective happiness, self-efficacy, emotional support and loneliness). The present research study will clarify the association of self-reported distress and discomfort tolerance with functional impairment while adjusting for concurrent symptoms of psychopathology. Participants will include undergraduate students. A priori power analysis indicated that a sample of 100 participants will provide 80% statistical power to detect moderate associations of distress tolerance with functional impairment (i.e., r=0.27). Students will complete self-report measures on distress tolerance, well-being, functioning, and psychopathology. Structural equation models will examine the structure of multiple domains of functioning and their association with latent distress tolerance indexed by multiple, well-validated self-report assessments adjusted for concurrent psychopathology. We hypothesize that low distress tolerance will be related to low levels of functioning though the proposed study will clarify the precise nature of this association.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54156 - Printed Poster

Impact of adverse and traumatic events on child and adolescent face-emotion recognition.

Presenting Author: Di Nardo, Nicole
Additional Authors: Smail-Crevier, Rachel; Sheerin, Christina; Roberson-Nay, Roxann; Hettema, John M

Abstract: Adverse and traumatic events in childhood and adolescence are associated with later broad internalizing and externalizing disorders, which are associated with deficits in face emotion recognition. The present study examined whether face emotion recognition deficits may clarify the contribution of adverse child experiences to youth psychopathology. Data were pooled from two genetic epidemiological samples of children and adolescents in the United States (N=979). Children and adolescents completed a face emotion recognition task in which they identified the emotion expressed in images displaying varying degrees of anger, happiness, fear, surprise, or disgust. Adverse experiences were assessed by parent- and self- report for children and adolescents, respectively. Whether youth experienced potentially adverse or traumatic events, the number of events experienced, or type of event experienced were not associated with face emotion recognition (ps

Section: Developmental Psychology / Psychologie du développement
Session ID: 54157 - Printed Poster

Emotion regulation impacts persistence of negative affect

Presenting Author: Smail-Crevier, Rachel
Additional Authors: Rappaport, Lance

Abstract: Difficulties in emotion regulation are implicated in myriad psychopathologies (e.g., anxiety and depressive disorders). However, the process through which emotion regulation influences psychopathology is unclear. Difficulties in emotion regulation may be associated with the persistence and variability of negative (NA) or positive affect (PA), which have been associated with anxiety and depressive disorders. The purpose of this study is to examine the impact of facets of emotion regulation on the persistence and variability of NA and PA in individuals' daily lives. In 2 studies, undergraduate students completed the Difficulties in Emotion Regulation Scale at baseline and then recorded NA and PA thrice daily for a period of 7 (study 1; N=65) or 14 (study 2; N=145) days. Correlates of affective persistence were examined using autoregressive multilevel models. In both study 1, b=0.082, p=0.033, and study 2, b=0.035, p=0.027, participants who reported difficulty recruiting strategies to downregulate NA showed elevated persistence of NA. Emotion regulation difficulties were unrelated to the persistence of PA, ps>0.05. Associations of emotion regulation difficulties with the

interindividual mean and variability of NA and PA will be discussed. The results indicate an association of elevated persistence of NA, but not PA, with difficulties in recruiting strategies to downregulate NA.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54159 - Printed Poster

Developing emotional intelligence in children: Evaluating the impact of the 'Umbrella Project'.

Presenting Author: Storey, Emily
Additional Authors: Forristal , Jen ; Parker, James

Abstract: Background: The relationship between Emotional Intelligence (EI) and numerous positive outcomes has sparked considerable interest from educators and researchers in promoting the development of various emotional and social competencies. The present study evaluated the effectiveness of a new school-based social and emotional learning program for elementary school students—called the Umbrella Project (UP). Methods: 529 students (44% boys) who attended six schools in the Waterloo, Ontario area, completed the EQi:YV self-report measure of EI before and after participating in the UP program. The students ranged in age from 8-14 years at Time 1, with a mean age of 11 years.Results: A gender by time-period ANOVA was performed with total EI as the dependent measure. For Total EI, a main effect was found for time, with students scoring significantly higher on total EI at Time 2 compared to Time 1. There was also a significant main effect for gender, with girls scoring higher than boys on total EI regardless of testing session. Conclusions: Our results are very encouraging and suggest that the curriculum program does significantly foster and develop several key emotional and social competencies. Impact: Participating schools are advised to continue their utilization of the UP program, since it appears that relevant competencies continue to be enhanced with further work and practice.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54162 - Printed Poster

Examining the Healthy Immigrant Effect on Youth Substance Use

Presenting Author: Muyingo, Lydia
Additional Authors: Mahmoud, Aram; Sherry, Simon; Stewart, Sherry; Conrod, Patricia

Abstract: The "healthy immigrant effect" (HIE) is a phenomenon observed in developed countries in which recent immigrants report better health compared to the majority population. The HIE on substance use and its underlying mechanisms have been well researched in adult populations. Conversely, there is less research on the HIE in adolescents and results have yielded mixed findings. The objective of this study is to further examine the HIE by comparing levels of smoking, alcohol, and other substance use (assessed with the DEP-ADO) across three adolescent groups of differing immigration status longitudinally. We use data from the Coventure project, a longitudinal survey of secondary school students in Montreal. The sample consists of 2756 students of 1.5 generation (n=333; born outside Canada but immigrated in their early teens), second generation (n=890; born in Canada with a least one parent born outside Canada) and third generation (n=1533; participants and both parents born in Canada). Latent growth-curve analyses will be conducted to examine the five-year trajectory of substance use for each generation cohort. Preliminary cross-sectional findings indicated 1.5 generation participants reported significantly less substance use than third generation participants, consistent with the HIE. Results could inform culturally sensitive substance use prevention programs in Canadian schools.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54197 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Association Between Marital Satisfaction and Coparenting Quality: A Meta-Analysis

Presenting Author: Ronaghan, Dana
Additional Authors: Theule, Jennifer

Abstract: Coparenting refers to the extent to which parents show support and coordination in childrearing. Family systems theory posits that the coparenting relationship is distinct from, yet connected to, the marital relationship. The study of coparenting is growing and multiple studies have demonstrated an association between marital satisfaction (MS) and coparenting quality (CQ); however, some results suggest that the association is more complex. This study will be the first synthesis on the association between MS and CQ using meta-analysis. Based on the Preferred Reporting Items for Systematic Reviews and Meta-analyses guidelines I am identifying and evaluating the eligibility of manuscripts. I will conduct a meta-analysis to evaluate the relation between MS and CQ for mothers and fathers. Meta-regressions will be used to examine the moderating effects of individual, family, and study factors. The study will be complete by late March. I predict that MS will be positively associated with CQ. The moderating role of individual (e.g., gender, psychological diagnoses), family (e.g., family type, number of children) and study factors will be investigated in an exploratory way. By clarifying the information available on the link between MS and CQ in various types of families, this research may inform family support services and contribute to positive family functioning across generations.

Section: Family Psychology / Psychologie de la famille
Session ID: 54207 - Printed Poster

Promoting Resilience in First-Year University Students: User Experience with a Smartphone App

Presenting Author: MacIsaac, Angela
Additional Authors: Mushquash, Aislin; Wekerle, Christine; Smith, Savanah

Abstract: Background/Rationale: For many, the transition to university is marked by increased stress and mental health difficulties. To this end, the current study used a smartphone app to promote ongoing resilience and assessed the user experience. Method: The JoyPopTM app contains evidence-based features for promoting resilience, including a mood rating feature, journal, shape shifter game, art, breathing exercises, and connection with support networks. First-year students used the app for four weeks at least twice daily. Qualitative interviews assessed participants' overall experience using the app, features used most often and found most helpful, and what would make app usage more likely. Interviews were transcribed verbatim and analyzed thematically. Results: Themes of overall experience using the app included using it to regulate and reflect on emotion, finding it became routine over time, and developing feature preferences. All features except the art and connection with support networks were often cited as most helpful and most used. Reasons for feature choices differed between the features but tended to involve emotion regulation. Participants suggested app additions and enhancements to increase usage likelihood. Conclusions: JoyPopTM is a novel way of introducing habitual resilience and emotion regulation. Action/Impact: Findings support the uptake of this app intervention.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54216 - Printed Poster

Temporal Relationship Between Adverse Parenting, Perfectionism, and Depression in Children

Presenting Author: Kim, Andy

Abstract: Background/rationale: Perfectionism (the need to be or appear perfect) has been consistently associated with depression in all age groups, but the causal link between perfectionism and depression is unclear in children. Given the pernicious effects of perfectionism, it is important to understand how perfectionism develops. The main goal of the present

study is to investigate the temporal relationship between adverse parenting styles, perfectionism and depression in children 8 to 15 years old. Methods: We relied on self-reports to assess parent-child dyads (N = 23) in two points in time 1 year apart. There were three measures of adverse parenting styles (i.e. authoritarian, psychologically control, and neglectful parenting), 2 measures of perfectionism (i.e. trait and self-presentational perfectionism), and depression. Results: Preliminary analyses indicated that socially prescribed perfectionism mediated the relationship between neglectful parenting and depression; β = 4.19, 95% CI [0.27 – 5.15].   Conclusion: Given the initial analyses, there is support that adverse parenting contributes to the development of perfectionism which acts as a risk factor for depression. Such findings will have treatment implications for perfectionistic children. Full analyses will be completed by April 2020 in preparation for the CPA.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54222 - Printed Poster

Exploring Positive University Experiences Among Students with Mental Illness

Presenting Author: Longthorne , Karli E
Additional Authors: Boyle , Sarah-Lynn ; Lumley , Margaret

Abstract: Recent research suggests that the prevalence and severity of mental illness among university students is increasing. While extensive research focuses on the challenges that such students experience, comparatively less research explores experiences that facilitate well-being and mental health in students with mental illness. Research on the role of positive life events (PLEs) among individuals with mental illness reveals that events involving play, pleasure, and social connection with others contributes to positive well-being. The current study extends this research by exploring the nuances of PLEs, within a clinical sample attending university. PLEs among students with mental illness may provide important clues about factors promoting well-being for this vulnerable group. Undergraduate students (n= 26) with diagnosed mental illnesses partook in semi-structured interviews discussing the PLEs that contributed to their positive university experiences. Qualitative analyses are employed to illuminate both the types of experiences students with mental illness report and also how they describe these events. Gaining insight into the PLEs that may contribute to positive experiences for this vulnerable group contributes to positive clinical psychology research as well as the potential for meaningful application for promoting well-being among vulnerable students.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54228 - Printed Poster

Social Anxiety and Friendship Satisfaction

Presenting Author: Vidovic, Vanja
Additional Authors: Moscovitch, David A

Abstract: Friendships are vital for people's well-being (e.g., Dunbar, 2018), but the link between high trait social anxiety (SA) and lower friendship quality remains poorly understood. We sought to clarify this link by examining relations between SA, friendship maintenance behaviours (FMBs; Oswald et al., 2004), friendship satisfaction, and well-being. Participants across the SA spectrum (N = 320) were recruited via Amazon's Mechanical Turk, and each participant reported on three types of friends – an acquaintance, a casual friend, and a close friend. Results indicated that satisfaction generally increased with increasing friendship intimacy (p < .001); however, this relationship was moderated by trait SA, with higher SA individuals reporting less satisfaction within their casual (p < .002) and close (p < .049) friendships. Greater use of FMBs was linked to greater satisfaction within all types of friendships (p < .001), irrespective of SA levels. Friendship satisfaction was positively associated with well-being for close and casual friends (ps < .05) but not for acquaintances. Results corroborate existing literature on the importance of close friendships for personal well-being and help to clarify the types of friendships most affected by trait SA. Implications of these findings will be discussed within the context of enhancing our understanding and treatment of social anxiety.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54252 - Printed Poster

What gets in the way? Barriers to Self-Compassion in the Eating Disorders

Presenting Author: Geller, Josie
Additional Authors: Kelly, Allison C.; Iyar, Megumi M; Srikameswaran, Suka

Abstract: Background: There is growing support for the role of self-compassion (SC) in recovery from an eating disorder (ED) and two types of barriers have been identified: 1) fears that SC will result in a failure to meet personal and interpersonal standards (Meeting Standards); and 2) fears that SC will result in difficult emotions such as grief and unworthiness (Emotional Vulnerability). This research examined the relative contribution of Meeting Standards and Emotional Vulnerability barriers to the clinical characteristics of individuals with EDs. Method: Patients (N = 349) entering an eating disorders treatment program completed the Fears of Compassion for Self Scale, and measures of SC, ED and psychiatric symptom severity, interpersonal and affective functioning, quality of life and readiness for ED change. Results: Together, the two barrier types accounted for significant variance in all study variables. Meeting Standards was uniquely associated with Over-control, or the rigid pursuit of perfection through self-denial, and two dimensions of readiness. In contrast, Emotional Vulnerability was uniquely associated with nearly all clinical characteristics examined. Conclusion/Actions: While both barriers to SC were related to functioning in individuals with EDs, the Emotional Vulnerability barrier was particularly related to pathology and may be most beneficial to target.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54255 - Printed Poster

Emotion Dysregulation and Quality of Life in Perinatal Women with Anxiety and Depression

Presenting Author: Silang, Katherine
Additional Authors: Agako, Arela; Green, Sheryl

Abstract: Background: During the perinatal period (pregnancy to 1 year postpartum), a high proportion of women experience significant anxiety or depression as well as lower self-reported quality of life. Emotion dysregulation (ED) is common among perinatal women and is associated with lower quality of life in studies with non-perinatal samples. In this study we will examine 1) whether ED is a significant and unique predictor of QOL among women with anxiety or depression in pregnancy or postpartum and 2) whether an Emotion Regulation Skills (ERS) group is effective in improving QOL. Methods: Women seeking treatment for perinatal anxiety and/or depression (projected sample N=15) will be recruited from the Women's Health Concerns Clinic, St. Joseph's Healthcare Hamilton. Participants will complete self-report measures of anxiety, depression, emotion regulation, and QOL at baseline and post-treatment. Results: Linear regression will be used to examine whether greater ED predicts lower self-reported QOL in perinatal women while controlling for anxiety and depressive symptoms. The impact of ERS on QOL will be assessed through paired t-tests. Conclusions: This study will help determine whether there is a unique association between ED and QOL among women with anxiety and/or depression in the perinatal period and whether an ERS group is effective in improving QOL in this vulnerable population.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54265 - Printed Poster

Passionate Students' Appraisals of Self-Compassion

Presenting Author: Schellenberg, Benjamin
Additional Authors: Mosewich, Amber; Gaudreau, Patrick; Verner-Filion, Jérémie

Abstract: Previous research has shown that people recognize the benefits of responding to failures with self-compassion (i.e., with self-kindness, a sense of common humanity, and mindfulness) rather than self-criticism (Robinson et al., 2016). We replicated this effect with passionate students and tested if it was influenced by levels of harmonious and obsessive passion (Vallerand, 2015). At the start of an academic year, 1994 undergraduates completed a survey assessing harmonious and obsessive passion for academics. Four months later, a subsample of passionate students (N = 241) identified by the initial survey completed an online task in which they were randomly assigned to read a scenario describing either self-

compassionate or self-critical responding. Students reported how they would evaluate themselves (e.g., confident) and the anticipated outcomes that they expected to occur (e.g., goal achievement) if they responded in the way described in the scenario. We found that many of the advantages that students believe self-compassion has over self-criticism disappeared when academic passion was characterized by high obsessive passion combined with low harmonious passion (i.e., pure obsessive passion). This finding has implications for programs designed to promote self-compassion, as the benefits of self-compassion may need to be emphasized for those with pure obsessive passion.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54272 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Emotional Reactions to a Mental Health Chatbot among Adolescents

Presenting Author: Mariamo, Audrey
Additional Authors: Temcheff, Caroline ; Sénécal, Sylvain

Abstract: Psychological distress increases across adolescence and has been associated with negative health outcomes. As such, interventions aimed at assisting adolescents facing psychological distress are of high social importance. Bloop, an interactive chatbot for adolescents, encourages users to seek help if needed. While mental health chatbots have shown efficacy in both identifying and reducing distress among adults, further exploration of how design features of these chatbots affect adolescent users' comfort levels in disclosing information is needed. The current study assessed adolescents' perceived emotional reactions to questions posed by the Bloop chatbot. Participants (N=20; ages 14-17) were presented with 96 chatbot prompts that varied in terms of tone (friendly vs. formal), question type (open vs. closed), and presence of animated graphics (i.e. GIFs). Following each prompt, participants rated their emotional reaction and their likelihood of responding to the question. Results of a regression showed that adolescents' perceived emotional valence and likelihood of response were higher for questions with a friendly tone. Participants reported more positive emotions for multiple choice questions, and those with GIFs, but reported being more likely to respond to open-ended questions and those without GIFs. The results of this study may assist in optimizing chatbot design.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54291 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Does Distress Tolerance and Intolerance of Uncertainty Predict GAD Severity and Suicidal Ideation?

Presenting Author: Wong-Lee, Robyn S.
Additional Authors: Laposa, Judith

Abstract: Individuals with generalized anxiety disorder (GAD) report suicidal ideation, which has been linked to greater symptom severity. Cognitive vulnerability factors, such as intolerance of uncertainty (IU) and distress tolerance (DT) are also associated with GAD symptom severity. No studies have examined whether IU and DT predict suicidal ideation, in addition to symptom severity. Before session one of a Cognitive Behavioral Therapy group for GAD, 55 participants completed measures of worry (PSWQ), anxiety (GAD7), functional disability (WHODAS), suicidal ideation (item from the PHQ9), intolerance of uncertainty (IUS) and distress tolerance (DTS). Thirty-three percent of participants reported some degree of suicidal ideation. Pearson correlation coefficients were significant between IU and worry, anxiety, and functional disability rs=.40-.70, ps < .01. DT was significantly negatively associated with worry and anxiety rs = -.42, -.39, ps < .01, but not functional disability. However, neither IU nor DT were significantly related to suicidal ideation. Post hoc linear regression analyses demonstrated that worry severity was the sole predictor of IU, t(41) = 4.80, p < .001, and although the overall regression was significant for DT,F(4, 42) = 3.42, p < .05, none of the four measures significantly predicted DT. Discussion will focus on the implications for IU and DT in GAD symptomology.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54292 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Online Social Networking & Mental Health among Older Adults: A Scoping Review

Presenting Author: Chen, Erica
Additional Authors: Wood, Devin

Abstract: As the number of older adults is expected to increase exponentially within the next few decades, loneliness, social isolation, and depression among seniors are growing public health concerns. While formal treatment options, such as therapy and medication, may be expensive and sometimes ineffective, other options must be considered. Alternative methods to address mental health issues are especially important for older adults, as they may encounter barriers associated with aging such as limited mobility and decreased social networks. In these circumstances, online social networking may offer a potential "social cure" (Jetten, Haslam, & Haslam, 2012) to alleviate loneliness, social isolation, and depression. The purpose of this scoping review was to gather and summarize the current literature on the associations between online social networking and mental health outcomes (e.g., depression, life satisfaction, loneliness) among older adults. Fifty-three articles met criteria for inclusion, and five common themes were identified: 1) enhanced communication with family and friends, 2) encouraged independence and self-efficacy, 3) creation of online communities, 4) positive associations with well-being and life satisfaction, and 5) decreased depressive symptoms. Implications for older adults' mental health, social connectedness, programs and policies are discussed.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 54293 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Effect of Mindfulness and Self-Compassion on Occupational Stress in Canadian Law Enforcement

Presenting Author: Fleischmann, Matthew H.
Additional Authors: Manova, Viktoriya; Khoury, Bassam

Abstract: Rationale: Law enforcement is a high-stress occupation that involves exposure to both organizational stressors and operational stressors. Research supports that self-compassion and mindfulness interventions predict reduced psychological distress in law enforcement, yet research is discrepant on the extent to which self-compassion and specific facets of mindfulness predict decreased psychological distress. The present study investigates the moderating effect of specific facets of mindfulness and self-compassion on the relationship between organizational and operational stressors and perceived stress.Method: Measures of police stress, traumatic events, self-compassion, mindfulness, depression, anxiety, and stress will be administered online to a sample of Canadian sworn officers (expected N= 140).Expected results: Moderation analyses are expected to show that mindfulness and self-compassion will moderate the impact of experiencing occupational stressors on perceived depression, anxiety, and stress. As well, it is hypothesized that non-judging will moderate the impact of occupational stressors on depression, and non-reactivity will moderate the impact of occupational stressors on anxiety. Discussion: Results have substantial implications for future mindfulness and self-compassion-based interventions and counselling tailored to police officers' distinct occupational stressors.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54296 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Is Self-Compassion Associated with Alcohol-Related Problems Via Drinking to Cope Motives?

Presenting Author: Wisener, Melanie
Additional Authors: Khoury, Bassam

Abstract: Rationale: Alcohol misuse is a problematic public health concern on university campuses, with high rates of undergraduate students reporting experiencing alcohol-related problems. Coping-motivated drinking has consistently been shown to be associated with alcohol-related problems, and identifying malleable predictors of drinking to cope and in turn alcohol-related problems is warranted. The present study examines drinking to cope with anxiety and depression motives as parallel mediators of the relationship between self-compassion and alcohol-related problems. Method: Undergraduate students (N = 284) who recalled having at least one drink in the past thirty days completed self-report measures.Analyses and Results: Mediational analyses showed drinking to cope with anxiety, but not depression, mediated the relationship between self-compassion and alcohol-related problems, such that high levels of self-compassion were negatively associated with drinking to cope with anxiety, which in turn was associated with fewer alcohol-related problems. Recommendations: Future research should investigate whether providing workshops aimed at increasing self-compassion helps reduce coping-motivated drinking and in turn alcohol-related problems on university campuses, and how this relationship differs for students who drink to cope with anxiety versus depression.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54298 - Printed Poster

A Meta-Analysis of the Relationship Between Dispositional Mindfulness and Alcohol-Related Outcomes

Presenting Author: Wisener, Melanie
Additional Authors: Manova, Viktoriya; Wallace, Aimée; Khoury, Bassam

Abstract: Rationale: Dispositional mindfulness and alcohol-related outcomes have generally shown to have a small, negative correlation (Karyadi et al., 2014), but little is known about the relationship between specific mindfulness skills and specific alcohol-related outcomes. The present meta-analysis seeks to quantify the association between dispositional mindfulness and alcohol-related outcomes, and how this relationship varies depending on the (a) specific mindfulness skill, (b) specific alcohol-related outcome, (c) sample type, and (d) sample characteristics.Method: Studies assessing baseline self-reported dispositional mindfulness and at least one alcohol-related outcome were included in the analysis. Two independent reviewers extracted data and assessed risk of bias.Planned Analyses and Expected Results: We expect a negative correlation between dispositional mindfulness and alcohol-related outcomes, with subgroup and meta-regression analyses revealing a stronger relationship for (a) the acting with awareness and non-judging skills, (b) problematic alcohol-related outcomes, (c) clinical samples, and (d) certain sample characteristics (e.g., mean age, gender).Impact: Results can be used to inform mindfulness-based interventions, such that interventions can focus on the specific mindfulness skill(s) most strongly negatively associated with problematic alcohol-related outcomes.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54303 - Printed Poster

Eating disorders and the nine symptoms of borderline personality disorder: A meta-analysis

Presenting Author: Miller, Alexia E
Additional Authors: Trolio, Vittoria; Racine, Sarah E

Abstract: Eating disorders (EDs) and borderline personality disorder (BPD) have high rates of comorbidity. Further, having both an ED and BPD is associated with higher levels of distress, psychological disturbance, and suicidal behavior than having

only one of these disorders, making this a critical clinical subgroup. Notably, BPD is a multidimensional disorder characterized by at least five of nine symptoms: abandonment avoidance, unstable interpersonal relationships, identity disturbance, impulsive behavior, suicidal behavior, affective instability, emptiness, anger, and dissociation/paranoia. Due to the number of BPD symptoms, it may be that some BPD symptoms play an important role in the comorbidity with EDs, whereas others do not. This study provides a systematic review and meta-analysis on the link between each BPD symptom and EDs, focusing on articles that include individuals with EDs compared to healthy controls. PsycINFO, PubMed, and Scopus were used to conduct literature searches for each BPD symptom and EDs. 192 studies met inclusion criteria and were included in the meta-analyses comparing the level of each BPD symptom in those with EDs vs. healthy controls. Results are currently pending. Knowing which BPD symptoms have the strongest association with EDs, and which BPD symptoms are understudied in relation to EDs, will allow for a better understanding of ED-BPD comorbidity.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54316 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Investigating the Distractive Effects of Music on Pain Perception

Presenting Author: Diushekeeva, Ajar
Additional Authors: Vogel, Todd

Abstract: Listening to music has been shown to have analgesic effects in numerous studies. Nonetheless, psychological mechanisms by which music alleviates pain remain unclear. One plausible mechanism underlying music-induced analgesia could be through distraction. Similar to performing a challenging cognitive task, listening to music may decrease pain by competing for limited attentional resources. In order to test the hypothesis that the analgesic effects of music are mediated by distraction, healthy participants (N=68) in our 2 × 3 within-subjects factorial design listened to pleasant music, scrambled music and silence while receiving painful thermal stimulations and concurrently performing both a cognitively demanding task (the n-back task) and an easy task (the left-right task). Our analyses revealed that pleasant music did not reduce pain compared to silence and scrambled music, regardless of the cognitive task. On the other hand, scrambled music increased pain compared to pleasant music and silence. These results conflict with literature on music-induced analgesia and find no support for music's distractive effects, but put forward scrambled music as a novel control condition.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 54331 - Printed Poster

Reward and Binge Eating: Postauricular Reflex Response and Self-Reported Emotional Reactions to Food

Presenting Author: Mokhtarian, Nilufar
Additional Authors: Wilson, Samantha; Weinberg, Anna E; Steiger, Howard; Racine , Sarah E

Abstract: Binge eating is characterized by the consumption of a large amount of food in a short time and a perceived lack of control. Research using self-report, behavioural, and neuroimaging measures has implicated altered reward processing in binge eating. The postauricular reflex (PAR) is a physiological measure of reward reactivity that has been shown to predict binge eating in undergraduates. No study has examined PAR reactions to food images in women with clinical binge eating. Recruitment of 200 women across the spectrum of severity of binge eating is currently underway. Participants complete a picture viewing task that involves viewing high-calorie food images while self-report ratings and PAR responses are recorded. Binge eating is assessed using the Eating Disorder Examination interview and the Binge Eating Scale. It is hypothesized that 1) binge eating will be positively correlated with PAR potentiation during food images minus neutral images and 2) women with more binge eating will rate high-calorie food images as more positive, arousing, and craving-inducing as compared to women with less binge eating. Support for these hypotheses would suggest that the reward value of food is associated with the frequency and severity of binge eating behaviours. Research of this kind may inspire the development of interventions that target altered reward processing in women who binge eat.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54353 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Understanding risk-taking in mild head injury: A model of autonomic underarousal

Presenting Author: Amodio, Francesco
Additional Authors: Robb, Sean; Good, Dawn

Abstract: The nature of risk-taking in the context of mild head injury (MHI) is an actively debated topic. MHI has been found to be associated with autonomic underarousal (AU), and less efficient decision-making performance on the Iowa Gambling Task (IGT), consistent with a reduced capacity to emotionally anticipate the consequences of future action resulting in reduced sensitivity to punishment (SP). Alternatively, risk-taking has been linked to sensation-seeking (SS), and has been proposed as a self-regulating approach to elevated[ing] AU (Geissler et al., 2014). This research investigates the relationship between SP, SS, AU, and risky behaviour in individuals with and without MHI in two studies (n = 325; n=70, respectively). Self-report measures of risk-taking and SS (e.g., UPPS-P), performance on the IGT, and electrodermal activation (EDA) were examined. SS was found to completely mediate the relationship between MHI status and recreational drug use, and AU was found to predict SS. Moreover, for MHI, reduced sensitivity to punishment was found to predict their engagement in risky behaviour (e.g., recreational drug use). Overall, this model provides evidence that individuals with MHI are vulnerable to risk-taking due to reduced sensitivity to punishment as a result of AU, and subsequently may engage riskier choices in an attempt to autoregulate.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54370 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Exploring Parental Intentions to Engage in Parent-Delivered Internet Cognitive Behavioural Therapy

Presenting Author: DeLucry, Kailey J
Additional Authors: Loutzenhiser , Lynn

Abstract: More than 6% of Canadian children experience anxiety at a severity which warrants a diagnosis. Cognitive Behavioural Therapy (CBT) is the treatment of choice for childhood anxiety but can be difficult for parents to access due to factors such as cost and geographical obstacles. Delivering CBT via the Internet (ICBT) addresses these barriers. Past researchers have successfully taught parents how to provide CBT to their children, but few programs have combined the use of parent therapists and ICBT. The objective of this study was to investigate parents' interest in assuming the role of lay-therapist in online therapy and the factors associated with this interest using the Theory of Planned Behaviour (TPB). Among 164 parents, 62% said they were moderately to extremely interested in participating. Parent variables (e.g., confidence, Internet proficiency) and TPB variables (attitudes, subjective norms, perceived behavioural control) were significantly correlated with interest. Parent variables explained approximately 13% of the variance in reported interest and the TBP variables accounted for an additional 21.8%. These findings indicate that many families would adopt this therapy. Recommendations to boost parent interest: a) induce positive attitudes toward ICBT, b) normalize active involvement in your child's therapy, and c) ensure parents feel equipped to provide the intervention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54372 - Printed Poster

Parenting Style as a Predictor of Parenting Stress in Mothers of Sons with Autism Spectrum Disorder

Presenting Author: Cochrane, Karis
Additional Authors: Ward, Michelle; Cadieux, Olivia ; Theule, Jennifer

Abstract: Parents of children with Autism Spectrum Disorder (ASD) experience higher rates of parenting stress relative to both parents of typically developing children and parents of children with other disabilities. Baumrind's parenting styles are thought to play a key role in the risk for parenting stress in this population; however, the current literature is mixed with regard to which parenting styles contribute more or less to parenting stress in the ASD population. This study explores which parenting styles are related to greater or lesser levels of parenting stress in mothers of sons with ASD. The frequency of each parenting style will also be explored. 75 mothers of sons, ages 6 to 11 years, with ASD are being recruited through autism organizations in North America to complete an online survey. Recruitment will be completed by February 2020. An analysis of covariance will be run with parenting styles predicting parenting stress. It is expected that the authoritative parenting style will be associated with the highest parenting stress and the permissive parenting style with the lowest parenting stress. This research will help to determine which parenting style may act as a protector factor, so that practitioners may then work with parents to help them adopt a less stressful parenting style, thereby improving parent quality of life, child outcomes and overall family functioning.

Section: Family Psychology / Psychologie de la famille
Session ID: 54407 - Printed Poster

Unbridled potential: The use of equine assisted learning as a resiliency intervention

Presenting Author: Ghahremani, Roya S
Additional Authors: Keefer, Kateryna; Garland, Jennifer; Clarke, Lisa

Abstract: Resilience is the complex, always changing interaction of an individual's internal characteristics and outside circumstances that helps a person adapt to threats to their survival, function, or growth. The three-factor model of resilience breaks this concept down into the following facets: sense of mastery, sense of relatedness, and emotion regulation. A new wave of research is showing that a trauma-informed program using equine assisted learning (EAL) has potential in becoming a resiliency-bolstering intervention. For this study, 10 groups of female survivors of interpersonal trauma (N = 83, age 13-18 years) participated in an 8-week community-based EAL program, completing participant feedback after each session. Participants' experiences were evaluated both with quantitative satisfaction ratings and open-ended questions. Qualitative feedback was coded for themes relating to the three factors of resilience. Session satisfaction ratings were generally high to very high, and content analysis showed that themes of sense of mastery, sense of relatedness, and emotion regulation were recurrent in the feedback. Consistent with program design, select themes occurred more often in certain sessions. These results indicate that the EAL program was well-received, and that participants internalized the content of the EAL program targeting the three-factor model of resilience.

Section: Community Psychology / Psychologie communautaire
Session ID: 54414 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Factors Associated with Emotional Eating during the First Trimester of Pregnancy

Presenting Author: Angelescu, Andreea
Additional Authors: Gilbert, Audrey-Anne; Da Costa, Deborah

Abstract: Excessive gestational weight gain (GWG) has become increasingly common during pregnancy and it can lead to numerous health-related consequences for both mothers and offspring. While emotional eating (EE) may contribute to

weight gain, this study examines factors associated with EE during the first trimester of pregnancy. Data from 750 mothers of a prospective study were included. Participants completed the Nutrition Attitudes and Motivators for Eating Questionnaire, the Nutrition self-efficacy scale, the Edinburgh Postnatal Depression Scale, the Prenatal Distress Questionnaire Revised, and the Mindful Attention Awareness Scale. The Emotional Eating subscale of the Dutch Eating Behavior Questionnaire was used to assess EE in each trimester of pregnancy. A repeated measures ANOVA determined that mean EE differed statistically between time points, with significantly higher in the second and third trimesters compared to the first trimester. A multiple linear regression analysis indicated that higher pre-pregnancy BMI, ethnicity (White), depressive symptoms, lower dispositional mindfulness, more barriers to healthful eating and greater attention to sensory aspects of eating were associated to higher EE scores in the first trimester of pregnancy. Targeting factors associated with EE can help identify mothers at-risk of GWG and develop tailored evidence-based interventions.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54416 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Role of Self-Care in Mitigating First-Year Undergraduate Stress

Presenting Author: McGuinness, Claire
Additional Authors: Nordstokke, David

Abstract: The purpose of the present study is to examine the role that self-care plays in academic stress in first-year undergraduate students. In this study, self-care included a) mindful awareness and assessment of one's internal needs and external demands and b) intentional engagement in specific practices of self-care to address needs and demands in a manner that serves one's well-being and personal effectiveness. Self-care has been shown to reduce stress in post-secondary students enrolled in a medical degree. However, there is a lack of research into the role that self-care plays in first-year undergraduate students. A sample of 160 first-year undergraduate students (26.9% males) completed online measures including Mindfulness Self-Care Scale and College Student Stress Scale. Results of a multiple linear regression analysis reveal that aspects of self-care predicts academic stress. This suggests that by understanding and supporting self-care, academic performance may be improved.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54418 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Self-Care Predicts Anxiety and Depression in First-Year Undergraduates

Presenting Author: McGuinness, Claire
Additional Authors: Nordstokke, David

Abstract: Due to the increase risk of psychological distress during the transition to post-secondary education, it is crucial to understand the affects of self-care in this group. In this study, self-care was defined as the daily process of being aware of an attending to one's basic physiological and emotional needs including the shaping of one's daily routine, relationships, and environment as needed to promote self-care. Aspects of mindful self-care has been shown to alleviate anxiety and depression in a clinical population. However, self-care has not been studied in an undergraduate student population. A sample of first-year undergraduate students (n=160, 26.9% males) completed online measures including Mindfulness Self-Care Scale and the Hospital Anxiety and Depression Scale. Results of a multiple linear regression analysis reveal that having supportive relationships and practicing mindful awareness predicts levels of anxiety and depression. This suggests that by understanding and supporting self-care, mental health may be improved.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54419 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Morningness-Eveningness Chronotype Pattern in Border Personality Disorder (BPD)

Presenting Author: Mashhadi, Farzaneh
Additional Authors: Varma, Sonya

Abstract: Many individuals with Borderline Personality Disorder (BPD) experience sleep disturbances (Fleischer et al., 2012). However, it is unclear which specific sleep processes are disturbed in BPD. One particular candidate sleep process is chronotype. Some research suggests that individuals with BPD exhibit similar chrontoypes to healthy controls (HCs), but is limited by small samples, and lack of clinical controls (Bromundt et al., 2013). This study addressed gaps in the literature by examining whether there is a prevalent behavioural manifestation of sleep-wake cycle (i.e., chronotype) among individuals with BPD, compared to clinical controls diagnosed with generalized anxiety disorder (GAD) and healthy controls (HCs). Participants included 40 adults with BPD, 40 with GAD, and 40 HCs. All participants completed the Morningness-Eveningness Questionnaire, which assess chronotype. Analyses revealed that there are significant differences between groups in morningness-eveningness, $F (2, 117) = 5.74$, $p = .004$. Post-hoc contrasts indicated that the BPD group exhibited more eveningness than the HC and GAD group, but the HC and GAD group did not significantly differ from each other. These results postulate that BPD is characterized by a phase delayed (i.e., eveningness) chronotype, and that helping individuals with BPD adjust to this chronotype may improve sleep treatment outcomes.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54424 - Printed Poster

Here with me: Exploring attachment and mindfulness

Presenting Author: Enright, Jocelyn
Additional Authors: Scharfe, Elaine

Abstract: Background: Recently researchers have consistently reported strong negative associations between attachment anxiety and mindfulness (e.g., Macaulay, Watt, MacLean, & Weaver, 2015) but less is known about how our relationships with others may influence mindfulness traits. In this study, we tested whether attachment models associated with views of others (approach-avoidance motivations) would also be associated with mindfulness. Methods: Undergraduate psychology students (N = 278) completed surveys to assess attachment with mothers, fathers, and close friends (Scharfe, 2016) and levels of mindfulness (Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006; Brown & Ryan, 2003). Using Structural Equation Modeling, we tested the associations between latent variables of attachment anxiety and attachment avoidance and mindfulness. Results: Interestingly, we found stronger associations between attachment approach-avoidance and mindfulness ($\beta = 0.31$, $p < 0.001$) compared to the association between attachment anxiety and mindfulness ($\beta = 0.18$, $p < 0.01$). Conclusion/Impact: Interestingly, our findings suggest that our view of close others may be important for clinicians to consider when developing mindfulness practice.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54443 - Printed Poster

The Moderating Role of Physical Activity in the Stress and Emotional Eating Relationship

Presenting Author: Amestoy, Maya E.
Additional Authors: Fiocco, Alexandra J.

Abstract: Emotional eating can result in negative health outcomes. Research shows that acute stress reactivity may increase desire to eat palatable foods. A lack of research exists investigating effect-modifiers in this association. Physical activity (PA) is associated with lower stress reactivity and healthy food intake. Thus, this study aims to determine whether high levels of PA minimizes the effect of acute stress on emotional eating, measured by self-report desire to eat and choice of snack. A total of 100 participants will be randomized to a 10-min Stress or No-Stress condition and fitted to a

physiological monitor. Desire to eat palatable foods will be measured using a Visual Analog Scale at baseline, post-induction, 10-min post-induction, and through choice of snack 10min post-induction, varying in salt, sugar, and fat content. Questionnaires will be completed to measure PA, eating behavior, and mood. Preliminary mixed-design ANOVA in 34 participants (Mage= 20.65 yrs; 88.2% female) suggest a significant relationship in desire to eat overtime $F(1.19) = 4.22$, p= 0.043, n2partial= 0.14. However, effect modification was not statistically significant (p=.70). Logistic regression failed to show a significant effect of stress x PA on snack choice (no snack, healthy, non-healthy, p = 0.83). Data collection is ongoing. Final results may help elucidate whether PA modifies emotional eating.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54448 - Printed Poster

[Presented in CPA 2020 Virtual Series]

An Analysis of Opioid Use and Effects on Treatment Outcome

Presenting Author: Baptist-Mohseni, Natasha M
Additional Authors: Sanger, Nitika

Abstract: Rising rates of illicit opioid use in North America are a cause for much concern. Medication-assisted treatment targets this epidemic by substituting patient's illicit opioid use with synthetic opioids (i.e., methadone), and these dosages are decreased until abstinence or a stable dose is reached. This study investigated whether an initial dependence on pharmaceutical opioids (i.e., Percocet) versus non-pharmaceutical opioids (i.e., heroin) effect subsequent treatment outcome. 979 participants were recruited from Canadian Addiction Treatment Center clinics, and semi-structured interviews were administered to consented individuals. Participant's responses regarding their dependency, illicit substance use, and their treatment were analyzed. Our results displayed that patients were less likely to be initially dependent on non-pharmaceutical opioids if they were older, and were also more likely to be using heroin during treatment if their dependency began with non-pharmaceutical opioids. As well, for every one-month increase in treatment duration, participants were 0.1% more likely to have been dependent on a non-pharmaceutical format. These results suggest differences exist in non-pharmaceutical versus pharmaceutical-dependent users' treatment outcomes. Such differences can evaluate effectiveness of harm reduction approaches and guide clinicians in creating tailored treatments.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54451 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Moderating Factors in Suicide Risk Prediction: A Meta-Analysis

Presenting Author: Dobrzanski, Alicja
Additional Authors: Sheppard, Michael

Abstract: Background: Clinicians often encounter clients with a history of trauma and current suicidal ideation. However, while cross-nationally distributed surveys revealed that past trauma more than double the odds of subsequent suicidal ideation and attempt, neither the number nor type of traumatic experiences predict the progression from ideation to attempt. Yet, clinicians are tasked with generating an accurate prediction of suicide risk by compiling information from the most precise instruments. This study aimed to examine the impact of certain moderating variables on the accuracy of suicide risk assessment measures in adults. Methods: A meta-analysis using the Cochrane systematic review approach was carried out. Psychometric properties of the scales and population demographics were extracted into a database. Results: Twenty-one primary articles met inclusion criteria. From these, 19 total measures were identified: 17 were objective (psychological scales=7, structured professional judgement=3, algorithms=7) and two were subjective (clinician prediction and patient self-prediction). Sensitivity ranged from 12.0%-100%; specificity ranged from 18.0%-95.0%; area under the curve ranged from 0.572-0.920. Heterogeneity was high. Conclusion: Identifying the impact of moderating variables offers opportunity for tailoring measure selection based on the client's set of demographic variables.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54470 - Printed Poster

The Inquiring Mind: Results of a postsecondary mental health promotion & stigma reduction program.

Presenting Author: Lindsay, Brittany L
Additional Authors: Henderson , Laura; Dobson, Keith ; Szeto , Andrew

Abstract: Background: Statistics suggest that Canadian postsecondary students are struggling with mental health. Modelled from an effective workplace program, The Inquiring Mind - Postsecondary (TIM) aims to reduce the stigma associated with mental illness and promote mental health and resiliency for students by employing empirically supported knowledge and contact-based intervention techniques.Method: TIM is a 3-4hr workshop with mental health literacy, lived experience videos, and discussions relevant to students. Using pre, post, and 3-month follow-up surveys, we assessed our two primary outcomes: stigma reduction and increased resiliency. Results: 16 different Canadian institutions were used in the evaluation of TIM (N=810, N=266 follow-ups). Pilot data showed a medium effect size of stigma reduction/increased resiliency (pre-post), with some regression toward baseline after 3 months. A random intercept mixed-model approach with campus as a random effect will assess results.Conclusion: TIM does seem to reduce stigma/increase resiliency; however, creating booster sessions might reduce regression to baseline. TIM is currently being implemented in ~20 Canadian institutions and is well-received by students. Impact: By reducing stigma, help-seeking behaviours should increase. Also, by providing tools and resources for students, institutions can equip students with the skills to succeed.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 54504 - Printed Poster

Psychological Wellbeing, Psychological Distress and Physical Activity in Adults with Diabetes

Presenting Author: Gunpat, Sasha
Additional Authors: Burns, Rachel J

Abstract: BackgroundPhysical activity (PA) is fundamental to diabetes management. Psychological distress is inversely associated with PA in people with diabetes. According to Keyes' Two-Continua model, psychological distress is distinct from positive psychological wellbeing (PPWB). However, the association between PPWB and PA has not been examined in people with diabetes.ObjectiveTo determine if PPWB is associated with PA beyond the influence of psychological distress among adults with diabetes.MethodThis study involved secondary analysis of cross-sectional data from the 2012 Canadian Community Health Survey-Mental Health. Psychological distress, PPWB and PA were measured in participants who self-reported having diabetes (n = 1,723).ResultsData were analysed using hierarchical regression models. After adjusting for covariates (i.e., age, sex, race, marital status, education) and psychological distress, PPWB was significantly and positively associated with frequency of PA (B= .047, SE= .009, p < .001, ΔR2= .016).ConclusionConsistent with Keyes' Two-Continua model, PPWB was associated with PA independent of psychological distress.Implications/Future DirectionFuture diabetes research should continue to examine unique associations between PPWB and diabetes-related health behaviours. PPWB could be explored as an intervention target for diabetes management behaviours.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54513 - Printed Poster

Family experience after early, mild traumatic brain injury: A qualitative approach

Presenting Author: Myriam, Beaudin,

Abstract: Background: Traumatic Brain Injury (TBI) is highly prevalent in children before the age of five years. Even mild injuries, which account for 90% of TBIs, can result in multiple difficulties. Our knowledge of the consequences of early TBI is

limited by a lack of challenges obtaining self-reported information from children who are pre-verbal. This study used a qualitative design to document the experiences of families of young children who sustained mild TBI. Methods: Ten parents of children who sustained a mild TBI between 18-60 months of age were invited to participate in a face-to-face semi-structured interview. Audio recording of the interviews were transcribed verbatim and analyzed using thematic analysis. Results: Three main themes emerged from the analysis: worries following the injury, maternal emotional consequences, and attitudes to adopt with the child following the injury. Subthemes included parents' concerns regarding their child's physical, cognitive and emotional development, siblings' worries, emotional injury's impact including anxiety and sadness and some positive attitudes that promote family wellness. Conclusion: A better understanding of the concerns and issues of families, their reactions after their young child sustained a mild TBI, provides insight into the experience of families following the injury and could be used to tailor interventions.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54526 - Printed Poster

Clinically and Theoretically Grounded Cross-Domain Cumulative Risk and Protection Scores

Presenting Author: Bondi, Bianca C.
Additional Authors: Pepler, Debra J. ; Andrews, Naomi C.Z.

Abstract: Background: Prenatal substance exposure is associated with neurodevelopmental deficits that are exacerbated by cumulative risks yet attenuated by cumulative protective factors. Cross-domain relative to intra-domain risks present more neurodevelopmental challenges.Methods: This study was conducted at Breaking the Cycle, an early intervention program for substance-exposed children. We outlined the process of establishing clinically and theoretically grounded, cross-domain cumulative risk and protection scores for three sibling groups (n=8). We described the benefits of our methodological approach.Results: Clinically and theoretically grounded, cross-domain cumulative risk and protection scores were established. Total and cross-domain percentages, as well as the number of significant domains of risk relative to protection, were reported. Cross-domain profiles facilitated consideration of intra- and inter-domain risk and protection within and between sibling groups.Conclusions: Findings indicate the importance of establishing cumulative risk and protection scores that are: 1) clinically and theoretically grounded, 2) cross-domain, 3) encompass cumulative protection and risk.Impact: Understanding profiles of risk and protection can inform evidence-based early interventions that target: 1) high-risk children, 2) the full range of risks, 3) vulnerable domains, 4) protective factors.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54529 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Douleur chronique : Lien entre ajustement dyadique et dépression

Presenting Author: Gatien, Catherine
Additional Authors: Too, Andrea

Abstract: Les recherches révèlent que la situation conjugale influence la qualité de vie des individus aux prise avec une douleur chronique, mais davantage d'études sont requises pour mieux comprendre ce lien. La présente étude propose de clarifier la relation entre le soutien reçu, l'ajustement dyadique et les symptômes dépressifs du partenaire souffrant. Les données de 212 adultes ayant une douleur chronique et étant en couple ont été considérées. Des questionnaires électroniques, dont le Questionnaire de soutien conjugale, l'Échelle d'ajustement dyadique et la version française du Center for epidemiological studies – depression scale, ont été administrés. Les résultats démontrent que le soutien reçu et l'ajustement dyadique sont corrélés négativement aux symptômes dépressifs (p < .001). Une régression indique que seul l'ajustement dyadique, et non le soutien reçu et le statut conjugal, explique une proportion significative de la variance dans les symptômes dépressifs (R2 = .12, F(3, 208) = 9.61, p < .001). Parmi les sous-dimensions de l'ajustement dyadique (consensus, cohésion, satisfaction, expression affective), seul le consensus est un prédicteur significatif de la symptomatologie dépressive (B = -.229, p = .016). Ces résultats offrent une meilleure compréhension de l'importance d'impliquer le partenaire dans le traitement psychologique de l'individu souffrant de douleur chronique.

Effectiveness of Mindfulness Based Cognitive Therapy (MBCT) for Chronic Pain

Presenting Author: Sabourin, Brigitte C.
Additional Authors: Shamblaw, Amanda L.

Abstract: Mindfulness-Based Cognitive Therapy (MBCT) is an 8-week group intervention that integrates mindfulness and cognitive and behavioural therapies. MBCT was originally developed for depression relapse (Segal et al., 2002; 2013) but has been adapted for treating chronic pain (Day et al., 2014). Randomized control trials have shown promising effects of MBCT for chronic pain (Day, 2017) and a call was recently extended to examine the effectiveness of MBCT for chronic pain in community settings. The purpose of the current study was to evaluate the effectiveness of MBCT for chronic pain in a tertiary care chronic pain service in Winnipeg, MB. We have completed six MBCT groups (21 participant completers), and one group where Self-Compassion (inspired by the work of Neff and Germer) was integrated more formally into the treatment. We anticipate completing two additional groups (with the self-compassion component) by spring 2020. We will present data on group engagement (i.e., participant drop-out rate and number of sessions attended), and will compare pre- to post-treatment scores on pain acceptance, pain catastrophizing, pain disability, and pain self-efficacy, as well as self-compassion, mindfulness, and depressive and generalized anxiety symptoms. Findings from this study will inform future applications of MBCT/Mindfulness and Self-Compassion, for chronic pain in community settings.

Eating Disorders and Intent for Self-Injury among Adolescents in Ontario

Presenting Author: Ranieri, Julia
Additional Authors: Stewart, Shannon

Abstract: Background/rationale: Non-suicidal self injury (NSSI) most commonly emerges during early adolescence with as many as 18% of adolescents engaging in NSSI (Armiento et al., 2016). While there is some evidence to suggest that NSSI and eating disorders are linked, further research is required in this area specific to adolescents in Ontario. Therefore, the purpose of this study is to examine the predictive value of adolescent provisional diagnoses of eating disorders and thoughts of self-injury among adolescents with mental health needs in Ontario.Methods: Data on 29,744 adolescents in Ontario ages 12-18 were obtained from the interRAI Child and Youth Mental Health (ChYMH) assessment and Adolescent Supplement (Stewart et al., 2015); a tool that assists clinician with appropriate care planning for children and youth with mental-health.Results: Sex and thoughts of self-injury will be analyzed as a function of provisional eating disorder diagnoses, using binary logistic regression to better understand predictors for adolescent mental-health.Conclusions/Impact: The ability to identify thoughts of self-injury in relation to eating disorders experienced by adolescents with mental-health needs allows for construction of individualized intervention plans tailored to the needs of the adolescents to improve their quality of life before their symptoms become debilitating.

Parental Psychological Control and Nonsuicidal Self-Injury: A Self-Determination Theory Perspective

Presenting Author: Robillard, Christina L.
Additional Authors: Helps, Carolyn E. ; Turner, Brianna J.

Abstract: Parental psychological control (PC) involves pressuring children to think, feel, and behave in specific ways and is a risk factor for nonsuicidal self-injury (NSSI; deliberate damage of bodily tissue without the intent to die). Yet, the mechanisms

underlying this association are unknown. According to self-determination theory, maladjustment occurs if parents undermine their child's basic psychological needs of autonomy, competence, and relatedness. Thus, it is possible that thwarted autonomy, competence, and relatedness mediate the association between PC and NSSI. This hypothesis was tested in 426 youth between 16 and 23 years old. Youth completed a survey measuring PC at baseline, followed by surveys measuring autonomy, competence, relatedness, and NSSI every two years for six years. Mediation analyses revealed a positive direct effect of PC on later NSSI. Moreover, there was a significant indirect effect through competence, but not through autonomy or relatedness. These results indicate that competence partially mediates the relation between PC and NSSI, such that higher PC predicts lower competence, which in turn predicts greater odds of engaging in NSSI. This study is the first to implicate competence as a mechanism by which PC influences NSSI. Our results suggest that self-determination theory is a relevant theoretical framework under which to conceptualize NSSI in youth.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54562 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Cognitive Defusion as a Mechanism of Mindfulness in Alleviating Depression, Anxiety, and Stress

Presenting Author: Bueno, Christine
Additional Authors: Beshai, Shadi

Abstract: Mindfulness theory focuses on purposefully acknowledging present mental and physical experiences with openness and acceptance. As such, mindfulness interventions have been effective in alleviating symptoms of anxiety and depression, as well as reducing perceived stress. Evidence suggests that the effects of these mindfulness interventions may be mediated by a reduction in cognitive fusion, or the tendency to get caught up in one's thoughts. Due to the high levels of depression, anxiety, and stress in university students, a convenient treatment program would be beneficial to mitigate these feelings. In this study, we recruited undergraduate students to partake in a randomized controlled trial for a newly created, brief online mindfulness and self-compassion intervention (Mind-OP). Throughout the four-week program, students filled weekly symptom questionnaires to track their symptoms (e.g. the PHQ-9, GAD-7, and PSS). Repeated measures ANOVAs revealed that the Mind-OP intervention was effective in reducing symptoms of anxiety, but not depression or stress. Mediation analyses indicated cognitive defusion did not mediate the relationship between symptom reduction and treatment outcome. The implications of this study are promising, as the brief online nature of Mind-OP provides an accessible and effective resource for students to deal with anxiety while balancing a busy schedule.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54565 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Impact of Brief Psychoeducation on the Perceptions of Mindfulness-Based Programs

Presenting Author: Del Rosario, Nicole
Additional Authors: Beshai, Shadi

Abstract: Mindfulness-based programs (MBPs) are designed to cultivate the capacity for mindfulness, defined as paying attention to present-moment experiences with purpose, openness, and non-judgement. The study will assess whether providing psychoeducation specific to MBPs can improve perceptions of the acceptability (i.e., how appropriate the treatment is for a given problem) and credibility (i.e., how logical and convincing a treatment seems along with how much improvement is expected) of MBPs as a psychological intervention for improved mental health, compared to providing general information about psychological treatments. Participants (n=250) are randomly assigned to one of two conditions. In condition one, participants are presented with balanced and evidence-based psychoeducation about MBPs. In condition two, participants are presented with general psychoeducation of psychological treatments. Two mixed model ANOVAs will be conducted, one for each of acceptability and credibility, to assess whether perceptions of MBPs changed over time and across conditions. It is

expected that psychoeducation will improve perceptions of MBPs but that participants exposed to MBP-specific psychoeducation will have significantly higher improvements at time 2. The study results will elucidate whether perceptions of MBPs may change following exposure to descriptive information.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54576 - Printed Poster

Measuring quality of screen time in undergraduate students

Presenting Author: Gunnell, Katie E
Additional Authors: Allan, Alexandra

Abstract: Psychological need satisfaction (versus frustration) and mindfulness during screen time could be indicators of better quality of screen time. We examined the psychometric properties of scores from two modified questionnaires to understand psychological experiences during screen time. Undergraduate students (N=350; 73.7% female, Mage=19.56 years) from introductory psychology classes completed online questionnaires assessing psychological need satisfaction and frustration during screen time, mindfulness during screen time, flourishing, meaning in life, and positive and negative affect. Confirmatory factor analysis demonstrated that scores from the modified psychological need satisfaction and frustration during screen time questionnaire had good internal structure (CFI=.93, RMSEA=.06) and reliability (H>.79). Scores from the modified mindfulness during screen time questionnaire had questionable internal structure (CFI=.87, RMSEA=.16) but good reliability (H=.91). Validity evidence based on convergence between psychological needs and well-being were in the expected directions (r's .40-.92). Mindfulness during screen time was only associated with negative affect (r=-.21). Overall, the psychological needs during screen time questionnaire had good psychometrics properties but more research and potential modification is needed for the mindfulness during screen time questionnaire.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54586 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Associations Between Adolescents' Circadian Preference And Specific Domains Of Sleep Hygiene

Presenting Author: Gauthier-Gagne , Gabrielle
Additional Authors: Toro , Carel ; Muller , Chloe ; Dimakos , Jenny ; Gruber, Reut

Abstract: The relationship between specific sleep hygiene behaviours and circadian preferences in adolescents has not been examined. The objective of this study was to examine the associations between circadian preference and specific domains of sleep hygiene behavior. 127 adolescents (86 female) between 13 and 18 years old (M = 14.83, SD = 1.20) participated in the study. Correlational analyses were conducted to examine the associations between scores on the Morningness-Eveningness subscale of the School Sleep Habits Survey and each domain of the Adolescent Sleep Hygiene Scale. Higher eveningness scores were significantly negatively associated with the ASHS physiological arousal (r = -.20, p =

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54591 - Printed Poster

Effects of Reducing Smartphone Use

Presenting Author: Nahas, Johnny
Additional Authors: Chmoulevitch, Denis; Olson, Jay A; Raz, Amir; Veissière, Samuel P.L.

Abstract: Problematic smartphone use may correlate with poor working memory and depression. However, few studies have attempted to experimentally reduce smartphone use to explore the resulting effects on cognition and well-being. In this

study, we tested the effectiveness of an intervention to reduce problematic smartphone use by providing participants with simple behavioural strategies such as disabling non-essential phone notifications. Fifty university students came to the lab for two visits in a pre-post design. During the first visit, they completed a sustained attention task, a working memory task, and questionnaires on depressive symptoms and smartphone addiction. They also provided us with an objective measure of screen time using an internal tracking function. Participants then implemented the behavioural strategies for fourteen days. After the two-week intervention period, on the second visit, they completed the same tasks, questionnaires, and screen time measure as in the first visit. Their average daily smartphone use dropped from 4.75 to 3.5 hours (d = -0.63). Participants also reduced their depressive symptoms (d = -0.55) and smartphone addiction scores (d = -0.83) and improved their working memory (d = 0.22). These results provide initial evidence supporting the effectiveness of a behavioural intervention to reduce problematic smartphone use and improve well-being.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54602 - Printed Poster

Maternal Mental Health: Increasing Awareness and Education for Psychologists

Presenting Author: Hobbs, Chelsea
Additional Authors: Wong, Gina

Abstract: Motherhood is a major and complex life transition, described as one of the "most dramatic life cris[es]" women will experience (Raphael, 1975, p. 9). The discrepancy between expected positive emotions and the realities of pregnancy, birth and child rearing may lead mothers to feel conflicted, confused, and possibly guilty or shameful (Fonseca, Gorayeb, & Canavarro, 2015) if they experience negative emotions or low mood. Perinatal mood and anxiety disorders (PMADs) are defined as psychiatric disorders that occur during pregnancy and the postpartum period (O'Hara & Wisner, 2014). Withing Canada, approximately 23% of mothers report symptoms consistent with postpartum depression or postpartum anxiety (Statistics Canada). PMADs are a prevalent and impactful, yet, are highly stigmatized and often overlooked (Accortt & Wong, 2017). This is particularly troublesome because once identified, PMADs are highly treatable. Following a review of the current literature, and drawing on authors' specialized training and counselling experience, this poster aims to address key considerations for psychologists with respect to maternal mental health in counselling. A general understanding of PMADs is essential for psychologists so they are able and prepared to more effectively treat clients experiencing this serious and important women's health issue.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54611 - Printed Poster

A Qualitative Analysis of Changing Conceptualizations of Sexual Consent

Presenting Author: Benoit, Aryn A
Additional Authors: Ronis, Scott A

Abstract: Sexual consent is often conceptualized in two ways: (1) an implicit process, understood as an internal decision about one's openness to engage in a sexual act, and (2) an explicit process, involving a direct outward verbalization (Jozkowsk et al., 2014). Despite these contrasting conceptualizations, there is no research examining the development and adoption of these conceptualizations among sexually active individuals. The current study utilized qualitative interviews with 50 Canadian university students who reported engaging in sexual activities prior to the age of 16. Using thematic analysis, a prominent theme emerged in the interviews. Specifically, conceptualizations of consent often shifted from an implicit to an explicit process over the course of sexual development. Participants reported that their early sexual experiences did not involve explicit communication regarding their own or their partners willingness to engage in sexual activities. As a result, they often regretted some of the sexual activities they engaged in, or worried that they engaged in non-consensual sexual activates. As adults, the majority of these individuals now endorse the importance of explicit communication regarding sexual consent and have adopted these practices in their current sexual relationships. Findings highlight the importance of early education regarding communication around consent.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54621 - Printed Poster

Living Life to the Full (LLTTF): Evaluation of a Community-based Program for Older Adult Caregivers

Presenting Author: Khatri, Nasreen
Additional Authors: Perkovic, Stephen

Abstract: Background: Living Life to the Full (LLTTF) was an 8-week, 12-hour, peer-administered, nonclinical teach older adult caregivers skills and techniques to cope effectively with life stress. Method: The 514 participants enrolled in the program were self-referred. Measures of program evaluation were the Beck Depression Inventory (BDI-II), the Beck Anxiety Inventory (BAI) and the Warwick-Edinburgh Mental Well-being Scale (WEMWBS), administered pre- and post-course, and at 3, 6 and 9-month follow up periods. Results: Preliminary paired-sample t-tests revealed statistically significant improvement in participants' level of depression, anxiety, mental well-being, and quality of life, across the different time points. More robust data analyses will be completed to fully assess the impact of the LLTTF course. Conclusion: The study results provide early evidence of LLTTF's effectiveness as a community-based group intervention for alleviating symptoms of depression and anxiety in older adult caregivers. Action / Impact: The findings have implications for mental health promotion strategy for older adult caregivers, including leveraging peer facilitators and community seniors' centres to increase scalability, inclusivity and access to such programming in the future across Canada and beyond.

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 54628 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Understanding Teachers' Responses to Child Maltreatment Vignettes

Presenting Author: Glouchkow, Amanda
Additional Authors: Romano, Elisa

Abstract: Child maltreatment is a serious social and public health issue with severe short- and long-term effects for children who experience it. This study aimed to examine teachers' self-reported detection and reporting behaviours for maltreatment because research, while limited, shows that there is a tendency among teachers to under-detect and under-report various forms of child abuse and neglect. In this study, 45 teachers from a large urban centre and surrounding regions responded to 8 child maltreatment vignettes along a 7-point Likert scale to indicate the likelihood that the vignette depicted maltreatment and that they would report it to child welfare. Teachers were also asked to provide a rationale for their ratings. Initial quantitative results suggest that teachers correctly recognized and reported child maltreatment in vignettes half the time. A more in-depth qualitative analysis will examine differences in teachers' detection and reporting decision-making by maltreatment type. Teachers' rating rationales will be coded by 2 separate coders and analyzed to identify themes. Prior research suggests emotional maltreatment will have the highest rates of under-detection and under-reporting. These study findings will be useful in developing more targeted training interventions for teachers. With more accurate intervention skills, more children are likely to receive protection.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54638 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Pornographie Et Détresse Sexuelle Chez Les Adolescents: Rôle Modérateur De L'Appréciation Corporelle

Presenting Author: Vasquez, Mandy
Additional Authors: Dion, Jacinthe; Girouard, Alice; Bergeron, Sophie

Abstract: Internet a considérablement changé la façon dont les adolescents utilisent des images et des vidéos à caractère sexuel . Il a été démontré que la fréquence d'utilisation de pornographie (FUP) est associée à une plus faible satisfaction

sexuelle chez les adolescents, mais les relations entre la pornographie et les autres dimensions du bien-être sexuel, telle la détresse sexuelle, sont peu documentées. De plus, certaines études démontrent que la FUP n'est pas systématiquement liée à un moindre bien-être sexuel. Un modérateur potentiel qui pourrait expliquer ces discordances est l'appréciation corporelle (AC). L'objectif de cette étude était de vérifier si l'AC agit en tant que modérateur dans l'association entre la FUP et la détresse sexuelle auprès d'un échantillon de 623 adolescents (14,60±0,70). La FUP, la détresse sexuelle et l'AC ont été mesurées à l'aide d'instruments auto-rapportés. Les résultats indiquent que l'AC est un modérateur significatif de l'association entre la FUP et la détresse sexuelle (β=-0,10, p=0,02) et expliquerait 13% de la variance dans cette association (η2=0,13, F(3,619)=30,50, p

Section: Clinical Psychology / Psychologie clinique
Session ID: 54640 - Printed Poster

Factor Structure of The Hope-Action-Inventory in a Problematic Substance Use Sample

Presenting Author: Currie, Lauren N
Additional Authors: Bedi, Robinder P

Abstract: Alcohol and other substance use disorders are a significant health and social issue in North America. Previous research has found that individuals working to overcome an addiction often report feeling hopeless about their ability to return to employment in the future (Bauld et al., 2013). This study aims to evaluate the psychometric properties of the Hope-Action-Inventory (HAI; Yoon, 2017) with a large community sample of individuals who have had a problem with alcohol or other drugs and evaluate its usefulness with this population. The HAI measures hope related to career and has never previously been evaluated for use with this population. Ample previous research with various other populations has found the HAI to have good model fit with one higher order factor and seven subfactors. Participants were recruited on Amazon Mechanical Turk (N = 633; 317 male and 343 female). Participants average age was 35 (SD = 10.44) and the majority were of European descent (77.7%). Confirmatory factor analysis was conducted and the preliminary results show the HAI to have moderate model fit (RMSEA = .067, SRMR = .062, CFI = .883, TLI = .87, BIC = 34223.32). Factor loadings ranged from .082 to .688. It is concluded that this measure will be a useful assessment tool for career and mental health professionals assisting individuals with a history of problematic substance use to obtain employment.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54653 - Printed Poster

Caregiver Sensitivity and Adult Relationship-Attachment as Predictors of Psychosocial Functioning in Adulthood.

Presenting Author: Dobson, Olivia
Additional Authors: Price, Lisa

Abstract: Attachment relationships impact the way that we function in the world on a daily basis. Little is known about the psychological functioning of people with inconsistently secure attachment relationships. An anonymous online survey asked 299 adults to self-report their experience of caregiver sensitivity in childhood, adult relationship attachment, and various wellbeing-related factors. It was predicted that receiving caregiver sensitivity would generally provide the foundation for healthy functioning regardless of adult attachment relationships. Data were analyzed using hierarchical multiple regressions with bootstrapping. Results revealed the importance of experiencing at least one secure attachment relationship because consistently insecure adults fared the worst of all participants. Receiving caregiver sensitivity was shown to foster seeking social support and reduce depression, anxiety, and loneliness, amongst other benefits. This research supports Embodied Theories of Attachment and suggests that receiving caregiver sensitivity promotes healthy functioning. Measuring adults' experience of caregiver sensitivity provided useful information for understanding their functioning and coping mechanisms. This research underscores the need to consider early caregiving experiences, including retrospective experiences, when attempting to understand adults' attachment and wellbeing.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54658 - Printed Poster

Carrying disaster lightly: Assessment of resilience in offending youth with psychopathic features

Presenting Author: Baglole, Sebastian
Additional Authors: Forth, Adelle

Abstract: The construct of psychopathy has strong associations with criminal outcomes through the lifespan (Farrington, 2006). It is important to uncover how juvenile offenders with psychopathic traits may show resilience. The current study shall therefore identify how resilience traits might predict desistance in offending youth with psychopathic traits. A sample of 1,354 juvenile offenders (86% male) was pulled from a seven-year longitudinal study of offending (Mulvey et al., 2004). The PCL:YV measured psychopathy at baseline. A review of common measures (Wanamaker et al., 2018) was used to identify resilience traits. Using Kaplan-Meier curves and Cox regressions, resilience had no effect in mitigating self-reported offending, regardless of whether psychopathy was high or low. However, with procedural justice outcomes, low-psychopathy and high-resilience participants showed greater and more persistent desistance. In summary, cumulative resilience has greater utility when psychopathy is low and reoffending is severe (i.e., prompts police intervention). Females had significantly higher Agency traits and overall resilience. Individual variance in how resilience affects individuals may obscure its utility. Having resilience traits is no guarantee they will be employed towards a positive outcome. It appears resilience and psychopathy play different and gendered roles in juvenile offenders.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54701 - Printed Poster

Perfect me: Adult attachment and perfectionism

Presenting Author: Lindon, Emmilie
Additional Authors: Scharfe, Elaine; El-Ariss, Ghinwa; Cahill, Hannah; Hamza, Chloe; Goldstein, Abby

Abstract: Background/rationale: In a recent study, Chen et al. (2012) suggested that perfectionism contributes to difficult interpersonal relationships. In this study, we used the attachment framework to further examine their suggestion and tested if adult attachment relationships were associated with perfectionism. Methods: Undergraduate students (n=983) completed measures of attachment to mother, father and peers (Scharfe, 2016), and perfectionism (Flett, Hewitt, Blankstein & Gray, 1998). Regression analyses were used to predict perfectionism. Results: We found that attachment with mother and father significantly predicted 12% of the variance of perfectionism. In particular, fearful attachment to mother and preoccupied attachment to both mother and father significantly contributed to the regression equation. Once the influence of parents was controlled, attachment to peers significantly contributed an additional 7% to the prediction of perfectionism. For peers, fearful, preoccupied and dismissing attachment significantly contributed to the regression equation. Conclusions: The findings suggest that attachment, in particular insecurity, are significantly associated with perfectionism. Action/Impact: Although the effect of parents was evident, it is clear that understanding the influence of peers may be important when supporting individuals who report tendencies toward perfectionism.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54704 - Printed Poster

[Presented in CPA 2020 Virtual Series]

What influences the language of suicide?

Presenting Author: Howell, Andrew J.
Additional Authors: Cowan-Nelson, Emilee

Abstract: This experiment examines influences on the use of different forms of language when communicating about deaths resulting from suicide. Specifically, it tests perceptions of the phrase committed suicide relative to the phrase died by suicide in relation to differing types of suicide deaths. One hundred fifty-two undergraduate participants read scenarios (in counterbalanced order) of a death by suicide depicted as immoral and one depicted neutrally. They then judged several pairs of statements employing the phrase committed suicide or the phrase died by suicide as to the degree to which each statement was compatible with the immoral-suicide and the control-suicide scenario. Results showed that, as predicted, statements containing the phrase committed suicide were judged to be more in keeping with the immoral-suicide scenario, whereas statements containing the phrase died by suicide were judged to be more in keeping with the control-suicide scenario. This research reveals influences on language identified as pejorative by family members, community organizations, and governmental bodies and raises implications for the reduction of stigma surrounding suicide.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54705 - Printed Poster

Help Me Help You: Students Perceptions of University Mental Health Supports

Presenting Author: Moore, Madeline
Additional Authors: Nordstokke, David

Abstract: University is a time of increased stress, which can threaten student's mental health and subsequently their academic success (Pritchard &Wilson, 2003; Felsten & Wilcox, 1992). Despite these negative effects, many students fail to access mental health services on campus (American College Health Association, 2013; Jeremy et al., 2008). Undergraduate students were recruited to participate in a questionnaire that included the Depression Anxiety Stress Scale- 21 (DASS-21, Loviband & Loviband, 1995) as well as series of qualitative questions asking for student's suggestions about how the university can better support their mental health needs. These responses were analyzed using a thematic analysis framework (Braun & Clarke, 2006). Results from this study furthered understanding of student mental health as well as how post secondary institutions can provide support to students that student perceive as beneficial for their academic success.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54726 - Printed Poster

Parental Income and Sleep Duration: A Meta-analysis

Presenting Author: Dhillon, Ashley
Additional Authors: Tomfohr-Madsen, Lianne ; Hernandez, Laura ; Allapitan , Elleine

Abstract: Background. Longer sleep duration has been associated with better health outcomes for children. Lower socioeconomic (SES) families may be sleeping far less than their higher SES counterparts; however, there are some conflicting results and the evidence in the area has yet to be synthesized. The objective of this meta-analysis is to investigate the association between parental income and sleep duration in children. Methods. Four electronic databases were searched for terms related to sleep duration and parental income. Inclusion criteria included peer-reviewed articles that reported an association between income and sleep before September 2018. Studies were excluded if the sample was medically or psychologically unwell. Results. Data across 14 studies included 6, 646 unique participants. The pooled effect size suggests that higher income was associated with lower sleep duration (Hedges' g = -0.354, 95% CI; -0.412 - -0.297, p < 0.001). Implications. Previous studies have pointed to more involvement in extracurricular activities, and a greater demand for children to compete academically, as possible reasons for children from higher SES families having shorter sleep durations. Future research should investigate the differences in the demand put on children's time as they are afforded more opportunities and whether this difference could be a potential moderator.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54752 - Printed Poster

A Social Network Anxiety Risk Factor: Self-Monitoring Sensitivity's Connection to Instagram Anxiety

Presenting Author: Hare, Alex K

Abstract: In the present work, a research project was completed which studied the relationship between self-monitoring and anxiety experienced by Instagram users. It was theorized that the nature of Instagram's functioning would lead to increased anxiety for those high in self-monitoring, because Instagram combines all of one's otherwise separate social groups into a single audience that can see all of their posts. Personal Instagram accounts (PIAs), a novel use of Instagram that some young adults have turned to in order to use the platform in a more personal and private way, were studied for the first time in relation to Instagram anxiety and self-monitoring. A survey study was completed online with 137 participants, which measured self-monitoring using a revised version of Lennox and Wolfe's (1984) Revised Self-Monitoring Scale, as modified by O'Cass (2000), as well as Instagram anxiety using a shortened version of the Social Anxiety Scale for Social Media Users (SAS-SMU; Alkis, Kadirhan, & Sat, 2017). A significant positive correlation between self-monitoring sensitivity and Instagram anxiety was found, supporting our hypothesis. Independent t-tests revealed no significant differences in self-monitoring or Instagram anxiety between those who had a PIA and those that did not. Implications for prevention of anxiety in youth and young adults on social media are discussed.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54772 - Printed Poster

Developing a cognitively-enhanced support program for parents and teachers of children with ADHD

Presenting Author: Jiang, Yuanyuan
Additional Authors: Pirraglia, Cassandra ; Labonte, Chantal ; Carlson, Elizabeth ; Rinaldi, Christina

Abstract: Parent Management Training (PMT) is an evidence-based behavioural treatment for child Attention-Deficit/Hyperactivity Disorder (ADHD) (Pfiffner & Haack, 2014). However, PMT content does not frequently include addressing potential maladaptive thoughts of those adults (such as parents and teachers) who support children with ADHD. We developed an 8-session cognitively-enhanced group treatment program for parents and teachers of children with ADHD. By adding a cognitive focus to standard behavioural intervention, we sought to enhance participants' self-efficacy and improve their child attributions. The treatment development process of this program along with session content will be presented. Sessions were implemented by trained Doctoral student therapists, with clinical supervision. A pilot sample of 14 individuals consisting of one parent group (n = 5) and two teacher groups (n = 5 and 4) participated. Fidelity of videotaped interventions was coded, and will be presented. Therapeutic process variables related to therapist-client interactions and the therapeutic alliance will also be presented. Overall, findings will contribute to empirical and clinical knowledge of psychosocial treatment development to support parents and teachers of children with ADHD, and to our understanding of therapist-client process variables for this cognitively-enhanced group intervention.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54773 - Printed Poster

Impact of early intervention on satisfaction of competency needs following mTBI

Presenting Author: Coll, Sarah-Maude
Additional Authors: Audrit, Hélène; Beauchamp, Miriam; Tinawi, Simon; Laguë-Beauvais, Maude

Abstract: Individuals who sustain a mild traumatic brain injury (mTBI) usually experience a variety of post-concussion symptoms (PCS) that have an impact on social participation. Considering that these various PCS may persist over time, a brief, multidimensional and psycho-educational intervention for adults with mTBI was developed to target PCS (SAAM Intervention). This study aims to explore the impact of the SAAM intervention on the perception of need satisfaction after mTBI using a randomized control trial design. 25 mTBI patients recruited (1-3 months) after the accident were randomized in

two groups: Experimental, who received the SAAM program (1/week X 4 weeks)) (n = 13) and the Waiting list group, who did not receive the intervention during these 4 weeks (n = 12). The Basic Psychological Needs Satisfaction Scale (BPNS) was administered before and after the intervention; it consists of 21 items assessing to what extent participants feel that their needs for autonomy, competence and relatedness are met. ANOVAs with an inter subject factor showed a significant interaction Group X Competency (p = .032). The analysis of the Group X autonomy (p = .926) and Group X relatedness (p = .594) revealed no significant interaction. The SAAM intervention appears to be effective in increasing competency after mTBI and the results reinforce the need to address competency in clinical rehabilitation.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54774 - Printed Poster

Self-Disclosing Nonsuicidal Self-Injury: Examining Longitudinal Predictors and Outcomes

Presenting Author: Simone, Ariana C
Additional Authors: Hamza, Chloe A

Abstract: Background: Given the stigma around nonsuicidal self-injury (NSSI), many who engage in NSSI do not self-disclose to others; however, disclosure may lead to opportunities for support and formal help-seeking. Previous cross-sectional research implicates several interpersonal factors in one's wiliness to disclose NSSI, but longitudinal research examining the predictors and impacts of disclosures is lacking. Method: In this study, 475 individuals (Mage = 18 years, 74% female) with a history of NSSI reported on their perceived social support, perceived burdensomeness (i.e., how much of a burden they perceive themselves on others), NSSI disclosures, and the quality of each disclosure experience at three time points over one year. Anticipated results: The longitudinal relationships between social support, burdensomeness, and NSSI disclosure will be examined using path analysis in Mplus. Further, regression analyses will explore the relations between the quality of disclosure experiences and subsequent social support, burdensomeness, and future willingness to disclose NSSI. Conclusions/Impact: Results of the present study will elucidate the interpersonal barriers and outcomes of NSSI disclosures and can inform best practice guidelines for effective responding to NSSI disclosures among parents, peers, and practitioners.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54777 - Printed Poster

Psychotropic medication use among former residents who experienced deinstitutionalization

Presenting Author: Hansford, Rebecca L
Additional Authors: Condillac, Rosemary

Abstract: Many jurisdictions within Canada and globally continue to provide institutional care to individuals with intellectual disabilities (ID). Understanding psychotropic medication patterns through the process of deinstitutionalization in Ontario can provide valuable information to these jurisdictions and could inform current psychotropic medication guidelines. Participants were former residents with ID. Proxy measures were collected on adaptive functioning, aggression, mental health, health, and psychotropic medication. Data was gathered across three points in time (F1= last facility, C1= community 1, C2= community 2). Psychotropic medication changes and predictors were examined longitudinally using a multilevel model. Psychotropic medications decreased as individuals relocated. Worse health, pain, improved cognitive performance and psychiatric diagnoses positively predicted psychotropic medication use. However, individuals with worse health received fewer psychotropic medications as they relocated to the community. Future prescribing policies may include providing training for mental health professionals to consider underlying biomedical issues that may influence challenging behaviour. The decrease in psychotropic medications may also suggest improved prescribing practices in community settings. As such, this study contributes to research that supports deinstitutionalization.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54778 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Childhood Maltreatment: Does Non-Suicidal Self-Injury Expression Differ?

Presenting Author: Truffyn, Emma E.S
Additional Authors: Rodger, Susan

Abstract: Non-Suicidal Self-Injury (NSSI) involves deliberate damage to the body without suicidal intent. St. Germain and Hooley (2012) classify two forms of NSSI: direct and indirect. Direct NSSI is expressed through behaviours with immediate results (e.g. cutting). Indirect NSSI is expressed through means that are damaging to the body without immediate injury (e.g. promiscuity). Research supports that NSSI behaviours occur in youth with histories of childhood maltreatment (CM; Trocmé et al., 2010); however, no study has examined if experiences of CM influence NSSI expression. Utilizing the InterRAI Child and Youth Mental Health tool, preliminary results found that 4,955 participants [55% female; M (SD) age = 14.93 (1.78) years,12–18 years] experienced CM (e.g. exposure to domestic violence (52%), neglect (27%), emotional (60%), physical (41%), and sexual abuse (26%)), with 63% indicating polyvictimization. 36% reported engaging in direct, 52% in indirect, and 22% in both direct and indirect NSSI behaviours. While chi-square results determined a significant relationship between experiences of CM and direct, and indirect NSSI, there is a stronger effect size associated with engagement in both forms of expression. Additionally, polyvictimization was found to be most strongly related to indirect NSSI behaviours. Findings will be discussed in terms of implications for prevention strategies.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54781 - Printed Poster

Parent and child psychological difficulties as uniquely associated with parenting behaviour

Presenting Author: Jiang, Yuanyuan
Additional Authors: Chazan, Devon; Iqbal, Nida; Varma, Pragya; Brooks, Alyanna; Fanous, Marina; Del Colle, Raeann; Xu, Lesley

Abstract: Research supports a link between parent psychopathology and parenting behaviour. However, parent psychopathology is also associated with child psychopathology (e.g., Smith, 2004). More research is needed to understand the unique contributions of parent and child psychological difficulties to parenting behaviour. Forty-nine parents of children with and without ADHD completed online questionnaires. The Alabama Parenting Questionnaire (Frick, 1991) assessed positive parenting and inconsistent discipline, the Adult Self-Report (Achenbach & Rescorla, 2003) measured parental anxious/depressed symptoms, aggression, and attention problems, and the Child Behavior Checklist (Achenbach, 2001) measured child ADHD, anxious/depressed, and aggressive symptoms. Linear regressions examined corresponding parent and child difficulties as predictors of parenting behaviour. Both child and parent ADHD symptoms were related to APQ inconsistent discipline, $\beta = .44$, $p < .01$ (parent), $\beta = .28$, $p < .05$ (child), only parent aggression was related to APQ inconsistent discipline, $\beta = .45$, $p < .01$, and only parent anxious/depressed symptoms were related to APQ inconsistent discipline, $\beta = .41$, $p < .01$. Neither child nor parent symptoms were related to APQ positive parenting. Within this sample, parental symptoms and child ADHD symptoms uniquely relate to parenting.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54785 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parenting Influences on Bullying in Adolescence

Presenting Author: Rinaldi , Christina M.
Additional Authors: Muth , Tracy ; Di Stasio , Maria

Abstract: Bullying by peers is a serious problem facing adolescents. A key social support for adolescents is their parents. In this study of 225 adolescents and one of their parents, the unique contributions of specific dimensions comprising authoritative parenting were examined. The association among parent support, behavior control, psychological control, and adolescents' involvement in bullying situations was investigated. Self-report data were collected from 125 grade 7 students and 100 grade 8 students (60 % female; mean age = 12.74 years). Model testing indicated a positive relationship between parent support, beliefs against aggression, high levels of communication, and low levels of bullying and victimization, both in self-reports, and in effectiveness of problem-solving in hypothetical bullying situations. Results indicate that warm, supportive parenting influences the way adolescents consult with their parents about how to manage conflict, deal with bullying issues, and identify solutions to interpersonal problems. The implications of these findings may influence the comprehensiveness of prevention and intervention models that focus on the aspects of parental training.

Section: Family Psychology / Psychologie de la famille
Session ID: 54798 - Printed Poster

Preschool anxiety problems: The role of fathers' parenting style and child temperament.

Presenting Author: Walker, Meghan A
Additional Authors: Rinaldi, Christina M

Abstract: Background: Complex and dynamic interactions between individual and environmental variables are hypothesized to influence the development of child anxiety problems. Researchers have studied interaction effects with temperament and parenting behaviours on child anxiety. However, the majority of the existing research focuses on mothers. The aim of the current study is to examine whether fathers' parenting styles and child temperament interact to affect child anxiety in early childhood. Methodology: 257 fathers with preschool-aged children completed questionnaires. Fathers completed the Child Behaviour Questionnaire Very Short Form, and the Parenting Styles and Dimensions Questionnaire at T1. Fathers completed The Behaviour Assessment System for Children at T2.Results: Fathers' parenting style at T1 did not significantly predict children's anxiety at T2. Children's temperament at T1 significantly predicted children's anxiety at T2. Significant interactions were found between child negative affect and paternal permissive parenting.Conclusion: For children with high negative affectivity, a permissive parenting style may lead to high child anxiety problems.Impact: This study demonstrates the importance of including fathers in research investigating child anxiety problems. Fathers may offer distinct ways of supporting their children's social and emotional development.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54806 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Role of Self-Compassion in Health Promoting Behaviours Among New Mothers

Presenting Author: Simpson, Kaeley

Abstract: Exercise, healthy eating, and sleep are essential for good health, yet mothers engage in less of these health-promoting behaviours. This may be due to the guilt mothers feel when taking time away from their motherhood role. Self-compassion may be a way decrease this guilt, however little is known about how mothers feel about being self-compassionate. Using semi-partial correlations, this study will examine the relationship between self-compassion and bipolar adjectives to see how mothers view prioritizing their own needs to engage in healthy behaviours. Through an online survey, participants will read a scenario that emphasizes the importance of prioritizing personal needs and incorporating health behaviours into their lives. Participants will rate how they would perceive themselves if they thought, felt, and behaved in the way the scenario describes. This research will add to the literature on self-compassion and allow insight into why some mothers feel more positively about incorporating health behaviours into their lives than other mothers. Data will be collected in January 2020. It is predicted that mothers higher in trait self-compassion will feel more open and positive about prioritizing their own needs to engage in health-promoting behaviours.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54812 - Printed Poster

Sacred Moments in Music: Prevalence, Context, and Correlates with Wellbeing

Presenting Author: Wong, Serena
Additional Authors: Pargament, Kenneth I

Abstract: Khalil Gibran said, "Music is the language of the spirit." The spiritual dimension of musical experiences may have a unique role in psychological wellbeing. Sacred moments are brief periods of time involving experiences of transcendence, boundlessness, ultimacy, deep interconnectedness, and spiritual emotions (Pargament et al., 2014). Using a cross-sectional, online sample of music listeners (N = 301), this study explores the prevalence, context, and correlates of sacred moments in music. Over two-thirds of respondents reported having such moments, which occurred across music genres. Participants often endorsed having non-theistic, theistic, or both elements within a single, important musical moment that they selected. The intensity of the sacred moment predicted multiple indicators of wellbeing above demographic control variables. Significant outcomes in regression analyses included meaning in life, personal growth, oneness, and positive consequences attributed to the moment. Sensing God's presence in the moment also predicted greater life satisfaction and faith. Furthermore, contextual factors predicting more sacred moments included a prior state of tension. Trait mindfulness and openness also lent themselves to more sacred moments. Overall, findings suggest that sacred moments in music can be cultivated as a spiritual resource to foster wellness.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54822 - Printed Poster

Relational Savouring: Links with Relationship Quality and Attachment

Presenting Author: Kerzner, Rachel
Additional Authors: Vannier, Sarah

Abstract: The quality of one's romantic relationship is linked with overall health, happiness, and life satisfaction (Knox & Schacht, 2010). Relational savouring is an emotion regulation process that involves anticipating, being in the moment, and reminiscing about a positive experience with a romantic partner. Among people in long-distance relationships, relational savouring predicts higher relationship quality (Borelli et al., 2014), yet, its effect on people living with a partner is unknown. Attachment style (i.e., the way we tend to behave in close relationships) may impact the ability to savour close relationships (Burkhart et al., 2012), yet few studies have assessed attachment and relational savouring concurrently. In the current study, 300 participants (living with a partner) will complete online measures of relational savouring, attachment style, and relationship quality. We predict that participants higher in relational savouring will report higher relationship quality. We also predict that this link will be weaker for participants higher in insecure (i.e., anxious or avoidant) attachment. Data collection is ongoing and will end in January 2020. This study will inform future interventions designed to improve relationship quality among people who are living with a romantic partner.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54861 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The effects of self-compassion and self-improvement thinking on post-event rumination

Presenting Author: Urvari, Benoit
Additional Authors: Kocovski, Nancy

Abstract: Individuals with elevated social anxiety report low levels of self-compassion, and inducing self-compassion has been found to have positive benefits, including recent evidence of lowering levels of rumination. Self-compassion has also been

found to enhance self-improvement motivation. The present study examines the extent to which self-compassion and self-improvement thinking influence post-event rumination (n=108 thus far; expected N=120). A speech task was used to elicit anxiety, after which participants were randomly assigned to one of three conditions: self-compassionate self-improvement, self-improvement, or control. Participants in the self-compassionate self-improvement condition underwent a self-compassion induction prior to critiquing their performance and identifying points for improvement. Those in the self-improvement condition critiqued their performance without self-compassion instruction. One day later, online, participants reported levels of post-event processing related to their speech. It is hypothesized that participants in the self-compassionate self-improvement condition will have lower levels of post-event rumination and higher levels of self-improvement motivation than both other conditions. This research aims to contribute to the growing evidence that diminished self-compassion may be an important treatment target for those with elevated social anxiety.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54864 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parents' Attitudes Towards Preschool Children's Use of Mobile Technology

Presenting Author: Tran, Amy W.Y.
Additional Authors: Menna, Rosanne

Abstract: Researchers are beginning to identify links between young children's use of mobile technology (smartphones and tablets) and self-regulation difficulties (McDaniel & Radesky, 2018). Parents have identified a preference for early introduction to mobile technology to avoid missed educational opportunities, while parents have also expressed concern over potential negative effects on child development and displacing quality family time (Radesky, 2016). Given that parents' attitudes towards mobile technology largely determine how much screen time their children use, acquiring a better understanding of parent attitudes can inform decision making about mobile technology use. Fifteen parents of children age 2-to-5-years-old were interviewed about their attitudes towards children's mobile technology use. Responses were coded using thematic analysis. Themes identified include: concerns about mobile technology's negative impact; a sense of control over children's media activity; and tension between permitting or limiting use. Themes from this study suggest that lack of knowledge can manifest into negative feelings, misconceptions, and tensions that create ambivalent attitudes about mobile technology use. Awareness about these attitudes can help pediatric health providers validate parents' concerns, and broach the topic of screen management in an informed way.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54874 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perfectionism and Burnout in Female Undergraduates

Presenting Author: Mitchell, John
Additional Authors: Ulrich, Laura

Abstract: This study investigated the relationship between perfectionism, resilience, and risk of burnout among female undergraduate university students. Self-report questionnaires assessed perfectionism, academic resilience, risk of academic burnout, and perceived stress. A combination of subscales from the Hewitt-Flett Multidimensional Perfectionism Scale and the Frost Multidimensional Perfectionism Scale produce two higher-order dimensions of perfectionism, perfectionistic strivings and perfectionistic concerns. Perfectionistic strivings have been considered adaptive and are associated with positive outcomes, while perfectionistic concerns have been considered maladaptive and are associated with negative outcomes. This approach generated four groups: Non-perfectionists (low strivings, low concerns), Strivings (high striving, low concerns), Concerns (low strivings, high concerns), and Mixed (high strivings, high concerns). The Strivings group had a significantly lower risk of academic burnout compared to the Non-perfectionism, Concerns and Mixed groups, and a lower stress score than the two other perfectionism groups. High academic resilience significantly lowered the risk of academic burnout. This study provides strong evidence for that perfectionistic striving, considered a healthy form of perfectionism, is associated with decreased risk of burnout.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54886 - Printed Poster

Oral Contraceptive Use is Associated with Better Performance on a Complex Attention Task

Presenting Author: Person, Brandi
Additional Authors: Oinonen, Kirsten

Abstract: Hormones influence animal and human cognition and research suggests that oral contraceptives (OCs) may also affect cognition. However, very few studies have examined if OC use affects performance on attention tasks. The present study examined group differences in performance on the abbreviated version of the CalCAP Reaction Time Program in 135 participants (58 OC users, 40 nonusers, 37 men). Group differences were found on the Serial Pattern Matching task which assesses complex focused attention, including aspects of working memory, reaction time, information processing speed, and accuracy. Reaction time differed between groups, with nonusers being slower than men (OC users were more similar to men). There was also a group difference in false positive rates, with OC users making fewer errors than nonusers. While heterogeneity of variance was an issue, there were similar group differences with true positive rates (OC users higher than nonusers) and d' scores (a trend for greater accuracy in OC users than nonusers). The findings suggest faster and more accurate performance in OC users than nonusers on a complex attention task. Overall, these results add to the limited research on the effects of hormonal contraceptives on cognition. The findings require replication as they have implications for women's health, treatment of attention difficulties, and withdrawal from OCs.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 54888 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Mental health, views toward the self, and self-injury among post-secondary students

Presenting Author: Boyne, Holly
Additional Authors: Hamza, Chloe

Abstract: Background: Many post-secondary students report experiencing mental health challenges during the transition to university, including heightened stress, anxiety, and depressive symptoms. Some students who experience mental health challenges also report engagement in nonsuicidal self-injury (NSSI; e.g. self-cutting without lethal intent). One reason NSSI may be associated with other mental health challenges is because students who experience declines in mental health may have increasingly negative views toward the self, leading to NSSI engagement. However, longitudinal research has yet to examine the mechanisms through which mental health, views toward the self, and NSSI are associated. The present study seeks to address this gap in the literature using a large-scale longitudinal research design. Method: As part of a larger study, 1126 university students (Mage = 17.96 years, 72% female) completed an online survey at three points over their first year of university. Anticipated Results: Data collection was finished this fall, and we are currently in the process of analyzing the associations among depression, anxiety, self-views and NSSI over time using autoregressive cross-lagged modeling. Conclusions: Findings will provide new insight into why mental health concerns may co-occur among students, and will serve to inform efforts to prevent NSSI on post-secondary campuses.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54897 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perceived Spirituality and Empathy in Emerging Adolescents

Presenting Author: Khalili, Nadia
Additional Authors: Talwar, Victoria

Abstract: The approach to adolescence (e.g. 8 to 12 years) is a transitional time and a gradual process in all areas of development including neurobiological and hormonal, emotional, social, moral and spiritual (Coleman, 2011; Misaildi, 2018; Patton et al., 2016). Although little is known about the complex interactions among social and cognitive factors related to this time of transition, spirituality may play a significant role to cope with these changes. Accordingly, this study examined perceptions of spirit, mind, emotion in emerging adolescents (N=120, 11–12 years, M=11.79, SD=4.24 month) as part of a larger five-year longitudinal quantitative study report from two Canadian provinces. Results from hierarchical multiple regression revealed that high levels of perceived spirituality were a predictor of high levels of empathy in emerging adolescents. Interestingly adolescent's perceptions of spirituality in their life were a negative predictor of empathy while the spiritual well- being was positive predictors of it in emerging adolescence. Finally, several standard multiple regressions revealed the relation between subscales of all variables and existential wellbeing identified as the main predictor of perceptions of empathy in emerging adolescents. Implications for mental health programs that promote the importance of spirituality and empathy in emerging adolescents will be discussed

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54918 - Printed Poster

A Mind-Body Approach to Chronic Pain Management for Military, RCMP, and Veterans

Presenting Author: Buhler, Jeremiah
Additional Authors: Holens, Pamela; Librecht, Adair; Paluszek, Michelle; Desorcy-Nantel, Catherine; Southall, Martine

Abstract: Chronic pain is a significant concern among military, RCMP, and veterans of these forces. A wide variety of methods for treating chronic pain have been used with this population, ranging from the purely physical to the purely psychological. The goal of this study was to determine the effectiveness of a 10-week mind-body chronic pain intervention for relieving pain and pain-related disability. Participants were nineteen adult individuals with chronic pain who were patients at the Operational Stress Injury Clinic at Deer Lodge Centre, a clinic that specializes in treating the mental health needs of military, RCMP, and veterans. In this quasi-experimental study, participants completed a variety of pain-related questionnaires at pre- and post-treatment. Treatment was offered in groups of 6-8 individuals and utilized materials from the workbook "Unlearn Your Pain" (Schubiner & Betzold, 2019). Analyses revealed that participants' pain ratings were significantly decreased following the 10-week treatment. Pain-related disability was also improved, and kinesiophobia trended in the anticipated direction. This mind-body approach to chronic pain treatment shows significant potential for decreasing the experience of chronic pain among military, RCMP, and veterans. Future research using a randomized controlled trial format appears warranted.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54920 - Printed Poster

Discrepancy in Perceptions of Parent and Child Recipients of Brief Mental Health Services

Presenting Author: Power, Keith
Additional Authors: Ellenbogen, Stephen; Kirkland-Smith, June

Abstract: Background: There is a lack of research examining discrepancies in the perceptions of family members receiving brief client-centered, solution-based (CCSB) services for mental health issues. In this poster, we compare parent and child reports of child mental health and therapeutic expectations before and after receiving services. Methods: Using mixed-methods design, closed and open-ended surveys were administered to 55 families pre- and post-treatment. Results:

Quantitative results show children and their parents rate issues as being significantly less severe post-treatment. A significant pre-treatment discrepancy between groups on issue severity was no longer significant post-treatment. The qualitative findings show a high level of congruence between parent and child descriptions of the presenting issues, however, they sometimes express different therapeutic expectations and needs.Conclusions: Brief CCSB services can help reduce both child and parental levels of concern and the discrepancy that exists between them. Although parents and children often shared a similar overall conception of issues, they may differ in initial perceptions of severity and what should be done. Impact: Therapists can benefit from using both qualitative and quantitative-based assessments as they provide a comprehensive overview of perspectives and informant discrepancies.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 54956 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Life Satisfaction: The Role of Trust, Responsibility, Contentment, and Optimism

Presenting Author: Both, Lilly E.

Abstract: The purpose of this study was to examine predictors of life satisfaction in adulthood. In past research, personality factors or domains have been examined as predictors of life satisfaction. The present study used the personality facet (or domain subscale) scores for a more detailed analysis. Coping mechanisms and optimism have also been linked to life satisfaction, and were also examined in the current study. In total, 178 adults (Mage = 23.00 years; SD = 6.27) completed an online survey measuring personality facets, coping styles, optimism and satisfaction with life.   A hierarchical multiple regression analysis found 44% of the variance in life satisfaction was accounted for by these variables. Age and gender did not predict life satisfaction, but the facets of trust, responsibility and contentment (i.e., low depression) did. Furthermore, optimism made a unique contribution to life satisfaction above and beyond the personality facet scores. Coping style, however, did not contribute significantly to the model. Trust, Responsibility, and Contentment are facets of Agreeableness, Conscientiousness, and (low) Negative Emotionality, respectively, and they contributed the largest proportion of variance to the model. Thus, personality traits and an optimistic outlook play a significant role in perceptions of life satisfaction.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54966 - Printed Poster

SAAM intervention: a novel intervention effective to reduce emotional post-concussion symptoms

Presenting Author: Audrit, Audrit
Additional Authors: Tinawi, Simon; Laguë-Beauvais, Maude; Beauchamp, Miriam H.; de Guise, Elaine

Abstract: Background: Mild traumatic brain injury is associated with persistent post-concussion symptoms (PCS) in 15% of cases. Although early intervention is recommended, no validated post-acute intervention exists. Therefore, a four individual sessions intervention was developed, each session targetting a PCS: Sleep/fatigue, Attention, Anxiety/mood, Memory/organization (SAAM). Based on a biopsychosocial approach, it provides PCS management tools, offers reassurance and promotes return to activities. The aim of the study was to demonstrate the effectiveness of SAAM in reducing PCS, using a randomized clinical trial. Methods: 25 adults complaining of PCS were recruited (55.8 ± 19.20 days post-injury) and randomized in two groups: Experimental, who received SAAM (1/week X 4 weeks) and Waiting list who did not receive it. The analyses focus on the Rivermead post-concussion questionnaire (RPQ), measuring the perceived intensity of 16 PCS, pre and post intervention. Results: A repeated-measures ANOVA showed a GroupXTime interaction at the threshold of significance for the RPQ total score (p =.052). Analyses of the RQP sub-scores does not reveal any significant interaction for somatic and cognitive PCS. Interaction is significant for emotional PCS (p = 0.025). Conclusions: The SAAM intervention reduces PCS, especially those that are emotional, which encourages the continuation of this study.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54969 - Printed Poster

The role of experience and empathy in judgemnt of pain in children.

Presenting Author: Baker, Matthew
Additional Authors: Perron, Mélanie

Abstract: Experience dealing with others in pain has been implicated in influencing judgement of another's pain experience. The purpose of this study was to examine if there is any differences in judgement accuracy of between athletic trainers, who possess experience interacting with others in pain, and a lay population when identifying genuine, suppressed, or feigned videos of facial expressions of pain in children. The secondary purpose of this study was to determine if there was a difference between athletic trainers and a lay population in pain severity ratings of the children viewed. Additionally, relationships between judgement accuracy, pain severity ratings, and empathy levels were examined as previous research has indicated empathy may influence judgement of others' pain experience. Analysis revealed there were no differences between groups in overall judgement accuracy, but both groups were more accurate than chance. Furthermore, there was no significant differences between groups in overall pain severity ratings. However, there was a correlation between elevated empathy scores and judgement accuracy in trainers, suggesting the combination of experience and empathy may enhance pain judgement accuracy. Future research should focus on judgement of children in clinical pain and further examine the role of empathy in health care providers as it relates to pain detection.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54977 - Printed Poster

Trauma Can Break Your Heart: The Health Consequences of Adverse Childhood Events in Cardiac Patients

Presenting Author: Greenman, Paul S.
Additional Authors: Joanisse, Mélanie; Di Monte, Cinzia; Renzi, Alessia; Solano, Luigi

Abstract: The experience of traumatic events during childhood (e.g., physical abuse, sexual abuse, loss of a loved one) is known to have lasting effects on a person's physical health, mental health, and health-related behaviour (Kalmakis & Chandler, 2015). It is less clear how these adverse events might affect people with heart disease specifically and which aspects of cardiac illness (e.g., cholesterol, trigllycerides, frequency of exercise) might be particularly prone to the impact of trauma. The goal of this study was therefore to address the link between childhood trauma and heart disease in adulthood. Seventy-one adults who had suffered a myocardial infarction (MI) and who were receiving treatment at the Montfort Hospital in Ottawa (Canada) or the San Giovanni Hospital in Rome (Italy) completed the Childhood Trauma Questionnaire (CTQ) and granted permission to examine their medical files. Regression analyses revealed that childhood trauma predicted a number of health outcomes in patients with heart disease, both at baseline and at 3-, 6-, and 12-month follow-up. These include lower levels of high-density lipoproteins (HDL), higher levels of low-density lipoproteins (LDL) and triglyceriades, tobacco use, hypertension, and body-mass index (BMI). These results are discussed within the context of the movement toward trauma-informed care in medical settings.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54981 - Printed Poster

Trauma focused therapy and attachment: effects on symptoms in preschool abused children

Presenting Author: Caouette, Justine
Additional Authors: Hébert, Martine ; Amédée, Laetitia Mélissande

Abstract: Child sexual abuse (CSA) is associated with a multitude of consequences including behavior problems, insecure attachment patterns, symptoms of dissociation and post-traumatic stress. Trauma focused cognitive-behavioral therapy (TF-CBT) has shown to be efficient in the treatment of child victims of sexual abuse, yet some children may still display symptoms following treatment. Given attachment is a key factor in the recovery of maltreated children, an approach combining

attachment-based intervention may optimize the therapeutic results. The aim of this study was to examine the added effect of an approach combining attachment-based intervention to TF-CBT. The sample included 54 participants aged 3 to 6 years old participating in either the standard TF-CBT or a combination of TF-CBT and an attachment-based component. Behavioral problems, dissociation symptoms and parental psychological distress were measured. Repeated measures ANOVAS showed participants improvement on internalized behavior problems, dissociation symptoms and maternal distress, in both intervention group. ANCOVAs results revealed that participants in the TF-CBT group had lower levels of externalized behavior than children from the combined approach group at post-test. The present results confirmed the efficacy of both clinical interventions in decreasing post-trauma symptoms.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55012 - Printed Poster

Trajectories of childhood sexual abuse and depressive symptoms among youth in child welfare services

Presenting Author: Edwards, Damyan
Additional Authors: Collin-Vezina, Delphine

Abstract: Research has consistently documented that childhood sexual abuse (CSA) significantly contributes to depression in various populations. However, this link has not been studied longitudinally with respect to youth who are involved in Child Welfare (CW) services. Studying this population is necessary because youth involved in CW are less likely to recover from depressive symptoms and are at greater risk of developing affective disorders. Archival data from the Maltreatment and Adolescent Pathways (MAP) longitudinal study will be used to examine the relation between CSA and depressive symptoms among CW youth. The study included 561 youth (M = 15.8 years) where 80 youth (15.8%) endorsed clinical depressive symptoms and 1 in 4 youth (25.2%) reported CSA. Regression and cluster analyses will be conducted to identify different profiles of abused youth based on depressive symptoms, CSA characteristics (e.g., severity), and co-occurring abuse and neglect experiences. Furthermore, longitudinal modeling will be conducted to determine whether changes in depressive symptoms among sexually abused youth vary by CSA characteristics and co-occurring abuse and neglect. Dissemination of the findings may help CW practitioners and caregivers better identify groups of depressed youth given their abuse histories and characteristics, lending to more individualized approaches to interventions.

Section: Traumatic Stress / Stress traumatique
Session ID: 55014 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Perils of Power Motivation: Need Frustration and Depression

Presenting Author: Wossner , Philipp L
Additional Authors: Holding, Anne C

Abstract: The present study examined the impact of implicit motives, namely power, achievement, and affiliation/intimacy, on depressive symptoms and psychological need frustration, according to self-determination theory: autonomy, competence and relatedness. At the beginning of the academic year, 238 university students completed the short Multi Motive Grid to assess their implicit motives. Additionally, students completed measures of depressive symptoms, and need frustration at 5 time-points over the academic year. Power motivation was significantly associated with competence need frustration, but not associated with the frustration of one's need for autonomy or relatedness. Furthermore, subjects high in power motivation have a greater risk of suffering from depression at the end of the school year as compared to subjects whose dominant motive is either achievement or affiliation. The relation between power motivation and depression was mediated by competence need frustration. More generally, students high in power motivation appear to experience significant competence need frustration as the school year progresses, culminating in the development of depressive symptoms in these students. Future studies have to identify successful interventions, which can prevent these students from developing depression and thus improve their quality of life and well-being.

The role of rejection sensitivity in an interpersonal psychotherapy model of 'feeling fat'

Presenting Author: Trolio, Vittoria
Additional Authors: Mehak, Adrienne; Racine, Sarah E.

Abstract: The interpersonal psychotherapy model of eating disorders (IPT-ED) argues that interpersonal rejection sensitivity causes negative self-evaluation, resulting in negative affect that triggers ED symptoms. 'Feeling fat' (FF), the somatic experience of weight not entirely explained by body mass, may result from displacing negative affect onto one's body, and relates to eating pathology in clinical and non-clinical samples. Both IPT-ED and FF relate to negative affect, yet no study has explored the role of interpersonal sensitivity-related negative affect on FF. The current study examined whether interpersonal sensitivities positively relate to FF, and whether negative affect explains this relationship. We tested the indirect effects of general and appearance-based rejection sensitivity on FF via negative affect with data from questionnaires completed by 180 undergraduate women. General rejection sensitivity indirectly related to FF via negative affect, and a direct effect of appearance-based rejection sensitivity on FF was observed. Thus, individuals displace negative feelings due to general rejection sensitivity onto their body, leading these individuals to feel fat. Conversely, appearance-based rejection sensitivity may lead to feeling fat via undetermined mechanisms. Future research should examine mediators of the relation between appearance-based rejection sensitivity and FF.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55026 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Child sexual abuse and suicidal behaviour among youth: A systematic review of longitudinal research

Presenting Author: Danbrook, Matthew
Additional Authors: Edwards, Damyan

Abstract: Child Sexual Abuse (CSA) is a risk factor for adult suicidal behaviour. Yet, determining if CSA is related to adolescent suicidal behaviour is vital, considering that suicide is one of the leading causes of death among youth. Several longitudinal studies on this topic with adolescent CSA survivors have emerged within the last decade. Thus, a review summarizing the growing amount of longitudinal data is necessary. This study explores the relationship between CSA and suicidal behaviour among youth by systematically reviewing longitudinal studies. Common mediating and moderating factors are also summarized. Method. PRISMA guidelines were followed. Multiple databases and reference lists from previous reviews were searched for longitudinal studies that met the inclusion criteria. Result/Conclusion. Out of 253 studies, 13 studies met the inclusion criteria. CSA, and/or other forms of abuse, increases the risk for suicidal behaviour later in adolescence. This relationship is found across different populations (e.g., clinical samples, child welfare). Depression is also found to be a common mediator between CSA and suicidal behaviour later in adolescence. Impact. These findings underscore the importance for clinicians to assess current and past suicidal behaviour among youth with a history of CSA. Understanding the mechanisms that influence the relationship could impact treatment plans.

Section: Traumatic Stress / Stress traumatique
Session ID: 55031 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Neural correlates of mindfulness and working memory and adolescent internalizing symptoms

Presenting Author: Stein, Jade
Additional Authors: Bray, Signe; Kopala-Sibley, Daniel C

Abstract: Dispositional mindfulness has been linked to internalizing psychopathology, yet the neural and cognitive bases of this remain poorly understood. Mindfulness may support healthy development of the prefrontal cortex (PFC), which may aid in adolescent cognitive control of emotion and decrease the likelihood of developing anxiety or depression. Participants were 79 youth aged 12-17 who had at least one parent with a lifetime history of mood or anxiety disorders, but who have no history of these disorders themselves. We expect to have collected data from 120 youth by presentation date. During functional Magnetic Resonance Imaging (fMRI) scans, participants completed the N-Back (2-back versus 0-back) working memory task. They also completed measures of dispositional mindfulness and internalizing symptoms. Initial results show that elevated dispositional mindfulness and better working memory additively predict fewer internalizing symptoms. Subsequent analyses will examine adolescent dorsolateral PFC and ventrolateral PFC activation during 2-back versus 0-back conditions to determine whether this neural activity mediates the associations of dispositional mindfulness with anxiety and depression. Results stand to elucidate the neural bases of mindfulness and how mindfulness protects against internalizing psychopathology.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 55047 - Printed Poster

Modification of Group Based Therapy for Body Image in a Pediatric Eating Disorders Program

Presenting Author: Peeters, Corien ; Laliberte, Michele
Additional Authors: Chang, Felicia M

Abstract: Within CHEO's Eating Disorders Program, increased patient flow has been directed toward outpatient care (e.g., family-based treatment; FBT) and fewer youth are attending the Day Treatment Program. Due to increased demands for focused treatment of body image disturbance not specifically targeted in outpatient FBT, we sought to modify and evaluate Laliberte's manualized group-based, cognitive behaviour therapy (CBT) for body image used in the adult population. In this pilot, youth were referred by their FBT therapists to participate in a ten session, manualized, group-based, CBT for body image called Better Body Image. Satisfaction, usefulness of content and perceived improvements were assessed using self-report measures. Standardized questionnaires assessing eating disorder symptoms, body dissatisfaction, and checking and avoiding behaviours were also administered. Feasibility ratings suggest the group was well received and youth rated the following treatment components as useful: neutral language, counter thoughts, exposure challenges and self-care behaviours. All reported that they would recommend the group to others. Overall, findings suggest feasibility of a manualized, group based CBT for body image among youth seeking outpatient treatment for eating disorders. Group content and implementation of the group in a pediatric hospital will be discussed.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 55068 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Exploring the Impact of Age at Onset of Sexual Victimization on Negative Health Outcomes

Presenting Author: MacNeill, Taylor
Additional Authors: Patry, Marc

Abstract: Among Canadians, lifetime rates of sexual assault range from 3.3%-32.8% depending on assault and victim characteristics (Van Ameringen, Mancini, Patterson, & Boyle, 2008). Prior research has established robust associations between sexual assault and negative outcomes, such as PTSD and substance use (Chen et al., 2010; Ullman, Relyea, Peter-Hagene, & Vasquez, 2013), however, the impact of age at onset of sexual victimization on these associations, and whether sex differences are present, remain unclear (Dunn, Nishimi, Powers, & Bradley, 2017; Tonmyr & Shields, 2017). The present study intends to address this gap in the literature by exploring the impact of sex differences and the age at onset of sexual victimization on the associations between sexual assault, PTSD symptoms and substance use. An a priori power analysis suggested that 130 participants will be needed to detect a medium-sized effect with 80% power and an alpha of 0.05. Undergraduate students from Saint Mary's University were given a test battery that included measures of demographics, CSA histories, trauma histories, sexual assault histories, and alcohol/drug use behaviours. Data analyses will be completed by April 2020. Findings from this study may identify victim characteristics that are associated with more PTSD symptoms or substance use behaviours among undergraduate students who have been sexually victimized.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 55088 - Printed Poster

Association Entre le Sommeil et le Comportement à la Suite d'un TCC Léger Durant la Petite Enfance

Presenting Author: Huynh, Lara-Kim
Additional Authors: Landry-Roy, Catherine ; Beauchamp , Miriam H.

Abstract: Les traumatismes crânio-cérébraux légers (TCCl) sont prévalant chez l'enfant et peuvent perturber le comportement et le sommeil (Gagner et al., 2019; Tham et al., 2012). De plus, des perturbations de sommeil peuvent être liées à des problèmes de comportement (Williamson et al., 2019). L'objectif de cette étude est d'explorer ces liens après un TCCl précoce (c.a.d. entre 18 et 60 mois). 47 enfants avec un TCCl (M âge=43,2 mois; E.T.=1,2; 28 garçons) ont été comparés à 37 enfants avec une blessure orthopédique (M âge=40,2 mois; E.T.=1,3; 16 garçons) et 45 enfants au développement typique (M âge=43,6 mois; E.T.=1,3; 27 garçons). Les comportements intériorisés et extériorisés ont été documentés par la mère 6 mois après la blessure (Child Behavior Checklist) et le sommeil (nombre d'heures moyen de sommeil par jour pendant 5 jours) a été documenté à l'aide d'un agenda. La durée du sommeil est associée aux comportements intériorisés (r=-0,35, p = 0,02) et extériorisés (r=-0,31, p=0,03), et ce, uniquement après un TCCl. Ce résultat suggère qu'un TCCl durant la petite enfance peut être lié à une augmentation des problèmes de comportement et des perturbations de sommeil, faisant ressortir le lien entre ces effets. Ceci met en évidence l'importance de documenter le sommeil et le comportement après un TCCl afin de mieux orienter les enfants vers des ressources pertinentes.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55103 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Are Anxiety Sensitivity and PTSD Symptom Severity Reciprocally Related in Treatment Context?

Presenting Author: Khoury, Juliana
Additional Authors: Watt, Margo C.; Stewart, Sherry H.; Nogueira-Arjona, Raquel

Abstract: Anxiety sensitivity (AS) is a dispositional factor characterized by fear of arousal-related somatic sensations (Reiss & McNally, 1985). Marshall, Miles, and Stewart (2010) identified a reciprocal relation between AS and PTSD in 677 survivors of traumatic physical injury, whereby AS predicted subsequent PTSD symptom severity and symptom severity predicted later AS. The present study sought to extend these findings by examining the reciprocal relation between AS and PTSD severity in a clinical sample seeking treatment for anxiety (N=128; 75% female; 86% Caucasian; Mage = 33.4, SD=13.78). Measures included: Anxiety Sensitivity Index-3 (Taylor et al., 2007), Life Events Checklist for DSM5 (Weathers et al., 2013), and PTSD Checklist for DSM5 (Weathers et al., 2013) administered at pre- and post-treatment, and 6-month follow-up. Preliminary analysis of pre-treatment data indicates that 96% of participants report exposure to ≥1 traumas including: natural disaster (45.7%), transportation accident (40.9%), physical assault (37.0%), and sexual assault (25.2%). Cross-lagged panel analysis will

be conducted to examine reciprocal assocations between AS and PTSD symptoms over time. Findings should further elucidate the role of AS in maintaining PTSD-related distress in theh aftermath of trauma in a treatment-seeking anxious population, even within the context of treatment.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55111 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Engaging and Supporting Teen Fathers

Presenting Author: Sevigny, Phillip
Additional Authors: Castelyn, Junot

Abstract: Teen fathers are an underserved group who influence developmental outcomes of thousands of Canadian children. Terra Centre is a family service agency that has delivered services to teen fathers since 1999. Our collaboration had the following goals: 1) identify effective intervention strategies and explore how to enhance services; 2) explore how Terra may expand or refine programming to be maximally responsive. First, we reviewed existing evaluation plans and reports. Then, we conducted a series of interviews with 7 program workers and 13 young fathers. Interview transcripts were analysed using thematic content analysis. Results indicated that approximately 10% of the parents served by Terra are fathers. Workers responses clustered around 5 themes: systemic barriers; enduring cultural biases encountered by young fathers; centrality of building trust with clients; the importance of tailoring interventions; the need for dedicated funding and resources. Young fathers responses are represented by 3 themes: appreciation for Terra and their worker; desire to receive a similar array of services to those offered to their child's mother; multiple, complex issues they have received timely support for. Since teen fathers are a heterogeneous group with differing needs, a multi-tiered approach to service delivery is recommended to better provide appropriate assistance when needed.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 55158 - Printed Poster

A Method and Rubric for the Identification of Child and Youth Intentional Maltreatment Injuries

Presenting Author: Flores, Jessica P. P.

Abstract: Problem: The identification of intentional maltreatment injuries (IMIs) is complex and a recognized challenge concerning intervention and prevention efforts for IMI re-injury and psychological sequelae (Gilbert et al., 2009). Objective: To identify linguistic features in injury event descriptions that are specific to the body, mind, and context dimensions of intentional and unintentional injuries; with the aim to operationalize their language patterns; and the goal to use said patterns to inform the development of an injury intent identification rubric for use by helping professionals at the time an injury event is described. Method: USA National Health Interview Survey injury event descriptions (2006-2010) were analyzed to make evident the hypothesized language characteristics for intentional vs. unintentional cases. Results: Intentional and unintentional injuries were described differently (p < .05). Parent (87%) descriptions were more often structured as unintentional when they were not, and Non-parent descriptions were more often structured as intentional when they were. Implications: It is anticipated that this work and rubric can contribute to the knowledge base in the practice domain that is needed to extend support services to children and youth when their physical injury markers do not look like intentional injuries and are described as if they were unintentional.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 55170 - Printed Poster

Personality and context moderate the effects of oxytocin and social imagery training on anhedonia

Presenting Author: Boyle, Ariel
Additional Authors: Wong, Shiu Fung

Abstract: Intranasal oxytocin can promote affiliative behaviors and may be of use in the treatment of psychological disorders, such as depression. The influence of person and context on these effects, however, are not yet fully understood. We examined the effects of oxytocin in combination with positive social mental imagery training on anhedonia, as well as the moderating role of affiliation-related traits (extraversion, agreeableness, openness to experience). A non-clinical sample (N=111) was randomized to positive social or non-social mental imagery training following administration of intranasal oxytocin or placebo. Anhedonia was measured via self-report. There were no significant main effects of drug or training, nor interaction effect on anhedonia. However, anhedonia increased after positive social imagery training following oxytocin compared to placebo in individuals low on extraversion [t(58) = 3.68, p < 0.001, 95%CI = 1.01, 3.41] and openness to experience [t(58) = 3.39, p = 0.001, 95%CI = 0.80, 3.12]. The findings show adverse effects of oxytocin in individuals low on affiliation-related personality traits following imagery training for positive social outcomes. Positive mental imagery training in person low on social affiliation traits might have been aversive or frustrating. Thus, contextual factors might hamper the effective clinical use of oxytocin.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55171 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Response Shifts: Test-Retest Effects and Item Stability on the SES of the SCAT5

Presenting Author: Hystad, Jamie
Additional Authors: Khaw, Adrienne

Abstract: The Symptom Evaluation Scale (SES) of the Sports Concussion Assessment Tool 5 is a key component of sideline evaluation used to monitor concussed athletes. Given the frequent practice of repeated testing (i.e., baseline and serial post-concussion assessments) in the context of sport-related concussion, establishing the reliability and stability of the measure is important in order for clinicians to make more informed return-to-play decisions.The present paper examines response shifts using a mixed methods strategy on the SES using data collected on 215 undergraduate students. Participants completed the measure twice in a single testing session. The immediate temporal proximity allows for the examination of response shifts under the position that there are no clinical or external reasons for a change in response – no previous research has examined test-retest reliability in this way on any form of the SES. Thematic analysis of interviews provide data regarding the reasons (e.g., "thought more in depth the second time", "thought more positively") for any shifts in responses. Quantitative analyses include non-parametric tests and frequency characteristics. Items such as "fatigue or low energy" and "irritability" were more prone to response shifts. Results from the study will give clinicians a fuller understanding of the stability of items of the SES over repeated assessments.

Section: General Psychology / Psychologie générale
Session ID: 55172 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Music-induced analgesia: Comparing musicotherapy, emotional dimensions of music and preferred music

Presenting Author: Lépine Lopez, Anaïs
Additional Authors: Valevicius, Darius; Roy, Mathieu

Abstract: Since the last few years, many researchers have been trying to find alternatives to pain medication, and music has been shown to induce analgesia. However, few studies have compared music across dimensions to determine which are the most predictive of analgesia. In this study, we compared three types of dimensions: musicotherapy as a relaxing agent, music and its emotional dimensions, and music as a rewarding agent. After a sensory calibration, participants were asked to listen to different musical excerpts while receiving painful thermal stimulations. They listened to their two favourite songs, a musical excerpt from the musicotherapy program called MusicCare, and songs that represent the best and the worst combinations of emotional dimensions for analgesia, developed in our lab. The preliminary results on thirty-seven participants show that there was a significant reduction of pain when participants listened to their favourite songs compared to silence. However, we found no significant pain reduction for the other conditions. Moreover, these results are predicted by chills for pain intensity, chills and valence for pain unpleasantness. These interesting findings suggest that rewarding preferences in music are crucial for pain analgesia and should be considered in clinical settings and future research.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 55173 - Printed Poster

Advantages of a self-report mild head injury measure over diagnosis of concussion

Presenting Author: Ing, Koah
Additional Authors: Robb, Sean

Abstract: Perspective-taking and empathy serve as significant barriers to social integration following neural trauma. In mild head injury (MHI), impairments are subtle and often attributed to characterological "flaws" rather than neurocognitive deficits. Some clinicians only recognize history of MHI if a patient has a diagnosis of concussion (DoC). This research investigates affective empathy (AE), perception of social support, and psychiatric symptoms in persons who are without injury, who self-identify as having a MHI, or those who have a DoC. University students (n=275) completed measures of physiological arousal, AE, meta-cognition, as well as social support and psychiatric challenges. MHI was associated with autonomic underarousal and reduced AE, over above the effects of sex and age. DoC did not alter these relationships. Moreover, MHI with higher AE endorsed the most psychiatric symptoms (e.g., anxiety, depression, interpersonal sensitivity), were the most meta-cognitively aware, and had the most social support. Overall, MHI is associated with impairments in AE, but those who retain the greatest capacity in this domain demonstrate both the most insight and emotional sequelae. DoC did not contribute additional information, and therefore a self-reported history of MHI may be an important, and sufficient, injury variable for consideration when interpreting neuropsychological data.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 55182 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Canadian Women Firefighters' Invisible and Unexamined Cancer Risks

Presenting Author: Moore, Alissa
Additional Authors: Poulin, Carmen

Abstract: Only 4.4% of employed firefighters are women (Statistics Canada, 2016) and this marginalised minority faces negative health consequences. Many cancers are recognised presumptive illnesses for firefighters in Canada (e.g. CNESST, 2019; RAPQ, 2016; WSIB, 2018). This promotes education and compensation (Forrest, 2016). Extensive research on cancer in firefighters (IARC, 2010; Pukkala et al., 2014; Tsai et al., 2015), and on men firefighters' perceptions of occupational risk (e.g., Anderson, Harrison, Yang, Wendorf, & Morgan, 2017; Schaefer Solle et al., 2018) exists. However, little research has examined cancer risk in women firefighters. Consequently, education and compensation related to occupational cancer may not be equitable. This study uses a feminist, qualitative methodology, the Psycho-Social Ethnography of the Commonplace (P-SEC), to explore Canadian Fire Services' policies and practices related to occupational cancer. Data from 127 interviews conducted with women firefighters between 2011 and 2019 are examined. Complications for women firefighters include unknown or unacknowledged cancer risks. The schemata and coping strategies that women use to make sense of and

to manage these complications are examined. Socio-cultural and policy recommendations to ameliorate the gendered differences that exist regarding occupational cancer in the Canadian Fire Services are suggested.

Section: Women and Psychology / Femmes et psychologie
Session ID: 55191 - Printed Poster

Substance-Exposed Sibling Groups Accessing Early-Intervention: A Multiple Case Study

Presenting Author: Bondi, Bianca C.
Additional Authors: Pepler, Debra J. ; Andrews, Naomi C.Z.

Abstract: Background: Breaking the Cycle (BTC) is an early intervention program for substance using mothers and their children. Prenatal substance exposure is associated with neurodevelopmental deficits that are exacerbated by cumulative risks yet attenuated by cumulative protective factors. A case study approach is vital in understanding the qualitative profiles of sibling groups at BTC.Methods: This study involved comprehensive chart reviews for three families: two sibling dyads and one sibling quadrad (n=8). Families were selected based on their clinical progress, which was classified as good, fair, and poor, respectively. Clinical progress was assessed based on families' participation in BTC programming, child apprehensions from parental care during involvement, and status at closing.Results: This study contributed to a comprehensive understanding of the range of families accessing services at BTC and their qualitative profiles of cumulative risk, protection, and neurodevelopment. The multiple case study approach depicted intra- and inter-family variability.Conclusions: Findings suggest that neurodevelopment and clinical progress are dependent on the balance between levels of cumulative risk and protection, with intra- and inter-family variability.Impact: Understanding qualitative profiles of cumulative risk, protection, and neurodevelopment can inform future quantitative studies.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55211 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Association Between Social Media Usage and Body Checking Behaviour

Presenting Author: Bajaj, Deepika
Additional Authors: Samson, Lindsay

Abstract: Social media usage is associated with internalization of appearance ideals, drive for thinness, dietary restraint, and eating pathology. However, research has yet to examine the association between using various social networking sites and body checking behaviour, which has been linked to the maintenance, severity and treatment of eating disorders. The current study aims to examine the relationship between the use of various social networking sites (e.g., Instagram, Facebook, etc.) and body checking behaviour in undergraduate female students. Participants (N=161) will report on their social media usage and complete the Body Checking Questionnaire (BCQ; Reas, Whisenhunt, Netemeyer, & Williamson, 2002). The results of this study will first be analyzed using an independent sample's t-test to determine if body checking scores differ between individuals who report the use of a particular social media site to those who report no use. We will then conduct correlation analyses to determine if a relationship exists between social media usage and body checking. The results of this research could have implications for prevention of body image and disordered eating.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55218 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Survey of Guiding Principles: Reliability and construct validity of an ACT-based process measure

Presenting Author: Krzyzanowski, Daniel J.
Additional Authors: Howell, Andrew J.

Abstract: Valued living (the degree to which one lives in accord with personal values) is explicitly addressed in Acceptance and Commitment Therapy (ACT) in the treatment of psychological disorders. Process measures traditionally used to assess valued living are derived largely from ACT theory, which may or may not correlate with the most studied and perhaps best validated values theory—the Schwartz values model. To address this limitation, Ciarrochi and Bailey (2008) created the Survey of Guiding Principles (SGP). The self-report measure shows promise in the assessment of 13 value domains, 10 of which are directly based on the Schwartz model; however, the validity and reliability of the SGP remain in question. The current study administered the SGP and the Portrait Values Questionnaire (PVQ; Schwartz et al., 2001) to 467 undergraduate students. The factor structure of the SGP subdomains will be tested via confirmatory factor analysis, while their circumplex structure will be assessed via multi-dimensional scaling analysis. We will also assess internal consistency, and correlational analyses will be used to investigate relationships between SGP and PVQ value domains. The factor and circumplex structures of the SGP will be reported, as will correlations between corresponding SGP and PVQ value domains. Implications of this research for assessing valued living will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55221 - Printed Poster

Understanding the distress of university students

Presenting Author: Paterson, Carley
Additional Authors: Szostak, Carolyn

Abstract: Life as an undergraduate student can be complicated. The majority of students juggle academic, work, and personal demands daily. Recent research has suggested that the majority of Canadian students feel overwhelmed. The present study aimed to identify factors that contribute to students' stress to inform strategies that might help undergraduate students cope. Student experiences and well-being were assessed at the beginning, middle, and end of the fall semester using online surveys. The Depression Anxiety Stress Scale and the Warwick-Edinburgh Mental Well-being Scale were used to assess emotional distress and well-being. Sociodemographic information (e.g., academic program, course load, work responsibilities) was collected as part of Survey I. Preliminary analyses were conducted on data from 332 students who participated in Surveys I and II. The mean age was 22.2 years. All years of study were represented. The vast majority (88%) were taking 4-6 courses. Almost half of the participants worked part- or full-time. On average, levels of depression, anxiety, and stress increased significantly from the beginning to middle of the semester while well-being decreased significantly. The trajectory of these effects will be further assessed once Survey III has been completed. Future analyses will examine if the changes in wellbeing can be explained by specific sociodemographic variables.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55234 - Printed Poster

Selective mutism in bilingual immigrant children: Why are they at greater risk?

Presenting Author: Cheng, Michele P

Abstract: Selective mutism, characterized by an inability to speak in certain situations, has been associated with social and academic difficulties within schools (Kumpulainen et al., 1998). There appears to be a high risk for immigrant bilingual children to develop selective mutism (Starke, 2018). The combination of environmental factors, such as bilingual settings and cultural adaptations, coupled with a predisposition for social anxiety, may render situations particularly stressful for children, and result in the development of selective mutism. However little is known about the association between these factors. The following study aggregates and analyzes the extant literature related to selective mutism in bilingual immigrant populations. Prevalent theory underlying the relationship between these factors are presented and resultant implications discussed.

Finally, the pertinent risk factors associated with selective mutism within this population are discussed, considerations for diagnosis within this population are presented, and a call for action for increased research is made.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55244 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Understanding coping styles, stress eating and gender differences in Canadian university students

Presenting Author: Williams, Sarah R
Additional Authors: Theriault, Eric

Abstract: Stress is common in university students and can lead to problematic behaviours and negative health outcomes. When faced with stressful situations, individuals may choose different methods to cope. Three common types of coping highlighted in literature are: emotion-focused coping (EFC), problem-focused coping (PFC), and avoidance coping. Another common way individuals may cope with their stress is by eating. EFC and avoidance coping have been found to be associated with increased stress eating. The study had two main goals: 1. To examine the role of coping styles in stress eating and 2. To examine differences in stress, eating, and coping styles between genders. The following measures were used: Salzburg Stress Eating Scale (SSES), Perceived Stress Scale (PSS-10), Brief COPE, and Acceptance and Action Questionnaire (AAQ-2). We recruited 251 university students. Results showed a bidirectional effect of stress on eating. We found that women were higher in both perceived stress, and maladaptive stress eating. The relationship between stress and eating was only found in women as was the relationship between stress eating and coping styles. EFC and avoidance coping were related to increased stress eating. This study suggests that interventions on stress should target women in particular and should include awareness on eating behaviours as well as promote more active coping styles.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 55269 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Differential Effects On Relationship Distress Between Group And Individual CBT For Depression

Presenting Author: Vandette, Marie-Pier
Additional Authors: Peterson, Mandisa V.

Abstract: Although group and individual CBT approaches have been shown to be as equally effective in reducing depressive symptoms and preventing relapse, the mechanisms of change are not yet well understood. Thus, we examined whether group and individual CBT for depression differ in mechanisms of treatment response, particularly change in interpersonal distress, which is a salient feature of group interventions but may not be as prominent in individual CBT. A secondary data chart review of 18 clients having received CBT for depression at a community-based mental health training centre was performed and constituted the individual condition. For the group condition, data were collected (n = 13 clients) from clients attending group CBT for depression at a tertiary care facility. Relationship distress was assessed with the corresponding items on the OQ-45 at intake and termination. Process measures were also completed at these time intervals for the group condition only. Although both client conditions experienced similar improvement, those participating in group CBT experienced a significantly greater reduction in relationship distress across time compared to clients who participated in individual CBT. Results also indicated that therapeutic alliance mediates the relationship between pretreatment relationship distress on posttreatment relationship distress in group CBT.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55285 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Risk of Injury to Others (RIO): A Decision-Support Algorithm

Presenting Author: Celebre, Angela
Additional Authors: Stewart, Shannon; Poss, Jeff

Abstract: Background/Rationale: Youth violence is considered one of the most preventable causes of morbidity and premature mortality. Although a number of risk factors have been identified in the past, there is currently a critical need for the development of appropriate decision-support tools in order to identify children who are at highest risk for violence. Methods: The present study sought to develop and validate a methodology that could identify young persons who were at greater risk of harm to others. Data within the province of Ontario based on the interRAI Child and Youth Mental Health Screener (ChYMH-S) were analyzed to develop a decision-support algorithm to identify children and youth at risk for injuring others. Results: The Risk of Injury to Others (RIO) algorithm was found to be associated with harmful behaviour towards others. The algorithm was then validated with additional data from 59 agencies. Conclusion: The RIO algorithm provides a valuable decision-support tool with strong psychometric properties. Action/Impact: The RIO algorithm provides a psychometrically sound decision-support tool that can assist clinicians in identifying children and adolescents at heightened risk of injuring others, thus facilitating earlier intervention.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55288 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Building Internal Resilience Through Horses: Linking Processes to Outcomes

Presenting Author: Keefer, Kateryna V.
Additional Authors: Ghahremani, Roya; Clarke, Lisa; McKeiver, Katie

Abstract: In recent years, equine-assisted learning (EAL) has emerged as a promising innovative approach to building resiliency-related competencies in children and youth. This study presents program evaluation results for an 8-week community-based EAL program for 10 groups of young women (age 13 to 18 years) with a reported history of child maltreatment or intimate partner violence. Results examined changes in self-reported emotional symptoms (post-traumatic, depression) and resiliency factors (sense of mastery, sense of relatedness, emotion regulation) from pre- to post-program and at 1-month follow-up. Changes in these outcomes were additionally correlated with participants' program session data (attendance, satisfaction ratings) to identify program experiences associated with different trajectories of change. Results support EAL as a promising approach to building core resilience-related competencies, at least for those participants who attended regularly and reported deriving greater value from the sessions. This research highlights the need to link intervention processes to the outcomes, to better understand the different trajectories of client experiences.

Section: Community Psychology / Psychologie communautaire
Session ID: 55294 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Form and Function of Framing NSSI as an Addiction Online: A Thematic Analysis

Presenting Author: Fedchenko, Chelsey A
Additional Authors: Pritchard, Tyler R

Abstract: Non-suicidal self-injury (NSSI), the direct and deliberate damage to one's body tissue without suicidal intent represents a critical concern. Indeed, up to 20% of youth and emerging adults have self-injured and NSSI enactment associates with several mental health difficulties (e.g., depression), including death by suicide. Unfortunately, NSSI is highly stigmatized which leads to many individuals sharing their experiences online. E-communities may be viewed as 'safe spaces'

due to their anonymity and thus allow individuals who self-injure to connect with like-minded others. Researchers have identified several benefits and risks associated with online content, which often centre on how NSSI is framed (e.g., as possible or impossible to stop). One such framing that has been documented is that of NSSI as an addiction. While such references have been reported in several studies, no study has investigated how NSSI is framed as an addiction and what function(s) this framing may serve. The current study therefore examined 423 posts detailing NSSI experiences drawn from a popular NSSI e-community. Using thematic analysis, we explored how youth and emerging adults framed NSSI as an addiction (e.g., using addiction terminology) and for what purpose (e.g., to convey understanding about NSSI). Findings have both research and clinical implications, which will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55297 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Elective Surgical Cancellations/Postponements are Associated with Adverse Health-Related Correlates

Presenting Author: Sommer, Jordana L
Additional Authors: Jacobsohn, Eric

Abstract: Background: Worldwide, patients experience difficulties accessing elective surgical care. This study examined the perceived health, social, and functional impacts of elective surgical cancellations and postponements in Canada. Methods: We analyzed aggregate data from the Canadian Community Health Survey (CCHS) annual components from 2005-2014 (weighted N = 42,245,996). Multivariable regressions examined associations between past-year non-emergency surgical cancellations/postponements and perceived impacts of waiting for surgery (e.g., worry, pain, loss of income, deterioration of health).Results: Among those who experienced a past-year surgical cancellation/postponement, approximately ¼ indicated their life was affected by waiting for surgery. After adjustment, having a surgical cancellation/postponement was associated with increased odds of pain (AOR=1.86), problems with activities of daily living (AOR=2.20), deterioration of health (AOR=3.66), worry/stress for family/friends (AOR=2.03), increased dependence on relatives/friends (AOR=2.56), and increased use of over-the-counter drugs (AOR=2.10), compared to no cancellation/postponement. Conclusion: Results highlight the multifaceted impacts of surgical cancellations/postponements. These findings may inform the development of targeted interventions to improve patients' health and quality of life while waiting for surgery.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55299 - Printed Poster

Anxiety sensitivity and functions of music: Structural correlates and affect regulation

Presenting Author: Pridy, Colin
Additional Authors: Watt, Margo C; Stewart, Sherry H

Abstract: Anxiety sensitivity (AS) is fear of arousal-related somatic sensations (Reiss & McNally, 1985). High AS is a risk factor for development and maintenance of anxiety-related psychopathology (Olatunji & Wolitzky-Taylor, 2009). The present study explores whether music used during specific AS-related everyday scenarios for reducing arousal, increasing arousal, distraction, mood regulation, social enhancement, or peer conformity differs (1) in its structural content; (2) in frequency of endorsement in high versus low AS. Participants will complete the Anxiety Sensitivity Index-3 (ASI-3; Taylor et al., 2007), three validated measures of music listening functions, and will indicate specific songs preferred for modulating AS-related emotional arousal occurring in response to five vignettes. Three expert raters will assess the presence of 12 structural elements in a representative sample of participant song selections (e.g., Gomez & Danuser, 2007). We expect that those with high (vs. low) AS will endorse, with greater frequency, using music to lower arousal, self-distract, regulate mood, and fit in with peers. We furthermore predict that music used for lowering (vs. increasing) arousal will be rated as employing a greater preponderance of anxiolytic elements (e.g., Elliot et al., 2011). Results may guide development of improved interventions for high AS.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55301 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Relationships between Self-Reflection, Rumination, and a Journal Intervention

Presenting Author: MacIsaac, Angela
Additional Authors: Mohammed, Shakira

Abstract: Background/Rationale: Self-reflection is theorized to be a positive process due to its ability to increase self-awareness. At the same time, however, self-reflective individuals tend to be higher in anxiety and stress, potentially because they are also more likely to engage in rumination. The outcomes of coping strategies that utilize self-reflection, such as journaling, are thus unclear. The purpose of the current study is to confirm the relationship between self-reflection and rumination, and to assess the relationship between self-reflection and both the choice to, and longitudinal outcomes of, writing in a journal as a coping method. Methods: Participants used a smartphone app longitudinally for 4 weeks. The app contained a journal among other features meant to promote resilience, which participants were free to choose to use. Correlation and multilevel modelling analyses will assess the relationships in question. Results: Preliminary results confirm that self-reflection is positively correlated with rumination, $r(85) = .38$, $p = .000$. Further results to come. Conclusions: Individuals who are self-reflective tend to ruminate as well. Action/Impact: Results may demonstrate the utility of journaling as an easily accessible way to foster positive self-reflection as opposed to encouraging rumination.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55311 - Printed Poster

The effects of gastrointestinal disorders and drug dependence or abuse on depression

Presenting Author: Ipekian, Lara

Abstract: Select gastrointestinal disorders and substance use disorder have been associated with a high prevalence of depression. Little is known about the combination of these two disorders on mental health outcomes. The aim of this secondary data analysis was to determine the impact of comorbid gastrointestinal disorders and drug abuse or dependence on the risk of developing depression. The study consists of a secondary analysis of the data collected from the 2012 Canadian Community Health Survey — Mental Health (N= 20 851). Gastrointestinal disorder (GD) assessment consisted of a self-reported experience of irritable bowel syndrome, Crohn's disease or ulcerative colitis. 12-Month and lifetime major depressive disorder (MDD) and drug abuse or dependence (DrugA/D) were assessed with the Composite International Diagnostic Interview 3.0. In regression models adjusted for sociodemographic and health-related factors, having GD and lifetime DrugA/D was associated with a greater likelihood of 12-month MDD (OR = 6.744, 95% CI [4.568, 9.957], p = .000), compared to those with GD alone, DrugA/D alone and controls (neither condition). Individuals with GD and DrugA/D may be particularly vulnerable to MDD. This study alerts health professionals to become vigilant for signs of psychological distress, specifically drug abuse and depression, during assessments of gastrointestinal disorders.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55321 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Depression, anxiety and insomnia after 7 years of untreated Obstructive Sleep Apnea

Presenting Author: Bailes, Sally
Additional Authors: Rizzo, Dorrie; Creti, Laura; Libman, Eva

Abstract: Introduction. Significant levels of depression, anxiety and insomnia may be present in as many as 30% of older adults diagnosed with OSA. Treatment of OSA has been shown to improve these symptoms, but most individuals who are prescribed treatment either discontinue it or fail to use it as recommended. In this study, we followed the 7-year trajectory of 20 individuals with OSA, who never began their prescribed treatment. Methods. Consecutive older family medicine patients (n=20, mean, age = 56) completed the Insomnia Severity Index (ISI) and the Hospital Anxiety and Depression Scale (HADS) and underwent polysomnography (PSG). Those diagnosed with OSA were prescribed treatment and were re-contacted after 7 years to inquire about treatment adherence and psychological functioning. Results. Paired t-tests indicated that untreated individuals showed improvement on both the anxiety (p=.030) and the depression (p=.007) scales. Insomnia did not significantly improve with time (p=.080). Contrary to the literature, depression and anxiety improved over time, despite non-adherence to OSA treatment. Insomnia symptoms did not improve over time in individuals with untreated OSA. Conclusion. Results of this study may suggest that our participants with untreated OSA may have learned to live with their sleep disorder or have adopted other means of dealing with their impaired sleep quality.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55328 - Printed Poster

Understanding resilience in parents having a child with a disability: Role of parental attributions

Presenting Author: Eastabrook, Jennifer M
Additional Authors: Duran, Jesenia

Abstract: Raising a child with a disability is commonly perceived as a stressful experience for parents, associated with negative outcomes. Recent research however, has suggested that despite increased levels of stress, some parents manage to function quite well, and even experience positive outcomes that they otherwise may not have. These individual differences in parental functioning are not well understood, however, recently have been examined using models of resilience. This study examined whether causal attributions of stress, including locus of causality, controllability, and stability influence parents' level of resilience. Thirty-four parents of children with disabilities (recruited through various community agencies), completed self-report questionnaires of parental stress, causal attributions of this stress, and level of resilience. Results found that parents who made internal attributions of stress (e.g., this stress is due to personal factors) had significantly higher resilience than parents who made external attributions (e.g., this stress is due to situational factors). Internal attributions may result in increased accountability and acceptance, helping parents to utilize more adaptive coping strategies. Results will help inform models of resilience, and provide practical support strategies for both community agencies and parents raising children with disabilities.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 55333 - Printed Poster

Examining child self-reported helpless attributions in relation to anxiety and depression symptoms

Presenting Author: Cho, Minyeong
Additional Authors: Jiang, Yuanyuan

Abstract: Helpless attributions involve internal, stable, and global explanations of negative events and external, unstable, and specific attributions of positive events (Thompson, 1998). Past studies suggest a strong association between attributional styles and depression symptoms (e.g., Waschbusch, 2003). However, more research is needed regarding how symptoms of other psychological disorders are related to helpless attributions in children. Forty-eight child participants with and without ADHD completed the Revised Children's Anxiety and Depression Scale (RCADS; Chorpita et al., 2000) and the Children's Attributional Style Questionnaire-Revised (CASQ-R; Kaslow & Nolen-Hoeksema, 1991). Associations between child helpless attributions and symptoms of anxiety disorders (social phobia, panic disorder, separation anxiety, generalized anxiety), obsessive-compulsive disorder, and depression were examined, with hypothesized associations between helpless attributions and anxiety and depressive symptoms. Higher symptoms of self-reported social phobia (r = .48, p < .01), generalized anxiety (r = .41, p < .001) and separation anxiety (r = .33, p < .05) were associated with a more helpless attributional style whereas

symptoms of panic, obsessive-compulsive, and major depressive disorder were not. Findings suggest a link between helpless child attributions and symptoms of various anxiety disorders.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55337 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Face of Rejection: How Dysphoria Affects Perceptions of Facial Affect

Presenting Author: Khanna Roy , Anjalika
Additional Authors: Lai, Ziyi

Abstract: People with dysphoria perform better than nondysphoric people on certain social-cognitive tasks; yet, they are more likely to experience social rejection, which, in turn, might make them more sensitive to rejection cues. We tested if dysphoric people are more sensitive to social rejection cues using a procedure adapted from Inzlicht et al. (2008) in which participants watch clips of faces morphing from a positive emotion to a rejecting emotion (and the reverse) and indicate when they perceive a chage in the emotion. In a Cyberball game, participants were either rejected or included, and then they completed the morphing task followed by several questionnaires. Data collection (N= 193) finished this week, and for our data analysis, we will be using multilevel modeling to account for the dependence among the morphed face trials. Our predictors will be participants' grand-mean centred Beck Depression Inventory-II scores, a contrast-coded Cyberball variable (rejection or inclusion), a contrast-coded direction variable (positive-rejecting or reverse), and all 2- and 3-way interactions. We expect that in the rejection condition people who have higher levels of dysphoria will be slower to identify a shift in expression from a rejecting emotion (anger or contempt) to a positive emotion (happiness) but faster to identify a shift in expression from a positive to a rejecting emotion.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 55343 - Printed Poster

Exploring the Role of Resilience on Anxiety Symptoms and Sadness Dysregulation in Children

Presenting Author: Naoufal, Michael
Additional Authors: Montreuil, Tina

Abstract: Background. Research suggests that low resilience is associated to poor ER; a critical vulnerability to anxiety and depression (Ong et al., 2006). A recent study with children supports the importance of resilience as protective against poor MH outcomes and substance use (Perreira et al., 2018). We aim to investigate the relationship between resilience, emotion dysregulation and anxiety in children. It is hypothesized that higher levels of anxiety in children will be associated with low resilience and greater emotion dysregulation. Methods. Data was collected in 8-12 year old attending various YMCA summer camps in Montreal. To measure resilience, children completed the Child and Youth Resilience Measure (CYRM). Anxiety was measured using the Spence Children's Anxiety Scale-SR (SCAS). The Children Emotion Management Scale (CEMS) was used to measure emotion dysregulation. We conducted correlational and regression analyses to validate our hypotheses. Gender was a covariate. Results. High levels of social phobia were significantly associated with lower contextual resilience (r = -0.50, p = 0.035), and greater sadness dysregulation (r = 0.48, p = 0.044). Resilience did not mediate the relationship between ER and anxiety. Conclusions. Our findings support the importance of ER & resilience to prevent anxiety. Impact. Identify need to train clinicians on importance of ER and resilience.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55345 - Printed Poster

Review Session

Is the Emperor Finally Dressed or Still Naked? Recent Meta-Analyses of Antidepressant Effectiveness

Presenting Author: Paterson, Randy J.

Abstract: Since Kirsch et al.'s 2008 reanalysis of FDA-submitted studies examining the effectiveness of antidepressant medication, there have been several additional attempts to tease out evidence of antidepressant effects, side-effects, and acceptability. In 2018 Cipriani et al. published a systematic review of the evidence associated with all major antidepressant medications released since the 1960s, finding in every case better results with medication than placebo, and presenting the Odds Ratios (OR) associated with each. This study was reported in the popular press worldwide as putting the debate firmly to rest, supporting the effectiveness of antidepressant medication. Most of the reporting misunderstood the interpretation of OR data, however, and scant attention was given to antidepressant effect size which, overall, was slightly lower than that found by Kirsch and below commonly-accepted thresholds for clinical (as opposed to statistical) significance. A subsequent re-analysis (Munkholm, Paludan-Muller, & Boesen, 2019) has further cast the conclusions of Cipriani et al. into question. This brief review covers the basics of the debate and invites the question: Whichever side is correct, what does it mean that after fifty years of antidepressant medications their effectiveness remains a matter of debate?

Section: Psychopharmacology / Psychopharmacologie
Session ID: 52746 - Review Session

"War Stories": Capturing the complexity of weight with experts in eating disorders and obesity

Presenting Author: Russell-Mayhew, Shelly
Additional Authors: Moules, Nancy

Abstract: Background In professional practice, body weight issues are typically considered from an individual-level standpoint. In contrast to this dominant perspective, we highlight that body weight has prominent social, economic, and political influences and connotations. An examination of the social complexity of weight provides opportunity to shift focus from individual to societal and structural influences on perceptions of weight. Methods Eight renowned experts in weight-related issues with at least 10-years experience in various fields from across Europe, Australia, the United States, and Canada participated in interviews about their professional experience with weight. Interviews were analyzed using hermeneutics, via an iterative interpretive process. Findings The interviews revealed a battlefield; a war waged on weight. The war on weight emerged as metaphor with "entrenched" notions of health, "feint attacks" by industry, "prisoners" enslaved to numbers, and "soldiers" fighting a war where there can be no victor. Discussion/Action In many ways, language itself limits us from capturing the complexities of weight. The war metaphor provides a way of understanding the intensity of the firestorm surrounding the construct of weight. New understandings from veterans of the war on weight offer hope for transformation, not just win or lose.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54060 - Review Session

Directions in Compassion: The Place of Flow in Compassion-Based Interventions and Research

Presenting Author: Van Vliet, K. Jessica

Abstract: With self-compassion being well-established as a focus of research and clinical practice, counsellors have a wealth of theory and empirical evidence to draw upon in helping their clients develop a more compassionate way of relating to themselves. A large body of research attests to the power of self-compassion in promoting wellness and alleviating many of

the mental health concerns that prompt people to seek counselling. Despite the potential benefits of self-compassion, however, some people struggle with extending compassion toward themselves (Gilbert, McEwan, Mitra, & Rivis, 2011; Kirby, Day, & Sagar, 2019). For these individuals, it is important to consider alternative directions for strengthening the life-enhancing capacity for compassion. In this presentation, I will discuss the concept of compassion flow (Gilbert, 2009), a triad that includes (a) compassion from others; (b) compassion toward other beings; and (c) compassion toward oneself. I will review existing psychological theory and research on compassion flow, and then offer a framework for thinking about compassion in case conceptualization and treatment planning.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54226 - Review Session

Conceptualization and Treatment Models of Female Sexual Health: A Qualitative Inquiry

Presenting Author: Grant, Stephanie M
Additional Authors: Atwal, Sandeep; Sepehry, Amir A

Abstract: Core issue: Over the past decade, there has been criticism of the medicalization of women's sexual function and dysfunction (e.g. endometriosis, arousal disorder). A growing body of literature has drawn attention to the ethical issues and limited empirical support for the psychopharmacological treatment of Female Sexual Dysfunction (FSD). The purpose of this discussion forum is to explore ideas regarding the role qualitative research can play in broadening the current understanding of FSD beyond a biological model. The discussion forum will be divided into two parts: 1) Overview of the debate regarding the current models (i.e. medical/ biological vs. biopsychosocial) and subsequent treatment of FSD; 2) Discussion of issues with delineating 'normal' sexual function for women. Rationale: The ideas discussed in this forum are of importance as mental health professionals continue to refine the understanding of women's sexual functioning, which in turn will inform conceptualization and treatment in clinical work. Methods to encourage participation: Questions will address 1) specific arguments supporting or challenging the medicalization of women's sexual health and functioning and 2) the potential benefits and challenges of using qualitative research to broaden the current understanding of women's sexual function and dysfunction.

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 55248 - Review Session

Section Chair Address

Medication versus Psychological Treatment: The Case for Biofeedback

Presenting Author: Hartney, Elizabeth

Abstract: A number of disorders are routinely treated with medication, which could be effectively treated using biofeedback modalities. Biofeedback training uses precise, real time physiological data and applies operant conditioning to develop awareness of and eventually give the client control over their own physiological and neurological processes. This section chair address will review some of the most powerful and well-established applications of biofeedback, including treatment of attention deficit disorder, seizure disorder, anxiety disorders, high blood pressure, headaches, and chronic pain. The case is presented for psychologists to recognize biofeedback as an approach which is grounded in our discipline, and is a legitimate alternative to medication.

Section: *Quantitative Electrophysiology / Électrophysiologie quantitative*
Session ID: 54239 - Section Chair Address

[Presented in CPA 2020 Virtual Series]

The Opioid/Fentanyl Crisis: Epidemiology, Basic Neurobiology, and Psychologists' Roles in Prevention

Presenting Author: Nussbaum, David

Abstract: The last decade has seen a regrettable number of deaths attributed to illicit use of both prescribed and non-prescribed opioids. One synthetic opioid, fentanyl, has impressive analgesic qualities. Fentanyl is 50 to 100 times more potent than morphine, and consequently a justifiable first line treatment for severe chronic pain such as occurs in many cancer patients. However, as an opiate, it also has the ability to induce powerful euphoric states that render it a prime target for both those wishing to distribute illicitly drugs for profit and for users seeking a supreme "high." This talk will cover the epidemiology of fentanyl and other opioid abuse in Canada, the United States and globally, present an overview of its basic analgesic and euphoric neuro-mechanisms, effects on decision-making, existing medication and psychological interventions, their efficacies and limitations. The talk concludes with suggestions for future integrated biological and informational interventions and preventative measures.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 55059 - Section Chair Address

[Presented in CPA 2020 Virtual Series]

Symposium

Linking psychological facets of weight and shape with eating pathology and clinical variables

Moderator: Mehak, Adrienne

Abstract: Eating pathology is associated with significant morbidity and mortality, and is frequently driven by atypical experiences of weight and/or shape. Clinically, it is known that the experience of weight and shape is not fully correlated with objective mass or size. It behooves the study of eating pathology to also conceptualize these experiences as multifaceted. This symposium combines psychological and physical measures in a cohesive portrait of the experience of weight and shape. Body mass index (BMI), feeling fat, and weight misperception are three elements of weight and shape related to eating pathology. Those with obese BMIs have less stigmatizing beliefs about others with obesity versus those of average weight. Feeling fat is related to eating pathology and specific eating disorder symptoms among young adults, beyond other established predictors of eating pathology. Most individuals seeking treatment for eating disorders overestimate their weight and higher weight, and greater weight misperception is associated with greater eating pathology at treatment discharge. These studies highlight different contributions of elements of weight and shape to eating pathology. Objective weight may buffer against weight-related stigma, yet the psychological experience of greater weight and shape (feeling fat and weight misperception) is associated with negative clinical outcomes.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52509 - Symposium

[Presented in CPA 2020 Virtual Series]

Feeling Fat Relates to Eating Pathology and Specific Eating Disorder Symptoms in Young Adults

Presenting Author: Mehak, Adrienne
Additional Authors: Racine, Sarah E.

Abstract: 'Feeling fat,' the somatic experience of excess body weight that is not fully explained by true adiposity, is a clinically well-known maintenance factor in eating disorders (EDs). Evidence supports feeling fat's association with eating pathology in individuals with and without EDs. Feeling fat has been less frequently examined in community samples. Feeling fat is one

element of the over-evaluation of shape and may be triggered by negative affect. It is unclear if feeling fat is uniquely related to eating pathology beyond the over-evaluation of shape and negative affect, or if feeling fat is chiefly relevant to any specific ED symptoms. This study examined feeling fat in 990 undergraduates (54.3% women). Feeling fat accounted for significant variance in overall eating pathology, beyond over-evaluation of weight and shape and dysphoria. Path analyses showed significant paths between feeling fat and core ED symptoms: cognitive restraint, dietary restriction, binge eating, and purging. No moderation by gender or symptom severity occurred. Feeling fat uniquely relates to eating pathology distinct from the contributions of other ED maintenance factors, regardless of symptom severity. Feeling fat relates to eating pathology and specific ED symptoms equally in men and women. Research should examine mechanisms of feeling fat and its influence on specific ED symptoms in clinical samples.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53693 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Association Between Body Mass Index and Anti-Fat Attitudes

Presenting Author: Montemarano, Vanessa
Additional Authors: Kua, Karman

Abstract: Individuals with obesity are widely discriminated against which has numerous adverse consequences. Unlike other forms of discrimination, some research suggests that individuals with obesity do not hold more favourable attitudes toward their in-group. More recent research has found competing evidence, where anti-fat attitudes were lower among individuals with obesity. This study examined explicit anti-fat attitudes across a range of body weights. Participants (N = 185) reported their Body Mass Index (BMI) and completed the Universal Measure of Bias-Fat Scale and Anti-Fat Attitudes Questionnaire. There was a significant negative association between BMI and stigmatizing attitudes and dislike toward individuals with obesity. Individuals of normal weight (M = 3.31, SD = 0.91) held more stigmatizing attitudes than those with obesity (M = 2.89, SD = 0.83), t(117) = 2.47, p < .05, d = 0.48. Normal weight participants (M = 2.81, SD = 1.71) demonstrated greater dislike toward individuals with obesity than the participants with obesity (M = 1.99, SD = 1.85), t(116) = 2.42, p < .05, d = 0.46. Participants with obesity held less stigmatizing beliefs about other individuals with obesity compared to participants of normal weight. This bias could be advantageous in that identifying with one's in-group can act as a protective factor against stigma and aversive experiences.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53694 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Presence and impact of weight misperception in women seeking eating disorder treatment

Presenting Author: Kinnear, Abby
Additional Authors: Szczyglowski, Kamila

Abstract: Weight misperception is defined as believing you are in a weight category that is different from your actual body size (e.g., someone who is underweight believes they are overweight). Despite theories of its importance, the presence and impact of weight misperception in clinical samples of individuals with eating disorders (EDs) has not been extensively examined. The aim of this study is to quantify weight misperception in individuals with EDs and examine whether weight misperception predicts ED severity at treatment discharge. Ninety-eight women seeking treatment for their ED answered the question "how much do you think you weigh." Objectively measured current weight was then subtracted from perceived weight. Participants also completed the Eating Disorder Examination Questionnaire (EDE-Q) at intake and discharge to assess ED severity. Approximately 74.5% of the sample overestimated their weight, with an average weight misperception of 2.7 pounds. Weight misperception ranged from -6.2 pounds to 43.6 pounds and did not differ based on ED diagnosis. After controlling for body mass index and EDE-Q scores at intake, participants' weight misperception significantly predicted EDE-Q scores at discharge. These results demonstrate that most individuals seeking treatment for EDs overestimate their weight; targeting this misperception may be an important aspect of treatment.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54409 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Is pain stressful or stress painful? Mechanisms and clinical relevance of pain-stress interactions

Moderator: Pagé, Gabrielle

Abstract: Pain and stress are distinct processes, yet they significantly overlap from a conceptual standpoint and in terms of psychophysiological processes. Recent developments in basic and clinical research have illuminated our understanding of stress-pain interactions and their relevance to clinical practice.Increased understanding of stress-pain interactions is critical for the development of transdisciplinary, integrative theoretical frameworks that comprise many of the neuro-psycho-social factors that affect pain experience and could lead to innovative intervention approaches. This symposium will attempt to decorticate the bi-directional relationship between pain and stress and to identify and illustrate some of the ways in which pain and stress elicit similar neurophysiological and psychological responses.First, novel animal models that explore the modulation of pain by social and environmental stress will be presented. Second, experimental findings will highlight the role of associative learning in understanding pain responses and central maintenance of pain. Last, an innovative clinical model that captures the inherent stressful characteristics of pain (novelty, unpredictability, threat to the ego, sense of control) that facilitates appraisal of pain as threatening will be presented.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 52569 - Symposium

The modulation of pain by social and environmental stress

Presenting Author: Martin, Loren J

Abstract: Stress, depending on its nature, duration and intensity can exert profoundly complex changes on pain states typified by either a reduction (analgesia) or exacerbation (hyperalgesia). In humans, psychological factors (e.g., stress, anxiety, expectation) play an important role in shaping pain perception. Thus, behaviors associated with pain may not be intrinsic to the stimulus of pain, but may be a response to external stressors such as social or environmental reinforcers. This talk will focus on the use of novel animal models for the study of stress-induced hyperalgesia and recent efforts to translate these findings to people.We find that familiarity between conspecifics is necessary for a form of empathy and that increased stress hormones prevent the expression of empathy between strangers. We have shown that mice and people become sensitized to their environment when they have had an aversive pain experience within that environment. This sensitization persists for at least 24hrs and is only present in males of both species. In mice we can abolish environmental-specific hyperalgesia by castrating male mice or by blocking the hypothalamic-pituitary-adrenal axis suggesting that testosterone and stress are necessary for this phenomenon.These models provide a new means for studying the pain-stress relationship by examining the influence of social and environmental stressors.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53330 - Paper within a symposium

Psychophysiological mechanisms involved in the effects of pain predictions on pain perception

Presenting Author: Roy, Mathieu

Abstract: Pain can warn us about potential injuries and is a teaching signal helping us learn about potential threats in our environment, potentially leading to a state of anticipatory anxiety. This anxiety can in turn alter pain perception. Associative learning can provide a framework for understanding central maintenance of chronic pain: previous pain increases anticipatory anxiety, which increases future pain. In experiment-1 (n=40), we demonstrated that cues paired with painful electric shocks (50% reinforcement) increased pain perception compared to unpaired cues. In experiment-2 (n=60) we

replicated this effect, and showed that more deterministic cues (100% reinforcement) also increase pain, suggesting that the hyperalgesic effects of predictive cues are related to pain prediction, not just uncertainty regarding pain. Finally, in a third electroencephalography (EEG) experiment (n=50), we observed that the amplitude of the stimulus preceding negativity (SPN) mediated the effects of predictive cues on pain perception, thereby providing a window into cerebral processes involved in the impact of pain predictions on pain perception. Altogether, these studies indicate that associative learning can modulate cerebral processes underlying pain perception in a flexible manner, which could explain the central maintenance of pain when people are subjected to repeated cue-pain associations.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54118 - Paper within a symposium

A qualitative exploration of a stress model to understand patients' chronic pain experiences

Presenting Author: Pagé, Gabrielle

Abstract: Many psychological characteristics have been known to influence the development and maintenance of chronic pain. However we rarely consider specific characteristics of pain that might make it more stressful and influence one's psychological response to pain. The general stress literature converges on 4 distinctive characteristics that can lead to physiological stress response: Novelty, Unpredictability, Threat to Ego, Sense of Control (i.e. "NUTS"). The goal of our qualitative study was to explore whether and how this model can capture the stressful nature of patients' pain experience. Focus groups were conducted with 42 chronic pain patients and verbatim analyzed using thematic analysis. Results showed that several pain features (intensity, duration, location, interference, treatment and diagnosis) can be stressful when characterized by one or more NUTS features. In the context of pain chronicity, additional themes were identified, including temporality of pain as a disease, accumulating illness burden, and interactional and systemic influences. These results propose new avenue of clinical research that could facilitate integration of psychosocial and neuro-psycho-endocrinological mechanisms of pain. From a clinical point of view, better characterization of stressful characteristics of pain might help identify untapped needs.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54124 - Paper within a symposium

Advances in understanding, treating, and increasing access for perinatal mental health disorders

Moderator: Alcolado, Gillian M

Abstract: The perinatal period, defined as the time from pregnancy to 12 months post-partum, is a critical time for mother and fetus/infant. Mental health concerns that present or are exacerbated during this time frame negatively impact the mental and physical health of mothers and children. Improved understanding of how to identify and treat these problems and ways to increase treatment access are therefore of paramount importance. First, Dr. Kristin Reynolds will present findings on attitudes towards seeking professional psychological help among perinatal women. Then Dr. Gillian Alcolado will report on a study exploring why some women do not present to their psychological service appointments, in order to inform future efforts to decrease barriers and increase treatment access. Next Dr. Nicole Fairbrother will share new research on prevalence estimates of perinatal obsessive-compulsive disorder, stressing the need to improve our screening measures to better capture this disorder. Finally, Dr. Fanie Collardeau will present research on the diagnostic features of "fear of childbirth" in pregnant women to better inform treatment strategies. Dr. Patricia Furer, director of a large tertiary care anxiety disorders clinic in central Canada, who has developed a treatment protocol for perinatal anxiety disorders, will serve as discussant.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52688 - Symposium

[Presented in CPA 2020 Virtual Series]

Attitudes toward seeking psychological help in the perinatal period

Presenting Author: Reynolds, Kristin
Additional Authors: Furer, Patricia

Abstract: Perinatal mental health problems are a growing concern among Canadians. Of concern, help-seeking rates for psychological services during the perinatal period are low, ranging from 10-20% (Fonseca et al., 2015). There is a lack of research examining attitudes toward seeking psychological help among perinatal women. We conducted survey research with N = 118 perinatal women (40% pregnant, 60% postpartum) to examine lifetime mental health problems and mental health service use, attitudes toward help-seeking (Attitudes Toward Seeking Professional Psychological Help Scale-Short Form; Fischer & Farina, 1995), and psychosocial predictors of attitudes (anxiety: Perinatal Anxiety Screening Scale, Somerville et al., 2014; depression: Edinburgh Postnatal Depression Survey, Cox, et al., 1987; and social connection: Lubben Social Network Scale, Lubben et al., 2006). 64% of our sample reported having a prior mental health problem, with 43% reporting that they had sought professional mental health treatment. On average, participants endorsed moderate attitudes toward seeking professional psychological help (M = 21.7, SD = 4.5). Predictors of more favourable attitudes toward seeking professional psychological help included prior service use and increased social connection. Recommendations for efforts to provide information to the public concerning perinatal mental health will be discussed.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53112 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Examining perinatal patient no-show rates and characteristics: "You can't treat an empty chair"

Presenting Author: Alcolado, Gillian M
Additional Authors: Lionberg, Carrie

Abstract: Perinatal mental health services are of critical benefit to mothers experiencing symptoms of mood and anxiety disorders. When left untreated, these conditions are linked to increased risk of physical and mental health concerns in addition to risk of their children experiencing delayed development and growth (Meltzer-Brody & Steube, 2015). Non-attendance at appointments is thus particularly problematic for this population. Research on characteristics of non-attendance is scant. Employing a retrospective file review, we conducted descriptive analyses of patients referred to perinatal psychological services from 2017-18. The rate of non-attendance was 24%. We randomly sampled a subset (n = 50) of non-attending patients to explore patient-, appointment-, and referral-based characteristics. Most patients lived in urban areas within 10 km of the service. Duration between referral and first appointment was two months. There was inconsistency among referrals with respect to recording pertinent patient characteristics (e.g., omitting whether the patient had previous pregnancies, what the patient's primary concern was). This yielded challenges when examining characteristics that may be critical to reaching these patients. We made several recommendations including changes to referral forms to be able to further examine non-attendance and improve access to perinatal psychology services.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54170 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Perinatal OCD prevalence and incidence

Presenting Author: Fairbrother, Nichole
Additional Authors: Collardeau, Fanie ; Challacombe, Fiona ; Albert, Arianne

Abstract: Background: In the most recent meta-analysis of perinatal OCD, prenatal prevalence was estimated at 2.3%, and the postpartum prevalence at 2.2%. Very few studies of perinatal OCD prevalence and incidence include perinatal-specific questions. Objectives: To estimate: (a) the point prevalence of OCD from late pregnancy through to 6-months postpartum, and (b) the period prevalence of OCD in pregnancy and the first 6-months postpartum. Methods: Participants (N = 580) were English-speaking women living in the Province of British Columbia, and recruited in pregnancy. Participants completed up to

three telephone-administered diagnostic interviews to assess OCD, administered by trained interviewers. Results: Point prevalence estimates ranged from 1.6% at 6 weeks prior to delivery, to 6.4% at 10 weeks postpartum, and 4.1% at 20 weeks postpartum. Period prevalence was estimated at 6.4% during pregnancy, and 17.4% in the postpartum. Postpartum incidence was estimated at 5.1 new cases per 1000 women per week postpartum. Conclusions: The prevalence of perinatal OCD is higher than previously thought, particularly in the postpartum. Standard diagnostic assessments of OCD miss perinatal-specific (e.g., harming obsessions) OC symptoms. Recommendations: Assessments of OCD among postpartum women should include specific qustion specific questions about infant-related postpartum obsessions of harm.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54171 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Diagnostic classification of fear of childbirth

Presenting Author: Collardeau, Fanie
Additional Authors: Fairbrother, Nichole; Korol, Christine; O'Neill, Melanie

Abstract: Fear of childbirth (FoB) or tokophobia is often associated with a preference for a Caesarean birth, a higher likelihood of a negative birth experience regardless of birth type, and an increased vulnerability to postpartum depression. Among the anxiety disorders listed in the DSM-5, FoB is most likely to qualify as a specific phobia. Research by Toohill et al. indicates that up to 20-30% of women suffer from mild to severe FoB (which may or may not meet the DSM-5 criteria for specific phobia). Fear of childbirth in which symptoms specifically meet DSM criteria for specific phobia is believed to affect 2.5% of nulliparas and 4.5% of multiparas. In an effort to improve our understanding of FoB, we administered diagnostic interviews to 12 pregnant women with self-reported (questionnaire-based) severe fear of childbirth. Diagnostic interviews included the assessment of all anxiety disorders, birth-related post-traumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), illness anxiety disorder and somatic symptom disorder. Women's FoB fell into the following diagnostic categories: social anxiety disorder, birth-related PTSD, generalized anxiety disorder or OCD. Specific phobia was, however, more frequent especially among nulliparous women. Treatment will need to take into account differences in diagnostic categories.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54297 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Use of individual participant data meta-analysis to address challenges in evaluating depression screening tool accuracy

Moderator: Levis, Brooke

Abstract: Canadian guidelines recommend against routine depression screening, and no well-conducted trials have found evidence for effectiveness. One barrier to effective screening is the limited quality of evidence on screening tool accuracy. Existing studies have been limited by small samples, selective cutoff reporting, and treating different types of diagnostic interviews as equivalent reference standards. Individual participant data meta-analysis (IPDMA), which combines primary data from many studies, offers a unique platform to address these challenges. Three projects that use IPDMA to better understand evidence on depression screening tool accuracy will be presented. The first investigates what happens when small samples are used to select an optimal cutoff and determine accuracy. The second identifies patterns of selective cutoff reporting in primary studies and how it influences accuracy estimates in meta-analyses. The third evaluates the association between diagnostic interview method and major depression classification, controlling for depressive symptom scores and participant characteristics. Each study illustrates an important problem in how evidence on mental health screening tools is often evaluated. In turn, each study provides guidance on how to improve our methods to generate better quality evidence and more effective screening practices.

Section: *General Psychology / Psychologie générale*
Session ID: 52716 - Symposium

[Presented in CPA 2020 Virtual Series]

Bias in diagnostic accuracy estimates due to data-driven cutoff selection: simulation study using individual participant data from 49 studies on the diagnostic accuracy of the Edinburgh Postnatal Depression Scale

Presenting Author: Bhandari, Parash
Additional Authors: Levis, Brooke; Patten, Scott B; Shrier, Ian; Thombs, Brett D

Abstract: Depression screening accuracy studies often use small datasets to simultaneously select an "optimal" cutoff and estimate its accuracy. Using real participant data, we evaluated the degree to which this approach 1) identifies optimal cutoffs that diverge from the population optimal cutoff and 2) biases accuracy estimates. We used data from 49 studies (N = 13,255) accrued for an individual participant data meta-analysis (IPDMA) of the Edinburgh Postnatal Depression Scale accuracy and drew 1000 samples of 100, 200, 500 and 1000 participants. In each sample, we identified the optimal cutoff that maximized Youden's J (sensitivity + specificity - 1). Optimal cutoffs and their accuracy estimates were compared to those in the IPDMA dataset population. The population optimal cutoff was ≥ 11. Optimal cutoffs ranged from ≥ 5 to ≥ 17 for samples of 100 and ≥ 8 to ≥ 13 for samples of 1000. On average, sensitivity was overestimated by 6.5% and specificity underestimated by 1.3% for samples of 100; sensitivity was overestimated by 1.4% and specificity underestimated by 1.0% for samples of 1000. Data-driven optimal cutoff selection results in cutoffs that diverge substantially from population optimal cutoffs and produces biased accuracy estimates, especially in small samples. Clinicians should use cutoffs established in well-conducted meta-analyses or validated in multiple primary studies.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53801 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Selective cutoff reporting in studies of the accuracy of the PHQ-9 and EPDS depression screening tools: comparison of results based on published cutoffs versus all cutoffs using individual participant data meta-analysis

Presenting Author: Neupane, Dipika
Additional Authors: Levis, Brooke; Thombs, Brett D; Benedetti, Andrea

Abstract: Selectively reporting accuracy results from only well-performing cutoffs would be expected to result in biased accuracy estimates in meta-analyses. Using data from individual participant data meta-analyses (IPDMAs) of the Patient Health Questionnaire (PHQ-9) and Edinburgh Postnatal Depression Scale (EPDS), we 1) compared accuracy estimates based on meta-analysis of published cutoffs only versus all cutoffs from all studies via IPDMA and 2) explored cutoff reporting patterns. Compared to IPDMA, PHQ-9 sensitivity estimates based on published cutoffs were underestimated for cutoffs < 10 (median difference 6%) and overestimated for cutoffs > 10 (median difference 7%). EPDS sensitivity estimates were similar for cutoffs < 10 (median difference 1%) but higher for cutoffs > 13 (median difference 14%). PHQ-9 studies with optimal cutoffs < 10 reported more cutoffs below 10 (mean cutoff 8.8) and those with optimal cutoffs > 10 reported more cutoffs above 10 (mean cutoff 11.8). EPDS studies with optimal cutoffs < 10 did not report more cutoffs below 10 (mean cutoff 9.9) but those with optimal cutoffs > 10 reported more cutoffs above 10 (mean cutoff 11.8). Selective cutoff reporting and resulting bias in accuracy estimates were more pronounced for the PHQ-9 than for the EPDS. Researchers evaluating depression screening tool accuracy should report accuracy results for all relevant cutoffs.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53805 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Major depression classification based on the SCID, CIDI and MINI diagnostic interviews: a meta-analysis of individual participant data meta-analyses

Presenting Author: Wu, Yin
Additional Authors: Levis, Brooke; Benedetti, Andrea; Thombs, Brett D

Abstract: Three individual participant data meta-analyses (IPDMAs) found that controlling for depression screening scores, likelihood of major depression classification varies by type of diagnostic interview. We combined data from the three IPDMAs to compare performance of the semi-structured Structured Clinical Interview for DSM (SCID), the fully structured Composite International Diagnostic Interview (CIDI), and the brief fully structured Mini International Neuropsychiatric Interview (MINI). In each IPDMA database, we fit binomial generalised linear mixed models to compare odds of major depression classification across interviews, controlling for screening tool scores and participant characteristics, with and without including an interaction term between interview and screening score. We then conducted random-effects meta-analyses of the adjusted odds ratios [aORs]. The MINI (74 studies, 25,749 participants) classified major depression more often than the SCID (108 studies, 21,953 participants; pooled aOR [95% CI] = 1.45 [1.11-1.92]). As screening scores increased, odds of major depression classification increased less for the CIDI (30 studies, 21,703 participants) than the SCID (pooled interaction aOR [95% CI] = 0.64 [0.52-0.80]). Compared to the SCID, the MINI classifies major depression more often and the CIDI is less responsive to increases in depressive symptom levels.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 53808 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Beyond Global Trait Conceptions of Self-Criticism, Perfectionism, and Self-Compassion

Moderator: Zuroff, David C

Abstract: Researchers concerned with vulnerability and resilience traits (e.g., self-criticism, perfectionism, and self-compassion) must begin to consider contemporary personality science perspectives on traits rather than continuing to treat them as highly generalized, global characteristics. As argued by Moskowitz et al. (1997) and Fleeson (2001), traits, understood as means or central tendencies, are real and important, but equally important and real are various forms of variability around those means, especially variability over occasions and contexts. Self-criticism has previously been shown to vary over days (Dunkley et al., 2003; Zuroff et al., 2016) as well as over domains such as academic achievement, physical appearance, family relationships, and intimate relationships (Zuroff, 2019). The first presentation examines daily variability in self-compassion, documenting its link to daily eating disorder symptoms. The second presentation addresses variability over domains in personal standards and self-critical perfectionism, showing that both trait and domain-level variability relate to measures of well-being. The final presentation provides clinical illustrations of variability in self-criticism and self-compassion, describing the variable precipitants of self-criticism observed in different individuals and the associated use of different intervention strategies.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52768 - Symposium

Domain-specific perfectionism: Perfectionism beyond the trait-level and its link to well-being

Presenting Author: Levine, Shelby L
Additional Authors: Milyavskaya, Marina

Abstract: Objective: Perfectionism is often thought of as a stable and global trait, exemplified by an individual's desire to pursue unrealistic standards in every aspect of their lives. However, this view of perfectionism may neglect to consider individuals who strive to master one area of their life, but may not yearn for perfection in everything. The aims of this study were to examine: 1) whether perfectionism related to well-being similarly at the between-person and domain-specific levels;

and 2) how much perfectionism varied between domains and how this variability related to well-being. Method: Students (N=580) selected four domains and completed surveys on domain and general perfectionism and well-being. Results: In multilevel analyses (with n=2320 domains), perfectionism was related to well-being outcomes similarly at the trait and domain-specific levels. There was more variability across domains in personal standards than in self-critical perfectionism (Mdiff=.18, t(579)=8.202, p

Section: Clinical Psychology / Psychologie clinique
Session ID: 54017 - Paper within a symposium

Day-to-day variability in self-compassion levels among women with anorexia nervosa

Presenting Author: Kelly, Allison C
Additional Authors: Waring, Sydney V

Abstract: Objective: This study examined the extent to which levels of self-compassion fluctuate day-to-day in individuals with anorexia nervosa and whether these fluctuations contribute to their eating pathology. Method: For two weeks, 33 women with anorexia nervosa completed reported on their daily levels of self-compassion and eating pathology (e.g., dietary restraint).Results: Nearly half the variance in participants' self-compassion scores occurred at the within-persons daily level. Multilevel modeling revealed that on days when participants were more self-compassionate than usual, their eating pathology was lower. However, this effect was moderated by participants' mean self-compassion level over the two weeks (B=-0.12, SE=0.05, p

Section: Clinical Psychology / Psychologie clinique
Session ID: 54019 - Paper within a symposium

Self-criticism and self-compassion in the therapist's office

Presenting Author: Powers, Theodore A
Additional Authors: Mongrain, Myriam

Abstract: This paper will present clinical case material illustrative of the phenomena of self-criticism and self-compassion. We will present clinical examples that demonstrate session-to-session variability in self-criticism and self-compassion and domain-specific precipitants that trigger self-criticism in different individuals. In addition, different intervention strategies will be discussed to address these variations. The purpose of the presentation is to provide clarification and deeper understanding of the theoretical and empirical material presented during the symposium.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54022 - Paper within a symposium

Spotlight on "invisible" aspects of violence against women

Moderator: Zawitkowski, Sonia

Abstract: Violence against women (VAW) comes in many forms which can be challenging to identify and address. While there has been considerable success in bringing VAW to public attention in its broad forms, substantial aspects of this still-pervasive issue remain relatively hidden. All three presentations relate to "invisible" aspects of violence against women. The first presentation will use the Media Practice Model (MPM) to discuss how pervasive media messages contribute to normalizing attitudes and experiences related VAW, making them harder to identify and address. The second presentation will discuss the relative invisibility of intimate partner violence (IPV) on university campuses compared to sexual assault (SA) and interconnections between these two forms of VAW. Findings from research on the Enhanced Assess Acknowledge Act Sexual Assault Resistance Program (EAAA program) suggest that similarities between IPV and SA mean the EAAA program may also be effective in reducing IPV. The final presentation will discuss one particularly understudied dimension of IPV—financial abuse. Common experiences of financial abuse and its impacts in Toronto, particularly in the context of its invisible nature, will be identified.

Section: Women and Psychology / Femmes et psychologie
Session ID: 53425 - Symposium

"Hidden in the Everyday:" Financial Abuse as a form of Intimate Partner Violence

Presenting Author: Zawitkowski, Sonia
Additional Authors: Wilson, Brianna; Barata, Paula C

Abstract: Financial abuse is relatively understudied compared to other forms of intimate partner violence. This community-engaged project was done in collaboration with the Woman Abuse Council of Toronto (WomanAct) to better understand how financial abuse manifests in the populations that they serve. Findings draw on the triangulation of three descriptive studies gathered through 55 surveys and 2 focus groups with service providers, as well as 14 in-depth interviews with women survivors, to identify common experiences of financial abuse and its impacts. Questions to service providers focused on city-wide trends, service provision, and policy, while questions to women focused on the trajectory of financial abuse and individual challenges and needs. Descriptive statistics were used to summarize the survey data and thematic analysis was used to summarize the most prevalent and relevant themes in the qualitative data. We identified the invisibility of financial abuse to be a major theme in the data and structural (e.g. policy) and societal (e.g. patriarchy) factors contributed to that invisibility. We also identified common challenges in confronting financial abuse as well as opportunities to prevent and address it. WomanAct has used this research to bring visibility to this problem, and we will conclude with a description of this process, including steps that followed and future directions.

Section: Women and Psychology / Femmes et psychologie
Session ID: 53663 - Paper within a symposium

Capitalizing on developments in sexual assault programing: IPV Reduction as an Outcome of EAAA

Presenting Author: Barata, Paula C
Additional Authors: Senn, Charlene Y; Radtke, Lorraine H; Thurston, Wilfreda E; Hobden, Karen L

Abstract: There is increased attention to sexual assault on university campuses, but little attention to intimate partner violence (IPV), despite similar high rates of occurrence. A randomized control trial of the Enhanced Assess Acknowledge Act Sexual Assault Resistance Program (EAAA program) demonstrated a large reduction in sexual assault for women in the program compared to a control (Senn et al., 2015). This presentation examines the impact of the program on IPV. Female students enrolled in the original randomized clinical trial completed an additional on-line survey that measured IPV using the Composite Abuse Scale. Three-hundred and twenty women completed this survey, and of these women, 150 had at least one intimate relationship over a 1-year period. The 1-year risk of IPV for women in the control and EAAA groups was 28.1% and 11.0% respectively (log-rank p < .01; a 61% reduction). The 150 eligible participants had 201 relationships. IPV occurred in 26.5% vs 13.2% of those relationships respectively (log-rank p = .067; a 50% reduction). The results suggest that the EAAA program may be effective in reducing the risk of IPV among women, and that addressing the common underpinnings of multiple forms of violence against women is an important direction for research. We should capitalize on the current momentum to address sexual assault by bringing visibility to these commonalities.

Section: Women and Psychology / Femmes et psychologie
Session ID: 54870 - Paper within a symposium

Media's Influence on Attitudes and Experience with Interpersonal Violence

Presenting Author: McAuslan, Pam
Additional Authors: Leonard, Michelle ; Suttner, Selena

Abstract: Interpersonal violence (IV) is a common experience with negative consequences for victims. Sexual and aggressive media are pervasive and tend to perpetuate and normalize IV. The Media Practice Model (MPM) considers how early experiences (e.g., family) and individual characteristics (e.g., dogmatism) influence how individuals interact with media

(identification, consumption of sexual/aggressive media, perceived influence of media). These factors, either indirectly (via media) or directly, predict attitudes and behaviors associated with IV. This presentation will focus on three recent studies of emerging adults that used the MPM to examine media influences on attitudes and experience related to dating violence, reactions to victims of sexual assault (SA), and SA perpetration. Across the studies, effects of early lived experience and individual factors seem to work through the mediation of media factors to influence attitudes (e.g., rape myth acceptance) and behavior (e.g., dating violence, SA). The results of these studies have important implications for education and intervention. For example, interventions to fight dogmatism and promote media literacy from an early age might help to the combat the pervasive media messages that contribute to the development of intolerant attitudes such as RMA that are related to both perpetration of violence and the tendency to blame victims.

Section: Women and Psychology / Femmes et psychologie
Session ID: 54878 - Paper within a symposium

Music and Cross-cultural psychology: Acculturation studies

Moderator: Cohen, Annabel

Abstract: Beginning in infancy, the emotional, social, and cognitive dimensions of music provide a basis for acculturation. The present symposium explores the power of music in 3 cultural-psychological contexts. First, Dave Miranda examines challenges of multi-ethnic background, reporting results of a study of use of ethnic music as a means of strengthening university student cultural identities and offering protection from discrimination. Xiao Chen next explores a phenomenon of the Shenzhen Special Economic Zone of China which encourages acquiring Western pianist ability as a means for achieving a quality of life. Interviews, focus groups, and archives will reveal how the piano offers a means to cultivate Chinese modern-day culture by integrating Western culture. Finally, Randal Tonks will report results of his survey of over 300 students who provided emotional meanings of songs that most reflected the concept of home. Comparing students born in Canada and those who have immigrated, factor analysis of meanings of the chosen music illuminates the challenges immigration engenders. The acculturation framework of John Berry provides a means for relating the findings of these studies, which together represent an international and cross-cultural territory ripe for exploration, connecting well with CPA's convention theme of psychology in action.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53579 - Symposium

Can music help young multicultural people when they experience discrimination?

Presenting Author: Miranda, Dave

Abstract: During youth development, it is well-known that forming a positive ethnic identity is beneficial, whereas experiencing ethnic discrimination is detrimental. This also applies to multicultural people (multiculturals) who benefit from their mixed cultural heritage, but can also face discrimination because of the complexity of their mixed cultural nature (e.g., others rejecting or denying one's ethnic identity). Although ethnic identity can either make one more resilient or vulnerable when experiencing discrimination; overall, a positive ethnic identity is more protective than not against discrimination (Yip, 2018; Yip et al., 2019). Hence, this study aims to examine if musical ethnocultural identity (i.e., using music to explore and affirm one's ethnic identity on an everyday basis) can attenuate (i.e., moderate via moderated regression) the relationship between perceived discrimination and impaired psychosocial adjustment in young multiculturals. The method consists of an online survey with undergraduate students (17 to 21-year-olds at a Canadian university) whose parents have different cultural or ethnic backgrounds. Preliminary results will be available in May 2020 as the first wave of data collection starts in the winter of 2020. Findings will allow to examine if music may help young multiculturals when they experience discrimination against their personal cultural diversity.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54788 - Paper within a symposium

Cultivating the pianistic self and other in China.

Presenting Author: Chen, Xiao

Abstract: The Western-rooted piano has caused a mania in China. To comprehend the social-psychological underpinnings of this mania, I examined how individuals from different social groups (i.e., gender, generation, and social class) perceive, construct, and cultivate a piano culture in Shenzhen Special Economic Zone, known as China's Piano City-to-be. I coined a term "pianistic self" to denote an individual's identity associated with the piano. Accordingly, the pianistic selves collectively form the "pianistic other," a socio-psychologically charged phenomenon emerging from and beyond piano-relevant institutions. Analyzing multi-source data (i.e., participant observations, interviews, focus groups, and archives), I constructed a social-cultural history of piano in Shenzhen (1978-). I observed the emergence of professionalized amateurism at the individual (e.g., piano kids), interpersonal (e.g., teacher-parent), intra-organizational (e.g., within a piano school), and inter-organizational levels (e.g., school-government). The pianistic pursuit, individual and collective, is akin to gaining cultural-political capital. Consequently, the enhancement of amateurs' piano literacy has been rationalized and even legitimized as a national means for cultivating suzhi (literally, quality), which departs from the generally perceived Western piano culture of amateurs as a past-time.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54791 - Paper within a symposium

A cross-cultural comparison of music and emotions of home.

Presenting Author: Tonks, Randal

Abstract: In this study participants of an average age of 21 years were asked to report five songs that give them a sense of home or a feeling of home. Based upon the analysis of emotions associated with music by Zentner et al. (2008) participants were further asked to rate their top "home song" on twenty emotion adjectives. Overall results indicate that strong positive emotions (Happy, Joyful, Nostalgic, Comforted) are associated with songs of home. A comparison of the ratings by 280 Canadian born and 140 immigrant or international student participants (who have lived an average of 6.7 years in Canada) showed varied patterns of emotions associated with these songs where internationally born participants were more likely to endorse the emotions of Sad, Anxious and Depressed. Further analysis of emotion ratings by gender showed males to recognize more active emotions (Enthused, Energized & passionate). Factor analysis on the emotions birthplace resulted in a four factor solution of: Joyful / Happy, Sad / Depressed, Anxious, and Agitated factors. Discussion of the potential use of music in ameliorating acculturation is also made.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54792 - Paper within a symposium

Identifying Stressors and Protective Factors in Families

Presenting Author: Colucci, Laura

Abstract: Although raising families are rewarding, it can also be challenging. Families are susceptible to many stressors from within and from outside the family. This symposium intends to update the audience on new efforts by students in psychology to understand the role of stress and alleviate its impact on families. In paper 1, Rollins examines how children's communicative ability is related to the parent's report of stress or irregularities in family routines. Using data from a parenting program for families with children with emerging developmental delays, she will examine how children's score on communication-specific questions are predictive of parents' report of stress. In paper 2, Salisbury examines how children's physiological regulation, indexed by high-frequency heart rate variability, interacts with parental support in a challenging task to predict children's behavioural responses. In paper 3, Bonin will use data from families at risk for chronic stress to examine how maternal support alters children's stress physiology, measured by cortisol peak and recovery to baseline, following acute stress. In paper 4, Colucci will discuss how economic stress disrupts relationships for whole families. Using longitudinal data, she will examine the cascade linking socioeconomic status, to whole-family relationship quality, to psychopathology for the whole family.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 53714 - Symposium

[Presented in CPA 2020 Virtual Series]

Effects of Children's Communicative Ability and Behaviours in Relationship to Parental Stress Levels in Children with Emerging Developmental Delays

Presenting Author: Rollins, Kathryn
Additional Authors: Beyak, Alanna

Abstract: Oral language skills are predictive of children's later literacy success. While many studies have looked at child language development in relationship to family stressors includingsocioeconomic status, there has been limited research on self-reported parental stress inrelationship to their child's communicative ability. Additionally, the data is extracted from ofcorpus of families in which the children have an emerging developmental delay. Using baseline data from the KEEP-P program, a parenting program for families with children with emerging developmental delays, this study aims to address this gap in knowledge. This study will use parental questionnaires including the Family Routines Questionnaire and Parenting Stress Index which will then be related to the child's score on the communication-specific questions of the Wechsler Preschool and Primary Scale of Intelligence-IV. It is predicted that when children score lower on the language-focused questions of the Wechsler Preschool and Primary Scale of Intelligence-IV that parents will report higher levels of stress and more difficulty or irregularities in family routines. This study will provide a comprehensive overview of how a child's communicative ability affects family stress and routines in a baseline sample.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 53739 - Paper within a symposium

Children's physiological regulation as a moderator in the link between parenting and childproblem behaviours

Presenting Author: Salisbury, Marlee

Abstract: Lower parenting quality during challenges confers risk for poor child self-regulation andmaladaptive behaviour outcomes1. However, it remains unclear what specific parentingbehaviours influence children's self-regulation across behavioural and physiological domains. Given the importance of flexibly regulating physiology for mobilizing adaptive regulatory strategies2, the goal of this study is to examine how children's physiological regulation interacts with parenting to predict child problem behaviour during a challenging task. Parent-child dyads (N = 165; Mage = 4.23 years; 51% girls) completed a problem-solving task in which children recreated a block design from a model with parental support limited to verbal instruction. Child problem behaviours were identified using the Preschool and Kindergarten Behaviour Scale (Mn=117= 41.16, SD = 16.32) and specific parent and child behaviours will be assessed using a lab-developed behaviour coding scheme. Children's physiological regulation was indexed by high-frequency heart rate variability (HRV) derived from electrocardiograms recorded during the task. Hayes' PROCESS macro will be used to explore the moderating role of HRV in the link between parenting and child problem behaviours. Findings will provide insight on the environmental and physiological processes that shape children's behavioural responses in the face of challenges.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 53740 - Paper within a symposium

The Impact of Maternal Dyadic Interactions on Child Stress Physiology and Resiliency

Presenting Author: Bonin , Lynette

Abstract: Exposure to adversity can alter children's stress physiology and impact psychopathology. Yet, how maternal behaviors following stressors affect children's stress reactivity and recovery is unclear. The proposed study addresses this gap by investigating the links between dyadic interaction quality, children's stress physiology and expressed distress following an

acute stressor. Baseline data from a larger study completed in the Denver metropolitan area will be used. The data consists of 90 children from families at risk for chronic stress exposure. Dyads were randomly placed in an intervention or a control condition. Hypothalamic-pituitary-adrenal (HPA) axis activity was assessed by measuring cortisol reactivity and recovery. A regression analysis will be employed to study the links between maternal buffering behaviors and child cortisol levels. A moderation analysis examining displays of child distress will be conducted. It is expected that higher levels of maternal comfort will predict child cortisol following acute stress, including lower cortisol peaks and faster post-stressor recovery to baseline levels among children who display distress. These results would implicate the importance of targeting dyadic interactions for promoting resilience following stress and inform future research on how distressed behaviors may moderate maternal interactions on stress physiology.

Section: Family Psychology / Psychologie de la famille
Session ID: 54210 - Paper within a symposium

How is the whole greater than the sum?: A systemic evaluation of the family stress model

Presenting Author: Colucci, Laura
Additional Authors: Sokolovic , Nina ; Browne, Dillon

Abstract: The Family Stress Model posits that harmonious family relationships are disrupted under settings of financial duress due to the psychological burden placed upon caregivers. Despite the popularity of this model, few studies have considered the way in which economic stress disrupts relationships for whole families, or the psychological sequelae of these disruptions across the family unit. This limitation has been both theoretical and methodological. From a Family Systems framework, the present study provides an empirical test of the family stress model using a round-robin design. Participants come from a longitudinal birth-cohort of families called the Kids, Families, and Places study (N=501 families, 1002 children). Dyads were filmed during a cooperative building task and coded for cognitive sensitivity, up to 12 directed dyadic scores per family. Competing formative and reflective structural equation models will be used to identify a whole-family effect. Subsequently, a cascade linking socioeconomic status, to whole-family relationship quality, to psychopathology for the whole family will be evaluated. Preliminary analyses indicate a whole-family effect accounting for 8-12% of the variance in sensitivity, depending on family role. Findings will be interpreted in relation to clinical work with families who experience financial stress, especially trauma-informed family therapy.

Section: Family Psychology / Psychologie de la famille
Session ID: 55064 - Paper within a symposium

Understanding and Enhancing Family Interactions

Moderator: Quan, Cindy

Abstract: The quality of family interactions is important for parents and children. Positive family interactions promote well-being and serve as buffers in times of stress. This symposium intends to provide information about when positive family interactions occur, systems to identify positive interactions, and initiatives to build positive interactions to improve the family's well-being. In paper 1, Sokolovic uses a Social Relations Model to examine the predictors of responsive behaviours during interactions with family members based on individual propensities, familial norms, and unique dyadic effects. In paper 2, Stienwandt shares the results of a systematic review of video coding systems used to code interactions of parents and children aged 2-5 years old. The systems will be qualitatively analyzed. In paper 3, Quan reports on a pilot intervention to build parents' capacity within immigrant and refugee families to use emotionally attuned communication, show empathy for children's perspectives, and use collaborative problem-solving. Data includes quantitative and qualitative responses from parents who participated in the workshops. In paper 4, Penne-Goeke describes the results of a meta-analysis examining the pooled effect size of group-based parent-training programs for preschoolers on caregiving quality, problem behaviours in children, and percentage of program completers.

Section: Family Psychology / Psychologie de la famille
Session ID: 53737 - Symposium

[Presented in CPA 2020 Virtual Series]

What makes for responsive family interactions? Individual, family-level, and SES contributions

Presenting Author: Sokolovic, Nina
Additional Authors: Leckie, George; Jenkins, Jennifer

Abstract: Families function best, and children benefit the most, when familial interactions are characterized by an understanding of each member's perspectives and goals. In this study we used a Social Relations Model to parse out the extent to which responsive behaviors during interactions with family members are attributable to individual propensities, familial norms, and unique dyadic effects. Mothers, fathers, and two children each interacted with every other person in the family (N=198 families) and each person's behavior was coded for the level of responsivity they displayed toward their interactional partner. Data were modeled using a multilevel formulation of the SRM. Across family members, 17-32% of individuals' behavior was consistent no matter who they were interacting with, with parents tending to be more consistent than children. On average, 14.5% of the variance in behavior was consistent across all members of a given family. Families' financial status explained 27% of this family-level variance. Furthermore, it was found that parents and younger children contributed more to family similarities than did pre-adolescent children. These results provide new insights into the developmental origins of responsive behaviors, and how family socioeconomic status and certain family member's tendencies seep into the family system and influence all family members' interactions.

Section: Family Psychology / Psychologie de la famille
Session ID: 54187 - Paper within a symposium

A Systematic Review on Dyadic Parent-Child Interaction Video Coding Systems

Presenting Author: Stienwandt, Shaelyn
Additional Authors: Rollins , Kathryn

Abstract: Parents are in a position of importance in supporting children's social-emotional development and wellbeing. Research has shown that, broadly, positive parent-child interactions promote later adaptive characteristics such as emotion regulation, social skills and behavioural control. However, there is no clear measure for understanding dyadic parent-child relations and clarification on extant measures is relevant for clinical research. Several measures have been developed across orientations, but there is limited documentation of their theoretical overlap, methodological requirements, appropriate age ranges, evidence base, and time required to execute. The goal of this project was to identify all video coding systems used to code interactions of parents and children aged 2-5 years old. Google Scholar, PubMed, PsychINFO, and the University of Manitoba Library were searched and yielded a total of 41 systems from 1980 to present. Next, these schemes will be qualitatively analyzed based on constructs captured, sensitivity to change over time, and structure. The finished review will serve as a comprehensive resource for those looking to understand the history of coding systems, identify a system that meets their needs, or create a system more suited to their work. This will support future family psychology research in understanding and promoting positive parent-child relationships.

Section: Family Psychology / Psychologie de la famille
Session ID: 54188 - Paper within a symposium

Parenting through Cultural Change: A Pilot Intervention for Immigrant and Refugee Parents

Presenting Author: Quan, Cindy
Additional Authors: Costigan, Catherine; Longtin, Emilie

Abstract: We report on a pilot intervention designed to build parents' capacity within immigrant and refugee families. Newcomer parents have often experienced trauma prior to arriving in Canada and routinely experience settlement stressors. These experiences can make raising children in Canada challenging. We evaluate efforts to support parents in maintaining a strong connection with their children in a new culture. Parenting workshops were offered in collaboration with a local settlement agency. Five cohorts have completed four-session workshops with a total of 64 participants (81.25% mothers, Mage = 42.56). Participants had diverse ethnic background: 37.5% Syrian, 18.75% Chinese, 6.25% Iraqi, 37.62% Other). The workshops were strength-based and guided by cultural humility. Workshop content included sharing of concerns, emotionally attuned communication, empathy for children's perspectives, and collaborative problem-solving. Participants reported high

satisfaction with the workshops (e.g., 80% strongly or somewhat agreed to feeling more confident communicating with their children (79.70%). We also report on qualitative feedback regarding what parents liked best about the program, found most helpful, and what changes they would like to see. Initial evidence supports the feasibility and efficacy of this preventative intervention and suggests areas for refinement.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54190 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

A Meta-Analysis of Group-Based Parenting Programs for Parents of Preschool-Aged Children

Presenting Author: Penner-Goeke, Lara
Additional Authors: Roos, Leslie; Sulymka, Julia; Kaminski, Lauren

Abstract: Young children are highly vulnerable to their early environments, with early adversity having long-term consequences for both mental and physical health. Similarly, positive environmental influences can protect against these effect and promote lifelong resilience. As supportive caregiving is a well-established buffer against the effects of early adversity, there are many interventions that seek to enhance caregiver capacities in the preschool years through group-based parenting programs. Despite the widespread dissemination of these programs, there is evidence to suggest that effect sizes are modest. Furthermore, little is known about which population characteristics influence who benefits from programs and how family stressors may limit the effectiveness of these interventions. In the current study, a systematic review of group-based parent-training programs for preschoolers was conducted. Analyses of the 140 articles identified will examine the pooled effect sizes of caregiving quality, problem behaviours in children and percentage of program completers. Subsequent analyses will examine various factors that may moderate the impact of programs. With these results, we aim to inform the development of evidence-based treatments for preschool-aged children, with a particular focus on determining which families need additional services or further innovation in treatment approach.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 55072 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Interpersonal trauma in childhood: Long-term impacts on intimate and family relationships

Moderator: Langevin, Rachel

Abstract: Interpersonal trauma in childhood (ITC), such as maltreatment, neglect, and exposure to intimate partner violence, are highly prevalent, with a third of Canadian adults reporting having experienced it in their family before the age of 15 (Chief Public Health Officer, 2016). Decades of studies on Complex Post-Traumatic Stress showed that these traumatic experiences can have pervasive impacts on several aspects of functioning (e.g. emotional dysregulation, dissociation, disorganized attachment). These long-term consequences can later disrupt intimate and family relationships, resulting in intergenerational cycles of adversity. This symposium includes three innovative studies exploring the long-term consequences of ITC and their mechanisms. First, Mr. Morissette Harvey will discuss cumulative childhood trauma and its impact on intimate partner violence in young parental couples, looking at the specific role of impulsivity. Next, Dr. Langevin will discuss the maternal factors associated with the intergenerational continuity of child sexual abuse. Finally, Mrs. Dussault will show that mindfulness practice could mitigate the negative impacts of ITC on adult survivors. Taken together, these presentations will bring forward new insights into the devastating long-term impacts of ITC and provide solutions to help foster resilience in victims and their families.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 53777 - Symposium

[Presented in CPA 2020 Virtual Series]

Maternal factors associated with the intergenerational continuity of child sexual abuse

Presenting Author: Langevin, Rachel
Additional Authors: Hébert, Martine

Abstract: Risk and protective factors associated with the intergenerational continuity (IC) of child sexual abuse (CSA) are still understudied, despite the devastating consequences involved. Identifying the mechanisms for these cycles is essential in order to break them. The present study aimed to identify maternal factors in a large sample of mother-child dyads. Dyads (n=1,250) were divided into four groups: CSA Continuity (mother & child victims); CSA Discontinuity (mothers victims); No Abuse Continuity (mother & child not victims); No Abuse Discontinuity (children victims). Mothers completed self-report measures assessing maternal characteristics (e.g. intimate partner victimization, psychological functioning), familial characteristics (e.g. cohesion, conflicts), and demographic variables (e.g. early maternity, income). Results show that mothers in the CSA Continuity group have an increased number of risk factors compared to the mothers in the other groups (e.g. exposure to intimate partner violence in childhood, intimate partner violence in adulthood, SES); however, mothers in the No Abuse Discontinuity group also presented with high levels of risk factors (e.g. single parenthood, post-traumatic stress). Practitioners should be attentive to the needs of the mothers of CSA victims they are serving, since mothers involved in cycles of IC appear to be particularly vulnerable.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 53804 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Mindfulness, relationality and sexuality: A qualitative metasynthesis to guide trauma-informed professional practices

Presenting Author: Dussault, Éliane
Additional Authors: Morissette-Harvey, Francis; Fernet, Mylène

Abstract: Trauma survivors may experience lower mindfulness, poorer relational and sexual lives. An increasing body of literature found links between mindfulness and improved relationality/sexuality. However, it is appropriate to provide a better understanding of the contexts in which these links may occur, namely for trauma survivors, which qualitative studies may provide. This study aims to reinterpret qualitative data on mindfulness, sexuality, and relationality in a trauma-informed approach. We conducted a metasynthesis of 8 published articles exploring the impacts of mindfulness on relationality/sexuality to produce new insights. It reveals three main conceptual categories. 1) The increase of mindfulness is experienced through the development of two aspects: a) accepting oneself and others; b) paying attention in the present moment, which leads to awareness and a new approach on life. 2) Practicing mindfulness allows an increased connectedness with others and an enhanced contentment with one's life and self. 3) Limits of mindfulness practices are: a) the hardships of pursuing the practice, b) initial difficulties that require patience, c) an insufficient connectedness with significant others. Mindfulness-based practices appear helpful to reduce sexual/relational difficulties and enhance one's quality of life but should not be considered a panacea, especially for trauma survivors.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 53806 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Cumulative childhood trauma, impulsivity and coercive control in parental couples

Presenting Author: Morissette-Harvey, Francis
Additional Authors: Dussault, Éliane; Paradis, Alison

Abstract: Exposure to cumulative childhood trauma (CCT) has been found to relate to difficulties in couple relationships, including impulsivity and perpetration of coercive control. While considered a positive experience, welcoming a new baby can be a stressful life event and is known to exacerbate maladaptive tendencies such as impulsivity, which might in turn influence

the dyadic system and lead to more coercive control. Using a dyadic approach, this study examined how both partners' impulsivity might stem from their CCT exposure and be associated to bidirectional coercive control. A sample of 271 couples of co-parents with a newborn answered self-report online questionnaires assessing impulsivity, perpetration of coercive controlling violence and eight types of childhood maltreatment. Guided by the Actor-Partner Interdependence Model, path analyses yielded significant actor and partner effects. Indirect links between participant's CCT and their perpetration of coercive control through increased impulsivity were also found. Odd ratios ranged from 1.27 to 2.59. Findings support that individuals having sustained CCT might be at higher risk to display trait impulsivity, which might lead to perpetration of coercive control in the context of transition to parenthood. Implications for comprehension, assessment and trauma-informed practice will be discussed.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54138 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Peer Support in Mental Health: Roles, opportunities, and dilemmas

Moderator: Kidd, Sean

Abstract: Background: Peer support has a longstanding history in mental health services including community-based settings and has more recently been implemented in traditional mental health systems. Research within these settings has identified a number of positive outcomes for clients who utilize these services, including reducing hospitalization and symptom severity, as well as increasing levels of hope, empowerment, and quality of life. The purpose of the present symposium is to provide three different perspectives on the role of peer support in recovery from mental health concerns. Methods: Christina Mutschler will discuss the advantages of employing counsellors who have lived experience of addictions in a residential treatment centre treating substance use. Second, Dr. Gerald Jordan will describe how peer support encourages others to contribute towards the betterment and well-being of others. Third, Fionna Blair will describe the experiences of peer support workers within a mental health hospital and the challenges that occur while working within this space. Conclusions/Impact: The three papers provide insight into the state of the research in this field and highlight the importance of changing mental health systems in order to align with current recovery oriented best practices.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53845 - Symposium

[Presented in CPA 2020 Virtual Series]

The Dual Role of Staff with Lived Experience in Residential Treatment for Substance Use Disorders

Presenting Author: Mutschler, Christina
Additional Authors: McShane, Kelly

Abstract: Background: In the treatment of substance use disorders (SUDs), peer support services have a longstanding history. Renascent is a residential treatment center located in Toronto that requires staff to be certified SUD counsellors and have lived experience. It is not understood how the dual role of peer and counsellor impacts recovery from SUDs. Therefore, the purpose of the present study was to understand how the role of counsellors with lived experience facilitates recovery.Methodology: The study involved interviewing 25 key stakeholders at Renascent. The data was analyzed using thematic content analysis to create a theory of peer support in recovery. Results: The study indicated that counsellors who have their own lived experience are an integral component of treatment. Counsellors diverged on the centrality of their lived experience in their counselling practice, with some integrating evidence-based practices, while others using lived experience as their sole modality. The results indicate that clients receive added benefit from counsellors who have lived experience including reduced feelings of stigma, isolation, negative self-worth, and in turn, relapse. Conclusion: The study increases our understanding of peer support within treatment for SUDs. Action: Future studies should continue to examine dual roles of peers, such as acting as both a counsellor and a peer.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54452 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Experience of Peer Support Workers in a Mental Health Hospital

Presenting Author: Blair, Fionna
Additional Authors: Mutschler, Christina

Abstract: Introduction: Peer support has a growing evidence base and aligns with current policies of recovery-oriented care. Despite these advantages, research suggests that many challenges exist for peer support workers (PSWs) who are navigating the space within mental health hospitals.Method: Three PSWs working at a leading mental health hospital were interviewed about their experience within the hospital. Interviews were transcribed and coded using thematic content analysis in order to identify recurring themes within the data. Results: PSWs discussed various tensions in the mental health hospital. Role clarity led to success in the position, in contrast to being considered a "token" and having lack of direction. They noted the difficulty of working within the medical model while promoting a recovery-oriented modality. PSWs also discussed the demands of being allied staff and having to meet the same productivity as high demand positions. Peers discussed the importance of a supportive team that advocated for peers and let them pursue their career goals.Conclusion/Action: Education is required for consumers, hospital staff, and the system as a whole, about the role of PSWs. Mental health systems and leadership need to appreciate the unique practices of PSWs by implementing policies and procedures within the medical model for peers to have the space to perform their jobs effectively.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54457 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Generativity Within the Context of Peer Support: A qualitative analysis

Presenting Author: Jordan, Gerald
Additional Authors: Malla, Ashok

Abstract: Rationale: Through peer support, persons in recovery from a mental illness help other people with mental illnesses recover. In addition, peer support may encourage others to contribute towards the betterment and well-being of others (i.e., engage in generativity), a topic that has received little attention. This knowledge gap may preclude efforts to foster generativity among persons with mental illness, and was addressed through two research questions: 1) How do persons with mental illness engage in generativity? and 2) what are the facilitators to generativity? Method: Data were collected as part of a larger study exploring changes experienced following the onset of psychosis. Interviews were conducted with twelve persons receiving treatment for a first episode of psychosis in a hospital setting at two timepoints and analyzed using thematic analysis. Results: Participants created greater harmony within the family context; engaging in political activism; and shared stories of their own illness through spoken word poetry. Facilitators of generativity included being part of informal, community-based peer support groups that emphasized social justice, artistic expression and recovery. Conclusions: Informal peer support can help foster generativity. Impact: The findings challenge stigma and provide avenues for supporting generativity among persons with mental illness.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54459 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Conflict and violence in adolescent dating relationships: Concurrent and longitudinal analyses

Moderator: Paradis, Alison

Abstract: The prevalence of dating violence (DV) among adolescents remains alarmingly high making it an important public health concern with significant short- and long-term associated consequences. Compared to the abundant literature on adult intimate partner violence, DV remains an understudied phenomenon. In the last decade, findings have emphasized the need for a greater focus on promoting positive relationship dynamics and have highlighted the importance of directing efforts toward understanding and preventing conflicts from escalating to violence. This symposium brings together three presentations based on various methodological approaches and explores conflict and interpersonal violence in adolescents' relationships. The first presentation (Hébert et al.) will assess risk and protective factors associated to chronic trajectories of DV victimization in teens. The second presentation (Paradis et al.) will present results on how, for boys and girls, past and current experiences of DV are associated to conflict in their dating relationships. The last presentation (Todorov et al.) will use daily diaries to examine the associations between conflict resolution strategies, physical violence and relationship satisfaction in a sample of teens in romantic relationships. Together, findings will offer new, much needed knowledge on correlates and consequences of DV.

Section: Traumatic Stress / Stress traumatique
Session ID: 53911 - Symposium

Risk factors of teen dating violence: Distinguishing trajectories of chronic victimization

Presenting Author: Hébert, Martine
Additional Authors: Petit, Marie-Pier; Blais, Martin

Abstract: For a number of teens, their first romantic relationships are characterized by violence. Prevention is clearly warranted and the identification of risk factors associated with teen dating violence (TDV) is key in the development of efficient prevention. The aim of the present study was to contrast risk and protective factors between teens reporting TDV once versus those reporting it over time. Data are drawn from the Youths' Romantic Relationships Project conducted among 8,194 students in Quebec. Multinomial regressions were conducted with a subsample of 2,160 teens in a romantic relationship at Wave I and Wave II (6 months later). Common factors associated with reporting TDV either at one or two periods included: high psychological distress, being sexually active, a history of childhood neglect and affiliating with delinquent peers. Factors specifically associated with experiencing TDV at two periods were being a girl, delinquency, acceptance of TDV and a relationship with the same partner. Among peer and family factors, teens who experienced sexual harassment by peers and with friends who are victims of TDV were more likely to report TDV at two periods. Conversely, reporting higher levels of resilience, peer support and self-efficacy decreased the odds of reporting TDV at two periods. These findings identify targets for the design of TDV prevention programs.

Section: Traumatic Stress / Stress traumatique
Session ID: 54830 - Paper within a symposium

A daily investigation of violence and conflict in dating relationships of adolescent boys and girls

Presenting Author: Paradis, Alison
Additional Authors: Fortin, Andréanne; Sadikaj, Gentiana

Abstract: Dating violence (DV) is alarmingly prevalent among adolescents and is being perpetrated by both boys and girls. Despite significant advances in the field, the context in which violence arises in teen dating relationships remains elusive. In this respect, gaining a more in-depth understanding of how conflicts relate to DV is important. The general purpose of this study was twofold: first, to explore how disagreements and conflict resolution strategies were related to DV; and second, to assess if the patterns of relationships were moderated by gender. A sample of 122 girls and 94 boys, ages 14-19, who reported being in a dating relationship completed an online baseline survey, followed by brief daily questionnaires for the next 14 days. To examine if experiencing DV in the past 12 months was associated to conflict measured on a daily basis, multilevel modeling was used. Results indicated that being a victim of DV was associated with increased reports of daily disagreements for both boys and girls, while perpetrating DV was associated with fewer reports of disagreements, but only for girls. Boys and girls who inflicted violence also resorted to more negative and less positive conflict resolution strategies. By incorporating a daily set of measures, this study is unique as it enhances our understanding of the context-specific conflict behaviours related to DV.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54832 - Paper within a symposium

Conflict resolution strategies, dating violence, and relationship satisfaction in adolescence

Presenting Author: Todorov, Emily-Helen
Additional Authors: Paradis, Alison

Abstract: Compared to adults, teens' romantic relationships are marked by more negative interactions and conflicts, during which more negative strategies (i.e. conflict engagement) and dating violence (DV) can be used. While, the use of such behaviours has been linked to poorer relationship satisfaction in adult intimate relationships, no study has looked at their link with relationship satisfaction in adolescence. This study used a daily-diary method in order to examine how conflict resolution strategies, and physical DV are related to satisfaction in teens' romantic relationships. A sample of 216 adolescents between the ages of 14 and 19 (M= 17.03 , SD =1.53) currently involved in a romantic relationship completed an online 14-day daily-diary. Multilevel modeling analyses showed significant negative relationships between the use of daily negative strategies and daily satisfaction, as well as between daily physical DV perpetration and daily satisfaction. These results suggest that teens are less satisfied on days during which they use more destructive and violent behaviors than usual to solve their conflict. Experiencing a satisfying relationship in adolescence has important positive implications for teens' wellbeing and is one of the strongest predictors of satisfaction in subsequent adult relationships. Thus, identifying factors related to satisfaction in adolescence is essential.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54834 - Paper within a symposium

Clinical Insights from Experience Sampling and Related Methodologies

Moderator: Rappaport, Lance M

Abstract: Over the past 30 years, experience sampling and related methodologies (ESM) have greatly informed psychopathological research. By emphasizing within-person processes, ESM clarify not only who is at risk for distress, impairment or harm but when it manifests. For example, early work identified time-varying predictors of exactly when individual at risk engage in high-risk substance use. With recent statistical and technological innovations, ESM show promise to continue clarifying how psychosocial processes play out in people's daily lives. This symposium will provide 3 presentations from research programs that use ESM to inform clinically-relevant assessment. I) Dr. Dunkley will report on research that describes the short- and long-term consequences of experiential avoidance in the daily lives of individuals with elevated self-critical perfectionism. Ii) Ms. Clegg will discuss research that uses event-contingent recording to assess individual differences in affective reactivity to another person's interpersonal behaviour, such differences are associated with both elevated neuroticism and variability in interpersonal behaviour over time. Iii) Dr. Rappaport will report on research that illustrates the use of ESM to identify psychological mechanisms-of-action in the treatment of social anxiety disorder. Dr. Zuroff will contribute expertise in ESM and psychopathology as discussant.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53920 - Symposium

Perfectionism and daily experiential avoidance and negative affect: An experience sampling study

Presenting Author: Dunkley, David M.
Additional Authors: Moroz, Molly

Abstract: This experience sampling study of 146 community adults examined the role of perfectionism in daily experiential avoidance and negative affect. Participants completed measures of two higher-order dimensions of perfectionism (personal standards [PS], self-criticism [SC]). Then, participants completed experience sampling with repeated within-day reports of experiential avoidance (i.e., behavioral avoidance, distress aversion) and negative affect for eight consecutive days. In

contrast to PS, SC was moderately associated with aggregated daily experiential avoidance and negative affect. Structural equation modeling indicated that individuals with higher SC perfectionism maintain higher daily negative affect through experiential avoidance tendencies. Multilevel modeling indicated that using more experiential avoidance than usual predicted greater decreases in negative affect for individuals with higher SC perfectionism compared to those with lower SC perfectionism. Our results suggest that engaging in experiential avoidance provides short-term relief for SC perfectionistic individuals, but consistently using experiential avoidance across situations contributes to the maintenance of negative mood over time. These findings highlight the importance of targeting experiential avoidance tendencies in daily life to reduce distress for individuals with higher SC perfectionism.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55099 - Paper within a symposium

Interpersonal perception and interpersonal spin

Presenting Author: Clegg, Kayleigh-Ann
Additional Authors: Moskowitz, D S; Andrevski, Goce; Sadikaj, Gentiana; Zuroff, David C

Abstract: Objective: Interpersonal spin refers to intraindividual variability in social behavior. Spin has been positively predicted by Neuroticism and found to be maladaptive for social functioning. To elucidate processes which may lead to spin and contribute to its association with poor social functioning, the present study examined these individuals' perceptual processes and whether they may explain spin's association with Neuroticism. Method: 267 students participated in a 20-day event contingent recording (ECR) procedure, reporting on social interactions via mobile app. Perception of others' behavior, own affect, and own behavior were measured within and across interactions. Results: Individuals with higher spin showed greater affective and behavioral reactivity to their perception of others' communal behavior. Neuroticism predicted greater affective reactivity (i.e., steeper slopes between perceived communion and negative affect), which in turn predicted higher spin. Conclusions: Findings suggest that individuals with higher spin may be more reactive to their perceptions of others' communal behavior. The behavioral dysregulation of these individuals may be related to underlying emotional dysregulation; both processes may ultimately interfere with the formation and maintenance of social bonds.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55112 - Paper within a symposium

Emotional and interpersonal mechanisms in community SSRI treatment of social anxiety disorder

Presenting Author: Rappaport, Lance M
Additional Authors: Hunter, Michael D; Pinard, Gilbert; Bleau, Pierre; Moskowitz, D S

Abstract: The present study sought to establish whether, during community pharmacological treatment of social anxiety disorder, changes in positive or negative affect and agreeable or quarrelsome behaviour mediate improvement in social anxiety severity or follow from it. Adults diagnosed with social anxiety disorder (N=48) recorded their interpersonal behaviour and affect naturalistically in an event-contingent recording procedure for 1-week periods prior to and during the first 4 months of treatment with paroxetine. A multivariate latent change score framework examined temporally-lagged associations of change in affect and interpersonal behaviour with change in self- and clinician-assessed social anxiety severity. Elevated agreeable behaviour and positive affect predicted greater subsequent reduction in social anxiety severity over the following month of treatment. Elevated negative affect, but not quarrelsome behaviour, predicted less subsequent symptom reduction. The present study implicates improved interpersonal behaviour and affect as possible mechanisms-of-action for serotonergic treatment of social anxiety disorder to partially explain and, ultimately, refine clinical intervention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55116 - Paper within a symposium

Taking psychology out of the office

Moderator: Dyck, Karen

Abstract: Clinical psychologists have historically provided services within an office, clinic, or hospital setting. The limitations of this more traditional approach have, however, become more evident over time and consequently have led to the development of increasingly innovative approaches to the delivery of psychological services. The presenters in this symposium will describe initiatives they have developed in an effort to take psychology out of the office. The first presentation will describe the incorporation of psychological services within the larger media arena (e.g.., podcasts, social media). The second presentation will describe the development of a website, online newsletter, and subscription box aimed at encouraging self-care for female psychologists and other female mental health professionals. The final presentation will describe taking psychology on retreat within the context of a walking, yoga, and mindfulness retreat along with Camino de Santiago in Spain. Presenters will also share some of the challenges they have encountered in the development and delivery of these innovative approaches.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53996 - Symposium

Taking therapy outside of the therapy room: Showing up in the larger media arena

Presenting Author: Dalgleish, Tracy
Additional Authors: Beaulac, Julie

Abstract: Each day, individuals are googling questions like "how do I know I'm depressed?" or "how do I deal with this stressor?" Clients often come into the therapy room with statements like "I was reading this blog..." This podcast I was listening to..." and "I found this Instagram account...." Psychologists are often not contributing to the space of blogging, podcasting, or providing resources at large. They are often taught to stay off social media and to remain "small." And yet, many clients are searching for tips and guidance on social media. The profession of psychology continues to remain mostly "behind closed doors." In this position we risk becoming obsolete and disconnected from our potential clients. We also loose the opportunity to influence and provide effective tools to those individuals who do not have the financial or time means to attend psychotherapy. While the doctor-patient hierarchy is relevant, individuals also need to feel that they can connect with another human being in an authentic and accepting manner. This presentation will discuss the benefits of taking therapy outside the therapy room, through podcasts, social media, and other online forums. It was also explore the ethical challenges that are faced when stepping outside the therapy room.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54606 - Paper within a symposium

Thinking inside the box: Bringing self-care to female mental health professionals

Presenting Author: Tiessen, Melissa
Additional Authors: Dyck, Karen

Abstract: Self-care has been shown to have a positive impact on psychologists' health and wellness and has also been shown to affect professional functioning, including impacting patient outcomes (Maranzan et al., 2018). The importance of self-care for psychologists is further emphasized by its' inclusion in the Canadian Code of Ethics for Psychologists (Canadian Psychological Association, 2017) and by the recent suggestion that it be conceptualized as a competency with psychologists receiving training in self-care across the spectrum of training and professional practice (Maranzan et al., 2018). In this presentation we will describe the development of a collection of resources designed to support intentional, creative, and playful self-care for female psychologists and other female mental health professionals. Based on the premise of value in being connected to a community of like-minded women, we will discuss the development and dissemination of a website, online newsletter, and recurring subscription box that offers physical delivery of self-care resources directly to women's doorsteps.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54609 - Paper within a symposium

Taking psychology on retreat: Mindfulness, yoga, and walking the Camino de Santiago

Presenting Author: Beaulac, Julie
Additional Authors: Nicol, Janet

Abstract: In our current societal context, individuals are increasingly seeking an escape from digital overwhelm and stimulus overload in pursuit of rest, recharge, space for reflection, personal and spiritual development, and optimal psychological wellbeing. Opportunities and interest in retreats offering a safe space, closer to nature, in a community setting, and with a focus on mindfulness (i.e., the practice of being rather than doing), are becoming ever more popular. Psychology has played an important role in the promotion of wellness, such as in the positive psychology movement. This presentation will explore how psychology may contribute to teaching skills for wellness and how this role may differ from providing psychological services such as individual and group psychotherapy. Reflections on co-leading a wellness retreat, including daily meditations, yoga classes, and leading a group along a section of the Camino de Santiago in Spain will be shared as an example.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54610 - Paper within a symposium

Maladie à Virus Ébola et santé mentale globale et communautaire: Psychopathologies et intervention

Moderator: Cénat, Jude Mary

Abstract: Découvert en 1976, la Maladie à virus Ébola (MVE) a un taux de mortalité variant de 50 à 90% dans les communautés touchées. En plus des symptômes physiques qui l'accompagnent (ex. fièvre, maux de tête, douleurs musculaires, faiblesse, fatigue, diarrhée, vomissements, douleurs abdominales et gastriques, hémorragies inexpliquées, etc.), la MVE est aussi associée à une forte anxiété et souvent des deuils dans les populations touchées. De plus, la MVE laisse des séquelles physiques importantes (problèmes de vision, pertes auditives, tachycardie, problèmes de sommeil, etc.) chez les survivants. Bien que parcellaires, les études réalisées jusqu'ici ont montré que la MVE est associée à des problèmes de santé mentale, à la fois chez les survivants, les familles des victimes, les professionnels de la santé et les populations touchées. Alors que sévit présentement la deuxième plus grande épidémie de tous les temps en RD Congo, ce symposium vise (1) d'abord, à présenter des résultats d'études épidémiologiques de problèmes mentaux (détresse psychologique, dépression, PTSD, idéations suicidaires) réalisées auprès de populations touchées par la MVE; (2) ensuite, présenter les enjeux pour l'intervention clinique en contexte d'épidémie; (3) et enfin, à explorer les enjeux de santé mentale globale que représente la MVE, en proposant des pistes pour la prévention et l'intervention.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54004 - Symposium

PTSD, dépression et suicidalité en contexte d'Ébola: une étude auprès de populations touchées

Presenting Author: Cyrille, Kokou Kpolou Kossigan
Additional Authors: Rousseau, Cécile; Derivois, Daniel; Balayulu-Makila, Oléa; Cénat, Jude Mary

Abstract: Bien qu'il y ait une carence d'études auprès des populations touchées, les rares recherches ont montré que la maladie à virus Ébola (MVE) est associée à des problèmes de santé mentale (PSM). S'appuyant sur un échantillon représentatif et un devis longitudinal, cette présentation a pour objectif d'examiner la prévalence et la comorbidité des PSM (détresse psychologique, trouble de stress post-traumatique, anxiété, dépression et idéations suicidaires) chez les adultes, selon les caractéristiques sociodémographiques de populations urbaines et rurales touchées par la MVE (genre, âge, éducation, scolarité, statut marital, religion, etc.). Ensuite, les facteurs de risque et de protection associés aux PSM seront présentés. Les résultats ont montré que dans les zones urbaines touchées par la MVE, les femmes présentaient plus de PSM,

alors que dans les milieux ruraux, les hommes étaient plus nombreux à en présenter. Des modèles de médiation et de médiation modérée ont été développés et ont montré que la qualité de vie médiait complètement la relation entre l'exposition à la MVE et les PSM, alors que la stigmatisation liée à la MVE amplifiait (modération) les PSM étudiés. En dressant un tableau global des PSM rencontrés par les populations touchées par la MVE, cette présentation permet d'indiquer des pistes claires pour le développement de programmes de prévention et d'intervention.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54814 - Paper within a symposium

«Je vais mourir, mais ne me laissez pas mourir dans le CTE»Traumas complexes, deuils et Ébola

Presenting Author: Bukaka, Jacqueline
Additional Authors: Oléa, Balayulu-Makila; Cénat, Jude Mary

Abstract: Contexte. La Maladie à Virus Ébola (MVE) est associée à des problèmes de santé mentale provoqués par des douleurs intenses et généralisées, l'angoisse de la mort, la stigmatisation, le rejet social et des deuils multiples qui constituent des traumas complexes pour les survivants et la famille des victimes.Méthodes. Cette présentation s'appuie sur 160 cas cliniques (80 morts et 80 survivants) rassemblés durant les épidémies de 2008, 2012, 2014, 2018a et 2018b) en RDC. Une analyse clinique et de contenu est faite selon la mort ou la survivance de patients vus en Centre de traitement d'Ébola (CTE).Résultats. Après avoir présenté une analyse clinique catégorielle des problèmes de santé mentale rencontrés en CTE, nous examinerons le rôle de la prise en charge psychologique en contexte de MVE. Enfin, des éléments de deux cas seront présentés afin de mettre en évidence les traumas complexes associés à la MVE et les vécus subjectifs d'une personne morte et d'un survivant.Conclusions. Cette présentation met en lumière le rôle des « psychologues de l'extrême » qui, souvent, interviennent plusieurs fois par jour auprès d'une même personne. Elle montre aussi les besoins de soins de santé mentale primaires dans les cas d'épidémie de maladies à fort taux de mortalité. Enfin, elle montre le besoin d'interventions tenant compte des contextes de vie et de la culture des personnes touchées.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54820 - Paper within a symposium

La maladie à virus Ébola : Enjeux et approches communautaires en santé mentale globale

Presenting Author: Cénat, Jude Mary K
Additional Authors: Camille, Blais-Rochette; Rousseau, Cécile; Mukunzi, Joana

Abstract: L'épidémie de la Maladie à virus Ébola (MEV) qui sévit actuellement en RD Congo (RDC) est devenue depuis novembre 2018, la deuxième plus grande de tous les temps. Au 1e décembre 2019, l'épidémie a fait 2202 morts sur 3313 cas répertoriés, soit un taux de mortalité de 66,47%. Depuis juillet 2019, l'Organisation mondiale de la santé a déclaré cette épidémie comme un Public Health Emergency of International Concern. Deux revues systématiques conduites dans le cadre du projet Ebola & Mental health (EboMH) ont d'abord montré que la MVE est associé à des problèmes de santé mentale dont la dépression, le trouble de stress post-traumatique, l'anxiété, les idéations suicidaires et le trouble obsessionnel-compulsif. Elles ont ensuite montré que peu de programmes de santé mentale en contexte d'Ébola ont été documentés et seulement deux ont été évalués. Malgré ces leçons des épidémies passées, les études sur le terrain ont montré que les outils et méthodes utilisés pour traiter les problèmes de santé mentale en RDC actuellement indiquent qu'il ne s'agit nullement d'une priorité. Cette présentation analysera les résultats des deux revues systématiques et des enjeux que représente la MVE pour la santé mentale globale. Enfin, elle analysera le premier guide de santé mentale basé sur une approche communautaire et dédié spécifiquement à la prise en charge psychosociale en contexte de MVE.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54821 - Paper within a symposium

Extending the reach of effective sexual assault resistance education

Moderator: Senn, Charlene Y.

Abstract: The EAAA (Enhanced Assess, Acknowledge, Act) sexual assault resistance program, also known as the Flip the ScriptTM program, has its roots in feminist practice and activism and feminist social psychological theory and research. The program was designed for students who identify as women and focuses on the most common sexual assault situations on campus: sexual aggression by known men. Following a RCT demonstrating its effectiveness in substantially reducing the sexual violence women experienced across one year (and beyond), the program was made available to other universities in 2016 and is currently being implemented in 5 countries. There has also been wide interest in adaptations for other groups of students. This symposium explores EAAA, the only campus intervention that is effective in reducing sexual victimization, by providing evidence of its effectiveness across different groups of women students and exploring new work to adapt EAAA for francophone students and younger girls.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54069 - Symposium

The EAAA Program: Feminist theory and evidence leads to strong impacts for diverse women

Presenting Author: Senn, Charlene Y
Additional Authors: Hobden, Karen L.; Eliasziw, Misha

Abstract: As the opening presentation in this symposium, we briefly describe the EAAA program and its proven benefits from a RCT of 893 17-24 yr old women students at 3 Canadian universities, and then turn to an examination of its effectiveness across experiences and identities. Our results suggest that EAAA reduces the sexual violence experienced by sexual assault survivors and non-survivors, for women of African/Caribbean descent and for White women, and for lesbian/bisexual women and heterosexual women. Our ability to examine EAAA's effects for other subgroups of women students is limited by low overall rates of sexual assault (e.g., for East Asian women) and the small numbers of participants of some ethnic/racial identities in our sample (e.g., Indigenous women). We conclude with directions for further study and strengthening or adapting EAAA for subpopulations of women students.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54146 - Paper within a symposium

EAAA - BÉRA in French: implementation plan and preliminary data

Presenting Author: Daigneault, Isabelle
Additional Authors: Baril , Karine; Dagenais , Christian ; Dion , Jacinthe; Hébert , Martine; Parent , Sylvie ; Pelland , Marie-Andrée ; Savoie , Lise

Abstract: This presentation will cover details of the four stages of the EAAA / BÉRA Implementation Plan in French in Quebec and New Brunswick (1- preparation, 2, implementation, 3 - effectiveness, and 4 - dissemination / future implementations), as well as preliminary results of data from a comparison group of more than 700 female students evaluated twice at a one-month interval. The presented results will cover the participants' characteristics, the prevalence of sexual assault during the period research as well as the target populations' interest in BÉRA.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54147 - Paper within a symposium

Adapting EAAA for adolescent girls: Findings from a mixed-method pilot study

Presenting Author: Crann, Sara E
Additional Authors: Glazewski, Jessica

Abstract: Adolescent girls are at high risk for sexual violence (SV) victimization (Breiding et al., 2014), yet available interventions typically focus on physical and psychological dating violence or have shown limited long-term efficacy. Initially developed for university women, the Enhanced Assess Acknowledge Act (EAAA) sexual assault resistance program offers a promising approach for reducing adolescent SV victimization (Senn et al., 2015; 2017). We will present findings from the

second of three studies designed to adapt and evaluate a version of EAAA for adolescent girls. The purpose of this second study is to solicit in-depth feedback to determine what components of EAAA need to be adapted to ensure the program is developmentally appropriate and socially relevant for adolescent girls. A secondary purpose is to pilot test pre/post-intervention outcome measures to further inform the adaptation of EAAA prior to formal evaluation. Participants are 60 girls between 14-17 years old with diverse racial and sexual identities who completed a pre and post-test survey and participated in a brief focus group after each unit of the EAAA program. Data collection will be completed by March 2020. Data will be analyzed using thematic analysis, and descriptive and inferential statistics. Implications for the adaptation of EAAA will be discussed.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54148 - Paper within a symposium

Understanding Trauma Across Diverse Contexts

Moderator: Sommer, Jordana L

Abstract: Population-based research demonstrates that the majority of individuals experience at least one traumatic event in their lifetime. Trauma is associated with adverse health sequelae, and impacts individuals throughout the lifespan and across various contexts. This year's Clinical Section Student Symposium offers a selection of innovative graduate student research that seeks to understand trauma and its adverse impacts across various age groups and contexts. Smith (University of Waterloo) will present on a general psychopathology factor among trauma exposed children involved with child welfare. Next, Torok (University of Victoria) will present on posttraumatic stress symptoms, parenting stress, and emotional flooding during the transition to parenthood. Klymkiw (Ryerson University) will present findings from a systematic review on trauma-competent care in secure custody settings. Finally, Sommer (University of Manitoba) will present on trauma and associated mental health sequelae among older adults during the surgical period. Each presentation has clinically relevant implications that will increase our understanding of trauma across a diverse set of contexts. Dr. Anne Wagner, 2019 recipient of the CPA Clinical Section Scientist Practitioner Early Career Award and expert in the treatment and prevention of posttraumatic stress disorder, will be the discussant for this symposium.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54244 - Symposium

Identifying p-Factor in Developmental Trauma Symptomatology in Children Involved with Child Welfare

Presenting Author: Smith, Jackson A
Additional Authors: Wade, Mark; Browne, Dillon

Abstract: The structure of psychopathology in children who have experienced complex developmental trauma is in a relatively nascent stage of investigation, with a growing interest in a general psychopathology factor (p-factor). To date, the sequelae in this population have not been examined in a way that can differentiate liability to specific symptomatology versus psychopathology in general. This study attempts to address this gap with a sample of children (N = 435; ages 6 - 12 years) in child welfare. Analyses explore: (1) if a p-factor can be found in developmental trauma symptoms, (2) if trajectories of p differ across involvement in care, and (3) whether trajectories of p differ as a function of sociodemographic and placement variables. Unidimensional and bi-factor models of psychopathology symptoms are tested based on the Assessment Checklist for Children, a validated measure of symptoms commonly experienced by children with complex trauma histories. Growth curve models are considered for repeated measures of p. Preliminary analyses suggest that p accounts for 56.9% of the variance (eigenvalue = 3.94) in children's developmental trauma symptoms. Treatment implications are discussed in relation to evidence-based models of psychotherapy and out-of-home care.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55144 - Paper within a symposium

Trauma-Competent Care in Secure Custody Settings: A Systematic Review

Presenting Author: Klymkiw, Deanna F
Additional Authors: Monson, Candice M

Abstract: Posttraumatic Stress Disorder (PTSD) is highly prevalent in correctional populations, and treating PTSD and its associated challenges are increasingly recognized as a priority within these settings. There is a growing body of research examining the effectiveness of trauma-competent approaches, a broad range of interventions that can be divided into two general types: PTSD treatments (PT) and trauma-informed care (TIC). This paper systematically examines the types of trauma-competent approaches that have been researched within secure custody settings, as well as the effectiveness of these approaches in improving symptoms of PTSD and associated challenges (i.e., depression, anxiety, substance use disorder, anger, and recidivism). A total of N = 30 studies were reviewed that utilized either PT (n = 7) or TIC approaches (n = 23). Consistent research support was found for the effectiveness of PT, and mixed support for TIC, for outcomes related to symptoms of PTSD, depression, and anxiety. Some research support was found for the effectiveness of TIC approaches in reducing recidivism. Additional research is needed to examine the effectiveness of trauma-competent approaches in addressing SUD, anger, and recidivism given the association between these constructs and PTSD.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55147 - Paper within a symposium

Endorsing Surgery as a Traumatic Stressor is an Indicator of Poor Postoperative Mental Health

Presenting Author: Sommer, Jordana L.
Additional Authors: Jacobsohn, Eric; Saha, Tarit; Avidan, Michael; El-Gabalawy, Renée

Abstract: Background: Surgery may be perceived as traumatic, and may be associated with adverse mental health outcomes. This study aimed to identify patient characteristics associated with endorsing surgery as a traumatic stressor, and determine whether perceiving surgery as a stressor is associated with postoperative mental health symptoms.Methods: We analyzed data (N=254) from the ENGAGES-CANADA trial. At 30-day follow-up participants reported whether their recent surgery was their most stressful lifetime experience (index trauma). Multivariable regressions examined associations between patient characteristics (sociodemographics, surgery type, preoperative symptoms) with index trauma (surgery vs. other), and index trauma with postoperative mental health symptoms.Results: Nearly 2/3 of participants endorsed surgery as their index trauma. Prior trauma exposure was associated with reduced odds of endorsing surgery as an index trauma (AOR=0.12). After controlling for trauma history, surgery as an index trauma was also associated with greater depressive/anxiety and posttraumatic stress symptoms at follow-up (b range: 0.36-0.73).Conclusion: Surgery may be associated with adverse mental health outcomes, beyond the influence of patient characteristics. Findings support the utility of a single item postoperative screening tool to facilitate targeted mental health interventions.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55354 - Paper within a symposium

New directions in emotional intelligence research

Moderator: Watters, Carolyn A

Abstract: Symposium topic: The specialized field of emotional intelligence (EI) will celebrate a 30th anniversary in 2020, as it can be traced to the seminal paper by Salovey and Mayer (1990). While the field has produced a vast body of published work, the proposed symposium will address a number of longstanding issues and concerns. Why CPA: CPA is an appropriate venue to host this symposium, since a number of widely used EI models and assessment tools have been developed and/or validated by Canadian researchers and test publishers. Content details: In presentation 1, Saklofske and colleagues note that rigorous cross-cultural research is still quite limited in the field, and use their presentation to explore the cultural generalizability of a widely used measurement tool in the trait EI area. A serious limitation of the EI field is the extreme rarity of longitudinal research. Using data from a 15-year longitudinal study, Dragomirescu and colleagues in presentation 2 examine the impact of trait EI (measured in early adulthood) to predict career satisfaction and success in early middle age. Although a number of studies have linked EI with academic success, Henning and colleagues in presentation 3 use a unique

stressful event (long-term faculty strike) and a longitudinal design to explore the multi-year impacts of trait EI on academic success.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54259 - Symposium

Emotional intelligence: A well-traveled construct and measure?

Presenting Author: Dave, Hiten P
Additional Authors: Feher, Anita ; Saklofske, Donald H

Abstract: Background: Emotional intelligence is entering its 30th year as a key factor in understanding and describing human behaviour. Studies have focused on defining and measuring emotional intelligence (EI) as the applications of EI have broadened from psychology to education, business, and beyond. A key issue that arises with any psychological description as 'popular' as EI is how well both the construct and its measurement 'travel'; i.e., is EI both relevant and meaningful in other countries and cultures and can it be effectively measured with the scales created to date? Methods: We will provide an overview of cross-national examinations of various EI scales to date, followed by two recent studies examining EI in Italy and China that allow comparisons with English versions of the widely-used Emotional Intelligence Questionnaire (TEIQue). Results: These data show that with some modifications in the translation of items and recognizing country, cultural and language differences, the scale does 'travel well' and has application in cross-cultural research studies of EI. Conclusion: We will also discuss measurement and cultural factors that may account for variable findings. Action/impact: We also provide recommendations for future EI research across countries.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55017 - Paper within a symposium

Emotional intelligence and employment success: A longitudinal study

Presenting Author: Watters, Carolyn A
Additional Authors: Dragomirescu, Iulia ; Crane, A. Geoffrey ; Summerfeldt, Laura J; Parker, James D. A.

Abstract: Background: Trait emotional intelligence (EI) predicts a number of important health and wellness variables, with studies finding a moderate relationship between EI and career satisfaction. Although this finding is consistent with the view that better perception, understanding, and management of emotions contribute to employment success, current understanding is limited since prior work has primarily used cross-sectional designs. Methods: The present study examined the influence of EI on relationship satisfaction over a 15-year period. University students (N = 314, 70% women) completed measures of trait EI (EQi:Short) at 2 time-points: as 1st-year students and then 15 years later as older adults. Objective and subjective measures of career success (based on items developed by Stats Canada) were also collected at Time 2. Results: EI in young adulthood (as well as in middle age) was found to predict career satisfaction in middle adulthood, supporting the view that EI contributes to important life success variables. Conclusion: By demonstrating EI's association with career satisfaction, the present study indicates the importance of fostering EI in youth and young adults. Action/impact: Results have implications for educators working with youth, who would appear to benefit from psychoeducational programs that foster or promote various emotional and social competencies.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55027 - Paper within a symposium

Emotional intelligence and academic success in the face of adversity: A longitudinal study.

Presenting Author: Henning, Colin
Additional Authors: Kloosterman, Patricia H; Taylor, Robyn N; Parker, James D. A.

Abstract: Background: Research has consistently demonstrated the important role that Trait EI plays in the academic success of young adults in the transition to post-secondary education. The present study aimed to investigate this relationship

between Trait EI and academic success among college students faced with a seriously stressful situation (5-week faculty strike at their college). Methods: A few weeks prior to the strike, trait EI had been assessed among a large 1st-year cohort of students (EQ-i;Short); n = 393, 33% women). For several years after the end of the strike, students' official academic records (e.g., dropout rates and GPAs) were matched with the EI data. Results: Study found that participants who completed their diplomas or those in a "high achieving" group had significantly higher total EI scores than those who dropped out or were in a "low achieving" group. This pattern of results was the same for the end of 1st year, as well as the 2nd year of study. Conclusion: These findings underscore the important role Trait EI plays in academic success across the post-secondary experience, and particularly in the context of a dramatically stressful event. Action/impact: Results have implications for post-secondary institutions that would benefit from psychoeducational programs that fostered or promotes various emotional and social competencies in their students.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55033 - Paper within a symposium

Deepening Psychology through Research on Spirituality and Wellbeing

Moderator: Malette, Judith

Abstract: The spiritual dimension has been generally overlooked in the field of psychology. Religion is also an important aspect of diversity and cultural competence, as referenced in Canadian ethics codes for counsellors. Studies indicate that attending to religious/spiritual factors increases predictive power and our ability to understand the full range of human experience. However, research in this domain is relatively new in Canada. This symposium presents some advances in the psychology of religion and spirituality (r/s). Using a national sample, the first paper explores the relations among r/s, age, and psychological flourishing across the adult lifespan. Findings suggest that adults who engage with r/s have better mental health, particularly in older adulthood. Using a U.S. sample of music listeners, the second paper explores the prevalence, context, and perceived consequences of sacred moments in music. Findings supported the healing and transformative role of the sacred in diverse musical contexts. The final paper is an online study that explores the relationships among personality traits, the fear of death, and ageism. Results illuminate the complex roles of the fears of death in predicting avoidance and discrimination in relationships with older adults. Overall, these topics underscore the importance of fostering a healthy spirituality in adulthood.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54286 - Symposium

Religion/Spirituality, positive mental health, and psychological distress across the adult lifespan.

Presenting Author: Manoiu, Roxana
Additional Authors: Stinchcombe, Arne

Abstract: Increasing positive mental health and decreasing mental illness are global priorities. Older adults often draw from religion/spirituality (R/S) to increase wellbeing and cope with adversities. We examined the role of R/S in relation to positive mental health and psychological distress in adulthood and hypothesized that these relationships would be most salient among older adults. Data were drawn from the 2012 Canadian Community Health Survey-Mental Health, a national population health study. R/S was measured by asking participants how important R/S was in their lives and whether they drew strength from R/S. Participants with positive mental health were categorized as flourishers and established cut-off ranges were used to categorize levels of psychological distress (n=20,019). Multiple logistic regressions adjusted for known covariates were conducted in order to examine the effects of R/S on positive mental health and psychological distress. High R/S was associated with increased flourishing status across all age groups, an effect that was strongest among older adults. There was no significant association between R/S and psychological distress. Our findings suggest that R/S plays an important role in flourishing status across adulthood, specifically for older adults. Attending to diverse R/S beliefs/ practices may assist in supporting the needs of the growing aging population.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54385 - Paper within a symposium

Sacred Moments in Music: Prevalence, Context, and Correlates with Wellbeing.

Presenting Author: Wong, Serena
Additional Authors: Pargament, Kenneth

Abstract: Khalil Gibran said, "Music is the language of the spirit." The spiritual dimension of musical experiences may have a unique role in psychological wellbeing. Sacred moments are brief periods of time involving experiences of transcendence, boundlessness, ultimacy, deep interconnectedness, and spiritual emotions (Pargament et al., 2014). Using a cross-sectional, online sample of music listeners (N = 301), this study explores the prevalence, context, and correlates of sacred moments in music. Over two-thirds of respondents reported having such moments, which occurred across music genres. Participants often endorsed having non-theistic, theistic, or both elements within a single, important musical moment that they selected. The intensity of the sacred moment predicted multiple indicators of wellbeing above demographic control variables. Significant outcomes in regression analyses included meaning in life, personal growth, oneness, and positive consequences attributed to the moment. Sensing God's presence in the moment also predicted greater life satisfaction and faith. Furthermore, contextual factors predicting more sacred moments included a prior state of tension. Trait mindfulness and openness also lent themselves to more sacred moments. Overall, findings suggest that sacred moments in music can be cultivated as a spiritual resource to foster wellness.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54386 - Paper within a symposium

Personality traits and the fear of death as predictors of ageism.

Presenting Author: Galton, Nicolas
Additional Authors: Stinchcombe, Arne

Abstract: Ageism is a prevalent concern in Canadian society. Terror Management Theory suggests that aversive attitudes towards different groups are rooted in defensive attitudes towards the fear of death (Greenberg & Kosloff, 2008). Personality also has a role to play in ageism (Allan et. Al, 2014). This cross-sectional online study (N=436) explores the relationships between personality traits, the fear of death, and ageism. The fear of death is conceptualized as including the fears of the process of dying and the state of death, both for self and others. Those aspects of the fear of death were hypothesized to predict higher ageism. We hypothesized that Agreeableness, Extraversion, Conscientiousness and Openness would predict lower ageism. Correlational and regression analyses were conducted. Results suggest that individuals who seek quality contact with others and who are open to new experiences report lower ageism. The fear of other's process of dying predicted higher ageism. It was also found that the more individuals feared regrets following the passing of a loved one, the less they avoided older adults. This study has implications for spiritually integrated organizational interventions, as it underlines the complex roles of the fears of death and dying in predicting attitudes towards older adults. Results support a meaning-making and positive psychology view of the fear of death.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54387 - Paper within a symposium

Feminist Perspectives on Canadian Women's Experiences with Polycystic Ovary Syndrome (PCOS)

Moderator: Soucie, Kendall M.

Abstract: Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in reproductive-aged women, affecting 1-in-10 women worldwide (Wolf et al., 2018). Symptoms include insulin-resistance, obesity, menstrual irregularities, infertility, and hirsutism. Identity and body image are also affected as women with PCOS position themselves as "masculine" or "abnormal" in relation to Western appearance ideals. Coffee et al. (2006) argue that PCOS has a greater impact on women's physical/psychological health than other chronic conditions (e.g., asthma, epilepsy, heart disease). Despite improved diagnostic criteria, PCOS remains elusive, frequently misdiagnosed, and neglected as a women's health condition. This disconnect is the purpose of this symposium: to bridge the voices and perspectives of women living with PCOS in Canada.

We capture the myriad of disparities in the provision of healthcare services that women with PCOS experience regularly (Paper #1) We explore through the collection of personal narratives how women negotiate femininity and [ab]normality within the context of culturally-prescribed beauty standards (Paper #2). We also discuss a poststructural discourse analysis interrogating the subversive meta-narratives surrounding health and femininity (Paper #3). Together, we capture, critically interrogate, and offer practice/policy implications for PCOS healthcare in Canada.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54308 - Symposium

Obesity Stigma, Diagnostic Delays, and Poor Physical/Mental Health in Canadian Women with PCOS

Presenting Author: Soucie, Kendall M.
Additional Authors: Samardzic, Tanja; Ly, Cindy; Katzman, Rachel; Elgie, Christine

Abstract: PCOS, the most common endocrine disorder among childbearing-aged women, involves a complex intersection of reproductive and endocrine abnormalities (e.g., insulin-resistance, obesity, menstrual irregularity) as well as mental health concerns (Gibson-Helm et al., 2018), which if untreated can progress into chronic health problems (e.g., diabetes, cardiovascular disease). Many women remain undiagnosed/misdiagnosed leading to frustrating encounters with medical practitioners (Farrell-Turner, 2015). We suspect that cultural attitudes toward obesity may play a role in delayed diagnoses. In this study, women with a confirmed diagnosis of PCOS (N=131; M=28.56, SD=6.93; average BMI = 32.70) completed online measures regarding their diagnosis experiences including number of practitioners seen, length (in months) of time-to-diagnosis (TTD), physical/mental health functioning, and PCOS symptom concerns. The median length of TTD was 30 months, and women saw four specialists on average. Women with higher BMIs experienced a longer TTD; the longer the TTD, the greater the impact on mental/physical functioning, but only for women with high PCOS symptom limitations. It is crucial to address the sociocultural implications of obesity stigma on diagnostic delays. These disparities in the provision of healthcare services place women with PCOS at a greater risk for future health complications.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54313 - Paper within a symposium

"I Want to Feel Normal": Young, Canadian Women's Experiences with Polycystic Ovary Syndrome (PCOS)

Presenting Author: Samardzic, Tanja
Additional Authors: Soucie, Kendall M.; Shuart, Cheyene

Abstract: PCOS is a highly gendered disorder. There is limited previous research on young women with PCOS, and the existing literature has not explored how multiple axes of identity influence young women's experiences of PCOS. Through an intersectional feminist lens (Crenshaw, 1989), this study explored the experiences of young women living with PCOS and their conceptions of [ab]normality and femininity. It was of interest to investigate how these women's gender, age, and ethnicity intersected to affect their conceptions of femininity and normality within the context of living with PCOS. The experiences of young women aged 18 to 21 were selected from a larger study on diagnostic experiences with PCOS. Guided by reflexive thematic analysis (Braun & Clarke, 2018, 2019), key themes were highlighted: justifying abnormality, deviation from femininity, pathologizing the 'abnormal', fear of failure in pregnancy, and a desire for control. The findings suggest that culturally-prescribed conceptions of femininity leave young women with PCOS feeling out of place and abnormal. Since up to 25% of women worldwide may experience symptoms like excess body hair and persistent weight gain, a reformation of what normal means with respect to the expectations of women in Western society is needed. An intersectional approach allowed for a richer understanding of PCOS impact. Implications will be discussed.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54314 - Paper within a symposium

Theorizing Subjectivity: Women's Experiences of Polycystic Ovary Syndrome (PCOS)

Presenting Author: Fabricius, Alexis

Abstract: PCOS often leads to an 'impaired feminine identity' for its effect on women's appearance and reproductive functioning (Kitzinger & Willmott, 2002). Despite social implications, scholarship has focused on the disorder's physical symptoms, thus advancing a rather homogenized and stigmatizing discursive representation of these women. This study seeks to challenge this portrayal by achieving a more nuanced understanding of women's experiences of PCOS through an examination of how they negotiate larger sociocultural constructions of health and femininity in relation to PCOS. Twenty interviews were conducted with women diagnosed with PCOS to learn about how it affects their daily lives. A poststructural discourse analysis (Gavey, 1989; Weedon, 1987) was applied to explore (1) what practices women take up to become 'healthy' and 'feminine' and (2) in what ways women resist dominant constructions of health and femininity in relation to PCOS. I present a preliminary analysis, which will focus on subject positions and key points of resistance. Because women with PCOS report suboptimal healthcare provision and judgmental clinical encounters, acquiring a better understanding of how they navigate discursive constructions related to health and femininity can illuminate their experiences while also challenging biomedicine and psychology's representation of them. Implications to be discussed.

Section: Women and Psychology / Femmes et psychologie
Session ID: 54317 - Paper within a symposium

PHHC Graduate Student Research Symposium

Moderator: Santiago, Vincent A

Abstract: Psychologists and researchers working in hospitals and health centres are faced with complex challenges and unique opportunities to solve them. Such challenges include tailoring services to patient needs, evaluating online interventions that can supplement in-person services, and delivering novel interventions with interdisciplinary staff. In line with this year's convention theme of Psychology in Action and the sub-theme of Improving and Promoting Health, the following three presentations will discuss how psychological research and interventions can solve these challenges and improve lives by improving mental health and well-being. The first presentation discusses a program evaluation of adverse childhood experiences within a tertiary-care children's mental health program, and how clinicians altered their services based on these patient experiences. The second presentation discusses an online mental health self-management tool and the associated improvements in self-efficacy and resiliency among young adults. The third presentation discusses a novel cognitive-behavioural and mindfulness group intervention for adults with chronic pain associated with severe burns. This symposium will inform psychologists and trainees about the latest research conducted by psychology graduate students and their colleagues within hospitals and health centres and/or as relevant to these settings.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 54322 - Symposium

Adapting NexJ Connected Wellness as an Online Self-Management Platform for Young Adults

Presenting Author: Nazeer, Maria M
Additional Authors: Rattelade, Stephanie; Khan, Nashwa; Carver, Jenny; Wiljer, David

Abstract: As challenges increase in meeting the needs of Young Adults' (YAs) mental health, the use of technology within this age group demands for e-mental health interventions that emphasize self-management skills. We evaluated the NexJ Connected Wellness online platform as a promising mental health self-management tool for YAs, which was designed to help support health recovery through features including peer support messaging, workbooks, and health trackers. YAs (N = 165) used the platform for four months and reported their experiences. At three time points in the study, participants completed seven measures to assess self-efficacy, self-advocacy, resilience, mental health symptoms, distress and hospitalization, and usability of the platform. A subsample (n = 14) completed semi-structured interviews. Results revealed significant improvements in self-efficacy and resiliency. Qualitatively, participants reported seeing the platform as a low barrier mechanism for mental health care delivery. The platform acted as a supportive environment for participants who were waiting to access or transition from in-person services. These findings highlight the potential of e-mental health to address

present gaps in service delivery for YAs with mental health experiences, as well as a preventative force. Future research is warranted to determine the platform's impact in these specific contexts.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 54344 - Paper within a symposium

Cognitive-Behavioural Therapy and Mindfulness for Burn Survivors: Piloting a novel intervention

Presenting Author: Yufe, Shira J
Additional Authors: Iskandar, Sam

Abstract: Background: Individuals with severe burns have complex psychological presentations, which often include PTSD, anxiety, depression, body image concerns, social support needs, and chronic pain. Pain management typically involves a combination of medications and physical therapy, with a dearth of psychological interventions due to resource barriers. Group therapy appears to be promising. Methods: St. John's Rehabilitation Hospital at Sunnybrook is uniquely positioned to develop such programs given its interdisciplinary focus on burn rehabilitation. The Cognitive-Behaviour and Mindfulness Group for Chronic Pain Associated with Burns (CBTM-b) is a novel, 10-week, in-person intervention, which will be facilitated by interdisciplinary staff beginning in January 2020. Participants will attend 2-hour sessions where they will learn and practice CBT and mindfulness skills, which have been shown to be effective among different populations coping with chronic pain that is co-morbid with other psychiatric disorders. This intervention will undergo a program evaluation analysis, guided by utilization-focused evaluation principles. Preliminary data of the Phase 1 pilot will be presented, and recommendations will be solicited. Impact: It is hoped that this study will provide evidence that patient outcomes are improved when integrating psychological interventions to interdisciplinary burn care.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 54350 - Paper within a symposium

Clinical Reflections: Redefining Trauma Informed Care for Children/Adolescents with High ACE scores

Presenting Author: Cheung, Sandra
Additional Authors: Kuntz, Jennifer ; Cawthorpe, David; Deegan, Avril; Perri, Andrea

Abstract: Background: Following research linking Adverse Childhood Experiences (ACEs) and negative health outcomes, Alberta Health Services' Child and Adolescent Addiction and Mental Health & Psychiatry Program launched a program-wide examination of ACEs within its patient populations. Objective: Our objective was to understand how assessment, treatment and discharge processes may be influenced by the patient's ACEs score. Methods: As part of a program evaluation we conducted a digital chart review to identify cases where children had scores of 8, 9 or 10 on the Adverse Childhood Experiences Questionnaire (ACE-Q). Primary mental health clinicians for these cases were invited to participate in a semi-structured interview. Results: Our sample included 19 clinicians from various services, experience, and clinical expertise. Key findings include clinicians reporting the need to deliver services differently for clients with high ACEs, including a) the need for flexible clinical practices that match patient needs, b) improved continuity of care across services, and c) support within services for trauma-informed and family centred approaches to patient care. Conclusion: Utilizing the ACE-Q in children's mental health services is an important source of clinical information that helps guide clinicians to develop precision health interventions that are trauma-informed and family centred.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 54351 - Paper within a symposium

Unmet needs and dysatisfaction with health care providers among cancer survivors and caregivers

Moderator: Lebel, Sophie

Abstract: Most cancer survivors are expected to live 5 years or more, which has led to a growing awareness of the psychological and physical challenges that have to be addressed by cancer survivors, their caregivers, and their health care providers. Our symposium proposes to illustrate some of these challenges, such as communication, access, and satisfaction with health care providers and fear of cancer recurrence, a major source of psychological distress. We will start by presenting an overview of the most common psychological and physical unmet needs of cancer survivors and their caregivers, drawing from existing literature and a 2019 survey of 13,000 Canadian survivors by the Canadian Partnership Against Cancer. Our first two presentations analyzed the data from this survey to identify vulnerable populations of cancer survivors. Our first presentation examines geographical (urban vs. rural) and linguistic factors (French vs. English) and satisfaction with healthcare providers while the second examines the impact of age groups (18-29 vs. 30-64 vs. 65+) and type of health care providers on satisfaction. Our third presentation examines fear of cancer recurrence and health care provider satisfaction and unmet needs in the spousal caregivers (n=82) of ovarian cancer patients and is the first study to use attachment theory to identify those at risk of elevated fear of recurrence.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54345 - Symposium

Transitioning after cancer in Canada–linguistic and geographical impact on the perception of care

Presenting Author: Lamarche, Jani
Additional Authors: Lebel, Sophie

Abstract: Many cancer survivors require long term follow-up care (FUC) after their treatment end. However, studies have found that many cancer survivors in transition had unmet FUC needs. To date, few studies have studied the specific FUC needs of Canadians and little is known on how primary language and geographical residence impacts FUC perceptions. The objective of this study was to assess the impact of language and geographical factors on FUC perceptions in Canadians in order to determine if differences existed, as well as the nature of those differences. In order to do so, our study used a database (N=13,319) collected by the Canadian Partnership Against Cancer in their Cancer Transition Survey. ANOVAs were used to calculate whether language and geographical factors had a significant impact on FUC perceptions. Preliminary analyses demonstrate significant differences between anglophones and francophones, as well as rural and urban communities. In general francophones and rural participants perceived their follow up care as being better than their anglophones and urban counterparts. Few statistically significant differences were found when both factors were combined. Our preliminary results suggest that language and geographical factors impact FUC perceptions, and therefore that current available FUC might not be optimal for all survivors.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 54367 - Paper within a symposium

Is cancer survivors' satisfaction with their care based on age and type of healthcare professionals?

Presenting Author: Prud'homme, Vanessa
Additional Authors: Mutsaers, Brittany

Abstract: The transition from specialized care to community-based care may be impacted by age group, potentially resulting in differences in self-reported satisfaction with heath care professionals. Objectives: To investigate the influence of the survivor's age on their self-reported satisfaction with follow up care provided by primary care providers (PCP) vs. oncology specialists. More specifically, we examined self-reported satisfaction with communication and overall care, usefulness of the information, access to the provider, and perceived sensitivity to their needs. Method: Cancer survivors (n=12 525) who had finished their treatments were recruited to participate in the Pancanadien study by the Canadian Partner Against Cancer . They were divided into three age categories: adolescents-young adults (AYAs), adults, and older adults. Multiple comparisons with repeated measures ANOVAs were used to compare age groups X type of provider. Results: Older adults were more satisfied with PCPs and oncologists than adults and AYAs. In contrast, AYAs reported being more satisfied with their PCPs and less satisfied with their oncologist than the other survivors. AYAs reported the lowest ratings for oncologists on all outcomes.

There was no consensus for adults in regards to their preferences. Conclusions: Healthcare teams should take age under consideration when providing care.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54374 - Paper within a symposium

Influence of caregiver attachment on fear of recurrence and interaction with healthcare providers

Presenting Author: Stragapede, Elisa
Additional Authors: Petricone-Westwood, Danielle; Hales, Sarah; Lebel, Sophie

Abstract: Many patients will have their partner as their primary caregiver. Fear of cancer recurrence (FCR) is common among caregivers, and research has shown that healthcare providers (HCP) can impact it, but no research has looked at the role of attachment security on this relationship. Method: Participants (n=82) were on average 57 years-old, mostly white, mostly men, and caring for their partner with ovarian cancer. They were recruited from two hospitals and media advertisement and completed self-report measures of FCR, the caregiving experience and interactions with HCP, and attachment. We screened sociodemographic variables to assess possible for covariance and tested for attachment security as a moderating variable using hierarchal regression analyses. Results: Regression analyses controlled for household income and quality of life. Higher FCR was found in caregivers who reported: higher attachment anxiety, higher caregiving workload, needing more help from HCP, needing contact with other caregivers, and lacking time for social relationships. Contrary to our hypothesis, anxious attachment did not have a moderating effect on the relationship between FCR and healthcare factors. Avoidant attachment was not related to FCR. Conclusions: Anxious attachment may have an influence on FCR and will be important to keep in mind when addressing caregiver needs and concerns.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54378 - Paper within a symposium

Understanding and addressing stigma in the context of self-injury: The role of lived experience

Moderator: Lewis, Stephen P

Abstract: Non-suicidal self-injury (NSSI) refers to deliberate damaging of one's body tissue without suicidal intent. Up to one in five youth and emerging adults report having self-injured. Engagement in NSSI associates with myriad mental health difficulties (e.g., emotion dysregulation, depression) and significantly elevates suicide risk. Hence, NSSI represents a paramount concern. Unfortunately, NSSI is shrouded in much stigma, which can foment shame and thwart help-seeking. Notwithstanding general consensus that stigma is salient in the context of NSSI, a paucity of efforts have attempted to understand this stigma. Thus, in keeping with recent calls for greater inclusion of lived experience voices in NSSI research, the current symposium comprises a series of mixed-method studies focused on NSSI stigma from the lens of people's lived experience. In the first, people with lived experience were asked about the nature and impact of stigma. This is followed by a study focusing on the broad role of culture in NSSI stigma. The final study centres on lived experience views about addressing stigma, including findings from a pilot training focused on NSSI views and knowledge. By the end of the symposium, attendees will have a better understanding of how people experience the stigma tied to self-injury, its impact, and what can be done to address it and empower people with lived experience.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55214 - Symposium

Understanding self-injury stigma and its impact among emerging adults: A thematic analysis

Presenting Author: Lewis, Stephen P
Additional Authors: Collaton, Joanna ; Heath, Nancy L; Whitley, Rob

Abstract: Non-suicidal self-injury (NSSI) is a prevalent yet stigmatized concern among emerging adults. Accordingly, many individuals who self-injure are reluctant to share their experiences and often feel isolated, misunderstood, and marginalized. Unfortunately, only a few efforts have explored the aspect of stigma in the context of NSSI. Moreover, no efforts have examined how people who have self-injured experience stigma and what they think may contribute to such stigma. To this end, 97 participants (85.6% woman-identified, mean age = 19.3) with a history of NSSI completed open-ended questions about what they saw as stigmatizing about self-injury and what impact self-injury stigma can have. An inductive thematic analysis was undertaken to analyze the data. Participants discussed several stigmatizing aspects of NSSI, including others' misunderstanding of why people self-injure, the inherent visibility of self-injury, the role of media, and others' dismissal of the seriousness of self-injury. The impact of self-injury stigma perpetuates externalized and internalized stigma and results in self-silencing and shame. Implications for addressing self-injury stigma and fostering empowerment among people with lived experience will be discussed.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55249 - Paper within a symposium

The role of culture in self-injury stigma: Views from people's lived experience

Presenting Author: Collaton, Joanna
Additional Authors: Lewis, Stephen P; Whitley, Rob

Abstract: Despite many gains in the knowledge base concerning non-suicidal self-injury (NSSI), there are a number of key questions that have not yet been addressed. Of note is the dearth of research on the stigma associated with NSSI. Inasmuch as stigma associated with mental illness may be influenced by culture, the same may be the case for NSSI. Perspectives of people with lived experience may thus help to better understand the ways in which culture plays a role in the context of NSSI stigma. Culture is a broadly defined term that encompasses the ways that we speak, think, and behave related to acceptable norms and expectations of those around us. With this in mind, 83 individuals (mean age = 19.3, 84.3% women) with lived NSSI experience answered an open-ended question concerning their thoughts and experiences in this broad domain. Results from a thematic analysis found that participants viewed stigma as stemming from a variety of cultural factors. These included stigma tied to being a member of an ethnic group, religion, or gender role. Respondents also discussed the role of popular and social media as cultural forces that perpetuate NSSI stigma. Findings and implications will be discussed, including potential avenues for working to reduce the impacts of culture-related stigma.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55251 - Paper within a symposium

Addressing self-injury stigma: Lived experience perspectives

Presenting Author: Gayfer, Brianne
Additional Authors: Collaton, Joanna ; Whitley, Rob; Lewis, Stephen P

Abstract: Although up to one in five youth and emerging adult populations reporting having self-injured, research indicates that they are often reluctant to disclose their self-injury, making it difficult to access needed support. A major barrier to seeking help and support is stigma. Hence, the current study used an online survey to ask 97 participants (86% woman-identified, mean age = 19.3) with lived experience of NSSI what they thought could help address stigma.Thematic analysis was used to understand people's perspectives in this regard. Participants highlighted the importance of education and training to foster more effective responding; within this, they discussed the role of lived experience perspectives as well as the import of targeted approaches and audiences. In line with this, a pilot training was subsequently conducted with 40 members of a campus peer support group with the goal of addressing knowledge, attitudes, and self-efficacy related to receiving NSSI disclosures. Initial findings from this training suggest that peer support workers found the training helpful and became more confident about their ability to respond non-judgmentally to individuals who disclose NSSI. Findings from both studies will be shared with recommendations on further addressing self-injury stigma.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55252 - Paper within a symposium

Examining Why and How Individuals with Eating Pathology Experience Interpersonal Difficulties

Moderator: Racine, Sarah E

Abstract: Individuals with disordered eating report elevated interpersonal stress and are more sensitive and reactive to negative evaluations from others. While previous research has focused on how interpersonal stress contributes to behavioural eating outcomes, less is known about why individuals with disordered eating experience elevated interpersonal stress, and how this stress relates to non-behavioural outcomes (e.g., body image). To address these gaps in the literature, Ms. Schell will first present work examining the association between eating disorder symptoms and reactions to social rejection. Her results suggest that individuals with restriction show a tendency to be rejecting of others, regardless of how others treat them, whereas binge eating is unrelated to responses to rejection. Ms. Ravary will then discuss work showing that insecurity about body image is associated with an attentional bias to social rejection, particularly when body image insecurity is primed. Finally, Ms. Trolio will explore the association between interpersonal stress and the experience of feeling fat. Her results suggest an indirect association between experiences of victimization and ostracism and feeling fat via elevated negative affect. Dr. Sarah Racine (as discussant) will highlight how the presented findings can inform the prevention and treatment of disordered eating symptomatology.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55295 - Symposium

Differences in Behavioural Responses to Interpersonal Rejection Across Core Eating Disorder Symptoms

Presenting Author: Schell, Sarah E
Additional Authors: Banica, Iulia; Racine, Sarah E

Abstract: Research on individuals with disordered eating suggests that they exhibit maladaptive ways of relating to others that promote interpersonal problems. Further, there seem to be differences in interpersonal styles across diagnostic features. Binge eating is associated with a reactive/confrontational style when provoked, whereas restrictive eating is associated with submission and avoidance of emotional expression. Notably, research in this area has relied primarily on self-report data. The current study examined associations between responses to rejection and core eating disorder symptoms using a novel experimental paradigm. Participants (N = 129) voted to either accept or reject other "players" in a computerized game, while also receiving acceptance or rejection feedback from others. We hypothesized that binge eating, but not dietary restriction, would be associated with a tendency to retaliate against rejection perpetrators. Contrary to our hypotheses, binge eating was unrelated to voting behaviour and restriction was associated with a tendency to reject other players, regardless of feedback received. These findings are in contrast to self-report findings, suggesting that individuals with disordered eating may not accurately report their interpersonal styles. Interventions that target hostility may help reduce interpersonal difficulties in individuals with restrictive eating.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55300 - Paper within a symposium

Body Image Insecurity: Associations with Cued Attentional Bias Toward Rejection and Negative Affect

Presenting Author: Ravary, Amanda
Additional Authors: Baldwin, Mark W

Abstract: At the root of many types of insecurities, including body image insecurity, lies a fear of social rejection. We conceptualized body image insecurity as a thinness self-worth contingency whereby perceived flaws in this domain can decrease self-esteem, precisely because the flaw signals an increased risk of rejection. We hypothesized that people with thinness contingencies would show a greater attentional bias toward rejection particularly when reminded of their self-

perceived inadequacy. After completing a measure of self-worth contingencies (N=81), participants completed a dot probe measure of attentional bias. We adapted this reaction timed task by beginning each trial with a cue word (e.g., obese) before presenting a pair of faces (e.g., frowning vs. neutral). Next, participants read a vignette and were asked to imagine themselves wearing a poor fitting bathing suit at the waterpark. As predicted, people with thinness contingencies exhibited a greater attentional bias toward rejection specifically on trials cued with obese and reported more negative affect in response to the vignette. We also found that the obese-cued rejection bias mediated the relationship between self-reported contingency and emotional reactivity. Attending to rejection feedback when a person feels most vulnerable can thus explain why an insecure person is more reactive to self-relevant threats.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55303 - Paper within a symposium

Interpersonal Difficulty, Feeling Fat and the Interpersonal Psychotherapy Model of Eating Disorders

Presenting Author: Trolio, Vittoria
Additional Authors: Mehak, Adrienne; Racine, Sarah E

Abstract: The interpersonal psychotherapy model of eating disorders (IPT-ED) argues that interpersonal difficulties result in negative affect and that inability to cope with this negative affect triggers ED symptoms. 'Feeling fat,' the somatic experience of weight that is not entirely explained by one's body mass, relates to eating pathology in clinical and non-clinical samples. Feeling fat is theorised to result from displacement of negative affect onto one's body. Separate lines of research support IPT-ED and feeling fat as products of displaced negative affect, yet no study has explored the role of feeling fat in an IPT-ED framework. The current study examined whether interpersonal difficulties positively relate to feeling fat, and whether negative affect explains this relationship. We tested the indirect effects of peer victimization and ostracism on feeling fat via negative affect using questionnaire data from 180 undergraduate women. Results show total and indirect effects of both peer victimization and ostracism on feeling fat via negative affect. Thus, individuals may displace negative feelings that result from interpersonal difficulties onto their body, leading these individuals to feel fat. Future research should investigate whether addressing interpersonal difficulties in eating disorder treatment can alleviate this prominent feature of eating pathology.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55306 - Paper within a symposium

Workshop

Walking the Prevention Pathway: Promoting Healing through Indigenous Community Mobilization

Presenting Author: Pepler, Debra
Additional Authors: Cardinal, Shelley

Abstract: For over two decades, the Canadian Red Cross has been working alongside Indigenous communities to enable understanding and build capacity to prevent violence in the lives of children and youth. Supported by SSHRC, we have worked with four Indigenous communities in a research project to study the processes of change through Red Cross programming. In this workshop, we are eager to engage participants in sharing how and what we learned from Indigenous communities about moving along the pathway from the cycle of violence to the circle of wellness. Healing and prevention can be supported by acknowledging the historical harms, understanding current violence and expanding understanding of wellness. We will share an engagement tool as well as a web tool we developed for learning about the cascading layers of harm of colonization from contact to the present. We will explore the community change model that emerged from research with communities. Based on community members' perceptions of strengths and challenges in creating change for safe environments, we revised the community change programming. We will explore this model as a process for preventing violence and promoting healthy development of Indigenous children and youth. Communities have taught us that culturally attuned supports are essential for the movement beyond the harms associated with colonization and toward wellness.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 54598 - Workshop

[Presented in CPA 2020 Virtual Series]

THEME: IMPROVING PSYCHOLOGICAL RESEARCH / THÈME : AMÉLIORER LA RECHERCHE EN PSYCHOLOGIE

Highlights the ways in which psychological research - methods, analyses, design - can be improved and better used to inform the science, practice, and education of psychology

Mettre en évidence les façons dont la recherche en psychologie – méthodes, analyses, conception – peut être améliorée et mieux utilisée pour orienter la science, la pratique et l'enseignement de la psychologie

12-Minute Talk

Mental Health Literacy in Ghana: Consequences of Religiosity, Education, and Stigmatization.

Presenting Author: ADU, PETER
Additional Authors: Jurcik , Tomas

Abstract: Although Mental Health literacy (MHL) is relatively new concept, research on this concept is growing internationally. The beliefs and knowledge of Ghanaians on specific mental disorders have not yet been explored. This vignette study conducted to explore the relationship between religiosity, education stigmatization, and MHL among Ghanaians using a sample of laypeople (N = 409). The adapted questionnaire presented two vignettes (depression and schizophrenia) about a hypothetical person. The results revealed that more participants were able to recognize depression (47.4%) than schizophrenia (15.9%). Religiosity was not significantly associated with recognition of mental disorders (MHL) but was positively related with both social and personal stigma for depression, and negatively associated with personal and perceived stigma for schizophrenia. Moreover, education was found to relate positively with MHL, and negatively with perceived stigma. Finally, perceived stigma was positively associated with MHL, whereas personal stigma for schizophrenia related negatively to MHL. In conclusion, education but not religiosity predicted identification accuracy, but both predictors were associated with various forms of stigma. Findings from this study have implications for MHL and anti-stigma campaigns in Ghana and other developing countries in the region.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52771 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Wired to Read: TDCS & Reading Intervention for SLD

Presenting Author: Makarenko, Erica
Additional Authors: Wilcox, Gabrielle; Galilee, Alena

Abstract: Poor reading skills impact individuals across the lifespan. Research has identified brain systems related to reading difficulties and the positive impact of reading interventions on both functional and cognitive outcomes. Repeated Reading (RR) is one frequently implemented intervention for improving reading fluency skills. However, many children do not respond to RR interventions alone.Transcranial direct current stimulation (TDCS) is a non-invasive, safe method of brain stimulation. It is hypothesized that TDCS enhances neuroplasticity. In this pilot study, we combined TDCS with repeated reading intervention to determine whether TDCS paired with RR improves reading fluency.Students aged 8-10 years were screened; baseline assessments included measures of intelligence and reading capacity. All participants received MRI scans at 3 time points. The intervention was provided five days per week for three weeks (15 sessions).As data analysis is still underway, we will conduct one-way ANOVA to examine (1) differences in reading rate, accuracy, and comprehension and (2) improvement in reading fluency in those who received only the reading intervention and those who received TDCS+RR. We will also review MRI data to determine changes in metabolic functioning in the left parietotemporal region, anticipating positive results.This

interdisciplinary study bridges the fields of medicine, applied neuropsychology, school psychology, and education, supporting the importance of understanding both the functional outcomes of reading fluency and the impact on functional brain connectivity and biology.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53727 - 12-Minute Talk

Development and Validation of the Interpersonal Distrust Scale

Presenting Author: Kuan, Hio Tong
Additional Authors: Rauti, Carolyn; Bailey, Emma; MacIsaac, Janet; Kwantes, Catherine T.

Abstract: This study reports on the development and validation of the Interpersonal Distrust Scale. Interpersonal distrust is conceptualized as an expectation of harm or negative outcomes from another person's conduct, including words, behaviours, and decisions. Building off of existing research discussing the potential functionality of distrust, the proposed scale measures two dimensions: functional distrust and dysfunctional distrust. Functional distrust is considered to be an adaptive mechanism for preventing harm or negative outcomes, whereas dysfunctional distrust is considered to be the maladaptive alternative. Two studies were conducted to examine the underlying factor structure and psychometric properties of the proposed scale. In Study 1, theory and construct explication guided item generation, and findings from an exploratory factor analysis suggested a two-factor structure of a 23-item scale. In Study 2, the scale was refined and a nomological network of constructs related to distrust was established for validation purposes. Confirmatory factor analysis findings confirmed strong psychometric properties of the two-factor, 12-item scale and evidence for concurrent, convergent and divergent validity were demonstrated. Limitations and implications for the scale will be discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54382 - 12-Minute Talk

The Timely Relevance of Theoretical and Historical Psychology: A Critical Appraisal

Presenting Author: Cresswell, James

Abstract: Recently, there have been two serious challenges to 'business as usual' for empirical psychology. One is the "replication crisis" where classic findings are supposedly being called into questions. The other is what I call the "inclusion crisis" where psychological methods are called into question as colonial and perpetuate social oppression. Several researchers who would consider themselves historical and theoretical psychologists (HTP) are concerned with the problems of positivism and neocolonial tendencies in research praxis, which means that the discipline could offer an important voice. There is, however, a decreasing role for HTP that has led to a lack of awareness of how it contributes to wider psychology. This paper reviews three principles historically discussed as being central to HTP: synthesis (broad poly-theoretical view), practical purposiveness (dealing with practical empirical problems), and theoretical flexibility (creative developing of theory). These principles are applied to the replication and inclusion crises to illustrate the generative role HTP plays and the uniqueness of the specialized methods employed.

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 54500 - 12-Minute Talk

Agent-based modelling for simulating the Coventure prevention plan

Presenting Author: Ghasvareh, pooya
Additional Authors: Afzali, Mohammad H

Abstract: Simulating the pattern in alcohol consumption and the effect of intervention will help us to know the consequences of the intervention at the outset and the role of different personality traits on alcohol consumption. The initial distribution of

agent's personality traits is obtained from the Coventure. The model is implemented by allowing each agent to move randomly in the school in each time-frame (i.e. tick). As non-users get closer to substance users, the probability and hence propensity of consumption will increase and if they are not exposed to users this will decrease. If the propensity of consumption passes a certain level, the student will start using alcohol. As we receive more information, the prediction will be more accurate. The precision of the prediction at the end of first year is 75.2% and as we go to the fourth year it increases to 88.6%. The effect of intervention is implemented in the model by applying number needed to treat (NNT) at the end of first year. As a result, the cascade effect of the intervention in the subsequent years is determined.Before conducting any intervention, and only by information obtained from early users and total population, the consequences of the intervention can be predicted.Moreover, since each agent has different personality traits, the effect of these traits on both future consumption and intervention can also be tested.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54943 - 12-Minute Talk

Towards a normative framework for understanding ideologies of intergroup relations

Presenting Author: Noels, Kimberly A.
Additional Authors: Suresh, Snehaa

Abstract: Different ideologies about appropriate interethnic relations have been related to different patterns of prejudice and stereotyping, willingness to interact with people from other groups, and other indicators of intergroup harmony and/or conflict. A variety of ideological typologies and corresponding measurement instruments have been posited, many of which overlap. Moreover, although ideologies are generally considered to be grounded in normative beliefs, they are often assessed as personal opinions. To create a more concise but still comprehensive measure, a first study of 1107 young adult Canadians examined the factor structure of a battery of instruments that assessed multicultural, polycultural, assimilation, segregation, exclusion, colorblind and other ideologies. The results yielded 7 interrelated factors, including multiple forms of colorblindness and multiculturalism.   In a second study of 295 young Canadians, the same items were reformulated as descriptive norms about typical Canadians' beliefs, and a similar 7-factor structure was found. In each study, the predictive power of personal or normative ideologies on indices of intergroup relations and social identity were tested through a series of regression analyses, and showed the two types of ideologies differentially predicted relevant variables. The implications for theory and research are discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 55226 - 12-Minute Talk

Conversation Session / Discussion Forum

Canadians in Media Database: Naturally-occurring images of faces for advancing research on face identification, learning, and recognition

Presenting Author: Pettigrew, Maria E
Additional Authors: Arulanandam, Rosie A

Abstract: The Canadians in Media Database was developed to advance research on face learning and identification from multiple naturally-occurring images of the same person's face. A group of 120 participants named as many Canadian celebrities as they could provide on an online platform. Each identity was fact-checked for accuracy (i.e., citizenship/nationality) and the resulting database includes 580 Canadian celebrities. For each celebrity, we downloaded between 2 and 10 images from Internet searches that show appearance variability across interacting layers of variation (Jenkins, White, Van Montfort, & Burton, 2011): Non-rigid deformations, changes in surface properties (e.g., cardiovascular activity and lighting), and image parameters such as resolution and depth of contrast emerging from camera characteristics. A new group of 58 participants provided recognition (yes/no) responses to two images per identity, which reflected face rather than image recognition. Recognition rates were recorded per item and averaged across the two items for an overall recognition rate. Correlational analyses showed strong correspondence in recognition across items in both by-subject and by-

item data. The results show a spectrum of familiarity so that researchers potentially have a set of familiar or unfamiliar faces to use in their studies. The images are readily available for download in their original and cropped forms by request from the research team. There is also a summary report attached to the database that includes all data and analyses. This discussion forum is an opportunity to discuss the importance of considering the stimuli we use in our research, whether with face or non-face stimuli.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 53588 - Conversation Session / Discussion Forum

Comparing sample planning strategies: Moving beyond traditional power analysis in research

Presenting Author: Beribisky, Nataly
Additional Authors: Cribbie, Robert A

Abstract: Sample planning procedures such as traditional power analysis still rely on the dichotomous decision-making used within null hypothesis significance testing. Specifically, the procedure estimates the sample size required to detect the presence or absence of an effect. In contrast, precision-based power analysis allows researchers to estimate how many participants they need to detect a confidence interval of given width. This may be advantageous when researchers do not know a minimally meaningful effect size (which is required for traditional power analysis), but still requires specifying other difficult-to-know parameters (which can be avoided altogether by collecting the largest sample possible). After presenting an introduction to three sample planning approaches, this forum will garner feedback on which approach researchers may find advantageous compared to other sample planning tools. The forum will prompt participants to share their own experiences with all types of sample planning by identifying both simple and difficult elements of these tools. Further, through facilitated discussion, the forum will reflect upon why some approaches are still viewed as preferable to others, despite potential limitations.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 53758 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Questionable Research Practices in School Psychology: Implications for Evidence-Based Practices

Presenting Author: Shaw, Steven R.

Abstract: Evidence-based practices (EBPs) have proved to be an exciting, yet frustrating aspect of school psychology practice. EBPs are to be supported by a consensus of peer reviewed experimental and quasi-experimental studies, which will result in the best possible outcomes for students. If school psychology is to become an evidence-based practice, then the fundamental assumption is that the foundation upon which practice rests is strong clinical research. However, questionable research practices (QRPs) artificially inflate the likelihood of positive effect sizes in clinical research. The current study is a replication of the study by John, Lowenstein, and Prelec (2012); which surveyed psychologists about their involvement and acceptability research. Whereas the John at al study surveyed psychologists from multiple subfields, the target of this study is to survey all authors of studies published in the 11 school psychology journals between 2010 and 2020. In this fashion, the acceptability of QRPs in the influence on EBPs can be evaluated. To date, with 73 respondents, 7 of the 10 QRPs surveyed were reported to be used by more than half of the respondents. Also, 6 of the 10 QRPs were reported to be acceptable in clinical research. Details of the specific survey results, potential solutions for improving research, and ramifications for EPBs will be discussed.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54496 - Conversation Session / Discussion Forum

Decolonizing Psychology: A Critical Discussion of the Hegemony of Western Psychology

Presenting Author: Saiphoo, Alyssa N

Abstract: While colonization is often thought of in a historical sense, it's influences still are seen through coloniality: enduring ways of thinking associated with colonialism. In psychology, we see coloniality in the methods used to conduct and disseminate research. These influences run deep and often implicitly. This is problematic since psychology claims to be the study of all human behaviour, but, this is not true. We study certain groups of humans and share and apply these findings to selected groups. Openly recognizing and critiquing these methods is an important step in removing these influences, referred to as decolonizing psychology, but, this is easier said than done. Discussing these issues is difficult and creating practical solutions is often a challenge, though, both are necessary. The purpose of this discussion forum will be to raise awareness of coloniality in psychology, as well as discuss and brainstorm practical ways to decolonize our methods. This will be an interactive session where participants will be encouraged to critically reflect and critique colonial influences in their own research, and come up with effective, yet practical, ways to address them.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54754 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Gimme-5

Examining the Measurement Properties of the 2017 What Albertans Know about Fetal Alcohol Spectrum Disorders Survey.

Presenting Author: Kennedy, Kathleen E.
Additional Authors: Bulut, Okan

Abstract: Background: Canadian organizations have made many efforts to increase awareness of Fetal Alcohol Spectrum Disorder (FASD). However, these efforts sometimes fail to translate into direct changes in attitudes or behaviors potentially because of failing to measure FASD awareness effectively. The present study aimed to examine the psychometric properties of the 2017 What Albertans Know about FASD Survey (FASD Survey) and evaluate its quality to measure FASD-related constructs accurately. Methods: Item Response Theory (IRT) was used to evaluate the psychometric properties of the FASD survey. Items were examined based on descriptive, question and scale-level statistics and The Rasch Model was used to analyze the quality of the FASD survey within the IRT framework. Results: Three subscales derived from the survey (Support and Prevention, Beliefs about FASD, and General Knowledge of FASD) indicated adequate internal consistency and item quality. However, the General Knowledge subscale was not adequate in measuring higher levels of its construct. Furthermore, some items appeared to function differentially based on gender. Conclusion: To improve measurement quality, the survey appears to require revisions to specific items. Action/Impact: The results have the potential to inform future survey development in which collected data could identify new avenues for FASD prevention campaigns.

Section: General Psychology / Psychologie générale
Session ID: 53523 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Measures of Attitudes Toward Bisexual People

Presenting Author: Xia, Xiaoyang

Abstract: Existing measures of attitudes toward bisexual people intermingle items assessing people's attitudes, stereotypes, and behavioral intentions regarding this sexual minority. However, according to the social psychology literature, attitudes,

stereotypes, and behavioral intentions are theoretically distinct constructs. The goal of the current study is to examine if measures of these constructs also show meaningful psychometric differences. To achieve this purpose, I compiled distinct measures for assessing these constructs, based on how they are measured and defined in the existing literature. According to some exploratory analyses, these measures showed some systematic differences in their intercorrelations and correlations with other variables. For example, negative attitudes consistently explained more variance in the three types of behavioral intentions toward bisexual people than did stereotypes. Moreover, participants showed higher levels of negative tendencies toward bisexual men than toward bisexual women, but this gender difference was larger for negative attitudes and stereotypes than for the three behavioral intentions.Thus, both the social psychology literature and the current study support the practice of treating attitudes, stereotypes, and behavioral intentions regarding bisexuals as different constructs and assessing them using clear-cut measures.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 53611 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Reporting Practices in Latent Class/Profile Analyses: A Review and Some Implications

Presenting Author: Li, Johnson
Additional Authors: Tze, Virginia

Abstract: In psychological research, latent class analysis (LCA) and latent profile analysis (LPA) are modern, person-centred statistical models that identify unobserved clusters of participants who share similar psychological attributes. However, no study has provided guidelines regarding the reporting practices in the existing literature. Researchers often have to decide the best-fitted model based on more than 10 criteria (e.g., AIC, entropy), which are important for future researchers to follow. We conducted a systematic review on PSYCINFO and Web of Sciences, and identified 275 published articles in APA journals. First, regarding information-criterion statistics, most researchers (87.8%) reported BIC and more than half (54.9%) reported AIC, but less than half (46.1%) reported the more appropriate, sample-size-adjusted BIC. Second, regarding likelihood-ratio tests, only 35.4% of the studies used bootstrap LRT, a more robust test than LMR test (33.3%) and VLMR test (26%). Third, only 21.2% of the researchers reported the number of free parameters, and 8.1% reported the degrees of freedom, which are important statistics that describe the actual number of estimated parameters in their final model. Future researchers should be aware of and use the most appropriate criteria for selecting their final models, which is important for ensuring the best decision-making practices in research.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54011 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Driving performance in individuals with sleep disorders: How do we track brain activity?

Presenting Author: Rizzo, Dorrie
Additional Authors: Grad, Roland; Libman, Eva

Abstract: Introduction. Drivers with obstructive sleep apnea (OSA) - estimated to affect 5.4 million Canadian adults - are traditionally believed to be at higher risk for road accidents. To date, we have no accurate metric for establishing level of driver risk. Policies regarding driving with OSA are currently being decided all around the world and clear guidelines are limited. We plan to explore a relatively new technology that allows the tracking of cortical events related to attentional lapses, called microsleep events, concurrently with driving-related performance tasks. Methodology. We propose to describe 1) a driving simulation program (CARLA), which is an open-source urban driving simulator, built under the Unreal Engine that provides a sandbox for autonomous driving algorithms. This program requires a dedicated computer; and 2) the ABM B-Alert X24 Electroencephalography (EEG) system (Advanced Brain Monitoring, Inc, Carlsbad, CA, USA).Conclusions. This is a measure for assessing the link between microsleep and driving performance. EEG data will be matched with the driving performance

data (matched epochs), which will also have time-stamped events (e.g. deviation from lateral position, speed increase, sudden breaking). This is a novel approach for measuring driver cognitive activity and driving performance in individuals with OSA, evaluated in a single experimental design.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54064 - Gimme-5

Inescapable Fear: An Evaluation of the Most Influential Factors Related to Anxiety Among Youth

Presenting Author: Purcell , Victoria L
Additional Authors: Andrews, Jac; Nordstokke, David

Abstract: Despite substantial gains in our knowledge of youth onset anxiety, limited focus has been given to understanding the potential impact of the most prominent factors through which anxiety disorders develop, persist, and remit. To date, systematic reviews have primarily focused on identifying a large number of anxiety risk factors in adults, failing to take into account the critical changes and social networks that occur during the course of youth's psychological, cognitive, and social-emotional development. In order to begin addressing anxiety research limitations, a comprehensive examination of the available literature was conducted to determine the most prominent risk factors related to the development and maintenance of anxiety. A group of personal (e.g., rumination), psychosocial (e.g., peer relationships), parental (e.g., overcontrol), and sociodemographic factors were found as risk factors related to the onset of anxiety. This Gimme-5 session will present these factors and discuss the significance of examining the development and maintenance of anxiety in terms of both a developmental psychopathology and cognitive-behavioural framework. Such awareness has the potential to provide possible avenues of future research related to anxiety symptom development. Continued efforts in this area has the potential to inform prevention efforts and reduce the onset of anxiety.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54079 - Gimme-5

What Effect Sizes Should Researchers Report for Multiple Regression under Non-Normal Data?

Presenting Author: Gonzales, Ian J
Additional Authors: Li, Johnson

Abstract: Instead of relying on null-hypothesis significance testing, researchers are advised to use effect sizes (ESs) and confidence intervals (CI) as a way to convey the importance of research findings (Cumming, 2014). Reporting ESs and CIs offer a more practical measure of significance observed in a phenomenon. However, typical ES measures for most linear models (e.g., multiple regression) assume data that follow normality of errors, a condition that is often violated in behavioural and psychological research (Yuan & MacKinnon, 2014). This may lead to inaccurate interpretation of ES, which, in turn, adversely affects the adequacy of theory and model testing across many disciplines in psychology. In multiple regression models, Cohen's f^2 and R^2 are widely employed by researchers, but no study has systematically and comprehensively evaluated their robustness in practice. Thus, the proposed Monte Carlo study will evaluate the robustness of f^2 and R^2 and the associated CIs based on different manipulated levels of sample sizes, magnitudes of ESs, numbers of predictors, and data violations (i.e., heavy-tailed, skewed, contaminated, and heteroscedastic distributions of errors). This simulation study will offer important guidelines for researchers regarding how robust these ESs are so that they can choose and report the most appropriate ES in their research studies.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 54092 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Research and Reflexivity: How We Gaze Upon our Research and the World

Presenting Author: Lefebvre, Danielle C
Additional Authors: Brun, Isabel; Lambert, Angela M.; Saunders, Jessica

Abstract: Research with diverse populations, particularly those different from the researcher, warrant reflection to minimize bias and perpetuation of stereotypes. As part of a research project with 11 transwomen, an analysis of "gazes" was conducted using reflexivity from Interpretative Phenomenological Analysis (IPA). Gazes involve a power imbalance between a privileged person and a marginalized person. The gazes explored include: male gaze, cisgender gaze, oppositional/white gaze, and colonial gaze.Male gaze is the treatment of women as objects within a misogynistic society that prioritizes men over others, particularly women. The male gaze may also be internalized.Cisgender gaze is the treatment of transgender people as objects to be subjected to scrutiny by and for the entertainment of cis people.Oppositional gaze rejects the whiteness of the male gaze, and posits that Black women and women of colour are situated outside the gaze. White gaze discriminates against people of colour and views their experiences through the lens of a white person.Colonial gaze is the dehumanization of and perceived authority over those who have been colonized. It views research as conducted through a colonial lens, with disregard for the traditions of Indigenous peoples.Understanding how we gaze has important implications for counselling and intersectionality so that we may avoid cycles of oppression.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54538 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Exploring Young Children's Cognitive Processes and Development via Eye-tracking and Assessments

Presenting Author: Liu, Yan
Additional Authors: Odic, Darko

Abstract: Robotics education (RE) provides students with hands-on and minds-on opportunities that improve computational thinking and foster interests in STEM as they design, construct, and program robots. RE is an emerging discipline for the K-12 curriculum in Canada. However, there is lack of research to show how RE affects young children's learning.The purpose of the present study is to explore how to use eye-tracking to examine children's cognitive processes and development over 6 months. Fifty 6-8 years old children were recruited from Vancouver area with half of them in the control group. Measures, such as, fixation duration and fixation count, are used to assess cognitive loads and processing time; cognitive assessments (e.g., logic reasoning) are also used in the study. Descriptive statistics, data visualization and Bayesian mixed effects models are used to present our findings.Our findings will reveal how RE impacts children's cognitive development via eye-tracking technology and cognitive assessments. Our contributions are twofold: (a) this is the first RE research to investigate children's cognitive processes using eye-tracking technology, which may provide information that would not be observed from survey or tests, and (b) our findings may help policy makers to better understand how RE can benefit children's learning before promoting large-scale RE for K-12 in Canada.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55080 - Gimme-5

Validation of a Brief Measure of Self-Consciousness

Presenting Author: Brophy, Kyla
Additional Authors: Braehler, Elmar

Abstract: The present study will validate a new short-form of the German translation of the Self Consciousness Scale (Fragebogen zur Erfassung dispositionaler Selbstaufmerksamkeit [SAM]). The long-form SAM is a 27-item self-report measure assessing private and public self-consciousness. Private self-consciousness refers to attending to one's own inner thoughts and feelings, while public self-consciousness refers to the awareness of the self as a social object with an impact on others.

The Self-Consciousness Scale has been widely used in personality research to contribute to an understanding on topics like alcoholism, depression, eating disorders, and social anxiety. To facilitate ease of use by researchers and clinicians, a 12-item brief version of the SAM was developed using a representative sample of the German-speaking general population (N = 2,326). Participants were recruited via a demography-consulting company, and completed a variety of questionnaires including the long-form SAM. Data analyses will assess construct validity of the new 12-item version of the SAM using correlational analyses with measures of quality of life (EUROHIS-QoL; WHO-5 Well-Being Index), physical well-being (FEW-16), and self-efficacy (SWO-V2004). Results will contribute to scale validation of the new, brief version of the SAM, thus contributing to streamlined usage in research and clinical settings.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 55175 - Gimme-5

Considerations for Understanding and Addressing Dating Violence among Marginalized Youth

Presenting Author: Daly, Brad
Additional Authors: Crooks, Claire

Abstract: Teen dating violence (TDV) is a widespread form of youth violence that constitutes a serious public health concern in Canada (Public Health Agency of Canada, 2017) with increased prevalence rates and negative effects among marginalized youth (Niolon et al., 2015; Reidy, Early, & Holland, 2017). Although the identification of youth at greatest risk of TDV has demonstrated a vital contribution toward prevention literature (Cohen, Shorey, Menon, & Temple, 2018) the literature does not consider the compounding layers of burdens due to the intersecting social identities that many of these marginalized youth hold (De La Rue, L, 2019; Roberts, Tamene, & Orta, 2018). To better understand the lived experiences of marginalized populations, it is necessary to utilize a methodology that accurately represents their perspectives, considers the existence of multiple marginalized identities through integrating our knowledge of intersectionality, and avoids further marginalizing these individuals by fully including participants in the research process. This presentation will discuss the need for researchers and clinicians working with marginalized youth experiencing TDV to integrate an intersectional approach to understanding and addressing TDV and to use a Youth Participatory Action methodology for researching TDV among marginalized youth.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55228 - Gimme-5

Exploring Public Perception of Mindfulness in Canadian Schools: A News Media Content Analysis

Presenting Author: Albert, Jennifer L.
Additional Authors: Whitley, Jessica

Abstract: Despite the adoption of mindfulness practices across many Canadian elementary and secondary schools, little is yet known about the ways in which mindfulness is understood by parents and by the broader community. News media reports about this topic serve as a key source of information available to the public. The ways in which media discourse frames topics in areas such as mindfulness in education can both reflect and influence public understanding, beliefs, and actions. This study seeks to explore the depiction of mindfulness within schools as it exists in Canadian news media between 2014 and 2019. The Canadian Major Dailies Proquest database was searched using the terms 'mindfulness' and 'education OR school'. After an initial scan of 719 articles, 73 were retained for analysis. Qualitative deductive content analyses are currently been conducted with a range of themes emerging. Results revealed novel perspectives, indicating some key conceptualizations about the use of mindfulness strategies for various purposes and populations. Divergent and varied narratives have been noted, which speaks to a need for greater coherence and a shared rationale supporting the use of mindfulness practices in schools.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55278 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Introducing eSports: Bridging the gaps between sports psychology and virtual team research

Presenting Author: McCurrach, Cullen W. D.
Additional Authors: Leonard, Craig M.

Abstract: eSports (i.e. organized videogame competitions) are a recently booming industry that connects culture, sports, business and technology. In 2019 alone, approximately 200 million dollars have been awarded to eSport athletes worldwide. eSports are complex cognitive tasks that require the concurrent use of teamwork, mental skills and psychological processes. However, there is currently a paucity of psychological research on eSports, despite the depth of the sports psychology literature. Organizational psychologists often study virtual teams using videogame simulations that provide insights into relevant organizational outcomes. Although, it is currently unknown whether eSport teams can provide a viable context for virtual team research, traditional sports research, or both. The purpose of this study was to address this gap by conducting a systematic review of the existing eSports literature to interpret it within the context of seminal sports psychology and virtual team research. Scholars have acknowledged the potential for eSports to develop other research areas; thus, the current study hopes to foster the development of these fields by making novel theoretical and empirical connections between them. Findings from a systematic review will identify avenues for further research in these areas and provide practical foundations for greater interdisciplinary work in eSports.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 55310 - Gimme-5

Exploring the Experiences of Youth Experiencing Homelessness as Participants

Presenting Author: Martin, Stephanie A
Additional Authors: Weber, Rachel

Abstract: Conducting research with youth experiencing homelessness is characterized by a variety of barriers to access. These youths are difficult to access for many reasons. They are a hidden population for whom privacy is prioritized because of the stigma surrounding homelessness. They are also a marginalized population who are often excluded from mainstream social, economic, cultural, and political aspects of life. In addition, these youths are considered vulnerable due to the adversity and risk associated with youth homelessness. For these reasons, research with youth who are homeless, especially those that investigate potentially distressing topics, may be sensitive. Researchers often perceive that asking participants about adverse experiences may cause stress. However, health- and trauma-related literature indicates that not only does research with homeless youth not result in harm, but there are often benefits to both participants and researchers. The purpose of this presentation is to discuss homeless youths' reported experiences as participants in a larger study regarding their personal experiences with homelessness. All participants reported that partaking in the study was beneficial in some way. The findings and their implications for future research with homeless youth populations will be discussed.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55313 - Gimme-5

Printed Poster

The Effects of Sleep on Suicidal and Non-Suicidal Self-Injury Urges in Borderline Personality Disorder Patients

Presenting Author: Di Bartolomeo, Alyssa A
Additional Authors: Varma, Sonya

Abstract: Roughly sixty-five to eighty percent of people with Borderline Personality Disorder (BPD) engage in suicidal and non-suicidal self-injury (NSSI; Brickman et al., 2014). Extant literature suggests that people with BPD experience sleep

disturbances, that increase suicide risk (DeShong et al., 2019). However, it is unclear which components of sleep disturbance influence rises in suicide and NSSI following a stressor. This study examines whether sleep problems reflecting insomnia (i.e., time spent in bed; TIB) or sleep deprivation (i.e., total sleep time; TST) predict increases in suicidal and NSSI following exposure to a stressor. Forty adults with BPD reported TIB and TST every morning for a week prior to an experiment. Participants self-reported suicide and self-harm urges using a visual analog scale from 0 to 100 (i.e., 0=no urge, 100=extreme urge) before and after a two-minute emotionally evocative stressor. Generalized estimating equations revealed that those with more TST exhibited less increases in urges to commit suicide following the emotion induction (B = -.09, SE =.04), $c2$ (1) = 4.73, p =.03 and individuals with more TIB exhibited more increases in urges to NSSI following the emotion induction B =.08, SE =.04), $c2$ (1) = 4.27, p =.04. Targeting sleep deprivation behaviours (TST, TIB) may be important to prevent increases in suicide and NSSI urges in response to stress.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 52540 - Printed Poster

Assessment tools for patients on the bipolar spectrum

Presenting Author: Seon, Quinta
Additional Authors: Moon, Eunsoo; Beaulieu, Serge; Renaud, Suzanne; Linnaranta, Outi

Abstract: Though using self-report measures with patients on the bipolar spectrum is complicated, it is necessary given frequent comorbidity with anxiety and related disorders. Self-reports require patients parse several items and response options, balancing the demands of the instructions, the content of the questions, and one's memory. As bipolar spectrum disorders often involve cognitive impairments and a set of rapidly fluctuating symptoms, self-report measures have many potential sources of error. In our previous work, we harmonized and reduced four anxiety scales for generalized anxiety, social phobia, panic, and post-traumatic stress disorders in a sample of individuals on the bipolar spectrum. We identified threshold disordering, misfitting and redundant items in Rasch analyses. Here we describe the protocol for the psychometric validation of this measure, the Brief Harmonized Anxiety Scale (BHAS). We aim to confirm its sensitivity as a screening and severity measure in a transdiagnostic sample (n= 200). Diagnostic results of Anxiety and Related Disorders Interview Schedule 5 and an electronic survey, including the BHAS, will be plotted on receiver operating curves. The content, construct validity and clinical utility will be confirmed through regression analyses with several other measures. We hope to support a growing movement and put forward a transdiagnostic scale.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 52584 - Printed Poster

Subliminal Affect Misattribution Procedure

Presenting Author: An, Daniel
Additional Authors: Le Forestier, Joel ; Page-Gould, Elizabeth

Abstract: The Affect Misattribution Procedure (AMP) is a commonly used implicit measure in psychology. This paradigm uses a brief but clearly visible exposure of a priming stimulus to influence participants' categorization of the subsequent target stimulus unintentionally. However, many participants report they intentionally categorize the target stimulus based on the priming stimulus. The prime might need to be presented more quickly to prevent intentional categorization. In our present study, participants were randomly assigned to complete the original AMP or the AMP with a subliminal exposure of the prime. Afterward, they were asked if they were able to see the prime, and completed an Implicit Association Test (IAT). Preliminary analyses (n = 81) found 29% of participants who completed the original AMP and zero participants who completed the subliminal AMP were able to explicitly recall the prime. Our analyses of the subliminal AMP currently does not show sufficient psychometric qualities such as test-retest reliability (r = 0.08) and association with the IAT (r = -0.15). These analyses suggest that the subliminal AMP is in fact subliminal, but we would need to finish our data collection to test for statistical significance. This would explain if lower prime exposure while maintaining sufficient psychometric qualities can help account for intentional categorization of the AMP.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 52588 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Sexual Coercion: Definition, Prevalence and Associate Factors

Presenting Author: Raiche, Ann-Pierre

Abstract: Background: Sexual violence is a major social problem and unfortunately, it is often underestimated. According to the National Intimate Partner and Sexual Violence Survey (2015) 43.6% of women experienced some form of sexual violence in their lifetime). This phenomenon is therefore not limited to criminal code misconduct and sexual violence involves any coercive act of a sexual nature directed towards a non-consenting person. Sexual coercion is generally defined as tactics to obtain sexual contact from unwilling partners, ranging from psychological/verbal pressure to the use of physical force (Adams-Curtis & Forbes, 2004; Farris, Treat, Viken & McFall, 2008). Methods: A sample of 529 sex offenders were administered the Multidimensional assessment of Sex and Aggression (MIDSA, 2011) while incarcerated in prisons and special commitment facilities. The MIDSA is a contingency-based, computerized inventory that assesses multiple domains relevant to sexual aggression. This investigation was based on 20 items measuring 3 types of means to coerce someone into sexual contact: manipulative tactics, intoxication tactics and physical tactics. Results/Conclusion: Multiple linear regression analyses were performed to identify variables associated with sexual coercion. The overall fit of the model was significant and predicted 51%. Sexual compulsion and adult delinquency proved to be the strongest statistically significant predictors of sexual coercion. Multiple linear regression analyses will be performed to identify the factors associated with the different strategies of sexual coercion.Impact: The results of this research will improve understanding of sexual violence. This could inform future research aimed at enhancing intervention and hopefully increase focus on prevention.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52610 - Printed Poster

The Role of Perceived Paternal Job Insecurity on Risk-Taking Tendency in Career Choice

Presenting Author: Ray-Yol, Elçin
Additional Authors: Altan-Atalay, Ayşe

Abstract: Perceived paternal job insecurity is a critical family variable influential in the career choice process of adolescents. However, the role of paternal job insecurity in adolescents' career development has not been examined. Moreover, the roles of variables such as adolescents' core self-evaluation (CSE) and intolerance of uncertainty (IU) in this process have not been explored. Thus, the main goal of the study was to examine the association between perceived paternal job insecurity and adolescents' risk-taking tendency in career choice (RIC), in addition to the mediator role of CSE and moderator role of IU in this relationship. The current study examined a Turkish sample (N= 528), which bears the characteristics of a collectivistic culture where traditional gender roles may influence youths' career-related decisions. We administered self-report measures of perceived paternal job insecurity, RIC, CSE and IU to Turkish high school students (Mage = 16.72 years, SD = .98). The results indicated the gender-specific mediation effect of CSE on the relationship of perceived paternal job insecurity with RIC. Specifically, perceived paternal job insecurity was negatively associated with CSE, which in turn, associated with lower levels of RIC only for girls. Contrary to girls, perceived paternal job insecurity had a direct negative association with RIC for boys. The practical and theoretical implications of the findings were discussed in the light of gender role socialization in Turkey.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 52766 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Evaluating the Postauricular Reflex as an Index of Reward Magnitude in the Food-EEfRT

Presenting Author: Luo, Alice Q
Additional Authors: Mehak, Adrienne; Weinberg, Anna E; Steiger, Howard; Racine, Sarah E

Abstract: Dysregulated reward processing is implicated in the development and maintenance of diverse psychopathologies, including eating disorders. Reward processing involves "liking"(hedonic aspect) and "wanting" (motivational aspect). The Effort Expenditure for Rewards Task (EEfRT) is a multi-trial, button press game that purports to measure "wanting." Participants choose easy tasks or hard tasks. Hard tasks require more button presses but offer higher reward magnitudes. A modified, food-based EEfRT provides portions of preferred high-calorie foods as a reward. The postauricular reflex (PAR) is a muscular microreflex that potentiates during appetitive stimuli (e.g. food) compared to neutral stimuli. The Food-EEfRT and PAR objectively measure appetitive reactions to food, but it is unclear whether the magnitude of EEfRT food rewards is reflected in PAR potentiation. The present study evaluates responses to food reward with the EEfRT and PAR in women with and without binge eating-related disorders. We expect that: 1) participants will preferentially choose hard tasks when the reward magnitude for the hard task is greater, and 2) participants will have greater PAR magnitude when working to earn larger food rewards. Data collection and processing are currently underway. Results will have implications for the assessment of reward reactivity to food in individuals with eating disorders.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53059 - Printed Poster

Validation of the French Canadian version of the CD-RISC-10 scale with non-offending mothers of children who had been victims of sexual abuse

Presenting Author: Jean-Thorn, Arianne
Additional Authors: Hébert, Martine

Abstract: Resilience refers to a capacity to get through adverse life events (Luthar et al., 2000). The CD-RISC-10 (Campbell-Sills et Murray, 2007) scale, that measures resilience, is the brief version of the CD-RISC (Connor et Davidson, 2003), validated in French and showing strong psychometrical properties with college students (Hébert et al., 2018). The present study aims to validate the French Canadian version of the CD-RISC-10 scale with non-offending mothers of children who had been victims of sexual abuse. A sample of 361 non-offending mothers of children aged 3 to 12 (M = 7.69, ET = 2.56), who disclosed sexual abuse, participated in the study. Participants were recruited in a Child Advocacy Centre and completed the CD-RISC-10 and measures of post-traumatic stress symptoms and sense of empowerment.Exploratory factor analysis results and the confirmatory factor analysis, both supported the unidimensional factor structure of the scale. Internal consistency was calculated using Cronbach alpha's coefficient and showed high internal consistency (a= 0.86). Scores from the CD-RISC-10 are positively correlated with sense of empowerment (r (357)=,293, p < 0,01) and negatively correlated with post-traumatic stress symptoms (r (351)=-,236, p < 0,01). Results provide initial support for construct validity of the CD-RISC 10 with a clinical sample of mothers confronted to the disclosure of CSA of their child by replication of the unidimensional factor structure and correlations with criterion measures.Data gathered in this study offers preliminary support to the use of the CD-RISC-10 in the assessment of families confronted to the disclosure of a CSA.

Section: Family Psychology / Psychologie de la famille
Session ID: 53067 - Printed Poster

[Presented in CPA 2020 Virtual Series]

cognitive dysfunction evaluation compared to neuropsychological testing .

Presenting Author: Dulal, Hari Prasad

Abstract: Objectives:- Cognitive dysfunction has been a time-consuming evaluation when full neuropsychology battery is performed, what is the most used method up to nowadays. The time is a limitation besides the necessity of a specific professional to apply it. Both reasons limit the clinical use and even research widespread of cognitive dysfunction evaluation in a variety of diseases that we suppose that might be linked to cognitive dysfunction in its lifetime evolution.Methods: A 152 hypertensive and followed by cardiologists group was evaluated for cognitive dysfunction by two means: A standard neuropsychology battery that spent around two hours and was performed by neuropsychologists. Then, Mentalplus digital game was applied, for 25 minutes. The Mentalplus digital game was developed to evaluate some cognitive functions like selective and alternate attention, short and long term memory, inhibitory control, language, visuoconstruction, executive function. Spearman test was used to calculate the correlations between specific validated tests with each Mentalplus phase.

Staticisticists used IBM-SPSS. The significance level was 5%.Results: 31.7% male, mean age of 51.1±16.2 SD years, mean arterial pressure of 93.1±8.7 SD mmHg in use of up to 3 blood pressure medications. Concerning to cognitive evaluation by both methods, the main findings were strong correlations related to functions below: short term memory, comparing VLT-A-1 and Mentalplus phase developed to evaluate that It opens a useful way to evaluate the cognitive function in a hypertensive treated group during the lifelong time, to follow cognitive dysfunction during treatment with less time consuming and more convenience the patients.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 53373 - Printed Poster

Meta-analyses of gender differences in psychopathy score elevations across multiple measures

Presenting Author: Strong, Katie
Additional Authors: O'Connor, Brian P

Abstract: The conceptualization and measurement of psychopathy have important consequences for assessment and treatment in both forensic and clinical contexts. Gender differences in scores psychopathy measures have sometimes been reported in the literature, with the tendency for males to score higher on psychopathy than females. But the pervasiveness and magnitudes of gender differences in psychopathy scores have not been previously addressed and revealed in the literature. In this study, meta-analyses of gender differences were conducted using all available data from previous studies for multiple measures of psychopathy, including the Psychopathic Personality Inventory – Revised, the Levenson Self – Report Psychopathy Scale, the Short Dark Triad, and the Triarchic Psychopathy Measure. The findings indicate relatively small but consistent gender differences in psychopathy test score elevations. The differences are more evident in measures of primary psychopathy traits than on measures of secondary psychopathy traits.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53525 - Printed Poster

The Personality of Academic Majors: A HEXACO Investigation

Presenting Author: Novitsky , Christine
Additional Authors: Lee, Kibeom

Abstract: We examined personality differences across seven academic major fields of study using data collected online from respondents in the United States and Canada who completed the self-report form of the HEXACO-100 (N = 29,384). Main results were as follows: (1) Honesty-Humility was lower on average in Business majors than for the rest of the fields combined (Cohen's d = -0.23). (2) Emotionality was lower on average in Engineering majors (d = -0.38) and Physical Sciences/Math majors (d = -0.29), and higher on average in Visual Arts majors (d = 0.26) and Humanities majors (d = 0.20). (3) Extraversion was higher on average in Business majors (d = 0.20) and lower in Physical Sciences/Math majors (d = -0.20). (4) Openness to Experience were lower on average in Health Sciences majors (d = -0.23) and Business majors (d = -0.29), and higher in Visual Arts majors (d = 0.54) and in Humanities majors (d = 0.39). To examine whether the skewed gender distribution of certain academic majors affects the above results, we analyzed the data separately for each gender. Although the effect sizes in Emotionality for Engineering and Physical sciences/Math majors decreased in these analyses, the trend favoring a low level of Emotionality was still observed for each gender. The current study provides a more comprehensive look at personality differences across academic majors than has been provided by previous studies.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53552 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Review of empirical studies of wisdom in Iran

Presenting Author: Pour Iliaei, Sadaf
Additional Authors: Ferrari, Michel

Abstract: Background: Wisdom has become a subject of growing scientific interest worldwide (Gluck, 2018). As people of different cultures have different concepts of wisdom, research suggests understanding of the culture-specific aspects of wisdom (Ferrari & Alhosseini, in press). The aim of this study is to review multiple approaches to the study of wisdom in the Iranian culture (as one of the ancient realms of wisdom) with a focus on empirical research.Methods: Using a narrative review framework, we examined 28 Iranian psychology papers which were merely empirical studies on wisdom published in Farsi language, and excluded other non-empirical work.Results: Results showed that unlike early studies of Iranian wisdom that primarily drive from western traditions, recent research develop an indigenous model of wisdom which builds upon ancient Persian traditions to conceptualize wisdom in a manner compatible with contemporary Iranian culture.Conclusions: We conclude that modern Iranian approaches to wisdom are moving toward appreciation of the culturally-embedded conceptualization of wisdom, although they still need to implement such models in a representative sample of Iranian population.Impact: Overall, by sharing their indigenous accounts of wisdom, Iranian researchers can further the existing knowledge on the cross-cultural and indigenous understandings of wisdom for the public.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53556 - Printed Poster

A New Psychotherapy Process Instrument: Relationship Episode Rating System

Presenting Author: Weight, Charlene
Additional Authors: Butler, Bryan; Leduc-Cummings, Isabelle; Perry, John Christopher

Abstract: Relationship Episodes (REs) have been used to examine transference, patterns, and outcomes in psychotherapy. However, no systematic method has been developed to identify and describe REs in psychotherapy sessions. A manual and rating form (the Relationship Episode Rating System (RERS)) was developed to identify and code REs. 145 audio-recorded and transcribed therapy sessions from 29 patients being treated with psychotherapy for depression were randomized used for analyses. Each psychotherapy session transcript was divided into separate relationship episodes using the RERS. Each relationship episode was defined by object type (e.g., relative), object subtype (e.g., mother, father), gender, recency (e.g. past, present, future), and reality (e.g. reality, dream, fantasy). Therapy sessions contained an average of 5 REs with self being the most common object type. When comparing treatment type, psychodynamic therapy had more REs (M = 6.38, SD = 1.86) than cognitive behavioural therapy (CBT) (M = 4.90, SD = 1.42) which was significant (p = < .05). REs appear to be a potentially useful unit of analysis for research and can be used to look at how elements of the therapy shift over shorter time intervals and within/between objects. The RERS provides a comprehensive picture of what is discussed in psychotherapy and may be used to investigate differences between treatment.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53733 - Printed Poster

A Systematic Review: Mindfulness Interventions on Behavioural Functioning in Children with ADHD

Presenting Author: Pagaling, Rachel J
Additional Authors: McGuinness, Claire ; Andrews, Jac J.W.

Abstract: Background: Untreated ADHD can lead to unemployment, drug/alcohol abuse, and marital problems. Mindfulness is a cognitive technique and helps individuals identify and respond to maladaptive behaviours. Currently, it is unclear whether mindfulness can improve functioning for children with ADHD. The goal of the systematic review was to review mindfulness interventions (MI) for the treatment of children and adolescents (2008-2019) and determine: (a) the effectiveness of MI with ADHD symptoms, and b) what type of follow-up is conducted to evaluate the effectiveness of post MI on ADHD symptoms. Methods: 3 electronic databases were searched for peer-reviewed published studies from Jan. 2008 to Nov. 2018

with respect to inclusion criteria (e.g., studies reported treatment effects of MI and measures used to analyze effects). PRISMA recommendations were used for reporting systematic reviews. Results: 9 studies from 156 studies met the inclusion criteria. Conclusion and Action: 78% of studies used subjective measures to determine the effectiveness of MI and studies that use more than one measure showed a discrepancy in the effectiveness of MI at post-intervention. Moreover, the results of MI on behavioural problems weeks post-intervention is mixed, indicating a need to conduct longitudinal studies.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53769 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Eye Movement Desensitization and Reprocessing for depression: A meta-analysis and systematic review

Presenting Author: Sepehry, Amir A
Additional Authors: Lam, Kerena; Guirguis-Younger, Manal; Maglio, Asa-Sophia T

Abstract: Introduction: The literature on the efficacy of Eye Movement Desensitization and Reprocessing (EMDR) for treating depression is heterogeneous due to research design, quality issues, and trials methodology. The last systematic review that compared EMDR to different control conditions was published in 2017 and did not examine for heterogeneity or dose-response, and without effect-sizes. The current meta-analysis seeks to examine EMDR for depression with the aim of answering the aforementioned limitations. Method: Thirty-nine studies were included for analysis after a literature review. Univariate meta-regressions were run to examine dose-response and the effect of moderating variables. Results: A significant and large, yet heterogeneous effect-size estimate emerged between EMDR and control arm [Hedges' g=0.89, 95% CI=0.62 to 1.17, p-value=0.00, I2= 84%, K=39]. Sub-analysis for primary and secondary depression showed a large, significant, and heterogeneous effect-size estimates, where EMDR significantly improved symptoms of depression in contrast to all control types. The univariate meta-regression analyses were non-significant. Conclusion: This is the first meta-analysis specifically examining for the effect of EMDR compared to various control modalities on depression with reported dose-response. A large and significant effect of EMDR on depression was found at the end of trials.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 53853 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Vaping case reports: A meta-analysis of vaping related deaths

Presenting Author: Sepehry, Amir A
Additional Authors: Dobrzanski, Alicja; Chalmers, Jennifer; Sheppard, Michael

Abstract: Background: Personal electronic nicotine delivery systems (PENDS) are widely used as a smoking sensation strategy. Yet the approach's efficacy is not established, and adverse effects are reported in clinical trials. Evidence indicates nearly 70 identified and unidentified compounds in e-cigarettes. Subsequent research has found evidence for the deleterious effects of vaping on pregnancy, lung injury, and cases of suicide. We studied the literature on the effect of vaping-related deaths and psychological pre-conditions (e.g., depression). Methods: A standard meta-analysis was conducted on published case-reports. Two reviewers (AAS & MM) independently screened titles and abstracts for study selection. Article data were extracted into a database, including demographics and cause of mortality. Results: We identified 8 reports (12 cases, age 17-34) including 10 vaping-related deaths, from various countries, between 2014-2018. One male individual overdosed with alcohol, and the rest were para-suicide [Male=5, Female=3, unknown=3]. Suicide methods were e-liquid/nicotine poisoning via ingestion, intravenous/subcutaneous injection of the liquid, and para-suicide included inhaling of e-cigarettes constituents. Conclusion: The present study shows the profile of persons with vaping-related death. Further results will be discussed.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 53856 - Printed Poster

User Experiences of Crisis Text Lines: What Can Twitter Tell Us?

Presenting Author: Lainchbury, Keeley B
Additional Authors: Coady, Alanna; Holtzman, Susan; Godard, Rebecca

Abstract: Crisis resources have expanded with the recent increase of text-based helplines, which provide individuals with counseling via text message. Text-based helplines differ from traditional in-person and telephone methods of support, yet there is limited research on these newer services. Understanding the experiences of crisis text line users is critical to improving quality of care and ensuring that users receive support when and how they need it. The primary goal of this study was to gain novel insights into user experiences of crisis text lines by examining social media posts. First, we searched for tweets made on Twitter that contained the hashtag 'crisis text line' (January 2017 - December 2018). Only posts that were made by crisis text line users were included, resulting in over 750 tweets. Data will be analyzed using thematic analysis, a qualitative analytic strategy that applies a data-driven, phenomenological approach to identify key themes in individuals' experiences. Results will provide a preliminary thematic account of user experiences on text-based helplines, providing a better understanding of the efficacy of this under-researched medium of crisis communication. We expect certain themes to emerge that will help inform the improvement of text-support crisis services, such as wait time, first-time disclosures, and perceptions of effective versus ineffective counseling.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 53887 - Printed Poster

Fearlessness About Death: Assessed Through Patterns of Gaze and Affect Ratings

Presenting Author: Rowe, Megan
Additional Authors: Danielson, Siri; Stewart, Jeremy

Abstract: Background: Suicide is a leading cause of death, however most people who think about suicide will not make an attempt. Fearlessness about death (FAD) is thought to contribute to the transition from ideation to attempt. Research has measured FAD via self-report, which is limited by response biases and lacks validity; the present study aims to validate an implicit measure of FAD using eye movements. Methods: Forty-three participants (recruitment is ongoing) viewed pairs of emotional (threat, positive, disgust, and suicide-relevant) and neutral images while eye movements were recorded by an eyetracker. Ratings of how afraid, sad, and disgusted (0-100) images made them feel were collected and participants completed a self-report measure of FAD. Results: Analyses of subjective ratings show a significant Stimulus Type X Rating Type interaction, $F(3, 126) = 41.16$, $p < 0.001$, $\eta p2 = 0.49$. Suicide images evoked more fear ($p < 0.035$, $\eta p2 = 0.10$), sadness ($p < 0.001$, $\eta p2 = 0.71$), and disgust ($p < 0.001$, $\eta p2 = 0.26$) than threatening images. Conclusion: Suicide images may evoke distinct emotional reactions. In our full sample, we will test whether longer fixation time on suicide images is associated with greater FAD. Impact: Findings will clarify processes involved in the transition from ideation to attempts, and have potential for improving risk assessment.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53893 - Printed Poster

A Statistical Method for Clustered Data with a Repeated Predictor

Presenting Author: Farmus, Linda
Additional Authors: Green, Rivka ; Hornung, Rick; Martinez Mier, Esperanza Angeles; Lanphear, Bruce

Abstract: In behavioral and social sciences research, clustered longitudinal data is often modeled using multilevel modeling. A less-known method for clustered data is generalized estimating equations (GEE), which is a population-averaged method that adjusts parameter estimates to account for clustered data. Further, GEE may be adapted to research designs in which a predictor is measured at different occasions whereas the outcome is measured only at a single occasion. We will demonstrate the use of GEE with an example using a prospective cohort of 596 mother-child pairs from the Maternal-Infant Research on Environmental Chemicals (MIREC) cohort who live in Canadian cities that either adhere to or do not adhere to community water fluoridation (CWF). Although a growing literature suggests that fluoride exposure is neurotoxic for the developing fetus, effects on cognitive outcomes may vary depending on timing of exposure as well as biological sex of the fetus. Applying GEE to this substantive research question, we compare sex-moderated estimates of time-specific effects of fluoride exposure from various sources (including CWF) across prenatal trimesters. Moreover, we highlight several facets of GEE, such as the ability to test differences in predictor effects across timepoints, incorporation of missing data, assumption complexity, and coefficient interpretation.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53915 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Cyber Dating Violence in Adolescence: Do Romantic Partners Agree on Its Occurrence?

Presenting Author: Laforte, Stephanie
Additional Authors: Paradis, Alison

Abstract: It is estimated that one out of three adolescents' report having used or perpetrated cyber dating violence (Cyber DV) in the past 12 months. Cyber DV in romantic relationships has been associated with numerous negative consequences. Determining the extent to which partners agree about the occurrence of cyber DV is essential for gaining accurate prevalence rates. In the violence literature, most studies suggest that there is disagreement between partners, but no study has yet examined the level of agreement for cyber DV. This study evaluated the level of agreement between partners in the occurrence of cyber DV in a sample of 126 heterosexual couples (between 14-19 years) who completed an online questionnaire. In 34% of couples, at least one of the partners reported having perpetrated or sustained cyber aggression in the past year, whereas 96% of couples reported at least one incident of cyber control. To measure the level of agreement, Cohen's kappa coefficients were calculated. Results indicate that concordance among adolescent couples was low for both cyber aggression and cyber control. Both girls and boys reported perpetrating more cyber DV than partners reported being victims. These results suggest a minority of romantic partners agree on the degree of cyber DV occurrence in their relationship and highlight the importance of considering both partners when studying cyber DV.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54047 - Printed Poster

Examining the factor structure of the Fear of Compassion scale in the Eating Disorders

Presenting Author: Iyar, Megumi M.
Additional Authors: Kelly, Allison C.; Geller, Josie

Abstract: Background: Individuals with eating disorders (EDs) experience barriers to being self-compassionate. Previous research using the Fear of Compassion Scale (FCSelf) demonstrated a single factor solution in a non-clinical sample. This research explored the factor structure of the FCSelf in a clinical population and student sample and examined correlations with associated constructs. Methods: Individuals with EDs (n = 251) completed the FCSelf, and measures of readiness, self-compassion, quality of life, and ED severity. A student sample (n = 314) completed the FCSelf. Results: In the clinical sample a 2-factor solution exhibited best fit. Factor 1, "Meeting Standards," contained items on concern about showing flaws and losing achievements and relationships. Factor 2, "Emotional Vulnerability," contained items on difficult emotions such as grief and vulnerability. The two subscales exhibited acceptable internal consistencies and were significantly correlated with outcome variables. In students, the 2-factor model was superior to a single factor model but given that the latent correlation

was so high (r = 0.89) a single summary score is recommended. Conclusion/Action: Future research is needed to determine the value of addressing barriers related to meeting standards vs. emotional vulnerability in helping individuals with EDs develop self-compassion and recover from their illness.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54057 - Printed Poster

Coercition sexuelle, Pornographie et Dépendances

Presenting Author: LeBlanc, Camille
Additional Authors: Trottier, Dominique

Abstract: Les études démontrent une association positive entre la consommation de pornographie en ligne et l'usage de stratégies sexuelles coercitives. Cette étude poursuit deux objectifs : 1) déterminer si la coercition sexuelle (CS) est associée à la consommation de pornographie, à la dépendance à la pornographie et à la dépendance à la sexualité et 2) de comparer des auteurs de CS à un groupe contrôle par rapport à leur fréquence de consommation de pornographie ainsi qu'à leurs scores totaux aux échelles de dépendance à la pornographie et de dépendance à la sexualité. Pour ce faire, 1001 participants ont rempli un questionnaire évaluant des comportements et habitudes sexuels. Les résultats révèlent des corrélations significatives entre la CS et la fréquence de consommation de pornographie (r= 20 ; p

Section: Clinical Psychology / Psychologie clinique
Session ID: 54131 - Printed Poster

Denouncing the Use of Field-Specific Effect Size Distributions to Inform Magnitude

Presenting Author: Panzarella, Emily J
Additional Authors: Beribisky, Nataly

Abstract: Effect sizes (ESs) provide valuable information regarding the magnitude of effects, with the interpretation of effect size magnitude (ESM) being the most important. Interpreting ESM requires combining information from a numerical ES value and the context of the study. However, most researchers adopt popular benchmarks such as those proposed by Cohen. Recently, researchers have proposed interpreting ESM relative to the distribution of ES in a specific field, creating unique benchmarks for declaring an ES as small, medium, or large. However, there is no rationale whatsoever for this approach. This study was carried out in two parts: 1) We identified articles that proposed the use of field-specific ES distributions to interpret ESM (primary articles); and 2) We identified articles that cited primary articles and classified them by year and publication type. The first type consisted of methodological papers. The second type included articles that interpreted ESM using the approach proposed in the primary articles. There has been a steady increase in the number of articles discussing or adopting the approach of interpreting ESM by considering the distribution of ES in a field, even though the approach is devoid of a theoretical framework. This research hopes to restrict this practice and instead encourage researchers to interpret ESM by considering the specific context of the study.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 54208 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Multicolinéarité dans les fonctions exécutives mesurées par le BRIEF-SR

Presenting Author: Paquette, Anne-Judith

Abstract: Les fonctions exécutives (FE) jouent un rôle prédominant dans le développement de l'enfant. On observe une accumulation d'arguments suggérant un lien entre des perturbations exécutives et les difficultés d'ordre scolaire (Er-Rafiqi,

M., Roukoz, C., Le Gall, D., & Roy, A., 2017). Une bonne mesure des FE représente donc un objectif important. Le BRIEF-SR est un questionnaire auto-rapporté et a été validé pour une clientèle adolescente. Il propose l'inventaire des comportements reliés aux fonctions exécutives via huit échelles qui ne se chevauchent pas, et donc qui mesurent toutes un aspect différent des FE (Isquith, P. K., Gioia, G. A., Guy, S. C., Kenworthy, L., & Staff, P. A., 2013). Cependant, il n'y a que peu d'études qui valident si ces échelles mesurent réellement des construits distincts. Les résultats de notre étude auprès d'adolescents (n = xx, âge moyen = xx) suggèrent l'existence de problèmes de multicolinéarité importants dans cette échelle. Nous discutons l'importance de nos résultats tant pour l'évaluation des FE que pour les débats quant à leur nombres et définitions.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54225 - Printed Poster

Examining Emotional Reactivity in Women with Perinatal Anxiety and Depression

Presenting Author: Zheng, Zhuoli
Additional Authors: Agako, Arela

Abstract: The perinatal period (pregnancy to 12 months postpartum) is a vulnerable time for women to develop anxiety and depression (Fairbrother et al., 2016). Emotion dysregulation (ED) and maladaptive emotional reactivity (ER) have been implicated in anxiety and depressive disorders (Gross & Jazaieri, 2014). Women in the perinatal period may be more susceptible to ER due to biological and physical changes, however, this has not been perviously studied. The proposed study will investigate the role of ER in perinatal anxiety and depression. Perinatal women will be recruited and divided into three groups: 1) Experimental group (Exp-peri) for perinatal women with elevated anxiety or depression, 2) Perinatal Healthy Control (HC-peri), and 3) Nulliparous Healthy Control (HC-null). While looking at and rating 3 sets of pictorial stimuli (positive, negative, neutral), participants' heart rate reactivity will be measured and groups will be compared across sets. We hypothesize that women in Exp-peri and HC-peri groups will have heighened emotional reactivity compared to HC-null and women in the Exp-peri will have heightened reactivity compared to HC-peri. Data will be analyzed on a projected sample of N=50 women using mixed models of analyses of variance. These results will help us to further understand the association of ER with anxiety and depression in women during the perinatal period.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54247 - Printed Poster

Using Bayesian analysis in regression models with dimension reduction

Presenting Author: Choi, Ji Yeh

Abstract: Extended Redundancy Analysis (ERA) combines linear regression with dimension reduction to explore the directional relationships between multiple sets of predictors and outcome variables in a parsimonious manner. Extensions of ERA, however, have been thus far developed within the frequentist framework only, despite the increasing adoption of Bayesian methods by many disciplines including psychology. We propose a Bayesian approach to ERA (BERA) to transfer several appealing advantages of Bayesian inference to ERA. In addition to inference based on the posterior distribution, BERA has additional benefits of flexible incorporation of prior information as well as applicability in the presence of missing data. In BERA, the posterior sampling step is carried out using the Gibbs Sampling with either conjugate or power priors and integrated multiple imputation for handling missingness. The simulation studies showed that when missing data were present, BERA with multiple imputation outperformed ERA, regardless of the sample sizes. Also, we applied BERA to the analysis of real data and demonstrated how any past relevant information about the model parameters can be formally incorporated into the analysis via informative power priors.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 54249 - Printed Poster

CFA Sample Size Requirements with Non-normal Univariate and Multivariate Data

Presenting Author: MacIsaac, Janet
Additional Authors: Hoyda, Joseph; Lamborn, Paige

Abstract: Background: Appropriate sample size for use in CFA is an ongoing challenge for researchers. Small sample sizes can bias the sampling error for the variances and covariances on which model estimation is based, as well as fit indices and convergence failures. Non-normal data can further bias the significance testing for parameter estimates. Non-normality is a problem in psychological data (Cain, Zhang, & Yuan, 2016). Past work in our lab provided sample size guidelines for researchers conducting latent variable modeling techniques, but normality was assumed. In this study, we extend our previous findings by incorporating non-normal data into our simulations to study the impact on fit indices and convergence failures. Methods: We will present preliminary data for common latent variable models used in psychology based on simulations in R to examine the joint impact of non-normal data and sample size on fit indices and convergence failures. Results: Preliminary findings for rejection rates, parameter estimate bias, and fit index bias are provided. Conclusions: Our findings will inform researchers how sample size and presence of non-normal data could impact model rejection or fit. We will provide guidelines on the minimum sample size using Satorra-Bentler corrections for non-normality. Impact: Our study demonstrates why researchers need to consider the impact of non-normal data.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54289 - Printed Poster

The psychometric properties of the Persian language Hare's self-report psychopathy scale (SRP-III)

Presenting Author: Rasouli-Azad, Morad
Additional Authors: Saed, Foad

Abstract: Background/rationale: The Hare's Self-report psychopathy scale (SRP-III) is designed to assess antisocial personality disorder and psychopathic symptoms. The scale includes four subscales; interpersonal manipulation, callous affect, erratic lifestyle, and criminal tendencies, and has had good psychometric properties in Western research. The aim of this study was to assess the psychometric properties of a Persian translation of the SRP-III.Methods: After translation and back translation of SRP-III, the psychometric properties of the scale were investigated on a large sample of Iranian students. The factor structure, reliability, and validity of SPR-III were tested among 366 non-clinical students. Validity of SRP-III were tested by the exploratory (EFA) and confirmatory (CFA) factor analysis. Reliability were tested via one month test-retest and Cronbach's alpha.Results: The results of the EFA and CFA supported the four-factor model for the SRP-III among Iranian students. The reliability of the SRP-III was confirmed by examining internal consistency and test-retest coefficients for all four factors. Conclusions: According to the findings of this study, the Persian version of SRP-III can use for application in psychological research and clinical situations.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54307 - Printed Poster

The Relationship between Obsessive Compulsive Symptom Dimensions and Posttraumatic Sequelae

Presenting Author: Harder, Marissa
Additional Authors: Shinbine, Danielle

Abstract: An important relationship between obsessive compulsive symptoms dimensions and posttraumatic symptomatology is becoming increasingly prominent (McKay et al., 2015; Ojserkis et al., 2018). The current study examined the relationship between the obsessive compulsive symptoms of Checking, Obsessions, Indecisiveness, and Hoarding and

posttraumatic sequelae. A sample of 143 university students were administered the Vancouver Obsessional Compulsive Inventory (VOCI; Thordarson et al., 2004) and the PTSD Checklist-Civilian (PCL-C; Weathers et al., 1993). There was a significant relationship between posttraumatic symptomatology and the Checking (r = .43, p < .001), Obsessions (r = .63, p < .001), Indecisiveness (r = .57, p < .001) and Hoarding (r = .44, p < .001) symptom dimensions. Multiple regression analysis revealed these dimensions accounted for 44% of the variance in posttraumatic sequelae (R2adj=.44, F(4,142) = 28.37, p < .01). Results indicate a significant relationship between posttraumatic symptomology and obsessive compulsive symptom dimensions. Further investigation on this relationship, particularly longitudinal research would aide in the development of prevention and treatment for these individuals.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54343 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Obsessive-Compulsive (OC) Beliefs and Traits as Predictors of OC and Posttraumatic Stress Symptoms

Presenting Author: Mössler, Marcia F
Additional Authors: O'Neill, Melanie

Abstract: Posttraumatic stress disorder (PTSD) is frequently associated with the co-occurrence of obsessive-compulsive disorder (OCD) (McKay et al., 2016). Several shared cognitive factors and traits may underlie this relationship. The present study investigated a model predicting PTSD (PCL-C; Weathers et al., 1993) and OCD symptoms (VOCI; Thodarson et al., 2004) using obsessive-compulsive beliefs (OBQ; OCCWG, 2005) as well as the harm avoidance and incompleteness scales of the Obsessive-Compulsive Trait Core Dimensions Questionnaire (OCTCDQ; Summerfeldt et al., 2014) in a sample of 167 university students. It was hypothesized that obsessive-compulsive beliefs, harm avoidance, and incompleteness are predictive of OCD and PTSD symptoms. Bivariate correlations revealed a significant relationship between OCD and PTSD symptoms (r = .63). Obsessive-compulsive beliefs, harm avoidance, and incompleteness were entered into two multiple regression models. The strongest predictor of OCD symptoms was incompleteness (ß = .33), followed by harm avoidance (ß = .26), and obsessive-compulsive beliefs (ß = .24). Harm avoidance predicted PTSD symptoms (ß = .46), but incompleteness and obsessive-compulsive beliefs were not significant. This suggests that harm avoidance may be of particular importance as a factor underlying the comorbidity between OCD and PTSD. Clinical implications will be discussed.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54348 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Anxiety Sensitivity and Control as Predictors of Incompleteness in Obsessive Compulsive Symptoms

Presenting Author: O'Neill, Melanie
Additional Authors: Hirst, Sydney A; Tan, Amy

Abstract: Cognitive models of obsessive-compulsive (OC) symptoms highlight the importance of feelings of incompleteness in its etiology (Janet, 1908; Taylor et al., 2014). Further, anxiety sensitivity (Poli et al., 2017) and perceived control (Moulding & Kyrios, 2006) play a key role in the development and maintenance of anxiety-related conditions. It was hypothesized that anxiety sensitivity and anxiety control would act as significant predictors of feelings of incompleteness. University students (N = 143) completed several measures to assess psychological sequelae associated with OC symptoms including the Anxiety Sensitivity Index (Taylor et al., 2007), the Anxiety Control Questionnaire (Rapee et al.,1996), and the Incompleteness subscale of the Obsessive-Compulsive Trait Core Dimensions Questionnaire (Summerfeldt et al., 2001). Bivariate correlations revealed significant relationships between anxiety sensitivity and incompleteness (r = .65, p < .001) and between anxiety control and incompleteness (r = -.57, p < .001). Regression analysis indicated that anxiety control and anxiety sensitivity were both significant predictors of incompleteness, accounting for 37% variance (R2adj= .37, F(2, 138) = 41.05, p < .001). These results

suggest that targeting anxiety sensitivity and anxiety control reduce feelings of incompleteness and ultimately reduce the risk of developing OC symptoms.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54355 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Preliminary Steps of Creating A Validated & Reliable Measure of Death Thought Accessibility

Presenting Author: Glockmann-Musto, Santina

Abstract: Terror Management Theory (TMT) maintains that the innate desire to live is at odds with the certainty of death, and that people invest in a sociocultural worldview that offers a sense of personal significance as a means of managing the anxiety that results from this conflict. According to the theory, faith in the validity of the worldview and high levels of self-esteem function to reduce unconscious death thought accessibility (DTA), which is assessed by administering a series of ambiguous word-fragments that contain a subsample of possible death-words (e.g., DE_ _). Although many studies have used this implicit measurement technique, researchers have yet to devote empirical efforts toward standardizing this measure of DTA. The current research aimed to fill this empirical gap. In Study 1, a series of 80 word-fragments (24 potential death-completions) were presented online to 562 participants in an attempt to obtain standardized norms regarding death-word completion-rates. To address recent evidence that the administration of a DTA task may actually prime death-thoughts (Hayes & Schimel, 2018), Study 2 examined if the order of presentation of death-word fragments within the task (in ascending vs. descending baseline frequency of completion) influences the overall number of death-word completions. Implications for the creation of a standardized measure of DTA are discussed.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54368 - Printed Poster

Equivalence Testing for Multiple Regression

Presenting Author: Alter, Udi
Additional Authors: Counsell, Alyssa

Abstract: Psychological research is rife with inappropriately concluding "no relationship" between a predictor and the outcome in regression models. This conclusion is fallacious, however, as failing to reject the null hypothesis is equated with the null being true. Instead, researchers should use equivalence tests to evaluate if observed effects are small enough to be considered statistically and practically negligible. Although the use of equivalence testing (EQ) has been discussed extensively for group means in psychology, little research explores using EQ in multiple regression. This study illustrates how EQ can be applied to test each predictor in a multiple regression model. Additionally, a simulation study was employed to evaluate the performance of the predictor-level equivalence test (i.e., power and error rates) and compare it to the common, but inappropriate, method of concluding "no effect" by failing to reject the traditional null hypothesis that a predictor's effect equals zero in regression. Results demonstrate that using EQ instead of a difference-based test is the appropriate statistical choice. Further recommendations for using EQ for regression in applied research will be discussed.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 54401 - Printed Poster

Comparing Effect Size Reporting and Interpretation Practices Across Social-Personality Journals

Presenting Author: Beribisky, Nataly
Additional Authors: Panzarella, Emily; Farmus, Linda; Alter, Udi; Cribbie, Robert A

Abstract: Due to their ability to supply more information than isolated p-values, effect size reporting has been encouraged across all psychological sub-disciplines. However, in the midst of Psychology's so-called "replication crisis", there has been no systematic review focusing exclusively on current effect size reporting in Social-Personality (SP) Psychology. This study assesses effect size reporting in six high-impact 2018 SP journals. We investigate how many articles report and interpret effect sizes and confidence intervals (CIs) for effects. Further, we explore differences in effect size reporting across journals. Results indicate that, for all journals, while effects are usually reported, they are not always interpreted. Further, for all journals, CIs around effects are rarely reported and interpreted. Specific differences in reporting across the journals are also discussed. Findings suggest that while effect sizes in SP are usually reported, the sub-discipline lacks consistent interpretations of both effects and their associated CIs. As authors are the experts of their own research, it is critical for them to provide an estimation of an effect's relative importance. An effect size without an interpretation is only slightly better than not presenting any effect at all. We recommend that authors incorporate CIs around effects and in-context interpretations of the effect and CIs.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54466 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Development and Preliminary Validation of a New Workplace Diversity Climate Scale.

Presenting Author: Sakr, Nouran
Additional Authors: Son Hing, Leanne

Abstract: Diversity climates capture individuals' subjective evaluations of their diversity-related work context, which have important ramifications for employees and entire organizations. However, the diversity climate literature highlights past conceptual and operational challenges. It is thus crucial to provide an accurate understanding of diversity climate and a corresponding valid measure. Across five studies, best practices were followed to develop and validate a new diversity climate scale based on a new, integrated definition. Using substantive validity analysis, studies 1, 2, and 3 demonstrated the scale items were in line with the proposed definition and distinguishable from related constructs. Using exploratory and confirmatory factor analysis, studies 4 and 5 investigated the scale's factor structure and reliability. Using multigroup confirmatory factor analysis, Study 5 established the robustness of the factor structure across historically marginalized and non-marginalized employees. The present studies gave rise to the 16-item Workplace Diversity Climate Scale. Theoretically, the integrated diversity climate definition can advance understanding of its nomological network and how it operates in organizations. Practically, this research provides practitioners with a new tool to assess organizations' diversity management efforts and inform future diversity-related policies.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54472 - Printed Poster

Apples and Oranges? Comparing Efect Sizes From Different Fluency Measures

Presenting Author: Antoniuk, Andrea

Abstract: Fluency is the ability to read with grade-level speed and accuracy. Dysfluency can negatively impact a student's reading, writing, and overall academic performance, and outcomes throughout the life course. It is, therefore, important to understand which fluency interventions can help students get back on track. Effect size comparisons are often used because they measure the magnitude of observed effects. However, fluency intervention studies are problematic because they incorporate a variety of standardized and unstandardized measures in assessing fluency. In the present study, I systematically reviewed over 600 fluency intervention studies using multiple fluency measures (e.g., GORT, DIBELS, WJ). I investigated effect sizes reported, fluency measures used, frequencies, and correlations among this data. The results of the present study suggest that comparing effect sizes reported from fluency measures should be done with caution. The results also suggest the importance of measuring fluency using multiple assessments to ensure comparisons can be made with rigor. These results also indicate potential risks when comparing effect sizes for constructs other than fluency. These findings will be disseminated in school-based publications to inform clinicians, researchers, and school personnel.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54485 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perceptions of Magnitude in Visual Representations of Effect Sizes

Presenting Author: Martinez Gutierrez, Naomi
Additional Authors: Cribbie, Robert A

Abstract: Effect sizes (ESs) are advantageous in that they convey an effect's practical importance when its numerical magnitude and research context are considered. When standardized, ESs can be compared across variables, studies, etc. (e.g., Cohen's d, r). Despite their importance, there has been little to no research on how well researchers understand or interpret ESs. In response, this study investigates how well trained participants can estimate the magnitude and context-free meaningfulness of effects from visualizations of ESs (e.g., overlapping histograms for Cohen's d and scatterplots for r). Participants ranged from Psychology graduates who have taken only one statistics course to established PhD-level researchers. Because the study is coded via the shiny package in R, participants make judgements regarding magnitude on a continuous scale and can modify the strength of visual associations via the use of sliders. On the basis of recent research, that indicated that participants tend to rate relationships as less meaningful than expected, we hypothesized that researchers would underestimate ES magnitude. We discuss the accuracy of estimations and associated implications for interpreting ES magnitude. It is recommended that researchers make interpretations of ES maginute based on a combination of the numerical value (e.g., d, r), visualizations and the context of the study.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54492 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Effect of Theory of Mind and Siblings on Emotional Competency

Presenting Author: Knafo, Emilie
Additional Authors: Andrews, Katherine; Bosacki, Sandra; Smith, Miriam

Abstract: Adolescents' awareness of others' mental states (Theory of Mind; ToM), may relate to their ability to respond effectively to others' emotions (or emotional competence). Having siblings may also impact emotional competence, as it provides more opportunities for social interaction. Thus, this study analyzed if ToM and number of siblings predicted emotional competency. One hundred twenty, 12-year-old students completed a ToM measure (Reading the Mind in the Eyes Test). Teachers also completed an emotional competency scale (Children's Emotional Competence Scale), and parents reported the number of siblings the student had. A multiple regression was conducted to explore whether ToM and number of siblings predicted students' emotional competence. The overall regression model was significant $F_{(2,117)} = 6.314$, $p < .05$, $R2 = .097$. Specifically, both ToM ($\beta = .254$, $t_{(117)} = 2.892$, $p < .05$) and number of siblings ($\beta = -.176$ $t_{(117)} = -2.006$, $p < .05$) were significant predictors of emotional competence. Those who had higher levels of ToM were evaluated as having better emotional competence. Surprisingly, adolescents with fewer siblings were rated higher on emotional competency. Results indicate that adolescents' ability to identify others' mental states, and the interactions they have with siblings should be taken into account when attempting to promote their emotional competence.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54535 - Printed Poster

Development and structural validation of a short version of the Brief Symptom Index

Presenting Author: MacDonald, Ceilagh
Additional Authors: Brophy, Kyla; Körner, Annett

Abstract: The Brief Symptom Inventory (BSI-53) was originally developed as a shorter alternative to the Symptom Checklist-90R, which captures a breath of psychopathology. Subsequently, the BSI-53 was further streamlined to an 18-item self-report tool to assess psychological distress in terms of somatization (S), anxiety (A), and depression (D) - also known as the "SAD Triad", which has been shown to be valid in the German general population. To further improve the ease of use as a clinical screening tool, the present study will develop a 9-item version of the BSI-18. A representative sample of 2516 German-speaking participants was recruited via a demography-consulting company. Participants were surveyed for demographic information and completed a variety of questionnaires, including the BSI-18. Data analyses will include confirmatory factor analysis, assessment of model fit, and scale validation. The new short-form will provide researchers and clinicians with a brief and effective tool to screen for anxiety, depression and somatization, thus preventing potential overload for research participants and flagging clients who might need further assessment.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54555 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Tools Used to Measure Suicidality Among Children and Youth With and Without ASD: A Systematic Review

Presenting Author: Hewitt, Katherine J.
Additional Authors: Howe, Stephanie J; McMorris, Carly A.

Abstract: Background/Rationale: Youth with autism spectrum disorder (ASD) are at heightened risk to experience suicidality. Despite this, it is unknown what tools are used to assess suicide risk in research and clinical practice in autistic youth, and whether existing tools are reliable and valid. This systematic review aimed to 1) identify measures commonly used to assess suicidality in children and youth in the general population, as well as in children and youth with ASD; and 2) provide a framework for future research.Methods: A systematic literature search was conducted using four databases. Searches were conducted for risk assessment tools commonly used with children and youth with and without ASD.Results: Overall, we did not identify any tools that were commonly used in children and youth with ASD. Of tools that measure suicidality, we identified five tools (C-SSRS; PSS; SITBI; SBI-R; BSS) commonly used in the general population.Conclusions: Results highlight the absence of any tool that has consistently been utilized to measure suicidality in children and youth with ASD.Action/Impact: We propose a framework for future research and specific steps to be taken to either validate or adapt existing tools in this population or create new measures, to ensure that researchers and clinicians can reliably capture the unique presentation of suicidality in this population.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54636 - Printed Poster

Cyber-Aggression, Cyber-Victimization and Sexual Orientation in Adolescence

Presenting Author: Nawab, Muhammad Hassan Yar
Additional Authors: Zatto, Brenna

Abstract: Cyber-bullying is online aggression committed via technological devices that is enacted by peers (e.g., cell-phone, computer, laptop; Nixon, 2014), and includes cyber-aggression (enacting the cyber-bullying) and cyber-victimization (being the target of cyber-bullying). Around 20% to 40% of adolescents report having been cyber-victimized at some point (Tokunaga, 2010). Cyber-victimization is associated with several negative outcomes, including increased symptoms of depression and anxiety (Schenk & Fremouw, 2012). Cyber-bullying is a rising concern among adolescents as they are among the highest users of social media (Nixon, 2014). Adolescents who identify as being part of a sexual minority group (i.e., lesbian, gay, bisexual, pansexual, asexual, or two-spirited) are at particular risk for cyber-victimization (Myers et al., 2017). However, it is unclear how frequencies of both cyber-aggression and cyber-victimization change over time by adolescents' sexual orientation. It is also unclear whether social competencies (e.g., self-efficacy, prosocial behaviors) offer protection or mental health problems (e.g., depression, anxiety) confer risk for cyber-aggression and cyber-victimization for adolescents who identify as a sexual minority group. The current study examines change in cyber-aggression and cyber-victimization over two school years and how they relate to social competencies and mental health problems among adolescents who identify as

a sexual minority or heterosexual.The current study included 1434 adolescents (54.5% girls; 8.4% sexual minority; Mage = 13.49 years, SD = .89) in grades 7 (32.6%), 8 (31.2%), 9 (36.1%). Data were collected across four waves, in the fall and spring of two consecutive school years.Adolescents self-reported on cyber-aggression and cyber-victimization (Hotfeld & Leadbeater, 2015), mental health problems (i.e., depression, anxiety; Bevans et al., 2012), and social competencies (i.e., self-efficacy, prosocial behaviors; Crick & Grotpeter, 1995; Wheeler & Ladd, 1982). Data were analyzed using latent growth curve modelling (Mplus 7.3) to assess levels and change in cyber-aggression and cyber-victimization. Multiple-group models were used to assess sexual orientation as a moderator of levels and change in cyber-aggression and cyber-victimization.Cyber-aggression increased significantly over the two years, with depression symptoms significantly predicting greater frequencies of cyber-aggression for sexual minority and heterosexual adolescents (see Table 1). Cyber-victimization also increased over the two years, but sexual minority adolescents experienced increased rates of cyber-victimization than heterosexual adolescents (see Figure 1). Symptoms of depression and anxiety significantly predicted greater cyber-victimization for both heterosexual and sexual minority youth (see Table 1). Further analyses will examine how mental health problems (i.e., depression, anxiety) and social competencies (i.e., self-efficacy, prosocial behavior) co-vary with cyber-aggression and cyber-victimization over time and whether these associations differ between heterosexual and sexual minority adolescents. This research will extend understanding of how experiences of cyber-aggression and cyber-victimization may differ among adolescents based on their sexual orientation. The current research may inform evidence-based programs including preventative strategies to target cyber-bullying in adolescence.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54652 - Printed Poster

Identification of invariant items in selection using multiple-group confirmatory factor analysis

Presenting Author: Lee, Van Vai Vivien
Additional Authors: Falk, Carl

Abstract: Personality assessments in personnel selection offer the opportunity to determine if an applicant would be a good fit for the company culture and the particular role for which they are applying. However, job applicants have the tendency to distort their responses in order to be viewed more favorably. Such bias can be reflected in differences in constructs that are hypothesized to be equivalent across pools of job applicants and non-applicants. Hence, it would be meaningful to examine whether job applicants have the tendency to self-enhance on certain questionnaire items more than others. The current project addresses this question by testing for partial measurement invariance across job applicants and non-applicants using personality items from a publicly available dataset. Multiple-group confirmatory factor analysis (MGCFA) can help identify items that are noninvariant across groups, and therefore most susceptible to applicants' faking behavior. We apply MGCFA approaches ranging from traditional to modern (e.g., the alignment method) and interpret which approach gives the most meaningful and interpretable results. It is expected that invariant items that are ideal for selection can be identified, but some differences may be observed across MGCFA methods. The project has utility for current pre-employment testing and identification of self-enhancement in selection contexts.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54657 - Printed Poster

Reassessing the Factor Structure of the Three-Dimensional Wisdom Scale in Canada and South Korea

Presenting Author: Munroe, Melanie
Additional Authors: Sardella, Nicole A; Bang, Hyeyoung; Ferrari, Michel

Abstract: Background/rationale: The Three-Dimensional Wisdom Scale (3D-WS; Ardelt, 2003) has been shown to maintain validity across North American and Western European samples, however, no studies have examined the validity of the 3D-WS in South Korea. The purpose of this study was to explore and confirm the cross-cultural validity and reliability of the 3D-WS. The 3D-WS is conceptualized as a three-factor model, including a cognitive, affective, and reflective dimension.   Methods: Participants were 220 younger (18-28) and older (60+) adults from Canada and South

Korea. Participants completed the 3D-WS, which was translated into Korean for participants in South Korea. The factor structures of the 3D-WS were analyzed through confirmatory and exploratory factor analysis. Results: Confirmatory factor analysis revealed poor model fit conforming to the three dimensions, within and across Canada and South Korea. Moreover, the three-factor model did not replicate in exploratory factor analysis, both within and across Canada and South Korea. Conclusions: Findings suggest that the 3D-WS cannot be applied in South Korea, specifically when using the three-dimensional structure (i.e., cognition, reflection, and affect). Action/Impact: Theoretical and practical implications for scale revision will be discussed.

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 54664 - Printed Poster

Systematic search for clinical practice guidelines on the psychosocial care of cancer patients

Presenting Author: Lemoine, Jamilie
Additional Authors: Bergeron , Catherine ; Körner, Annett

Abstract: Background/rationale: Clinical practice guidelines (CPGs) for psychosocial oncology are designed to guide the healthcare decisions of mental health professionals treating the emotional and psychological symptoms associated with cancer. However, CPG uptake by psychologists remains poor, with a commonly cited barrier being the accessibility of these tools. The current study explores how psychosocial oncology CPGs can be found. Methods:Our systematic search consisted of a bibliographic search through online databases and a search of the grey literature through the use of generic search engines and website repositories. All research results were imported into EndNote software and screened by two reviewers. Results:A total of 19 psychosocial oncology CPGs were identified through the search; 4 were found through the bibliographic search and 15 through the grey literature search. Conclusions: Findings suggest that CPGs are more accessible through non-commercial organizations than through typical academic sources, highlighting concerns about accountability and quality in CPG development practices. Action/Impact: CPGs have the potential to optimize psychosocial oncology service delivery by providing psychologists with concise, evidence-based recommendations applicable to clinical practice. Future research should seek to conduct a quality assessment of these tools

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54703 - Printed Poster

Romantic attachment and the impact of pediatric cancer on parents' relationship

Presenting Author: Laplante, Sabrina
Additional Authors: Beaulieu, Noémie; Joseph, Shanyce A.; Sultan, Serge

Abstract: The emerging literature on couples in the context of pediatric cancer suggests that the illness affects different spheres of relationship functioning. However, very few studies have addressed this issue. In addition, the factors associated with relationship adjustment in this context are unknown. This dyadic study examines the relation between attachment insecurities (attachment-related anxiety and avoidance) and the impact of pediatric cancer on various aspects of parents' relationship as perceived by both partners. Fifty-one parenting couples whose child has been treated for cancer in the last two years have completed online questionnaires. Analyzes based on the actor-partner interdependence model show that attachment insecurities of the woman are associated with her partner's perception of a more positive impact of the disease on intimacy, sexuality, time spent together and activities, and on the relationship in general. As for the man, only his attachment-related anxiety is associated with his perception of a more negative impact on the quality of support and his partner's perception of a more positive impact on conflicts and sexuality. Results illustrate the importance of considering parents' romantic attachment and their dyadic perspective of the impact of their child's cancer on their relationship functioning in order to better understand their experience.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54731 - Printed Poster

Translation and cultural adaptation of self-report psychometric instruments: Methods and limitations

Presenting Author: Maillé, Sarah
Additional Authors: Brophy, Kyla; Körner, Annett

Abstract: Translating the English versions of psychometric self-report instruments to other languages is an increasingly common practice, reflecting the importance of diversity and inclusion in psychological research. There is a lack of consensus on a systematic procedure for achieving equivalence between original and translated questionnaires. This replicable literature review will clarify the methodologies used for scale adaptation and highlight the key debates concerning the use of translated questionnaires. A literature review was conducted searching PsycINFO, PubMed and Scopus, yielding 3249 articles after duplicate removal. Studies included were required to be peer-reviewed and published in English or French within the last 10 years. Results for the methodologies and debates will be analyzed using qualitative synthesis. Preliminary findings suggest that the back-translation method is most commonly used in psychology. Furthermore, poorly translated questionnaires can lead to problematic biases when conducting research with non-English speaking populations. Final analyses are ongoing and will be presented at the conference. Findings of this review provide guidelines for adapting existing questionnaires for use with other cultures and/or populations, contributing to more rigorous and methodologically sound approaches to cross-cultural research.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54768 - Printed Poster

Development of the Positive Bisexual Identity Measure

Presenting Author: de Barros, Ana Carolina
Additional Authors: Morrison, Todd

Abstract: LGBTQ research has recently pushed for an increased focus on positive perspectives and resilience in the LGBTQ population. However, no measure currently exists that examines positive sexual identity in bisexual people. Since positive sexual identity may serve as a source of resilience, it is a vital point of investigation for bisexual individuals. Our study describes the development of a measure of positive bisexual identity. In consultation with content and lay experts, 63 preliminary items were developed to reflect existing knowledge about the positive aspects of bisexual identity. For Study 1, 224 participants completed the preliminary measure. A principal component analysis (PCA) revealed a one-factor solution, and 23 items were retained. Data is currently being collected for Study 2, which will examine the scale-score reliability and dimensionality (assessed using an exploratory factor analysis [EFA]), as well as the construct validity of the measure (assessed using psychometrically robust measures which are expected to correlate with this construct). The resulting measure will be instrumental in driving further quantitative research on positive bisexual identity as a source of resilience.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 54770 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Impact of Deliberate Practice Training on Therapist Behaviours in the Context of Ambivalence

Presenting Author: Shukla, Serena Devi
Additional Authors: Di Bartolomeo, Alyssa; Olson, David; Sheka, Nancy

Abstract: Traditional continuing education workshops have been shown to be insufficient in skill maintenance. However, deliberate practice (DP) workshops may benefit clinician skill maintenance through expert feedback and repetition of skills. A recent study on a motivational interviewing (MI) DP workshop found significant improvements on clinician skill maintenance compared to a traditional workshop (Westra et al., 2019). These improvements were also apparent in observer-rated

Motivational Interviewing Treatment Integrity (MITI) scores, where DP group clinicians showed significantly higher MITI scores than the traditional group. Although MITI is reliable in measuring clinician MI skills, coding is complex and global scores do not provide moment-to-moment behaviours. The present study analyzes a new coding system which identifies specific clinician behaviours including supportive and solution-focused behaviours. The 4-month post-workshop follow-up interviews of 88 trainees in the Westra et al. DP study (44 per group) are currently being coded. Analyses will examine whether DP trainees were more appropriately supportive vs solution-oriented in the context of ambivalent interviewees. Implications include benefits of DP on clinician language as well as the use of a simplified coding system for therapist language that potentially can be used by clinicians to monitor appropriate responsivity.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54776 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Adapting Narrative Inquiry to Indigenous Research

Presenting Author: Smeja, Katrina

Abstract: Psychotherapy with Indigenous Peoples represents a largely under-published field in Canada. Rarer still are projects led by Indigenous researchers examining psychotherapeutic approaches that incorporate or are based in Indigenous ways/understandings of healing. As such, the purpose of this study is to explore an alternative method to counselling Indigenous Peoples in Canada, using a narrative approach grounded in Indigenous wholistic theory. The methodological framework employed concepts of an Indigenous research paradigm to the collaborative narrative method developed by Arvay (2003). For instance, Indigenous research principles identified by Indigenous research scholars (Hart, Wilson, Galla & Goodwill) guided the work and created space in the research process for community teachings to be incorporated. Although collaborative narrative inquiry is not grounded in Indigenous epistemologies, it served as a respectful bridging method. Through this presentation, I will share how collaborative narrative inquiry was adapted to suit an Indigenous research paradigm and how the process unfolded with two co-investigators, both of whom are therapists working with Indigenous Peoples in Canada. Tensions in using this hybrid approach will be discussed, as well as strengths in conducting qualitative research for decolonizing topics.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 54784 - Printed Poster

An Evaluation of FaceGen Computer-Generated and Photographic Emotional Expressions

Presenting Author: Chamberland, Justin A
Additional Authors: Collin, Charles A

Abstract: Advancements in technology provide new ways of testing emotional facial expression recognition abilities. For instance, FaceGen software allows researchers to design computer-generated images (CGI) of faces with action unit (AU) activations that can ostensibly simulate those in real faces. However, the validity of these stimuli must first be assessed before they can be used in lieu of real faces. In the current study, this was done in two experiments by creating a series of FaceGen CGI faces that mirrored the AU activation configurations of real faces from the JACFEE. In Experiment 1 the emotion recognition rates of these CGI faces were compared to those of their real-face counterparts, allowing for a direct comparison between the two stimulus types. Each face image was also evaluated with Likert scales, rating the intensity of the six basic emotions, as well as believability, realism, masculinity, and femininity. In Experiment 2, these facial expressions were either limited to include only single facial regions (the eyes/brows or mouth region) or to exclude said regions. This allowed for a measure of the sufficiency and necessity, respectively, of the facial regions in both the CGI and photographic faces. Our results show significant differences between the two face types, and thus suggest caution in the use of the FaceGen faces when examining emotional expression processing.

Section: *General Psychology / Psychologie générale*
Session ID: 54795 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Phonological Awareness: Return on Intervention

Presenting Author: Antoniuk, Andrea

Abstract: Over 40% of working-age Canadians have low literacy skills. There is no foreseeable decline in this striking percentage with nearly 20% of Canadians ages 16-19 demonstrating low literacy. Low literacy affects many domains–resulting in lower incomes, fewer job options, reduced civic participation, and earlier mortality–than people with adequate literacy. Phonological awareness (PA) enables readers to identify and manipulate the basic units of language, which forms the building blocks of language, and enables words to be decoded for reading and spelling. Low PA limits literacy–if a student is struggling to decode text, reading comprehension and interpretation will be difficult. To address PA deficits, over 26 interventions are available, and they differ in terms of costs (e.g., subscriptions, materials, training, time). My aims in the present study are to systematically review PA intervention studies, and analyze cost-benefit using a methodology that I developed. I am currently compiling cost and effect size data into comparative analysis, which will be completed by February 2020. I will disseminate the results in school-based publications to make selecting the best PA intervention easier and more effective for school psychologists and interventionists across Canada. Cost-effective interventions may reduce wait times for students and enable earlier intervention.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54802 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Standardized Measures of Prospective Memory Do Not Measure Prospective Memory

Presenting Author: Uttl, Bob
Additional Authors: Menuz, Travis

Abstract: Episodic prospective memory (eProM) allows us to recollect previously formed plans at the right time and place. In contrast, vigilance/monitoring differs from eProM in that the plan does not need to be retrieved but remains in consciousness. Over the last few decades a number of standardized measures of ProM became available including Rivermead Behavioral Memory Test (RBMT), Memory for Intention Screening Test (MIST), Cambridge Prospective Memory Test (CAMPROMPT), and Royal Prince Alfred Prospective Memory Test (RPA-ProMem). To examine validity and usefulness of these measures, we have conducted task analysis of each of these measures and systematic review of prior research using these measures. The task analyses revealed two main findings. First, none of these measures measure eProM but rather some blend of eProM, vigilance/monitoring, and retrospective memory. Second, the MIST, CAMPROMPT and RPA-ProMem include too many tasks in too short time and likely convert ostensibly eProM task into vigilance/monitoring task. The systematic review of all published research using these measures revealed wide-spread ceiling effects and near zero correlations with other measures of eProM. We conclude these standardized measures are not suitable to asses eProM.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54836 - Printed Poster

[Presented in CPA 2020 Virtual Series]

How Effective are Popular Social Desirability Bias Scales for Different Sensitive Topics?

Presenting Author: Zawitkowski, Sonia
Additional Authors: Barata, Paula C

Abstract: To measure socially desirable responding, researchers often administer Social Desirability Bias (SDB) scales. However, there is a lack of consensus on what these scales actually measure. Complicating this further is evidence that SDB scales vary in effectiveness depending on the context of the sensitive topic that researchers are attempting to control for. One prominent example is the use of the popular Marlowe-Crowne SDB scale for attitudes regarding violence against women (VAW). This study involves comparing SDB for environmental attitudes to VAW attitudes using the Marlowe-Crowne scale. Attitudes will be measured in two conditions: low-SDB (online) and high-SDB (interviewer-administered). Data collection is expected to be complete by March 2020 and is on-track to include 130 male University students. Polynomial regression analysis and response surface methodology will be used to examine the relationship between score discrepancy and SDB score. The attitude-behavior connection for VAW will also be explored using a moderated regression analysis, where SDB scores are entered as a moderator in a regression of sexist attitudes on a behavioral measure of sexual aggression proclivity. Findings will explore whether the Marlowe-Crowne scale is useful in VAW research compared to environmental research, and provide evidence to evaluate claims based on its use.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54879 - Printed Poster

The performance of adolescents with developmental disabilities and ASD in reading comprehension

Presenting Author: Basma, Badriah
Additional Authors: Archambault, Catherine; Bertone, Armando

Abstract: The Simple View of Reading (SVR), suggests that skilled reading depends on two interrelated conditions that contribute to reading comprehension: word reading and listening comprehension. The purpose of this study is to investigate the role of word reading and listening comprehension to predict reading comprehension in a predominantly lower functioning adolescent with developmental disabilities and ASD as defined by Wechsler FSIQ. We tested 45 adolescents with development disabilities aged 13-17 years (MFSIQ = 52.15; 23 males, 22 females) and adolescents with ASD (MFSIQ= 58.4; 18 males, 3 females) on the WIAT reading assessment. The WIAT includes three measures: word reading, listening comprehension and reading comprehension. In a regression model, The results showed that adolescents with developmental disabilities, both word reading and listening comprehension predicted reading comprehension. In adolescents with ASD, only listening comprehension predicted reading comprehension and not word reading. In conclusion, as psychologists and educational practice, we need to implement reading intervention for listening comprehension and word reading for adolescents with developmental disabilities. As for ASD, education practice should focus on reading intervention for listening comprehension rather than word reading.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54934 - Printed Poster

Informant Reports of Children's Behaviours Predict Children's Observed Social Competence

Presenting Author: Baptiste, Anne D
Additional Authors: Paré-Ruel, Marie-Pier; Stack, Dale M; Leong, Elizabeth; Serbin, Lisa A

Abstract: Children's social competence has been largely assessed using informant reports, yet few studies have explored how these ratings reflect real life behaviors. In the present study, children between 9- and 13-years-old (n=119, 66 girls) were observed in their homes discussing a topic of conflict with their mothers. Children's engagement in behaviors classified as socially competent and less socially competent during the discussion were systematically coded. Associations between observation and informant ratings of children's social competence were examined. Informants were children's mothers, teachers, and themselves. Path analyses explored the relationship between questionnaire data and children's observed social competence. Results indicated that mothers' ratings of children's social incompetence on questionnaires predicted less child engagement in socially competent behaviors during the interaction. Teachers' ratings of children's social incompetence predicted greater child engagement in less socially competent behaviors. Results from this study demonstrate that mothers and teachers' ratings of children's social incompetence have different predictive values with regards to children's behaviors.

This study takes a first step in providing a greater understanding of how to interpret different informant reports in terms of expected child behaviors within a naturalistic interaction.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54946 - Printed Poster

Dynamic Psychological Resilience: Exploring Relationship with Autistic Traits and Empathy Components

Presenting Author: Bedard, Theresia
Additional Authors: Stroink, Mirella

Abstract: Dynamic psychological resilience (DPR) incorporates traditional components of psychological resilience, but utilizes a Complex Adaptive Systems (CAS) theory approach. CAS theory suggest systems undergo growth, conservation, release and reorganization. CAS theory emphasizes systems are composed of linkages, thresholds and cycles – thus allowing for change and growth. Individuals with DPR release previous thoughts and behaviour which allows for growth and adaptation the environemnt. Individuals high in autistic traits are cognitively and behaviourally rigid, and evidence indicates deficits in cognitive but not affective components of empathy. Correlation analysis demonstrated DPR had significant, positive relationships with empathic concern and perspective taking, but had significant, negative relationships with autistic traits and personal distress. When entered into a regression model, perspective taking was a positive predictor and personal distress was a negative predictor of DPR. When autistic traits were entered into a regression model, it was as a negative predictor. When all measures were entered into a regression model, perspective taking was a significant positive predictor while autistic traits was a significant negative predictor. Implications are individuals with DPR are less likely to have traits associated with autism; they are less cognitively rigid.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54980 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A Study on Self-Reported Creativity and Personality among Students

Presenting Author: Rousseau, Pascale
Additional Authors: Malboeuf-Hurtubise, Catherine

Abstract: Background: Previous studies revealed that creativity was correlated with openness, extraversion, and emotional stability (Furnham, 2015; Kandler et al., 2016). Goal:The purpose of the study was to investigate the relationship between creativity and the big-5 personality traits. We examined whether creative people tended to score higher on openness, and if that association applied to the five domains of creativity. Methods: 49 undergraduate students completed an online survey in which measures of personality traits and creativity were included. Results: Pearson correlations did not reveal a significant relationship between overall creativity and the big-5 personality traits. Results from hierarchical regressions revealed that participants who scored high on the openness trait also tended to score high on the artistic domain of creativity ($r(49) = .392$, $p = .003$) and on the performance domain of creativity ($r(49) = .478$, $p = .000$). Conclusion: Results from this study tend to lend support to the fact that curious, imaginative, and open-minded individuals tend to be more artistic and more likely to create novel ideas than others. However, these results remain preliminary and limitations include a lack of variety in the sample and the influence of participants' recent mood on their personality self-report.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54985 - Printed Poster

Attention restoration from in-lab nature exposure: Undeniable or unreliable?

Presenting Author: Hicks, Lydia J
Additional Authors: Smith, Alyssa C

Abstract: Natural environments are often considered to be more psychologically restorative than urban environments. Mapping a theory to this phenomenon, Kaplan (1995) proposed that spending time interacting with natural environments, rather than urban environments, can restore our limited attentional resources. A foundational study supporting this theory was completed by Berto (2005), who concluded that images of natural environments led to improved post-exposure performance on an attention task than images of urban environments; however, the stimuli used in the original experiment were selected primarily on the basis of perceived restorativeness ratings, rather than environment type, thus introducing a confounding variable. In two studies, we directly tested Berto's conclusion. In Study 1, participants completed the Sustained Attention to Response Task – a measure of sustained attention – and in Study 2, participants completed the 2-back – a measure of attention and memory. The tasks were completed before and after exposure to a set of either natural or urban images. No benefits to performance were found for participants who viewed images of natural environments. The generalizability of attention restoration from nature exposure will be discussed in the context of these two nulls, and suggestions will be made regarding how to improve the field of environmental psychology as a whole.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 55042 - Printed Poster

Topic Modeling and the Analysis of Response Processes Validity Evidence: An Opportunity

Presenting Author: Alley, Lindsay J
Additional Authors: Fouladi, Rachel T.

Abstract: Measurement validity is an important field of research in psychological science and related fields because self-report measures form the foundation of a large portion of research conclusions. While it is recommended that researchers integrate multiple types of evidence when assessing validity, a few types dominate the field. Response processes validity evidence is neglected, possibly because of the time and labour involved in the analysis of interview transcripts. Topic modeling, a text analysis technique, has the potential to reduce the labour involved in these analyses. This study assesses the application of topic modeling to response processes validity evidence, specifically think aloud interview responses to an item of the Centre for Epidemiological Studies-Depression Scale (Radloff, 1977). Data from a previous study of 200 undergraduate students (Alley, Hindy, McLellan, & Fouladi, 2019) are analyzed using both qualitative coding and topic modeling. Results are compared and contrasted on various metrics, including number of topics, content overlap, relations of the topics to other variables, and time and labour required. If topic modeling can offer insight, it might enable the analysis of larger samples with greater ease. This could increase the accessibility of response processes validity evidence and contribute to remedying its neglect in validity research.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 55107 - Printed Poster

Briefly Displayed Emotional Expression Recognition is Unaffected by Forward-Mask Duration

Presenting Author: Collin, Charles A
Additional Authors: Chamberland, Justin A

Abstract: Micro-expressions are an interesting topic in the emotional expression recognition literature. They are thought to represent brief displays of an individual's true emotional state. It is therefore of no surprise that a great deal of research has gone into the training of brief emotional display recognition. To determine learning effectiveness, the Japanese and Caucasian Brief Affect Recognition Test is often used to measure pre- and post-training performances. This is a method where a brief emotional expression is presented between two neutral faces (i.e., a forward-mask and backward-mask). However, it is common to use a fixed forward-mask duration, which is problematic from the perspective of ecological validity as it could allow individuals to predict the onset of the emotional expression. The current research sought to determine how this fixed duration would differ from a random forward-mask duration with regards to brief emotional display recognition thresholds. Emotional expression recognition performance was observed to vary as a function of stimulus duration. Interestingly, differences as a result of the forward-mask durations were minimal, suggesting that researchers are empirically justified in

using either approach. It is nevertheless recommended that future research use a random-duration forward-mask for ecological validity reasons.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 55110 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The stability of parenting in early childhood

Presenting Author: Rinaldi , Christina M
Additional Authors: Bulut , Okan ; Beeby , Adam M.

Abstract: Parenting sets the foundation for positive, mutual engagement between parents (Maccoby, 2015). Certain types of parenting approaches are more effective than others for promoting optimal child outcomes (Baumrind, 2012; Sanders & Turner, 2018). Yet, very few studies have actually examined whether parenting styles are stable across time. Therefore, the purpose of the present study was to determine whether (1) the three main parenting styles (authoritative, authoritarian, permissive) remain stable over time (30 months, assessed over 3 time points), and (2) parenting stability or change is related to social and emotional outcomes. 372 families with young children completed the Parenting Styles and Dimensions Questionnaire, and the BASC-2 measure at three time points approximately 12 months part. Using longitudinal data analysis via mixed-effects modeling, mothers and fathers report similar parenting styles, and no parent and parenting style interaction was found. Both authoritative and permissive parenting styles were predictive of child outcomes. There was no time by parenting style interaction, indicating that parenting remained stable. With no changes in parenting over time and across parent reporters, researchers planning parenting studies could use either informant in order to streamline recruitment without jeopardizing the quality of findings.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55148 - Printed Poster

Differential item functioning of PTSD symptoms across gender, age and residence area in EVD context

Presenting Author: Kokou Kpolou, Cyrille Kossigan
Additional Authors: Cénat, Jude Mary; Derivois, Daniel

Abstract: Previous research has suggested evidence for differences in expression of posttraumatic stress disorder (PTSD) symptoms depending on sociodemographic profiles such as gender. This study sought to examine whether these differences are due to measurement invariance. The data we analyzed were from a series of epidemiological studies our research team has undertaken in 18 urban and rural communities affected by Ebola virus disease (EVD) in the Democratic Republic of the Congo (DRC). The sample consisted of 1,614 participants with an equal gender distribution. The mean age was 34.05 (SD = 12.55) years. Nearly 44% lived in urban cities. All participants completed PTSD Checklist (PCL-5) based on the Diagnostic and Statistical Manual of Mental Disorders, 5th edition. To achieve our goal, we conducted a multi-group confirmatory factor analyses on PCL-5 across gender, age and residence area followed by a multiple indicators multiple causes (MIMIC) model to examine possible differential item functioning in PTSD symptoms. The on-going results will be the focus of our poster.

Section: General Psychology / Psychologie générale
Session ID: 55282 - Printed Poster

The Divergent Association Task: Validation of a quick and objectively scored measure of creativity

Presenting Author: Chmoulevitch, Denis
Additional Authors: Nahas, Jean; Webb, Margaret

Abstract: Creativity often involves divergent thinking, that is, producing a broad array of solutions to an open problem. Current tasks that measure divergent thinking (e.g., the Alternative Uses Task, AUT) have several drawbacks, such as requiring slow and subjective scoring. We aimed to develop and validate a new test of divergent thinking with objective, fast, and automated scoring. The Divergent Association Task (DAT) involves naming 10 words that are as different from each other as possible in all meanings and contexts. Using a database in which the semantic "distances" between words is measured across billions of webpages, we calculated a single divergence score by averaging these "distances." Combinations like cat and dog are often used together and so would give a lower score while words such as justice and nebula would give a higher score. We predicted that more creative people (based on the AUT) would score higher on the DAT. In Study 1, 150 participants completed both the AUT and the DAT, and we found strong correlations (r > .5) between the two. In Study 2, we ran 8741 international participants through the DAT. Participants with the highest scores were typically aged 18 to 35 and were women. Our results provide an initial validation of this task and will allow researchers to assess divergent thinking with larger sample sizes, easier scoring, and less bias.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55293 - Printed Poster

Parenting stress differences in early childhood

Presenting Author: Beeby, Adam M.
Additional Authors: Rinaldi , Christina M

Abstract: Parenting stress is a unique type of stress affiliated with the parent-child relationship (Abidin, 2012). Higher levels of parenting stress have been correlated with ineffective parenting styles (Hutchinson et al., 2016). The majority of research on parenting stress has focused on mothers' stress, and relatively very few studies have focused on fathers reports of parenting stress. The objectives of the present study are to assess: (a) the differences between mothers' and fathers' parenting stress reports, and (b) whether parenting stress is differentially related to parenting styles for each parent. Three hundred and twenty families participated (with n=284 at Time 2, n= 286 at Time 3) and completed the Parenting Stress Index and the Parenting Styles and Dimension Questionnaire when their children were in preschool to grade one. We conducted paired sample t-tests. We found that at time one, fathers reported significantly higher levels of parent-child dysfunctional interactions, at time 2 they reported higher levels of parent-child dysfunctional interactions and total stress ratings, and for time 3 fathers reported significantly higher levels of parent-child dysfunctional interactions. We also found that parenting stress was correlated with less effective parenting styles for both mothers and fathers. Parenting resources should be tailored towards parenting needs.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 55344 - Printed Poster

Review Session

Building a Cumulative Psychological Science

Presenting Author: Goghari, Vina M
Additional Authors: Sharpe, Donald

Abstract: A saying attributed to Winston Churchill is "Never let a good crisis go to waste." Psychology's replication crisis has led to calls to change how research is conducted. What are the causes of replication failures? Antonakis (2017) has pathologized the poor research practices, speaking to the overreliance on statistical significance testing or significosis, fixation on the nextsurprising research finding or neophilia, and less than rigorous research methods or agrigorium. While the consequences of the replication crisis have led some to question whether psychology is a real science, others have risen to the defense of traditional research methods, while a few regard the crisis to be psychology's renaissance and a critical opportunity to improve our research practices. Surprisingly, the Canadian psychology community as a discipline has not focused much attention on the crisis. This review and discussion session would focus on a Special Issue initiated by Canadian Psychology. This Special Issue asked researchers and practitioners to reflect on where as a discipline we stand on the crisis after a full decade of discussion. As the conveners of the session, we will review and highlight key themes from the papers in

this Special Issue and stimulate discussion on topics that arise from that review. This session will be crosscutting across all sections and applicable to all attendees.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 53725 - Review Session

Symposium

Intergenerational continuity of child maltreatment: past research and contemporary directions

Moderator: Langevin, Rachel

Abstract: The intergenerational continuity (IC) of child maltreatment (CM) is a deleterious phenomenon perpetuating harmful family processes and trauma exposure across generations. Fortunately, some parents break these cycles and provide their children with a rearing environment free of violence. Understanding the mechanisms underlying the IC and discontinuity of CM is essential to our ability to help families thrive despite traumatic childhood histories. While dozens of studies have documented the risk and protective factors associated with the IC, no synthesis of that research had been done previously, impairing our ability to propel this field forward. In that context, this symposium proposes first to present a systematic overview of past research on the IC of CM (Rachel Langevin). Then, Julia Garon-Bissonnette will present recent findings from innovative research that looks at intimate partner violence in pregnant women with a CM history and the mediating role of mentalization. Finally, Karine Baril will discuss the challenges associated with the study of the IC of child sexual abuse and recent findings from her research projects examining that issue. Recommendations for policy development, prevention, and intervention will be provided, as breaking these intergenerational cycles is essential to foster healthy family relationships for the generations to come.

Section: Traumatic Stress / Stress traumatique
Session ID: 52616 - Section Invited Symposium

Past research on the intergenerational continuity of child maltreatment: findings from a scoping review

Presenting Author: Langevin, Rachel
Additional Authors: Marshall, Carley

Abstract: Child maltreatment tends to show intergenerational continuity (IC), as children of maltreated parents are at increased risk of being maltreated as well. However, a significant proportion of maltreated parents break these cycles, stressing the importance of uncovering the mechanisms underlying these cycles. Thus, we conducted the first systematic scoping review of the literature examining risk and protective factors associated with the IC of child maltreatment. A search in six major databases (PsycINFO, Scopus, Medline, Social Work Abstracts, ProQuest Dissertations/Theses, Web of Science) was conducted. All studies, qualitative or quantitative, involving human participants, and presenting original findings (French or English) were included. A sample of 51 papers was identified. Data was systematically extracted, and the quality of the included research was assessed using the AXIS critical appraisal tool. Parents' individual characteristics (e.g. mental health) and childhood adversity, as well as relational (e.g. attachment) and contextual (e.g. disadvantage) risk and protective factors were identified. Important limitations of previous findings were uncovered (e.g. samples, suboptimal designs). Additional efforts are required and high-quality research is needed in order to help families break these deleterious cycles of trauma and foster resilience in Canadian families.

Section: Traumatic Stress / Stress traumatique
Session ID: 52789 - Paper within a symposium

Intimate partner violence during pregnancy in trauma-exposed mothers: the role of trauma-specific mentalization and psychological symptoms

Presenting Author: Garon-Bissonnette, Julia
Additional Authors: Lemieux, Roxanne; Berthelot, Nicolas

Abstract: Intergenerational cycles (IC) of trauma may begin before childbirth. This study aims to evaluate (1) the association between maternal trauma and IPV during pregnancy and (2) a developmental model in which difficulties in mentalizing past trauma (i.e. to think coherently about the experience of trauma and to understand its impacts) contribute to poor mental health, which in turn increases the risk of current victimization. Pregnant women (n= 161; Mage = 28.61, SD = 5.05) were recruited in prenatal classes. They completed self-report measures of developmental trauma, IPV, mentalization of trauma, and psychiatric symptoms (PTSD, dissociation and personality disorders). Trauma-exposed women were at increased risk of physical (OR = 4.06, p = .03) and psychological (OR = 4.02, p < .001) IPV during pregnancy. Structural equation modeling analyses revealed that the association between developmental trauma and IPV was mediated by difficulties in mentalizing trauma and by current psychological symptoms. The findings confirm that IC of violence begin before childbirth and that the association between childhood exposure to trauma and IPV is mediated by psychological variables. This study is the first to document that the ability to mentalize trauma protects against current victimization. This offers a conceptual model for prenatal interventions with trauma-exposed women.

Section: Traumatic Stress / Stress traumatique
Session ID: 53509 - Paper within a symposium

Maternal factors associated with the intergenerational continuity of child sexual victimization: A study on a non-clinical sample of women sexually abused in childhood

Presenting Author: Baril, Karine
Additional Authors: Tourigny, Marc

Abstract: Despite an important prevalence, there is little research on the intergenerational continuity (IC) of child sexual victimization (CSV). This is probably due to distinctive methodological challenges associated with this specific form of IC (victim-to-victim cycle). The current study aims to identify maternal factors associated with the IC of CSV in a non-clinical sample of women. A second objective is to highlight the methodological issues that arise in studying this phenomenon. Mothers reporting a history of CSV (n=161) answered a survey in which life-long experienced traumas and their psychiatric symptoms (alcohol abuse, mood disorders, PTSD and suicide) were documented. They were compared according to whether one of their children was also sexually abused (n=45). The logistic regression showed that the variables that best predicted maternal belonging to the IC group were: current clinical PTSD symptoms [Exp(B)=2.88]; physical intimate partner violence suffered in the last year [Exp(B)=11.64]; and having been sexually abused before the age of 6 [Exp(B)=5.92] or during adolescence [Exp(B)=3.68]. Mothers involved in an IC were those who showed greater presence of adversity and unresolved trauma, consequences that can become CSV risk factors in the next generation. Results from this study support the relevance of early screening and trauma-related interventions to prevent CSV.

Section: Traumatic Stress / Stress traumatique
Session ID: 53510 - Paper within a symposium

Measuring Intimate Partner Violence: Implications for Recruitment, Measurement, and Intervention

Moderator: Samardzic, Tanja

Abstract: Intimate partner violence (IPV), which includes physical, sexual, and psychological/emotional harm (including coercive control) is a serious social problem that has been studied for decades (Breiding et al., 2014). Many factors need to be considered in order to capture the complexities of abusive behaviours and their deleterious outcomes. In this symposium, we highlight and attempt to fill measurement-related gaps in the abuse literature. The first paper explores young women's IPV

experiences and attempts to fill recruitment and measurement-decision gaps by subtly yet strategically recruiting women with IPV experience and testing the effectiveness of different abuse measures (presence/absence, severity, frequency) in predicting relational processes (e.g., having undesired sex). The second paper sought to strengthen the literature-base by showing relations between social information processing (Crick & Dodge, 1994) deficits and IPV through examining couple-level impact of processing deficits on IPV and coercive control, at the actor, partner, and ActorXPartner levels in emerging adult couples. The third paper comes as a response to the need for standardization in the conceptualization and measurement of coercive control within intimate relationships. The empirical validation of an existing measure is discussed as well as the conceptualization of a potential short form of the instrument (Coercion in Intimate Partner Relationships Scale; Dutton et al., 2007). The three papers capitalize on advanced statistical techniques, including structural equation modeling and factor analysis. As well, there will be discussion of the implications of the findings for recruitment (particularly of victim-survivors of IPV), abuse measurement, and avenues for prevention and intervention.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 52709 - Symposium

Measuring Intimate Partner Violence in Young Women: Implications of Different Choices of Abuse Variables

Presenting Author: Samardzic, Tanja
Additional Authors: Senn, Charlene Y.

Abstract: Young women under 25 continue to be at highest risk of experiencing intimate partner violence (IPV), which involves perpetration of physical, sexual, and/or psychological harm (Breiding et al., 2014). Previous research has explored young women's IPV experiences (e.g., Kennedy et al., 2018) but there are still important gaps in this research. Some gaps are created by recruitment and measurement decisions, including the use of restricted abuse experience variables (e.g., presence versus absence of IPV) in analyses that preclude exploration of the impacts of varied types of abuse or complexity of women's experiences. We recruited young university women (N = 301) with a general advertisement (53%) and a more targeted one (the latter of which elicited responses about women's "stressful" relationship experiences; 47%). Women completed the CADRI (Wolfe et al., 2001) a complex measure of verbal/emotional, relational, threatening, physical, and sexual abuse designed specifically for young adults. This measure allowed us to test three ways of conceptualizing abuse: presence/absence, severity, and frequency. Two-thirds of the women in our sample had abuse experiences and of those, 59% had experienced verbal/emotional abuse, 17% relational abuse, 19% experienced threatening behavior, 10% experienced physical abuse, and 38% experienced sexual abuse. We tested the effectiveness of each of the abuse measures in predicting relational processes (e.g., partner communication, engaging in undesired sex). Abuse frequency was the most effective at bridging types of abuse and capturing the impact of women's experiences. We discuss the [dis]advantages of various ways of categorizing abuse for understanding young women's lives.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 53069 - Paper within a symposium

Modelling Social Information Processing Deficits and Intimate Partner Violence and Coercive Control

Presenting Author: Glasgow, Jillian
Additional Authors: Timmons-Fritz, Patti A.

Abstract: Drawing upon the social information processing theory (SIP; e.g., Crick & Dodge, 1994), we attempted to strengthen the literature base showing relations between SIP deficits and intimate partner violence (IPV) by examining the couple-level impact of SIP deficits on IPV and coercive control, at the actor, partner, and Actor X Partner levels in an emerging adult sample using structural equation modelling. Though researchers generally study different forms of violence separately, this study combines multiple forms of violence (physical, sexual, and psychological) into a single latent variable, and additionally examines a latent variable of coercive control as defined by Dutton and Goodman (2005). Couples (N = 109) participated in a lab study during which they completed measures of demographics, SIP deficits, IPV, coercive control, and social desirability. We conducted several structural equation model analyses that used Kenny, Kashy, and Cook's (2006) actor-partner interdependence model to investigate if a latent variable of SIP deficits predicted latent variables of IPV perpetration, IPV

victimization, coercive control perpetration, and coercive control victimization. Though no significant gender differences, partner effects, or Actor X Partner effects were found, SIP deficits were significant predictors of IPV perpetration and coercive control perpetration and victimization. Specifically, participants with more SIP deficits perpetrated violence and control at higher rates and were more likely to be victims of coercive control. Methodological implications include utilizing latent variables to study IPV and developing more consistent definitions of coercive control. The results also offer a potential avenue for prevention or intervention of IPV.

Section: Women and Psychology / Femmes et psychologie
Session ID: 53070 - Paper within a symposium

An Examination of the Coercion in Intimate Partner Relationships Scale: Validation and Short Form Conceptualization

Presenting Author: Wilson, Kathleen
Additional Authors: Timmons-Fritz, Patti A.

Abstract: Researchers studying intimate partner violence have highlighted a need for a standardized way of conceptualizing and measuring coercive control. In order to address this, the purpose of the current study was to validate and adapt the theory-driven Coercion in Intimate Partner Relationships Scale (CIPR; Dutton, Goodman, Terrell, Schmidt, &Fujimoto, 2007) as well as conceptualize a short form of the instrument. A sample of 76 undergraduate students from a mid-sized university and 549 adults recruited from Amazon's Mechanical Turk completed measures of coercive control, physical and psychological intimate partner violence, depression, and posttraumatic stress disorder. Confirmatory factor analyses, multiple regressions, and correlational analyses were conducted to examine the psychometric properties of the CIPR. Support was found for the construct, concurrent, convergent, predictive, and discriminant validity of the CIPR. Support was also found for the reliability (i.e., internal consistency and test-retest) of the tool. A short form of the instrument is also proposed, as are recommendations for additional adjustments that would further improve the short form. It is argued that if these tools are widely accepted and used by researchers, the field will be a step closer to standardization in the conceptualization and measurement of coercive control, which should translate into a better understanding of coercion and its correlates.

Section: Women and Psychology / Femmes et psychologie
Session ID: 53071 - Paper within a symposium

IMPROVING CORRECTIONAL TREATMENT OUTCOMES: IT'S ABOUT OFFENDERS, NOT TIME

Moderator: Simourd, David

Abstract: Correctional theory and research shows that interventions designed to alter the attitudes and dysfunctional tendencies of offenders can change recidivism trajectories. There has been some discussion in the recent correctional treatment literature suggesting that hourly treatment dosage titrated to the criminal risk level of the offender is a predominant consideration for offender self-improvement and success. The present symposium disagrees with hourly treatment dosage and suggests that offender self-improvement and recidivism are more related to the receptiveness of offenders for change than simply rehabilitation time. Discussion and empirical evidence will be provided that reinforces the importance of modifying relevant personal attitudes and characteristics of offenders to enhance correctional treatment outcomes.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 52850 - Symposium

Responsivity Ramifications of Motivation to Change in Correctional Clientele

Presenting Author: Olver, Mark
Additional Authors: MacTavish, Angele

Abstract: Extant research has demonstrated motivation for correctional programming to be a robust predictor of treatment completion, client engagement, and thus key responsivity consideration (Olver, Stockdale, & Wormith, 2011). The present study examined the latent structure and correctional correlates of a measure of motivation to change in a sample of 550 men and women who participated in a criminal attitude treatment program in Alaska Department of Corrections. Exploratory factor analysis of pre and posttreatment ratings of a 72-item self-report measure of motivation to change—the Self-Orientation Scheme-Self-Report (SOS-SR)—generated three latent dimensions labeled Prosocial Coping, Readiness to Change, and Optimism. Significant pre-post changes were observed in each latent domain and associated with reductions in criminal attitudes at posttreatment. In addition, gender stratified analyses demonstrated that pretreatment scores on some domains predicted program completion for females, but not males. Implications for treatment retention and risk reduction via the risk-need-responsivity framework are discussed.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54273 - Paper within a symposium

A TYPOLOGY OF OFFENDER AMENABILITY TO CHANGE

Presenting Author: Simourd, David
Additional Authors: Brandenburg, Bryan

Abstract: There is convincing correctional science indicating that treatment reduces recidivism, although the precise mechanism by which this occurs is subject to debate. Recently there has been a suggestion that hourly treatment dosage (i.e., treatment time titrated to offender risk) is a predominant consideration for offender self-improvement and success. An alternative view is that correctional treatment success is more influenced by offender treatment amenability characteristics than treatment time. The aim of the this presentation is twofold: First, to describe the development of an offender treatment amenability typology. Second, present data on the connection of offender profiles to treatment performance (i.e., skill development) and recidivism among offenders participating in a short-term rehabilitation program within a custody context.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54274 - Paper within a symposium

What Works in Treatment of Justice-Involved Persons with Mental Illness?

Presenting Author: Morgan, Robert

Abstract: Persons with mental illness (PMI) are over-represented in the criminal justice system and present with unique treatment needs. It is increasingly recognized that traditional criminogenic risk factors, and not mental illness, is a significant predictor of PMIs justice involvement; however, traditional correctional rehabilitation programs fail to account for the intricate relationship of mental health and criminogenic risk in this offender population. As such, interventions must emphasize both mental health and criminogenic treatment targets to most effectively reduce criminal recidivism while also improving mental health outcomes. Changing Lives and Changing Outcomes (CLCO) is one such program. Although this program is comprehensive in nature at approximately 144 hours of treatment, which approximates the recommended 150 hourly dosage of effective treatment programs for reducing recidivism, simply tying treatment time to risk is insufficient to achieve maximum success. In this presentation the author will review preliminary recidivism outcomes and examine "what works" in CLCO for justice involved PMI. Emphasis will be placed on offender preparedness for change, and elements of the therapeutic relationship to enhance offender amenability to change.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54626 - Paper within a symposium

Effect Sizes and Confidence Intervals: Current Practices and Recommendations for Improvement

Moderator: Cribbie, Robert

Abstract: This symposium will explore contemporary issues related to the use, reporting and interpretation of effect sizes and confidence intervals in psychological research. The first talk will focus on theoretical issues underlying the practice of effect size reporting and interpretation and implications for sample size planning, replication studies, and meta-analyses. The second talk will present the results of a recent large-scale review of effect size reporting practices in psychological research, highlighting adherence/nonadherence to best practices. The final talk will discuss the role of several factors (e.g., magnitude of effect sizes, statistical models that generate the data) on the reproducibility and coverage probability of confidence intervals in replication research.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53435 - Symposium

[Presented in CPA 2020 Virtual Series]

Adherence to Effect Size Reporting in Current Psychological Research

Presenting Author: Farmus, Linda
Additional Authors: Alter, Udi; Martinez Gutierrez, Naomi; Panzarella, Emily; Cribbie, Robert

Abstract: A shift towards improved effect size reporting practices in psychology is rooted in an understanding that findings are best presented when interpreted within the context of substantive research. Given they provide different information than p values, effect sizes should be reported and interpreted regardless of what NHST-based tests reveal. This systematic review quantified the current state of effect size reporting practices in six top-tier journals within Social-Personality research. Results suggest that although most studies reported some form of effect size for the primary research question, few of these effects were accompanied by an interpretation of the magnitude of the effect. Reported effect sizes rarely included a confidence interval (CI), but when reported, were seldom interpreted or discussed. The relationship between NHST-based results and effect sizes was also rarely acknowledged. Furthermore, effect sizes were reported more frequently for models in which the primary test statistic is itself an effect size. The complexity of the statistical model also related to reporting practices, with unstandardized effect sizes more common among more complex models and standardized effect sizes related to less complex models. Effects for follow-up tests, when appropriate, were frequently excluded. Implications and recommendations of this research will be discussed.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53440 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Role of Effect Sizes in Building a Replicable, Cumulative Psychological Science

Presenting Author: Flora, David

Abstract: An increased focus on effect size estimation and interpretation can help remedy the problems that a mechanistic focus on null hypothesis significance testing (NHST) has caused for psychological science. Indeed, the same issues stemming from an overreliance on NHST (i.e., publication bias, p-hacking, and researcher degrees of freedom) that led to a "replication crisis" have also impacted effect size accuracy. Following a brief discussion of the meaning of the term "effect size", we describe the critical role that effect sizes play in efforts to overcome the replication crisis and revitalize psychology as a cumulative science. We emphasize the importance of context for effect size interpretation as well as the place of effect sizes (and confidence intervals for effect sizes) in sample size planning, replication studies, and meta-analysis. Effect sizes can help overcome the replication crisis to the extent that they serve statistical thinking over mechanical statistical rituals.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53824 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

New Approaches in Evaluating Reproducibility: A Simulation Study

Presenting Author: Li, Johnson
Additional Authors: Tze, Virginia M. C.

Abstract: This study offers new perspectives on reproducibility, in response to the perceived reproducibility crisis. The belief that reproducibility is always possible forms the basis for the assertion that there is a crisis. For example, Open Science Framework (2015, p. 943) stated: "Scientific claims should not gain credence because of the status of authority of their originator but by the replicability of their supporting evidence". This belief can be presented as a hypothesis, H0: reproducibility exists in reality, or, equivalently, H0: all effects are sampled from the same population (i.e., a fixed effects model). However, other models (e.g., random-effects) exist. Researchers often examine whether a significant p-value (or effect size) in a study can be successfully reproduced (or included within the 95%) in a replication, assuming that reproducibility exists in reality, P1(p0 < .05 ∩ pr < .05|H0: reproducibility exists in reality), and P2(e0 falls within 95% CI for er|H0: reproducibility exists in reality). Rather, this study proposes that researchers should use, P3(p0 < .05 ∩ pr < .05|H0: reproducibility does NOT exist in reality), and P4(e0 falls within 95% CI for er|H0: reproducibility does NOT exist in reality). The results show that we could have very different views toward reproducibility if we use P3 and P4, instead of P1 and P2.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53829 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Improving psychological science with replication, better measurement, and quantitative education

Moderator: Counsell, Alyssa

Abstract: Although replication is crucial for gathering a body of scientific evidence, it remains an undervalued practice in psychology. In recent years, replication has received significantly more attention due, in part, to a large number of failed replications of well-known studies. These numerous failed replications have led to the argument that psychology is experiencing a "replication crisis". Many have argued that the way forward is through using open science practices such as preregistration or registered reports in hopes that increased transparency will lead to a higher chance of replication. Other researchers advocate for better measurement practices and/or improving statistical education as a precursor to replication attempts. This symposium includes three presentations that focus on replication, measurement, and quantitative training and attitudes. Flake et al. will discuss large scale replication efforts and measurement practices in applied psychology. Mackinnon will discuss how replication can be used as a relevant teaching tool for undergraduate students in psychology. Counsell and Rovetti will discuss how we measure students' experiences with and attitudes toward using statistical tools.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53649 - Symposium

Measuring Students' Attitudes Toward Using Statistical Software

Presenting Author: Counsell, Alyssa
Additional Authors: Rovetti, Joseph

Abstract: While the misuse of statistics and statistical tools has been discussed as exacerbating the replication crisis, little research has assessed attitudes toward statistical tools and software. One reason may be that there are few measures that evaluate such attitudes, and the measures available have not been well validated. The current study evaluated the reliability and validity of a recently developed scale assessing five attitudinal domains of learning statistics with technology (SASTSc). Participants included students enrolled in a statistics course using software at the time of participation. Factor analysis results indicated some deviation from the originally reported scale structure, specifically that affect and competence items may not represent independent constructs that was previously reported. Despite this finding, the measure demonstrated high reliability scores and generally high factor loadings and communalities. In conclusion, this study supports the use of the

SASTSc (with minor modifications) and furthers the conversation around the importance of measurement in thinking about our constructs; specifically, that the validity of results in psychology hinges on the validity of the measures that we use. Implications for teaching statistical software, using the scale in classrooms, and adapting it for use in a non-student population will also be discussed.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54025 - Paper within a symposium

Published effect sizes are inflated: Evidence from a series of undergraduate replication studies

Presenting Author: Mackinnon, Sean P

Abstract: Background/Rationale: A common refrain in the replication crisis is that published effect sizes are inflated when compared to replication studies (Open Science Collaboration, 2015; ManyLabs, 2018). I will share a teaching activity that demonstrated published effect size inflation using similar methods to other massive replication studies. Methods: Students observed seating patterns in naturalistic environments, replicating prior work (Campbell et al., 1966; Mackinnon et al., 2011). They looked for gender homophily effects: That is, do men tend to sit by men, and women by women more often than chance? Combining data across 4 years, students generated 40 datasets (N = 979). Results: Students analyzed data using Hernandez's (2014) index of adjacency calculator and one-sample t-tests. Results were combined via meta-analysis. Results show that the original effect size (d = 1.15) was about three times larger than the replication studies' estimate (d = .42).Conclusions: The gender homophily effect was replicated. However, there was an error of magnitude: The mean published effect sizes were roughly three times larger than the replications.Action/Impact: Combined with other evidence, these results suggest published effect sizes are greatly inflated relative to replication studies. I recommend that power analyses calculated from published effect sizes account for this inflation.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54027 - Paper within a symposium

Construct Validity and Replications: Lessons Learned from Large Scale Replication Studies

Presenting Author: Flake, Jessica K
Additional Authors: Shaw, Mairead; Luong, Raymond; Elbaz, Sasha

Abstract: A replication crisis prompted scrutiny of psychology's practices. Registered reports, multi-lab replication efforts, and proposals for adjusting the statistical significance criterion level are a mere sampling of the unfolding shifts in our culture. These shifts increase transparency, rigor, and the quality of our work, but they largely preclude the role of measurement practices. Despite that, measurement plays a foundational role in the validity and replicability of our research. We will share the results of two systematic reviews of measurement practices in applied areas of psychology: a review of the construct validity of measures used in the Reproducibility Project: Psychology (RPP) and the ManyLabs2 (ML2). We found that scales from original research lacked adequate validity evidence and replicators commonly faced measurement challenges that threatened the validity of the replication. We investigated the psychometric properties of scales used in the ML2 and note poor reliability and significant psychometric heterogeneity. We will outline these challenges and discuss a framework for replicated research that explicitly incorporates construct validation. We will discuss how incorporating those practices will increase the value and impact replication research and the research needed from quantitative psychology community to strengthen the validity of replication studies.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54029 - Paper within a symposium

How are we seen? Negative evaluation in social anxiety and body dysmorphic disorders

Moderator: Giraldo-O'Meara, Martha

Abstract: Experiments are an exceptional methodological approach to assess causal mechanisms proposed in theoretical models, wherein the manipulation of psychological factors allows an ecologically valid assessment of their influence on key aspects in the development and maintenance of psychopathology. Findings from experimental studies have directly informed the development of new treatment strategies and techniques to improve the effectiveness of cognitive-behaviour therapy. The studies presented in this symposium experimentally examined novel cognitive-behavioural processes and their effects on the maintenance of social anxiety and body dysmorphic disorder symptoms in analogue samples. The first presentation (Kelly-Turner) will be about the causal role of beliefs about losing control over one's behaviour in social anxiety symptoms in an analogue sample. The second presentation (Ferguson) will deal with the effects of judging others on cognitive processes during a stressful social conversation. The aim of the last talk (Giraldo-O'Meara) is to explore the effects of mirror checking in memory distrust, and its role in the persistence of this complex behaviour. These studies on disorders featuring problematic concerns about how one is evaluated will be discussed in terms of their potential to improve our ability to treat them.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53795 - Symposium

[Presented in CPA 2020 Virtual Series]

The fear of losing control in social anxiety: An experimental approach

Presenting Author: Kelly-Turner, Kenneth
Additional Authors: Radomsky, Adam S.

Abstract: Social anxiety disorder is often conceptualized as arising from maladaptive cognitions. One cognitive domain that has received relatively little attention, despite endorsement from people struggling with social anxiety, is the belief that they may lose control over their speech/behaviour and/or their physical symptoms of anxiety. By experimentally manipulating these beliefs, the present study aimed to evaluate their causal role in terms of their impact on social anxiety symptoms in an analogue sample. Beliefs were manipulated using false feedback in undergraduate psychology students (N=130) to induce either high or low levels of negative beliefs about losing control. Participants then engaged in a social interaction task with a confederate. The high beliefs about losing control (HLC) condition reported significantly greater anxiety just before meeting the confederate than the low loss of control (LLC) condition [$t(128) = 2.90$, $p = 0.004$, $d = 0.51$]. Further, HLC participants reported worse social performance [$F(1, 128) = 4.19$, $p = 0.04$, partial $\eta2 = 0.03$] and greater perceived failures of control [$F(3, 125) = 3.52$, $p = 0.02$, partial $\eta2 = 0.08$] than did those in the LLC condition during their interaction with a confederate. Results suggest beliefs about losing control are relevant to the cognitive model of and perhaps treatments for social anxiety.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54867 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Do other-evaluations impact social anxiety memory?

Presenting Author: Ferguson, Ryan J.
Additional Authors: Ouimet, Allison J.; Gardam, Olivia

Abstract: Cognitive models of social anxiety disorder emphasize the role of negative self-evaluation on anticipatory anxiety, self-focused attention, memory impairments, and post-event processing. Despite their likely relevance to social anxiety treatment, the role of evaluations of visibly anxious others has been understudied. We designed this experiment to explore whether negatively evaluating another anxious individual impacts diverse social anxiety outcomes. Undergraduate participants (n = 84, 180 anticipated by May 2020) were randomly assigned to produce harsh-, lenient-, or no-evaluation about an anxious individual conversing with a confident speaker. Participants then engaged in an unexpected conversation with a confederate who disclosed four facts, which participants were later asked to recall. Self-report and physiological anxiety were measured at multiple timepoints. Lenient-evaluation led to the greatest recall, whereas no- and harsh-evaluation led to less recall. We hypothesize that participants' anticipatory anxiety for the conversation will moderate recall accuracy, given past evidence that social anxiety reduces memory in social situations; these data will be analyzed with the full sample. Understanding how people with social anxiety evaluate others (and any associated cognitive consequences) may expand the way we conceptualize and treat social anxiety disorder.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54871 - Paper within a symposium

Through the looking glass: understanding mirror checking through memory distrust

Presenting Author: Giraldo-O'Meara, Martha
Additional Authors: Radomsky, Adam S.

Abstract: As with compulsive checking in obsessive-compulsive disorder (OCD), mirror checking is one of the most common behaviours in body dysmorphic disorder (BDD). Several studies have demonstrated that compulsive checking decreases person's memory confidence, which in turn generates more doubt and uncertainty and therefore, more urges to check. The purpose of the current study is to investigate the effects of repeated mirror checking on memory confidence, in a non-clinical sample, and to explore if memory distrust is related to subsequent urges to check in the mirror. Ten (tested to date) out of 132 projected undergraduate participants receive (negative or neutral) feedback about their appearance based on a photograph they believe has been evaluated by bogus software. Participants provide ratings before and after a series of mirror checks, or just one check on metamemory, memory quality, dissociative experiences, appearance satisfaction, and the Mirror Gazing: Cognition and Affect Scale (MG-CARS). A 2 (condition) x 2 (times) MANOVA will be conducted to detect differences between the four conditions. Preliminary results suggest that participants in the neutral condition that checked multiple times in the mirror may report less confidence in their memory. Complete results will be discussed in terms of understanding the cognitive processes involved in mirror checking, and treating BDD.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54873 - Paper within a symposium

Mediation analysis: Finding, weighing, and synthesizing evidence

Moderator: Miočević, Milica

Abstract: Statistical mediation analysis has been used in thousands of studies in psychology and related fields, and the seminal paper by Baron and Kenny (1986) is among the 33 most cited scientific articles across fields. Many aspects of mediation analysis have been studies in detail, e.g., which methods for testing the mediated effect yield the highest power and how to test indirect effects in more complex models. However, there are still unanswered questions regarding optimal practices when testing for mediators. This symposium features three papers that deal with finding evidence for the mediated effect: the first paper discusses situations in which researchers find a significant mediated effect when the true data-generating model contains moderation instead of mediation, the second paper describes objective procedures for specifying informative prior distributions for Bayesian mediation analysis, and the third paper compares several methods for synthesizing findings about the mediated effect using summary statistics.The field of psychology is emerging from a replication crisis and is entering an era of increased transparency and data sharing. The mediation topics described in this symposium are timely as they provide researchers with ideas, tools, and recommendations for improving mediation analyses.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53799 - Symposium

Occurrences of spurious mediation and moderation

Presenting Author: Howard, Andrea

Abstract: Mediation analysis is controversial due to the common practice in cross-sectional designs of claiming causal evidence after detecting a significant indirect effect. However, the function of a third variable as intervening to cause an outcome (mediation) versus altering the effect of an independent variable (moderation) is debatable and at the discretion of the researcher. This study tests conditions leading to inferences of mediation and moderation.I simulated configurations

among normally distributed variables (X, M, Y) to represent: (1) M as a mediator of X, (2) M as a moderator but uncorrelated with X, and (3) M as a moderator and correlated with X. Sizes of correlations between X and M and the X*M interaction varied. Each model variant generated 1000 replications of n=200. Models 1 and 2 produced spurious moderation and mediation, respectively, in 3.6% to 6.6% of tests. In Model 3, mediation was detected in over 99% of samples, even when correlations between X and M were modest. Moderation was detected in 78% to 89% of samples, most often when X and M were highly correlated.Overall, tests of mediation were significant unless X and M were weakly/uncorrelated. In contrast, strong correlations alone did not falsely induce moderation. Decisions to treat variables as mediators or moderators are impactful, underscoring the importance of preregistering study hypotheses.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53802 - Paper within a symposium

Bayesian mediation analysis with power prior distributions

Presenting Author: Miočević, Milica

Abstract: Bayesian mediation analysis with accurate priors can have adequate power to detect the mediated effect with half of the sample size needed by methods that do not make use of prior information (Miočević, MacKinnon, & Levy, 2017). Despite the increasing availability of data from previous studies, basing informative prior distributions on past studies is risky because even small differences in study design between the previous and current studies could lead to biased estimates of the mediated effect. Power prior distributions offer a way to downweigh prior information based on previous data (Ibrahim & Chen, 2000). This paper describes an evaluation of the potential to increase power and obtain unbiased point summaries of the mediated effect with the use of power prior distributions in mediation analysis. A simulation study was performed to evaluate statistical properties of point and interval summaries of the mediated effect obtained using power priors when borrowing from the previous study is appropriate (i.e., there are no relevant differences between the previous and current studies) and where borrowing is inappropriate (i.e., the true values of the mediated effect are of the opposite sign in the population from the previous and the population from the current study). Recommendations for applied researchers are provided based on the findings from the simulation study.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 53809 - Paper within a symposium

A comparison of meta-analytic methods for synthesizing indirect effects

Presenting Author: van Zundert, Camiel

Abstract: Synthesizing findings about the mediated (indirect) effect plays an important role in determining the mechanism through which variables affect one another. This study compared six methods for synthesizing indirect effects: Two-Stage Structural Equation Modeling (TSSEM), univariate meta-analysis, Monte Carlo Synthesis, adjusted Monte Carlo Synthesis, and univariate and Two-Parameter Sequential Bayesian methods.The methods were compared on bias and precision of the point estimates and the power, coverage, and type I error rates of the interval estimates. The simulation had the following factors: the methods, the strength of the indirect effect, the measurement level of the independent variable, and the number of studies.The Monte Carlo Synthesis, TSSEM, and Two-Parameter Sequential Bayesian method had the lowest bias. The precision was marginally different across methods. The Monte Carlo Synthesis had the highest power but had excessive type I error rates. The adjusted Monte Carlo Synthesis and TSSEM produced interval estimates with the best statistical properties.The adjusted Monte Carlo Synthesis and TSSEM performed best out of all methods. Guidelines for synthesizing indirect effects are provided, as well as suggestions for further methodological research.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54039 - Paper within a symposium

Lessons from the Field: Conducting Empirical Research in Corrections, Community, and Court Settings

Moderator: Jewell, Lisa M

Abstract: Myriad factors influence the success of research projects in criminal justice settings, including being able to access institutions and data; having sufficient capacity within institutions to contribute to research; and being agile and flexible in the face of changing dynamics. In the current symposium, we use empirical findings to illustrate lessons learned from three studies conducted in corrections, community, and court settings. To begin, a study in which a dementia screening tool was completed with incarcerated offenders will be presented. Our success with selecting and adapting a tool for use within a custodial environment and strategies for gaining institutional access will be discussed. Second, evaluation results of a pilot project implemented in three Indigenous communities in northern Saskatchewan will illustrate the challenges with applying and evaluating a risk-need-responsivity framework in a community-based program. Finally, we will conclude with findings from an outcome evaluation of a mental health court, including the challenges with using police, health, and court data, as well as with analyzing outcome data in isolation from process-related data. Together, these studies draw attention to important theoretical, methodological, and procedural considerations and will provide researchers with strategies for conducting successful studies in these environments.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53974 - Symposium

Going with the Flow and Taking Advice: Tips for Successful Prison Study Design from a Dementia Study

Presenting Author: Kerodal, Ashmini
Additional Authors: Jewell, Lisa M.

Abstract: Inmate population age is increasing in Correctional Service Canada (CSC) prisons, and with it, dementia risks. The actual rate of dementia in CSC is unknown and no validated tool to identify inmates who require a complete medical dementia assessment exists. Indigenous inmates age 50 or older (N=13) and non-Indigenous inmates age 45 or older (N=16) in the Regional Psychiatric Centre were screened using a modified version of the Community Screening Interview for Dementia (CSI 'D'). The CSI'D flagged 38% of Indigenous and 50% of non-Indigenous inmates for a medical dementia assessment. Results suggest earlier dementia onset in prison, higher institutional versus community dementia rates — estimated at 7.3% in Canadians 65 years and older by Drummond et al. (2016)— and higher dementia rates among non-Indigenous inmates. The medical dementia assessment will be completed in Phase II to determine the accuracy of the CSI'D and inmates' health needs. This presentation uses Phase I design and results to illustrate the CSC approval process, study design considerations when doing research in an institutional setting and lessons learned. Methodological flexibility and an advisory team of prison staff are crucial when undertaking research in an institutional setting to obtain ethics and CSC approval; institutional buy-in and access to the prison; and design a viable study.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 55000 - Paper within a symposium

Applying Risk-Need-Responsivity in a Community-based Program: Balancing Rigour with Realism

Presenting Author: Jewell, Lisa M.
Additional Authors: Akca, Davut

Abstract: Youth violence and gang involvement are pressing issues in Saskatchewan's northern communities. Accordingly, the Northeast Youth Violence Reduction Partnership (NYVRP), a five-year pilot project, was implemented in three communities to reduce offending among Indigenous youth at risk for violence or gang involvement. Recognizing the risk-need-responsivity (RNR) framework as an evidence-based approach for addressing criminogenic needs, the NYVRP used an actuarial risk

assessment to determine youth's risk levels and inform their case plans. To assess the initiative's success with applying RNR principles, two evaluations were conducted which included interviews with 26 program stakeholders and a database/casefile review of 84 youth. Results revealed significant challenges with employing a risk assessment tool in the first year of programming—assessments were completed with only 9% of enrolled youth by yearend. Following a revised risk assessment protocol, 91% of enrolled youth had completed risk assessments by the second yearend; however, the program lagged with applying the "need" and "responsivity" principles. The barriers encountered with the original risk assessment process and the strategies adopted to increase the program's capacity to conduct assessments will be described. Considerations for research relying upon program-derived risk assessments will also be discussed.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 55003 - Paper within a symposium

Keeping the Ball in Your Court: Lessons from the Saskatoon Mental Health Strategy Court

Presenting Author: Zidenberg, Alexandra M.
Additional Authors: Kerodal, Ashmini

Abstract: Mental health courts strive to divert justice-involved persons living with mental illness away from the traditional court system by integrating treatment provisions with principles of the law (Schneider et al., 2007). The Saskatoon Mental Health Strategy (MHS) Court was established in November 2013 with this goal in mind. This presentation will explore opportunities and challenges presented by evaluating a diversion court. Data for the population of justice-involved persons living with mental illness involved in the Saskatoon MHS Court (n=89) was obtained from court, police, and health agencies. Paired samples t-tests and McNemar tests indicate that there were reductions in a number of key police and health outcomes from pre- to post-program entry. Post-program entry convictions increased due to administrative changes indicating that the Court would be better served to borrow from the Toronto model of adjusting services rather than penalizing participants for non-compliance. Working directly with the court system and other partners presented a number of opportunities for building partnerships, obtaining data, and constructing a holistic view of the outcomes of the Saskatoon MHS Court. Despite these strengths, the process was not without challenges. Lessons learned in establishing and utilizing cross-system and community connections in evaluation and research will be discussed.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 55005 - Paper within a symposium

Network modelling and correlations: Theory and applications

Moderator: Falk, Carl F

Abstract: Variants of the common factor model have dominated psychological measurement for decades. Such models presume that latent variables underlie responses to observed test items and can explain inter-item correlations. In a similar vein, symptoms for psychological disorders are often thought to be caused by an underlying disease. While the disease model was revolutionary for epidemiology, it has come under scrutiny for mental health. For example, depression symptoms may have reciprocal relationships (insomnia causes fatigue, which causes depressed mood, worry, and more insomnia) rather than a single underlying cause. Network modelling has emerged as a potential solution and promises the ability to discover relationships among symptoms. It assumes no single underlying cause, and is being advocated as a paradigm shifting approach to measurement. Recognizing that network modelling is in its infancy in psychology, we highlight methodological and interpretational challenges. Presentations focus on the interpretation of network models with large-scale studies of mental/physical health, as well as methodological challenges such as the estimation of network models with missing data and how distributional assumptions affect the estimation of correlations among variables. Such insights will be valuable for those interested in interpreting network models or applying it in their own research.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54604 - Symposium

[Presented in CPA 2020 Virtual Series]

On the estimation of network models in the presence of missing data

Presenting Author: Falk, Carl F
Additional Authors: Starr, Joshua

Abstract: For network modelling to be applied to data with a large number of variables, it may be a necessity that planned missing data designs are employed. Such designs do not require all participants to complete all items. However, in psychology, the current estimation of network models with missing data often resembles techniques used in the early days of structural equation modelling (SEM). For instance, if a small amount of missing data is present, listwise deletion is often employed. If a larger amount of missing data is present, pair-wise correlations among available observations can be used as input into network modelling estimation. Neither approach is ideal, yet more modern approaches to handling missing data are either underdeveloped or underemployed. In this presentation, we discuss alternatives to handling missing data, including a two-stage estimation procedure and the Expectation-Maximization (EM) algorithm. In theory, the EM algorithm is the optimal choice, followed by the two-stage approach. We will present results of simulations to shed light on whether these theoretical expectations are correct. In addition, we discuss additional estimation challenges not shared by SEM, such as the use of regularization. It is expected that such results will form the basis of recommendations on which missing data techniques are best to further develop and apply in practice.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54690 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

An application of network and latent variable modelling to the study of mental and physical health

Presenting Author: Starr, Joshua
Additional Authors: Falk, Carl F

Abstract: The DSM defines mental disorders as discrete entities, rather than as the continuous phenomena they seem more likely to be. As treatment strategies often target specific diagnoses, the existing system requires critical attention. Latent variable models are the gold-standard approach, in which disorders are represented as underlying common causes of manifest symptoms. But little empirical evidence exists to date that some mental disorders endure independent of observable symptoms. To address this gap, network models of psychopathology that conceptualize such disorders as a collection of symptoms and their associations are gaining traction. We compare a CFA (latent variable) model to a network model fit to 107 symptom items over 8 domains of mental and physical functioning. Missing data are handled using appropriate methods from the latent variable modeling literature. Sets of estimates are compared using novel indices based on traditional centrality measures. It is expected that network modeling and CFA will result in similar networks, but that some interactions between symptoms may be missed by the latent variable approach. This project illuminates the limitations of latent variable models of mental disorders, and gives quantitative consideration to the interactions among symptoms as alternatives to DSM diagnoses as targets for treatment.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54695 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The relationship between distributional assumptions and bounds on correlation coefficients

Presenting Author: Olvera Astivia, Oscar

Abstract: Much like in structural equation modelling, certain network models assume multivariate normality in order to estimate edges (partial correlations) between nodes. Partial correlations are obtained from the inverse of the covariance or correlation matrix, and as such, distributional constraints on correlations can affect network model estimation. Through the use of copula distribution theory, I will introduce the concept of the Fréchet-Hoeffding bounds and how the distribution of

the variables places undue bounds on correlations. More specifically, depending on the type of random variable (discrete vs. continuous) and the value of the moments of the distribution beyond the variance, the correlation coefficient between two variables may not fully span the theoretical range [-1, +1] . For the case of discrete random variables, a general form of the bounds will be introduced and for the continuous case, specific examples will be presented as well as a general algorithm to approximate said bounds. By showcasing how to estimate the bounds on the elements of the correlation matrix, it is the main aim of this presentation to highlight the importance of the distributional assumptions of the data that go into this kind of analysis and how this information can be used to better understand the type of causal claims that can be made given the type of data that is collected.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54697 - Paper within a symposium

Narrative Research Methods in Traumatic Stress Studies

Moderator: Chou, Fred

Abstract: This symposium focuses on the use of narrative research methods to understand traumatic stress. Three studies focused on different populations and social contexts (school-based trauma informed practice, veterans, intergenerational trauma) are presented to highlight the rich opportunities that can be constructed through narrative methods. The first study examined school counsellor's experiences of engaging with and implementing trauma-informed practices. Its key findings are disseminated through six key themes and discussed in terms of their implications for trauma-informed research and practice. The second, applied a narrative approach to understand equine therapy for twenty five military veteran participants. The study examined how the human-equine connection could potentially lend itself to a therapeutic medium. While the last study examined intergenerational trauma and Chinese-Canadians families through the development of eight co-constructed narratives. These narratives provided a broad model for understanding the intersection of trauma, culture, and intergenerational relations from a socio-ecological framework. The symposium offers an overview of the results of each of the respective studies and core considerations when utilizing narrative research for understanding traumatic stress.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54714 - Symposium

A narrative examination using school-based trauma-informed practices

Presenting Author: Record-Lemon, Rosaline

Abstract: In Canada, the current rate of natural disasters, the influx of immigrant and refugee children from war-torn countries, and the prevalence of complex traumatic experiences in childhood highlight that it is time to examine our preparation within schools to address trauma. The present study examined the stories of seven school counselling professionals who identified using trauma-informed practices in their schools. Trauma-informed practices are an approach to counselling and education where school professionals strive to be knowledgeable about trauma, with the goal of creating an environment that prioritizes safety, choice, control and empowerment (Poole & Greaves, 2012). Narrative inquiry was used examine the participants' stories of engaging with and implementing trauma-informed practices. Six key themes were identified in the thematic analyses of the participants' narratives: Defining Trauma-Informed Practices, Experiences in Training and Learning About Trauma-Informed Practices, Trauma-Informed Practices: A Movement, Engaging in Trauma-Informed Work in Schools, How Trauma-Informed Practices Support, and The Future of Trauma-Informed Practices. These themes are presented and discussed in terms of their implications for trauma-informed practices research and practice.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54735 - Paper within a symposium

Equine program for veterans with occupational stress injuries: A narrative study

Presenting Author: Buchanan, Marla

Abstract: This study aimed to understand how the human-equine connection potentially lends itself to a therapeutic medium. Using a narrative research design, 25 veterans participated in an equine program to assess the effects of the human-equine bond to assist in self-regulation, social engagement and self-confidence. Five separate programs were delivered to veterans who were screened for occupational stress injuries. Veterans were screened using PCL-M, GAD, BDI and SSRQ (Short Self-regulation Questionnaire). Each of the five programs offered horsemanship training to 4-5 veterans over 8 sessions. Narrative interviews were conducted in small groups at the end of each program. A narrative thematic analysis revealed 5 main themes: 1) increased focused awareness; 2) increased affect regulation; 3) improved communication with others; 4) social engagement and 5) increased sense of competency. This study contributes to the limited research on equine-assisted therapy and implications for further research will be presented.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54739 - Paper within a symposium

Narratives of intergenerational trauma and Chinese Canadian families

Presenting Author: Chou, Fred

Abstract: Intergenerational trauma (IGT) is a distal determinant of mental health and a framework for understanding the transgenerational effects of collective and mass trauma (Bombay et al., 2009). However, despite the significant historical traumas experienced by Chinese people in the 20th century (e.g., the Great Famine and Cultural Revolution), there has only been one published study on the topic of IGT and the Chinese diaspora (see To, 2015). To appreciate the unique dimensions of IGT among the Chinese-Canadian population, this presentation provides and overview of the narratives of IGT among parental and offspring Chinese Canadians that were co-constructed utilizing an adapted version of Arvay's (2003) Collaborative Narrative Approach. Eight participants took part in the study with four from two parent-offspring dyads. Participants who took part as family dyads shared their co-constructed stories to each other in a reflective dialogue. This dialogue was then documented as separate narratives. All the narratives were analyzed using thematic analysis and from the analysis ten themes were developed. The study has implications for counselling psychology in the areas of narrative and multicultural research and family and trauma therapy.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54744 - Paper within a symposium

Modern Approaches to Psychological Measurement: Assessing Reliability and Measurement Invariance

Moderator: Flora, David

Abstract: Measurement quality is critical for the advancement of a cumulative psychological science, as it is well known that measurement errors lead to inaccurate effect estimates, thus contributing to problems with replicability and generalizability. This symposium focuses on two key considerations for the valid use of a given psychological scale: reliability estimation and measurement invariance. Reliability refers to the proportion of observed score variance that is due to the variance of a construct of interest, whereas measurement invariance refers to whether a scale measures the construct equivalently across groups. Each talk in this symposium compares modern approaches to address these issues, with the first focusing on reliability and the second two focusing on measurement invariance.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54872 - Symposium

[Presented in CPA 2020 Virtual Series]

If coefficient alpha is wrong, which coefficient omega is right?

Presenting Author: Bell, Stephanie
Additional Authors: Flora, David

Abstract: When reporting a scale's the psychometric properties, researchers often mechanically report coefficient alpha, not realizing that alpha is an appropriate reliability estimate only under a set of highly restrictive conditions. Yet, a prominent alternative to coefficient alpha, namely coefficient omega, can be calculated in a variety of ways and different software implementations can give different results. We alleviate this confusion by describing alternative forms of omega and providing guidelines for choosing an appropriate omega estimate based on the internal factor structure of a multi-item scale. In so doing, we demonstrate how to compute different forms of omega in R using several applied examples.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54880 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Testing measurement invariance: The traditional nested model approach versus the alignment method

Presenting Author: Luong, Raymond
Additional Authors: Flake, Jessica

Abstract: Measurement invariance—the notion that the measurement properties of a scale are equal across groups—is an important assumption underlying much of psychology research. The traditional approach for evaluating measurement invariance is to execute a series of nested measurement models using multiple-group confirmatory factor analyses. However, traditional methods are strict, vary across the field in implementation, and present multiplicity challenges, especially if there are more than two groups under study. The alignment method was recently proposed as an alternative approach. This method allows more flexibility in estimation and can easily accommodate many groups, but also has different assumptions, estimation techniques, and limitations from traditional methods. To address the lack of accessible resources that explain the methodological differences and complexities between the two approaches, we introduce and illustrate both, comparing them side by side. We will review the assumptions, advantages, and limitations of each approach and demonstrate them with real data. Based on this comparison, we will provide recommendations for how to decide between and use each approach and next steps for methodological research.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54883 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

An overview of multi-group differential item functioning methods

Presenting Author: Chalmers, Robert P.

Abstract: An important area when constructing psychological measurement inventories is the identification of measurement bias by way of differential item functioning (DIF) methods. Items are said to contain DIF when individuals in distinct groups with the same underlying trait level demonstrate nonequivalent responding behavior. DIF is traditionally investigated using a pairwise comparison paradigm, where a single focal group is compared to a select reference group. However, it is becoming increasingly more common to investigate DIF when there are more than two groups of interest. This talk provides an overview of multi-group testing methods for DIF, with emphasis on exploratory methods that utilize observed equating information such as the (unweighted) total score statistic. Finally, recent multi-group generalizations of the SIBTEST and CSIBTEST statistics are presented, along with their performance to competing multi-group DIF detection measures.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 54885 - Paper within a symposium

Shedding Insight on Risk Pathways to Excessive Video Gaming and Related Problems

Moderator: Keough, Matthew T

Abstract: Video gaming is a common activity in North America. Recent estimates show that at least 45% of adults in North America report playing video games daily. While many of these adults play video games without issues, about 1-5% of gamers will develop Gaming Disorder. Gaming disorder is characterized by a loss of control over gaming habits, and other associated problems. Emerging data show that excessive gaming co-occurs other mental health issues, like depression and ADHD. But, more research is needed to clarify both the nature of these associations and relevant mechanisms. Accordingly, this symposium will include novel cross-sectional and longitudinal research on the overlap between gaming and mental health issues. First, Ms. Rapinda will present longitudinal work showing that depression and gaming problems are reciprocally associated over time. Second, Ms. Frohlich will present longitudinal results showing that socially-relevant motives and contexts help to explain why ADHD is associated with excessive gaming and related problems. Third, Ms. Marchica will present findings from a large-scale survey study showing that people with co-morbid depression and gaming disorder have marked problems with certain aspects of emotion regulation. Finally, as our discussant, Mr. Andrew Kim will contextualize the research presented – referring to both theoretical and clinical implications.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54899 - Symposium

Examining the Temporal Associations Between Excessive Gaming and Depression

Presenting Author: Rapinda, Karli K
Additional Authors: Kempe, Tyler ; Edgerton, Jason D; Wallbridge , Harold R; Keough, Matthew T

Abstract: Excessive video gaming co-occurs with depression. Current literature provides mixed support for three different models of temporal precedence: the vulnerability model, the scar/complication model, and the reciprocal model. This study examined directional associations between excessive gaming and depression, using a short-term, multi-wave study design. A sample of 289 participants from across North America completed a three-wave four-week study through MTurk. Participants filled out measures at baseline, two weeks and one month, assessing time spent playing video games, intensity of gaming problems, and depression symptoms. Two cross-lagged panel models (CLPMs) were run to test temporal associations between depression and excessive gaming. The first CLPM showed evidence for reciprocal effects between depression and gaming-related problems; however, effects over time were more consistent for depression preceding excessive gaming problems (vulnerability model). The second CLPM showed no cross-lagged associations between depression and time spent gaming. Both models were invariant across gender. Results further knowledge of temporal associations between depression and excessive gaming and clarify depression's unique relation to gaming-related problems. Results support the utility of targeting depressive symptoms in young people with gaming problems.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54914 - Paper within a symposium

Examining the Mediating Role of Motives and Social Context in the Relation Between ADHD and Gaming

Presenting Author: Frohlich, Jona R
Additional Authors: Rapinda, Karli K; Keough, Matthew T

Abstract: Literature is emerging showing strong links between ADHD and problem video gaming. But, little is known about the mechanisms that drive this association. Previous research has demonstrated that motives and social context help explain the relations between psychopathology and addictive behaviour (e.g., alcohol use). Given the overlap between gaming and other addictive behaviours, the goal of this longitudinal study was to examine relevant cognitive and social mediators of the effects of ADHD on time spent gaming and related problems. Participants (N=289) were recruited from across North America using MTurk. They completed measures at three time points, spaced two weeks apart. Model 1 examined the mediating role

of gaming motives (i.e., enhancement, social, coping, self-gratification). Results showed that ADHD was directly associated with gaming problems and that elevated social and self-gratification motives partially mediated this effect. Social motives also fully mediated the effect from ADHD to time spent gaming. Model 2 examined the mediating role of gaming context. Results showed that gaming with friends (but not gaming alone) partially mediated the relations between ADHD and both time spent gaming and related problems. Overall, our results highlight the important social component of ADHD with respect to problematic gaming.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54921 - Paper within a symposium

Exploring differences among video gamers with and without depression

Presenting Author: Marchica, Loredana A
Additional Authors: Mills, Devin J; Derevensky, Jeffrey L

Abstract: Video gaming is a leisure activity. But, for some people, playing video games may become problematic and addictive, resulting in negative consequences. Internet Gaming Disorder (IGD) has estimated prevalence rates of around 3% and has been strongly associated with several psychopathologies including depression. Given that emotion regulation (ER) and mindfulness are fluid constructs that can be enhanced, the potential for intervention and prevention are considerable. Thus, this study sought to, as a first step in determining clinical relevance, explore the differences in ER, mindfulness, and impulsivity among emerging adult gamers who met criteria for IGD, depression or both IGD and depression (Dep+IGD). A sample of 1,536 gamers completed an online survey. Relative to individuals below IGD and depression cut-offs (control), the "clinical" groups (IGD, depression, Dep+IGD), reported greater ER difficulties, higher impulsivity, and lower mindfulness. Finally, relative the Dep+IGD group, the other two "clinical" groups had less difficulties with cognitive impulsivity, whereas the depression group reported more difficulties with strategy use. These results suggest that gamers should be considered a heterogeneous group and that comorbid disorders are important considerations when developing targeted treatments for individuals with IGD.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54926 - Paper within a symposium

Paying Attention to Context in Addiction: New Findings from Experimental and Longitudinal Studies

Moderator: Keough, Matthew T

Abstract: Social learning theory emphasises the influence of both individual (e.g., personality) and environmental (i.e., context) factors on addictive behaviours. While there is ample literature focused solely on individual risk factors for addictions, there is a notable paucity of work investigating the role of context. Theory suggests that context is imperative to clarifying addictive behavior risk, as different contexts increase and decrease risk. For example, recent data show that solitary drinking increases risk for alcohol problems in people with depression. Accordingly, the main goal of this symposium will be to present novel longitudinal and experimental studies on the role of context in problem drinking and video gaming. First, Ms. Single will present research showing that internalizing and externalizing personality traits relate to problem gaming via unique social contexts for gaming. Second, Ms. Bilevicius will present a lab-based study showing that shame explains why depression is associated with alcohol craving in a solitary (but not social) context. Third, Ms. Clark will present work showing that different social gaming contexts mediate the associations between motives and problem gaming. Finally, as our discussant, Dr. Keough will contextualize the research presented – referring to both theoretical and clinical implications.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54949 - Symposium

Personality Traits Predict Problematic Gaming Behaviours Through Gaming Context

Presenting Author: Single, Alanna
Additional Authors: Rapinda, Karli K

Abstract: Video gaming is a popular activity in North America, but excessive playing can lead to problems. Certain personality traits are well-established predictors of substance use; but, less is known about how and why these traits may relate to excessive gaming. Social learning theory posits that people with internalizing traits may use gaming to cope with negative emotions and may primarily game in solitary contexts. In contrast, people with externalizing behaviours may game excessively because they seek opportunities for positive reinforcement and may primarily game in social contexts. This longitudinal study tested an integrated personality risk model of excessive gaming and explored the extent to which internalizing or externalizing risk is mediated by gaming context. Emerging adults from North America (N=289) completed online self-reports at three time points (baseline, two-, and four-weeks). Results revealed that anxiety sensitivity was indirectly related to gaming problems and time spent gaming via frequent solitary gaming. Sensation seeking and impulsivity were indirectly related to gaming problems and time spent gaming via frequent gaming with friends. Further, impulsivity was related to less solitary gaming, which in turn predicted less gaming problems. Our findings support the unique role of context in personality pathways to problem gaming.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54951 - Paper within a symposium

Shame mediates the effect of depression and alcohol craving in a solitary context

Presenting Author: Bilevicius, Elena
Additional Authors: Clark, Courtney C; Keough, Matthew T

Abstract: Background: Self-medication theory posits that depressed emerging adults use alcohol to cope with their negative emotions. New research has found that both shame and drinking context mediate the depressive-pathway to alcohol misuse, but there has been a lack of experimental research corroborating these findings. Method: Emerging adults (N=76) first completed baseline self-reports and then completed a shame induction. Next, they immediately engaged in an alcohol cue-exposure either alone (solitary condition) or in same-sex dyads (social condition). Participants then reported their levels of craving and shame after the cue-exposure. We hypothesized that increased shame would mediate the association between baseline depression and post-cue alcohol craving, but only in the solitary condition. Results: Multigroup path analysis showed that experimentally induced shame (but not guilt) explained the effect of depression on post-cue alcohol craving, but only in the solitary condition (B = 0.017, 95% CI [0.003, 0.045]). There was no support for meditation in the social condition (B = -0.002, 95% CI [-0.023, 0.008]). Impact: These findings suggest that both shame and solitary contexts are risk factors for alcohol misuse among young adults that experience depression. Shame and associated solitary drinking should be targeted in alcohol misuse clinical interventions.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54954 - Paper within a symposium

Unique Motivational Pathways to Excessive Gaming

Presenting Author: Clark, Courtney C
Additional Authors: Rapinda, Karli K

Abstract: Most people manage to play video games recreationally, but, some lose control of their gaming habits and develop problems. Motivational theories suggest that one's motives for gaming may relate to different patterns of risk. For example, a related body of literature on alcohol use shows that coping-motivated drinking increases risk for problems but not heavy use, whereas enhancement-motivated drinking predicts both heavy use and problems. Research also suggests that drinking motives relate to unique patterns of contextual use, in that drinking to cope may occur in a solitary setting, whereas drinking for enhancement may occur in social contexts. Accordingly, based on the alcohol motives literature, we examined unique longitudinal pathways from gaming motives to both time spent gaming and related problems. We also examined various social contexts as mediators of these effects. Participants (N=289) completed three surveys on MTurk, each spaced two

weeks apart. Results indicated that elevated coping motives for gaming predicted more frequent solitary gaming, which in turn predicted more time spent gaming and related problems. Self-gratification and social motives were indirectly associated with gaming problems and time spent gaming via frequent gaming with friends and a significant other. Our findings suggest there are various unique motivational pathways to gaming problems.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54958 - Paper within a symposium

Partnering to promote children's emotional well-being & educational outcomes: A data-driven approach

Moderator: Whitley, Jess

Abstract: Despite the growing popularity of Community Based Participatory Research (CBPR) partnerships between community agencies and universities, there is scarce research examining the role of these partnerships with community child mental health agencies. Yet, the rate of children experiencing mental health difficulties lies between 10-20% (Merikangas, 2019), and efforts to find novel ways of drawing on collaborative efforts with a common goal of improving mental health outcomes for children are needed. This symposium describes work from a new CBPR partnership that brings together professionals from a community child mental health agency and a team of university researchers. Three papers arising from this partnership and which focus on a sample of children using mental health services will be presented. The first examines the links between socioenvironmental factors and school bullying, the second explores the experiences of children with problem behaviours at school, and the third provides a deep contextual understanding of children who are experiencing school attendance problems. Results from these studies offer insight into the needs of children and their families seeking community mental health services, which can be used in collaboration between partners to inform service evaluation, improve intervention strategies and allow for scholarly information dissemination.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55180 - Symposium

The Impact of Family Factors on Bullying Involvement

Presenting Author: Goldberg, Briana
Additional Authors: Smith, David; Whitley, Jess; McBrearty, Natasha; Hone, Michael

Abstract: With the increasing rates of bullying combined with the deleterious effect on child development and mental health, understanding the underlying factors involved in bullying behaviour is critical (World Health Organization, 2008). Although family factors including parenting skill, attachment, and cohesion have been identified as risk factors, only a limited number of intervention programs have been adapted to reflect our understanding. Since bullying has been found to cause mental health problems, and mental health problems have been found to influence bullying involvement it is paramount that well-being is taken into account when examining the link between family factors and bullying (Kumpulainen, Räsänen, & Puura, 2001; Singham et al., 2017). Using a cross-sectional study design this study explores the relationship between bullying and mental health on bully in 160 children who had sought services from a children's mental health agency in Ottawa, Ontario. Descriptive statistics, an analysis of variance, and mediating and moderating regression analyses were run on and the pre-collected dataset. By contributing to the literature about the links between socioenvironmental factors and school bullying, the findings of this study can inform prevention programs about the role that families play in long-term solutions to bullying.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55190 - Paper within a symposium

A Descriptive Glance at School Problematic Behaviours in Children Seeking Mental Health Treatment

Presenting Author: Krause, Amanda
Additional Authors: Rogers, Maria; Whitley, Jessica; Hone, Michael; McBrearty, Natasha

Abstract: Problematic and disruptive behaviours are becoming increasingly apparent in Ontario elementary schools. Given this trend, the present brief report seeks to describe a unique sample of children who present problem behaviours at school and are seeking mental health services from a local mental health agency. Descriptive and correlational analyses were conducted to provide a clearer understanding of the demographic characteristics of this sample of children, as well as possible underlying mental health factors that may contribute to their experiences. Findings indicate key demographic patterns within the sample and the significant role of anxiety and impulsivity in understanding disruptive behaviours at school. Implications and possible suggestions are discussed regarding how key stakeholders, such as educators and school psychologists, can make use of these findings within their school contexts.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55194 - Paper within a symposium

Exploring Educational Experiences Surrounding the School Attendance Problems of Children

Presenting Author: Klan, Amy
Additional Authors: Whitley, Jessica; Smith, David; Hone, Michael; McBrearty, Natasha

Abstract: School attendance problems are a concern across Canadian educational systems, with higher rates of such problems existing among children with mental health needs. Prior educational research has explored variables related to attendance problems among the general child population. However, significantly less research has sought a deep contextual understanding of the educational experiences of children receiving mental health services who are facing attendance problems, including qualitative and longitudinal studies. To address this gap, this mixed-methods case study explores the individual characteristics and educational experiences of 33 children who received mental health services in a community setting in Ottawa, Ontario. Quantitative data collected from the Child and Adolescent Needs and Strengths (CANS) and the Strengths and Difficulties Questionnaire (SDQ) is used to describe participant's age, sex and mental health needs. Qualitative data drawn from client files is analyzed thematically to explore educational elements that surround participants' experiences with attendance problems, guided by the Kids and Teens at School (KiTeS) Framework (Melvin et al., 2019). Results are examined as a whole to promote a deepened understanding of children's experiences/circumstances, better inform prevention/intervention strategies and promote more positive school experiences.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55202 - Paper within a symposium

Workshop

Small Steps Towards Reproducible Data Analyses

Presenting Author: Adkins, Mark C

Abstract: Open and transparent reporting of scientific findings is an integral part of establishing the credibility and accountability of any line of research. With many journals accepting and promoting open data and materials, there is a need for researchers to have both the technical skills to implement open science practices and the commitment to improving the quality of their shared data and materials.This workshop will discuss the conceptual benefits of using version control, developing reproducible R workflows, and better coding practices which avoid common errors. By interweaving these concepts and practices into various parts of the research process, researchers can improve the quality and transparency of the products of their own research and (by extension) provide quality materials upon which other researchers can build upon.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 55298 - Workshop

[Presented in CPA 2020 Virtual Series]

THEME: INFORMING PUBLIC POLICY / THÈME : ORIENTER LES POLITIQUES PUBLIQUES

Highlighting the ways in which psychology can and does inform public policy

Mettre en évidence les façons dont la psychologie peut orienter les politiques publiques, et comment elle le fait

12-Minute Talk

Development of an Online Intake Referral Tool for women suffering from Postpartum Depression

Presenting Author: Narvaez Linares, Nicolas F
Additional Authors: Vandette, Marie-Pier N; Firzly, Najat; Aubry, Tim

Abstract: Context. Between 10 and 15% of mothers who gave birth will experience significant symptoms of postpartum depression (PPD; Brummelte et al., 2016), however, the majority of medical staff report insufficient training to identify and provide some type of counselling to mothers with PPD (Wittenburg et al., 2018).Objective. The purpose of the consultation was to identify measures of depression and anxiety for an online referral tool and evaluate a pilot of its implementation with mothers with mild to moderate PPD symptoms for a community clinic. Method. A preliminary list of depression and anxiety measures were reviewed based on literature and set of criteria; in addition to creating the survey. Subsequently, five mothers experiencing PPD as well as four health care practitioners participated in a phone semi-structured interview to provide their feedback about the tool. Results. Overall, participants found that the online referral tool was specific, user-friendly and well structured. Based on the work developing and evaluating the online intake referral tool, seven recommendations were made to the community clinic and governmental agency in a report in order to improve the online referral tool. Implications. Mothers experiencing PPD symptoms will have the opportunity to be taken in charge by health professionals more efficiently in addition to allow a better support and follow-up.

Section: Community Psychology / Psychologie communautaire
Session ID: 55291 - 12-Minute Talk

Conversation Session / Discussion Forum

Advocacy 101: Speaking for Psychology, psychologically speaking

Presenting Author: Cohen, Karen
Additional Authors: Brimacombe , Glenn

Abstract: In this session, we will cover how advocacy can advance the science and practice of psychology and, equally importantly, how psychology can address issues of public interest/concern by advancing public policy. We will cover why advocacy is important, as well as the how to's of advocacy including how to develop and deliver your message, developing advocacy allies, and identifying who to talk to and how. We will illustrate the how to's with examples of advocacy activities CPA has undertaken in the past and plans for the future.

Section: General Psychology / Psychologie générale
Session ID: 58723 - Conversation Hour

Gay-straight alliances: Student experiences inform policy and practice

Presenting Author: Di Stasio, Maria
Additional Authors: Plante, Maureen ; Konishi, Chiaki; Harley, Jason

Abstract: Background/rationale. Changes in the Alberta Education Act have resulted in controversy regarding the implementation of Gay-Straight Alliances (GSA) in schools. GSAs are student-run and teacher-supported groups with the goal of creating a welcoming and safe space for students of diverse genders, sexual orientations, and their allies. Methods. Research data will be collected to examine the impact GSAs have had on students' sense of safety, well-being, self-identity, and empowerment. In this forum, discussion questions will be provided. Participants will engage in focused conversations in small group settings exploring themes gathered from student experiences on topics and issues. Results. Findings from the study will be explored in a discussion format to help better inform practices for school policies. Conclusions. Information and insight shared in our discussions will further inform the qualitative aspects of the research study. Actions/Impact. Lesbian, gay, bisexual, transgender, queer (LGBTQ+) students face difficulties related to their identity. A significant amount of LGBTQ+ experience bullying and report suicidal ideation. Since legislation regarding the establishment of GSAs has been recently compromised, understanding the implications of GSAs on students' well-being will be identified. Recommendations based on the findings will inform school districts and government.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54633 - Conversation Session / Discussion Forum

Gimme-5

Indian Residential School and separation of the 2nd generation from their biological parents

Presenting Author: Schwartz, Flint D.
Additional Authors: Bombay, Amy

Abstract: Generations of the Indigenous population has been directly or indirectly exposed to the Indian Residential School (IRS). Indigenous children were forcibly removed from their families and communities, severing cultural and identity ties. First Nations children are over-represented in not living with their biological parents. However, there is limited research on parental institutionalisation through the IRS and offspring separation. This study investigated associations between parental IRS attendance and offspring separation with a representative sample of First Nations youth (age 12 to 17) living on-reserve (N= 4079). We hypothesised that having a parent who attended IRS would increase the risk of not living with at least 1 biological parent. Using logistic regression, we found that parental IRS attendance significantly predicted youth not living with at least one biological parent, controlling for age and gender. A quarter (24.5%) of youth whose parents attended IRS did not live with their parents, almost double that of youth whose parents did not attend (13.4%) and over 17 times higher than the Canadian population (1.4%). A cycle of Indigenous family separations continue with implications for a significant proportion of the population. Knowledge of the history and consequences of the IRS on parents and their children may inform child welfare policy decision-making.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 55283 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Printed Poster

Comorbidity of conduct problems, depressive symptoms and behavioral addictions: A systematic review

Presenting Author: Richard, Jeremie
Additional Authors: Fletcher, Emilie; Derevensky, Jeffrey ; Temcheff, Caroline

Abstract: Behavioral addictions (BAs) such as gambling and gaming disorder are significant public health issues that are of increasing importance to policy makers and health care providers. BAs have been identified as being comorbid with a range of externalizing and internalizing problems. However, the consistency of these findings, in addition to the temporal sequencing and differences in comorbid symptomatology between both BAs remains unclear. As such, the purpose of this systematic review is to assess the association and temporal sequencing between BAs (gambling disorder, gaming disorder), depressive symptoms (DS) and conduct problems (CP) among adolescents and young adults. The authors searched five data-bases and identified a total of 72 eligible studies. Results indicate that problem gambling and gaming are consistently associated with CP and DS among adolescents and young adults. Research investigating the temporal sequencing of these problems indicates that both CP and DS are antecedents to gambling disorder, with a stronger relationship being present for CP. Although less research is available regarding gaming disorder, results are similar to what has been found for gambling disorder. These associations suggest that BAs, CP and DS are frequently comorbid, with the potential of sharing common risk factors best targeted through early prevention and psychosocial interventions.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 52763 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Bias in the Legal System: How Race and Confessions Impact a Verdict

Presenting Author: Lainchbury, Keeley B
Additional Authors: Udala, Megan R

Abstract: Research focusing on factors that influence judicial outcomes is critical in ensuring that those accused of a crime are treated fairly in the Canadian criminal justice system. Racial discrimination against Indigenous peoples in Canada is a growing issue that has affected Indigenous incarceration rates. Further, admission of a confession during courtroom proceedings influences ratings of guilt by jury members. This research explored the relationship between offender race, confession evidence, and verdicts rendered with both undergraduate university students (n = 300) and community members (n = 300). Thus far, the university sample has been analyzed, with an analysis of the community sample beginning in early 2020. With university participants, they identified when a confession appeared coerced, evidenced by lower ratings of guilt than for voluntary confessions. When presented with a case where a coerced confession occurred, participants were less confident in guilt ratings. Further, results indicated that White offenders received higher ratings of guilt than Indigenous offenders for the same crime. Overall, this study provides evidence that racial bias does exist within the Candian judicial system as well as a persisting ambiguity about false confessions. Results can inform legal proceedings to ensure fair trials for those accused.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53125 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Generational differences in solutions for societal problems: The role of religiosity and education

Presenting Author: An, Daniel
Additional Authors: Ferrari, Michel

Abstract: School and religion's role on morality is mixed. Schools can help develop students' cognitive capacity for higher levels of moral reasoning, but this might not apply for most older adults who are not in schools. Many studies examining the relationship between religion and morality were completed by college students. Highly religious individuals in the older generations might differ in moral reasoning than their younger counterparts. In the present study, emerging and older adults were asked to report their highest level of education and complete a religiosity scale. They were also asked how they would resolve various societal problems, and the transcripts from these interviews were analyzed based on their themes and levels of elaboration. We analyzed 53 transcripts and found emerging and older adults described common themes such as education and the use of a judiciary system. Nevertheless, older adults slightly elaborated more on their solutions than emerging adults. After we analyze all of the transcripts, we would be able to examine convergent and divergent themes between the older and younger generations across different religious groups. We would also be able to investigate if education and religiosity can predict moral reasoning differently for older and emerging adults. This could potentially explain the reasons for generational disagreement for societal issues.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53531 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Recidivism rates among female violent offenders: a meta-analysis.

Presenting Author: Stefanov, Georgi
Additional Authors: Cortoni, Franca

Abstract: The case management and treatment of offenders are based on accurate recidivism risk assessment. The efficacy and precision of this measure rely fundamentally on established base rates for recidivism in the population that is assessed. Therefore, correctional work with female violent offenders (FVO) can benefit greatly once base rates for recidivism are established. Whereas recidivism rates have been studied by means of meta-analysis among female sexual offenders, the current state of the literature does not provide a systematic study on recidivism rates among FVO. The objective of this study is to establish general, violent and sexual recidivism rates among FVO using a meta-analytical method. This methodological approach allows a more accurate portrayal of recidivism in this population by reducing the biases presented by different jurisdictions. Using predetermined selection criteria, data collection is carried out by investigating official sources, correctional services websites and scientific literature. As scientific literature from the main criminological databases has provided few pertinent articles (n=6), we are currently collecting data on FVO recidivism rates from correctional services and government websites. Establishing these base rates can help improve risk assessment, case management, treatment and services for FVO.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 53550 - Printed Poster

Cannabis-Alcohol Substitution in Young Adults: Motives and the Impact of Legalization.

Presenting Author: Rootman, Joseph
Additional Authors: St. Pierre, Michelle; Daniels, Sarah; Walsh, Zachary

Abstract: Background: Research has demonstrated a substitution effect whereby increased cannabis use is associated with decreased alcohol use. The present study compares substitution rates and motives before and after the 2018 legalization of adult cannabis use.Methods: Participants were 1241 (66.3% female, M age = 19.7, SD = 1.7) undergraduate students surveyed online prior to (n = 522) and following (n = 719) legalization.Results: Intentionally substituting cannabis for alcohol was reported by 22.9% of the full sample. Rates remained equivalent before and after legalization ($\chi2(2) = 2.08$, $p > .10$). Intention to drive a car was a less frequently endorsed substitution motive following legalization (pre: 29.2%, post: 17.5%; $\chi2(2) = 5.47$, $p = .02$). Motives related to preferred feeling (76.1%), hangover avoidance (68.7%), safety (50%), perceived fun (49.8%), and control (45.6%) were equivalent before and after legalization ($\chi2(2) < 3.63$, $p > 0.05$).Conclusions: Cannabis-alcohol substitution was endorsed by almost a quarter of students. Both harm reduction and preferred subjective effects were prominent drivers of substitution in this population.Action/Impact: Future research should examine cannabis' impact on the

downstream harms of alcohol use. An enriched understanding of substitution may help to determine the optimal balance of cannabis and alcohol use to minimize substance use harms.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 53619 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Alcohol & sexual coercion: comparing men & women

Presenting Author: Bonneville, Véronique
Additional Authors: LeBlanc, Camille

Abstract: Studies have determined that alcohol can increase the risk of sexual coercion through the implication of various cognitive factors, such as alcohol-related expectancies and rape-supportive cognitions. However, most of these studies have focused solely on male perpetrators. The goal of the present study was to compare male non-perpetrators, male perpetrators, female non-perpetrators and female perpetrators on different alcohol related variables. Participants (n = 992) completed an online questionnaire that evaluated different aspects related to 1) coercive sexual behaviors, 2) alcohol consumption (frequency, quantity, before sex), 3) alcohol-related expectancies, and 4) alcohol-related rape myths. Analyses of variance showed significant group differences on all variables (p

Section: Clinical Psychology / Psychologie clinique
Session ID: 53897 - Printed Poster

Characteristics and Risk Factors that Impact Outcomes of Canadian Forensic Mental Health Patients

Presenting Author: Pankratz, Lily M
Additional Authors: Hill, David

Abstract: In Canada, individuals who are found Not Criminally Responsible on account of Mental Disorder (NCR) or Unfit to Stand Trial (Unfit) come under the jurisdiction of a provincial Criminal Code Review Board (RB) after the court makes a verdict. This study included 117 accused persons found NCR (70%) or Unfit (30%) in Manitoba from 2000 to 2015. Our primary objective was to examine characteristics and risk factors that are associated with different legal outcomes under the RB, such as absolute or conditional discharge (NCR patients) and restoration of fitness to stand trial or stay of proceedings (Unfit patients). We reviewed RB files and hospital records for all participants. We investigated several factors, including gender, age, ethnicity, severity or type of index offence, and risk factors for violence from the HCR-20. Initial analyses indicated that problems with insight, active symptoms of mental illness, and responsiveness to treatment were less likely to be present for individuals who receive an absolute discharge from the RB. In addition, First Nations' patients and accused persons with an index sexual offence rarely received an absolute discharge from the RB (less than 10% of the time). We will discuss the implications of these results for mental health professionals, provincial RBs, and criminal justice systems in Canada.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54117 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Impact of Cannabis Legalization in Canada on Adolescents' Perceptions: A Mixed-Methods Study

Presenting Author: Copeland, Clerissa
Additional Authors: Robinson, Jill; Sanchez, Tatiana; Krank, Marvin

Abstract: Research has not reached a clear conclusion on how recreational cannabis legalization impacts adolescents' perceptions of the substance. Such research is important due to adolescents' vulnerability to the negative effects of cannabis. We sought to examine whether the nationwide legalization of recreational cannabis in Canada impacted youth opinions of legalization. Surveys were administered to 381 Grade 8 students pre-legalization and 413 Grade 8 students post-legalization. Participants answered an open-ended question regarding their opinion on cannabis legalization and completed a ranking of whether legalization of cannabis was very good or very bad on a scale from 1 to 4. Both thematic analysis of responses to the qualitative question and analysis of ratings revealed that youth primarily hold negative views towards cannabis legalization. There was no significant difference in theme frequencies or ratings when comparing responses prior to and following legalization. This suggests that legalization of recreational cannabis use nationwide in Canada may have had little short-term effect on youth perceptions of cannabis legalization. It may be that perceptions and attitudes of cannabis drive policy change, as opposed to policy changes influencing perceptions. However, it is possible that recreational legalization nationwide may still have long-term effects on youth perceptions.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 54400 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Canadian Clinical Psychologists on Preventative Treatments for Minor-Attracted People

Presenting Author: Chamandy, Caroline D

Abstract: Pedophilia, a type of paraphilia, is the sexual attraction to prepubescent children, by a woman or a man that differs from the norm in terms of sexual arousal and gratification (Berlin & Meinecke, 1981). This study aimed to advance our understanding of clinicians' experiences regarding minor-attracted people (MAPs) and their opinions on prevention programs for this population. Previous studies have focused on the efficacy of treatment programs on sex-offenders after having committed a sexual offense against a minor. Confidential psychological services outside of the criminal justice system could potentially protect more minors. This research aims to ensure the fundamental human rights of MAPs which are not currently guaranteed. An online anonymous survey was employed to assess Canadian clinicians' opinions on their bias training and their understanding of mandatory reporting laws. We hypothesized clinicians would express the need for revised and clarified mandatory reporting laws. If permitted this research will contribute a voice to what clinicians require to provide preventative treatment minor-attracted populations in hopes to more adequately prevent minors from potential instances of sex abuse and inform public policy. Results are pending.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54518 - Printed Poster

Systemic Challenges: Informal Caregivers of New Brunswick's Older Adults

Presenting Author: Godin, Valérie E
Additional Authors: Lafrance, Michelle ; Gouliquer, Lynne

Abstract: As mortality and fertility rates have been decreasing throughout the past decades, Canada is experiencing a significant increase of adults living longer and New Brunswick has the highest proportion of older adults in the country. Most older adults wish to age-in-place, meaning that they want to age in their homes rather than in institutionalised settings. Because there is a lack of formal support for older adults to age-in-place, family and friends are often solicited to provide care for their loved ones. This informal caregiver role entails time, physical, psychological, and financial constraints. As a result, many experience "caregiver burden," as they try to negotiate this challenging role. In the present study, we explore the accounts of 11 informal caregivers of older adults aging-in-place in New Brunswick, with a view to better understand the systemic challenges they face. Semi-structured interviews were conducted with each participant about their experiences of caregiving, the challenges they face, and their recommendations for change. In this ongoing Psycho-Social Ethnography of the Commonplace methodological study, information navigation emerges as a key complication, whereby participants describe various ways in which the health care system adds to their caregiver burden. Recommendations for potential changes will be presented.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 54595 - Printed Poster

Informing sexual violence interventions: Political ideology uniquely predicts rape myth acceptance

Presenting Author: Anderson, Nicole J
Additional Authors: Thiessen , Brittany

Abstract: Research indicates that higher rape myth acceptance (RMA) reduces the likelihood that bystanders will intervene in sexual assault scenarios (McMahon, 2010). Thus, it is important to investigate predictors of RMA so that education can target these factors to increase effectiveness of sexual violence intervention. McMahon (2010) found that males generally had higher RMA than women. Moreover, Barnett and Hilz (2018) found that conservative social and economic political ideology was significantly associated with RMA in a sample of university students. The purpose of this study was to examine if sex difference in RMA is moderated by political beliefs. Therefore, a 2 (self-reported sex: male and female) X 2 (political beliefs: liberal and conservative) between-subjects ANOVA was conducted to examine RMA with adult participants (N = 238). Results revealed a significant interaction between gender and political ideology on RMA, $F(1, 247) = 3.88$, $p = .05$. Males had significantly higher scores on RMA than females, but the sex difference was greater for conservative participants having even higher RMA score in comparison to liberal. Post-hoc analyses revealed the significant difference between males and females was stronger for conservatives than it was for liberals (see Figure 1). Figure 1. Differences in Rape Myth Acceptance by Self-Reported Sex and Political IdeologyNote. * $p < .001$.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 55030 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Impact of Gender and Gender-Typed Behaviour on Legal Judgments

Presenting Author: Roberts, Araby
Additional Authors: Boyce, Melissa

Abstract: Due to pervasive gender norms that stereotype mothers as more responsible for childcare than fathers (Carney, 2004; Crawford & Bradley, 2016), literature on child maltreatment focuses heavily on the role of mothers over fathers. Gender role violations have negative consequences for both males and females (Sirin, McCreary, & Mahalik, 2004), yet mothers are assigned significantly greater blame for failures in a child's physical caretaking than fathers (Dolan, 2002). The present study examines the impact of defendant gender and gender-typed behaviour on mock juror judgments. Participants were exposed to one of four conditions: a female or male parent who conformed to or transgressed either female- or male-typed behaviour in a case of child neglect. All participants read a fictional case file describing four children who had experienced parental neglect. Participants completed a questionnaire assessing their perceptions of the case. Analyses showed that mock jurors perceived stereotype-transgressing mothers as significantly more blameworthy than all other conditions. These findings will expand the body of research that currently minimizes fathers' roles in child mistreatment, while exploring the impact of persistent gender stereotypes on jury verdicts on both the parent being penalized and the child who is the subject of intervention.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 55160 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Child Abuse Moderatest the Relationship Between Anxiety and Cannabis Abuse, but Not Alcohol Abuse

Presenting Author: Kojok, Lara
Additional Authors: Deschênes, Sonya

Abstract: Anxiety has been linked to higher rates of substance abuse. Similarly, adverse childhood experiences (ACEs) are associated with significantly higher rates of substance abuse. Moreover, recent studies have found strong associations between anxiety, ACEs and substance abuse. However, to our knowledge, no study has examined the potential moderating role of ACEs on the relationship between anxiety, alcohol and cannabis abuse specifically. Thus, our objectives were: (1) to evaluate whether ACEs moderate the association between generalized anxiety disorder (GAD) and alcohol abuse and (2) to evaluate whether ACEs moderate the association between GAD and cannabis abuse. We used data from the Canadian Community Health Survey – Mental Health (2012). Our sample included 22 257 adults aged 20 years or older. We conducted regression analyses to evaluate the relationship between ACEs, GAD and each substance abuse, controlling for selected sociodemographic variables. We found that GAD predicted greater alcohol and cannabis abuse. ACEs moderated the relationship between GAD and cannabis abuse, whereby it increased the effects of anxiety on cannabis abuse. However, it did not for alcohol abuse. Thus, it would be important to assess for ACEs among people with anxiety, as this subgroup seems to be potentially at higher risk of substance abuse, like that of cannabis.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 55304 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Symposium

How does psychosocial research influence public policy in preventing cervical cancer?

Moderator: Rosberger, Zeev

Abstract: The Human Papillomavirus (HPV) is the known cause of cervical cancer. Highly effective vaccines and a more sensitive HPV DNA screening test have been developed recently. While provinces have implemented free, school-based HPV vaccine programs for children since 2007, overall uptake remains below targets to support adequate herd immunity. Primary HPV testing programs for women have yet to be implemented and currently low opportunistic testing levels reflect cost and access issues.Our team has carried out a number of studies exploring the psychological and social factors influencing decision-making of Canadian parents to accept the HPV vaccine for their young children. We have also explored similar factors in the decision-making process of Canadian women and healthcare providers regarding the challenge of implementing HPV testing as a primary screening tool instead of traditional Pap testing. In both cases, we have adopted theoretical models (e.g., Health Belief Model and Precaution Adoption Process Model, etc.) to guide our research methodology. Using our data, we have also participated in many advocacy efforts to influence public policy with significant success. In this symposium, we will review our major findings to date, current research challenges, and efforts to engage and influence stakeholders to improve uptake of Canadian women's cervical cancer prevention behaviours.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54691 - Symposium

Measuring Change in Knowledge and Attitudes in Human Papillomavirus (HPV) Vaccine Decision-Making

Presenting Author: Perez, Samara
Additional Authors: Rosberger, Zeev

Abstract: Guided by well-known health behaviour change theories and the literature, our objective was to 1) extend and validate an HPV knowledge scale and; 2) to develop a reliable and valid parent's vaccination attitudes and beliefs scale. Methods: Using a national representative sample of eligible Canadian parents, we included items from published scales and the literature, and used EFA with varimax rotation to investigate dimensionality (Eigenvalue, 1 factor % common variance) and CFA to investigate model fit on 4 criteria e.g., $\chi 2$, CFI, CD, RMSEA at both time points. Results: The 25-item HPV general knowledge and 11-item HPV vaccination knowledge scales were unidimensional, showed high internal consistency and had good model fit. The 46-item HPV Attitudes and Behaviour Scale (HABS) contained 9 factors: Benefits (10 Items), Threat (3 items), Influence (8 items), Harms (6 items), Risk (3 items), Affordability (3 items), Communication (5 items), Accessibility (4 items), and General Vaccination, Attitudes (4 items). Model fit parameters at time two were acceptable: $\chi 2/df$ = 3.13, standardized RMSEA=0.056, RMSEA= 0.039, CFI=0.962 and Tucker-Lewis index = 0.957. Cronbach's alphas were greater than 0.8 and intraclass correlations of factors were greater than 0.7. Conclusion: The extended general and vaccine-specific knowledge scales and the HABS, are valid, reliable and comprehensive tools.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 55091 - Paper within a symposium

Untangling Psychosocial Predictors of Human Papillomavirus (HPV) Vaccine Decision-Making in Parents

Presenting Author: Perez, Samara
Additional Authors: Tatar, Ovidiu; Rosberger, Zeev

Abstract: Our objective was to assess the relationship between key psychosocial factors and parents of boys' HPV vaccine decision-making stage.Methods: Data were collected from a nationally representative sample of Canadian parents of boys at T1 and T2. We assessed 12 socio-demographics (e.g., parent's and son's age), 4 health behaviours (e.g., having received other childhood vaccines), HPV and HPV vaccine knowledge (2), and 9 attitudes/beliefs from the HABS. Our outcome variable was parents' stage according to the Precaution Adoption Process Model (PAPM), which theorizes that people commence health behaviours as a series of distinct, categorical stages. Multinomial logistic regression was used to test the association between predictors and PAPM stage at T1 and T2. Results: Discussion with a health care provider (ORT1=40.04; ORT2=30.59), increased perception of risks (ORT1=2.47; ORT2=1.30), increased perception that others endorse HPV vaccination (ORT1=2.30; ORT2=2.09) were associated with being in the decided to vaccinate stage. Perceived harms increased (ORT1=3.48; ORT2=0.52), and perceived benefits of HPV vaccination (ORT1=1.77; ORT2=0.49) decreased the odds of deciding not to vaccinate.Conclusion: Targeted interventions to influence parents' stage e.g., social norms, knowledge and beliefs about benefits or risks should facilitate parents' decision-making and improve vaccine uptake.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 55095 - Paper within a symposium

Integrative Synthesis of Psychosocial Factors that Impact Human Papillomavirus Test Acceptability

Presenting Author: Tatar, Ovidiu
Additional Authors: Perez, Samara; Shapiro, Gilla

Abstract: Recommendations for primary cervical cancer screening are changing worldwide to include HPV testing, as it is more sensitive than Pap testing in detecting precancerous cervical lesions. Moreover, HPV testing permits a shift from the long-standing practice of one to three-year interval Pap testing to five-year screening intervals. As uptake is currently low, significant changes in women's screening behaviors and health care providers' (HCPs) delivery of HPV testing will contribute significantly to cervical cancer prevention.We used rigorous review methodologies to include journal articles from six major databases. We used the Health Belief Model and Theory of Planned Behavior to synthesize psychosocial factors in women (review 1) and the Patient Pathway framework in HCPs (review 2). Results were integrated to provide a multi-perspective overview of psychosocial factors influencing HPV test acceptability. For knowledge, attitudes and beliefs, subjective norms, emotional-behavioral control, health behaviors, healthcare system, and personal determinants, we provide barriers (e.g., increased screening intervals) and facilitators (e.g., HCP recommendations). By integrating the two distinct perspectives of

women and HCPs, we make recommendations for timely, targeted interventions that will improve HPV testing uptake by Canadian women and reduce cervical cancer incidence and morbidity.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 55105 - Paper within a symposium

THEME: PROFESSIONAL AND TRAINING ISSUES / THÈME : QUESTIONS PROFESSIONNELLES ET QUESTIONS RELATIVES À LA FORMATION

Examining issues related to our discipline as a profession including accreditation, ethics, funding, training

Examiner les questions relatives à notre discipline en tant que profession, y compris l'agrément, l'éthique, le financement, la formation

12-Minute Talk

"The Holon Family": Theatre-Therapy in the Round for Undergraduate Psychology Training

Presenting Author: Browne, Dillon T
Additional Authors: Houston, Andrew

Abstract: Rationale: There is limited exposure to clinical practice for psychology undergraduates. This is problematic, as many choose psychology due to interest in the helping professions. However, only a small number pursue careers in clinical psychology. Additionally, there is very little opportunity for undergraduates to learn about family therapy. Methods: An innovative training opportunity will be showcased, whereby student actors from a drama department created a family (with the fictitious last name "Holon"). Results: Using only improv acting techniques, the family underwent a successful course of therapy (one hour per week) in front of a psychology class on family trauma. Observations, discussions and assignments surrounding the clinical work provided a major component for student evaluations. Conclusions: This pilot project demonstrates feasibility of a new course model. A qualitative evaluation is underway in order to strengthen the pedagogical value. Preliminary results suggest very high levels of student satisfaction, interest and learning. Impact: Presently, it appears that "theatre-therapy in the round" with student actors is a viable way to demonstrate clinical work with families, while covering material on theoretical models that are critical in the helping professions. This course will be expanded and developed during future semesters.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 54132 - 12-Minute Talk

Where Are the Research Experts? : Assessing the Quality of Clinical Practice Guidelines in Quebec.

Presenting Author: Ciquier, Gabrielle C
Additional Authors: Hébert, Catherine; Azzi, Michelle; Reyes, Andrea; Stamoulos , Constantina

Abstract: Background/rationale: The development and implementation of clinical practice guidelines (CPGs) has flourished over the past two decades. Unfortunately, studies have found that the quality of CPGs is highly variable. Since the quality of many CPGs is poor due to little rigour in their development, we hypothesized this may be a reflection of the composition of the CPG development groups, which may be lacking in research expertise. Methods: Two studies were carried out to evaluate the quality of 13 Quebec CPGs using the Appraisal of Guidelines for Research and Evaluation II instrument. A third study examined CPG development committee members at the Order of Psychologists of Quebec, as defined by research productivity. To do so, we analyzed the peer-reviewed publication productivity of committee members using PsycINFO and MEDLINE and retrieved their h-index from Scopus and Web of Knowledge. Results: Most of the CPGs assessed have major shortcomings, with rigour of development being one of the lowest scoring domains. Furthermore, a clear imbalance was found between clinical and research expertise among CPG development committee members, with only a small percentage

of researchers represented on these committees. Conclusions: Our findings highlight the need for improved methods and group composition for the development of future CPGs. Action/Impact: Bringing science to practice.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54566 - 12-Minute Talk

The Impact of Stepped Care Implementation on Registered Psychologists in Newfoundland and Labrador

Presenting Author: Moores, Lisa
Additional Authors: Button, Pamela

Abstract: Stepped Care (SC), developed in the U.K. and implemented in Australia, has captured the interest of administrators within several Canadian health systems and post-secondary institutions through promises of rapid access and wait-list elimination. Psychologists working within these models, however, have raised concerns about the associated challenges of SC for our field. This session will share the experiences of registered psychologist members of the Association of Psychology Newfoundland and Labrador (APNL), regarding the implementation of an interprofessional SC approach to Mental Health Services in that province. APNL psychologists were invited to a feedback forum and participated in a focus group on SC experiences. Findings were triangulated and extended through an association-wide online survey. Major themes emerging from data analysis included concerns about lack of role clarity, perceived devaluing of psychologists and their reservations, ethical and professional practice concerns, and reported pressures to reduce specialized practice to staff low-intensity programs, among other topics. Despite the professed promise of SC, such concerns are validated by the research literature and can be viewed as common barriers intrinsic to the model that must be acknowledged, anticipated and addressed if successful implementation is to be achieved. We aim to begin this discussion.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55281 - 12-Minute Talk

Conversation Session / Discussion Forum

An Evidence-Based Case Competition in Industrial-Organizational Psychology:Planning a Pilot

Presenting Author: Hotchkiss, Lauren R.
Additional Authors: Jelley , R. Blake

Abstract: The scientist-practitioner model is prominent in the field of industrial-organizational (I-O) psychology. Nevertheless, Briner and Rousseau (2011) argued that I-O practice is not yet strongly evidence-based. A significant gap remains between scholars and practitioners. Jelley and Saksida (2017, 2019) suggested that an evidence-based case competition could help bridge this divide. An evidence-based case competition would challenge early-career I-O psychologists to apply their research skills and substantive knowledge to a contextualized problem. The evidence-based framework for case-based learning would distinguish this competition from others and support the development of scientist-practitioners. This session will be led by the authors who are planning to pilot-test an inter-university case competition for I-O psychology students. Collaboration from students, faculty, and practitioners will help ensure the case competition meets the needs of everyone involved. A series of questions will be used to gain feedback about interest in and hopes for an inter-university case competition. Attendees will also learn from each other's experiences of using case-based learning in an I-O psychology context. They will leave the session with a greater understanding of an evidence-based approach to case-based learning and contribute to the pilot-test of a case competition in a Canadian context.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 52774 - Conversation Session / Discussion Forum

Continuing the Momentum of the 2018 Canadian Counselling Psychology Conference

Presenting Author: Bedi, Robinder P
Additional Authors: Kassan, Anusha

Abstract: This Conversation Session will begin by summarizing the landmark 2018 Canadian Counselling Psychology Conference (CCPC; "Advocating for Ourselves, Advocating for our Community: Canadian Counselling Psychology into the Next Decade and Beyond") and outline initiatives that emerged out of it (e.g., recent publishing of a conference proceedings for select papers, upcoming special issue of the Canadian Journal of Counselling and Psychotherapy). The original planned outcomes of the CCPC will soon be achieved, leaving opportunity for additional progress in new and perhaps unanticipated areas to continue the momentum forward toward advocating for the profession of counselling psychology and the individuals it serves. A conversation at CPA provides an opportunity to reach individuals who did not attend the CCPC thereby broadening the original conversations and involvement. After the brief presentation, in order to stimulate dialogue, we will go around the table and invite each participant to briefly report (a) any involvement they have had with the original CCPC initiatives, if any, and (b) any ideas about how to further propel the work of Canadian counselling psychologists. After this, a brainstorm list of ideas related to any of the original six working group topics of the CCPC will be generated. The six working groups were: student advocacy; education and training; clinical practice and supervision; reaching systems, organizations, and policy makers; advocating for underrepresented groups; responding to the Truth and Reconciliation Commission; and Internationalization. Information obtained will be shared with the CPA Counselling Psychology Section Executive to assist with future Section activities.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53090 - Conversation Session / Discussion Forum

Prescription Privileges for Canadian Psychologists: An Exploration and Discussion.

Presenting Author: Butler, Bryan P
Additional Authors: Brophy, Kyla

Abstract: In the United States, psychologists have been prescribing psychotropics medications since the 1990s. Currently, there are five states in addition to the Department of Defense and the Indian Health Service in which psychologists have secured prescription privileges (also known as RxP). Psychologists pursuing RxP must pass a board exam and undergo post-doctoral training in clinical psychopharmacology. In Canada, to the best of our knowledge, two taskforces have been formed to address RxP, one by the Ontario Psychological Association, and one by the Canadian Psychological Association. However, there are no provinces or territories in which psychologists have been granted RxP. Despite the current state of RxP in Canada, some Canadian psychologists have chosen to pursue post-doctoral degrees in clinical psychopharmacology to facilitate better understanding of the interaction of psychotherapy and pharmacotherapy. This forum aims to open a dialogue concerning the future of RxP in Canada. We aim to gain the perspective of both licensed psychologists, and students in psychology. Topics discussed will include interest in obtaining RxP, barriers to implementation, impact on the profession of psychology, and interprofessional collaboration. This discussion will be facilitated by doctoral psychology students and senior psychologists affiliated with the psychopharmacology section of the CPA.

Section: Psychopharmacology / Psychopharmacologie
Session ID: 53644 - Conversation Session / Discussion Forum

The Need for a Psy.D. in Clinical Psychology with a Focus on Indigenous Knowledge

Presenting Author: Chalmers, Jennifer
Additional Authors: Connors, Ed

Abstract: As articulated in the Canadian Psychological Association and Psychology Foundation of Canada's 2018 response to the Truth and Reconciliation Commission report, there is growing evidence of the need for applied doctoral clinical psychology programing with a focus on Indigenous clients, that provides culturally competent, relevant skills and training in Canada. There is need for curriculum that includes critical perspectives and education on the topic of psychology's role in the marginalization of Indigenous Peoples. Furthermore education that addresses the integration of traditional and culturally informed approaches to healing with and within Western health systems is lacking in much of the clinical training in Canada today. In many respects the Psy.D. credential appears well suited to these applied goals. The objective of this conversation session is to stimulate conversation about the potential nature of this curriculum.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 54199 - Conversation Session / Discussion Forum

Infection Control Practices in School Psychology: Survey and Recommendations for Self Care

Presenting Author: Shaw, Steven R

Abstract: Most work in self-care relates to mental health problems arising from the stressful nature of work in school psychology. Infection control and prevention (ICP) involves behaviours and resources that minimize the spread of infections in public settings. School psychologists are at risk for experiencing infections and for serving as a vector to spread infection. School psychologists spend much of their time close to young children and students with disabilities. Due to poor hygiene, these populations are at high risk for infections. Also, school psychologists often travel from school-to-school and can serve as a vector that transmits infection across multiple school environments. Many school systems and all hospital systems provide information or in-service training in ICP. Although information is helpful, these one-time training events may improve knowledge of ICP, but may not sufficiently change behaviours. For best practices in ICP to be implemented; knowledge, skill development, supervision, and accountability of ICP behaviors require integration into the pre-service training, practice, and culture of school psychology. Effective self-care is most effective when integrated throughout professional training rather than serving as an out-of-context or post-hoc addition. A discussion about training and maintaining ICPs is a productive consideration of how to implement ICPs.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54516 - Conversation Session / Discussion Forum

Developing Indigenous-Informed Curricula for Counselling Students: Findings from a pilot project

Presenting Author: Reeves, Allison

Abstract: Critical issues:Drawing upon the TRC's calls to action on Indigenous health, wellness, and healing (#21-4), counselling education that is culturally-informed, and teaches students social justice issues affecting Indigenous Peoples, must begin at the undergraduate level and continue throughout graduate professional training.Interventions:We will detail a proactive curriculum change undertaken in a Canadian counselling psychology program to re-design our core undergraduate courses to be inclusive of content related to Indigenous cultural resurgence and healing. We will detail the methods that we undertook to modify the curriculum, including community consultation, faculty engagement, and the recruitment of community research assistants to assist in the development of readings, lecture materials, and experiential exercises for students. Findings related to successes and challenges in engaging students in critical exploration of systemic inequities and mental health outcomes for marginalized groups, as well as their own social and political identities, will be outlined. Participant engagement:This conversation session welcomes all participants (especially students!) to discuss topics related to Indigenous-informed curriculum change, personal transformation among counselling students (and faculty), invitations toward authentic allyship, and addressing racism in the classroom.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 54546 - Conversation Session / Discussion Forum

Implementing the "new statistics": What, when, where, why and how?

Presenting Author: O'Hagan, Fergal T.
Additional Authors: Peters, Kevin

Abstract: Training in research methods and statistics is a cornerstone of undergraduate psychology programs. Despite significant advancements in statistical methods and decades of calls for reforms, only modest changes have been observed in statistics instruction at the undergraduate level. Why has progress been so slow? This discussion forum will focus on this issue by assembling interested participants for a focused discussion on the topic of implementing advancements in statistics methods (e.g., effect sizes, CIs, meta-analysis) into the curriculum of undergraduate programs. After a brief introduction, participants will be subdivided into groups. For efficient coverage, different, but not orthogonal questions will be posed to each group. Questions will focus on barriers and facilitators to implementing such changes (e.g., What are challenges in introducing topics such as meta-analysis to undergraduate students?). Groups will reconvene and share their discussion with the larger group, opening up for input from others. Session notes will be taken and distributed to participants post-convention. Participants will also be invited to become involved in an interest group on curriculum development for statistics education in Psychology.

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 54900 - Conversation Session / Discussion Forum

Graduate Student Leadership

Presenting Author: Amos, Janet
Additional Authors: Fernandez, Melissa

Abstract: Background: Psychologists are increasingly asked to take on leadership roles, yet leadership skill development is often overlooked and rarely explicitly included in psychology training programs (McDaniel, 2016). Leadership experience during graduate school can enhance the student experience and be an asset for future professional practice (Kois et al., 2016).Methods: This forum will be led by two graduate students who are the current and past presidents of a student association. Based on our experiences, the present forum will address the need for policies regarding leadership development for students in professional psychology programs.Results: Based on our experience, we identified seven themes that are important to consider when developing student leadership opportunities: clarify goals, secure financial and physical resources, listen to the student body, collaborate with other organizations, consider legacy in leadership, and enjoy the experience. Conclusions: Participating in a student association is an accessible, genuine, and intimate way for graduate students in professional psychology programs to gain leadership experience. Action/Impact: We provide seven recommendations for students and graduate program directors seeking to foster leadership development within their professional psychology programs.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 55197 - Conversation Session / Discussion Forum

Exploring Considerations for Working with African Immigrant Families

Presenting Author: Adekoya, Ibukunoluwa
Additional Authors: Sinacore, Ada L.

Abstract: By 2036, the Canadian population will be made up of 25% immigrants, 4% higher than the current proportion (Morency, Malenfant & MacIsaac, 2017). Families are often involved in migration processes (e.g., family reunification or fleeing crisis together). Therefore, mental health professionals will likely be providing services to more immigrant families in the coming years. Recent African immigrant groups experience the highest rates of unemployment and underemployment, with significant negative consequences on their socio-economic experiences and mental health (Yssaad & Fields, 2018). To provide optimal care, it is imperative for mental health professionals to discuss current and future considerations for working with African immigrant families. Therefore, the current discussion forum will provide an opportunity to share experiences and generate new ideas for practice. Existing recommendations within the body of literature from the Multicultural, Social Justice,

and Feminist theoretical frameworks include knowledge of African immigrant families' challenges, mental-health needs, and resiliencies; cultural awareness of oneself and the family; adaptation of interventions within their cultural frame; and advocacy. During the discussion forum, the facilitator will provide highlights from relevant literature and lead a collaborative brainstorm and discussion of the topic. The practice considerations generated in discussion will be summarized to conclude the forum.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 55253 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Accreditation Update

Presenting Author: Madon, Stuart
Additional Authors: Dobson, Deborah

Abstract: Internship and doctoral programme directors, site visitors, faculty, supervisors, students, and other interested individuals are invited to talk about current issues, developments, needs and concerns regarding training and accreditation of professional psychology programmes. The Registrar and Chair of the Accreditation Panel will provide an update on their key activities this year, and programmes will have the opportunity to raise any issues of interest. This session will also highlight progress toward the 6th Revision of the Accreditation Standards.

Section: Accreditation / Agrément
Session ID: 58329 - Conversation Session / Discussion Forum

Round Table: What is the role of history and theory in therapeutic training?

Presenting Author: Cresswell , James

Abstract: HPP has been working with CPA on meeting a need expressed by Directors of Clinical Training, which is some sort of history/theory course required for those wishing to be registered as psychologists. We are working with current departments that have such history and theory courses in place. Discussing the role of history/theory in psychology has initiated a number of important discussions about history/theory in psychology and training. It is important that stakeholders are part of the conversation. Together with the Counselling and Clinical Psychology Sections of the CPA, we are hosting a round table discussion. This session will involve a 15-minute presentation on the distinctive methods and disciplinary orientation of history/theory. The presentation concludes with an open discussion about the role of the history course in clinical/counselling training.

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 58722 - Conversation Session / Discussion Forum

Gimme-5

Cognitive Trends in Children and Youth with Learning Disabilities

Presenting Author: Purcell , Victoria L
Additional Authors: Makarenko, Erica

Abstract: Specific learning disorders (SLDs) and learning disabilities are neurodevelopmental disorders that have been associated with persistent difficulties in the acquisition of specific academic skills. The Diagnostic Statistical Manual of Mental Disorders, 5th Edition and the Learning Disabilities Association of Canada propose different criteria for the diagnosis of learning concerns, yet both include the consideration of children's cognitive processes. In the current study, we compared the WISC-V trends of children and youth at a university assessment and intervention training clinic. In particular, we examined

children and youth's cognitive abilities and their discrepancies with data from children without cognitive or learning exceptionalities. Overall, client's intellectual profile in general, the General Ability Index, and Processing Speed Index were all distinctly represented as a criterion differentiating between children with or without a SLD(s) or learning disability. More specifically, these areas of cognitive deficiency were more highly correlated with the presence of learning difficulties. This Gimme-5 session will discuss specific cognitive trends related to different academic related concerns. These results have future implications in terms of assisting training and practicing psychologists in interpreting diagnostic criteria related to learning referrals.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 52555 - Gimme-5

Is Treating Intimate Partner Violence using Conjoint Couples Therapy Appropriate?

Presenting Author: Bailey, Darcie-Anne
Additional Authors: Ruddy, Alexandra

Abstract: In Canada, intimate partner violence (IPV) represented 30% of all police-reported violent crime in Canada. IPV has an impact on the well-being of the victim, causing physical injuries as well as difficulties with long-term mental and physical health. Working with couples with IPV is complex. A great deal of clinical judgement and expertise is required when deciding the appropriate treatment approach. Critics of the use of conjoint therapy with couples who experience IPV fear that it can further victimize and lead to worse outcomes for the person experiencing the violence. However, there are situations in which conjoint therapy may be more effective and advantageous. This presentation will discuss literature that reviews these opposing positions and discusses the clinical implications when working with couples who experience IPV. Current literature suggests that conjoint therapy may be an option under certain conditions: when a couple wishes to stay together, when situational violence is involved, and in the absence of considerable risk of harm to the victim. The literature supports the efficacy of such approaches under the appropriate conditions. Given the complexity of this topic, mental health professionals should be well versed in treating couples individually if there is violence or through conjoint-therapy – depending on the context.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54211 - Gimme-5

The Effects of Financial Support on Doctoral Students' Social and Academic Life

Presenting Author: Feizi, Samira
Additional Authors: Elgar, Frank

Abstract: The number of students starting graduate school is increasing every year. Student enrollment in doctoral programs in Canada has increased by 57% from 1998 to 2009. However, attrition rates of doctoral students remain around 50%. The high cost of graduate education is one of the reasons for student drop-out, causes financial stress and negatively affects doctoral students' focus and efficiency in completing their program. Previous research shows that financial aid in the form of teaching assistantship and fellowship have positive effects on doctoral students' retention. In the present study, we used data from the Canadian Graduate and Professional Student Survey (n = 71,360 doctoral students) to investigate the association between different types of financial support on doctoral students' desire to start over their program and their general satisfaction and satisfaction with the program, social life, and being academically productive. Hierarchical multiple regression was conducted, and the results highlight the importance of financial support for doctoral students on their program satisfaction, social wellbeing, and academic productivity. The results also suggest that investments in financial aid should keep pace with increasing educational expenses in order to minimize financial pressure and remove financial barriers to program completion.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54811 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Supervising Self-Compassion: A Qualitative Study

Presenting Author: Vance, Alex

Abstract: Background/rationale: Therapists are at risk of experiencing role-related distress such as burnout and compassion fatigue. Research has shown that self-compassion (SC) has wide-ranging benefits, including protecting therapists from emotional burnout (Beaumont et al., 2016). Additionally, it has been suggested that clinical supervision may be an appropriate forum to promote SC to therapists (Nelson et al., 2018). This project examines whether, and how, clinical supervisors address SC with supervisees experiencing role-related distress.Methods: Thematic Analysis based on interviews with (at present) 6 clinical supervisors.Results: Analysis is songoing but shows that supervisors use both explicit and implicit methods to address SC in supervisees, in particular: modelling compassionate attitudes, self-disclosure, and normalizing distress.Conclusions: While preliminary, analysis has shown that, while some clinical supervisors are ambivalent to aspects of SC, all agree that SC can be an important piece of supervsiees' self-care, particularly for managing acute role-related distress. Participants generally agree that education regarding role-related distress should be forefronted in graduate programs.Action/Impact: Recommendations for graduate programs to address role-related distress; initial framework for clinical supervisors to address SC in supervisees in distress.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54924 - Gimme-5

Where do clinicians gain the knowledge they use in practice?: Bridging the Science-Practice Gap

Presenting Author: Ionita, Gabriela M
Additional Authors: Ciquier, Gabrielle

Abstract: Background/rationale: Although the Scientist-Practitioner or Boulder Model (1994) has become the official training model in the field of psychology, there remains a significant gap between research and clinical practice. This gap was documented as early as 1961 and continues to be considered a major issue within the field of psychology. While researchers argue that empirical studies have minimal impact on clinical practice, practitioners claim that researchers are not interested in naturalistic or 'real-world' therapy and that research has little relevance to them. In order to build a bridge between research and practice, the literature suggests that the communication between practitioners and researchers needs to be improved. To gain a better understanding of the barriers that exist within this communication, we sought to explore the means by which practitioners prefer to acquire the knowledge they apply in their clinical practice (i.e., research journals, workshops, books, etc.). This information will help us better understand how to move empirical knowledge into action.Methods: Data from 1668 registered psychologists across Canada were collected to examine psychologists' preferred modalities for gaining the knowledge they incorporate in their clinical practice. Action/Impact: Implications for moving empirical knowledge into clinical practice will be discussed.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 55032 - Gimme-5

Ways to Incorporate Interprofessional Collaboration in Psychology Graduate Training Programs

Presenting Author: Bailey, Darcie-Anne
Additional Authors: Ruddy, Alexandra; Sagar, Nathalie

Abstract: Interprofessional collaboration is an essential factor in providing quality care when treating individuals with mental health issues. Little research and formal training are provided within Canadian psychology graduate programs regarding collaborative competencies, unlike many other professional programs in Canadian universities such as medicine, or nursing

(Holmqvist, Button, & Heaeth, 2019). The need for further research in this area is highlighted in a recent Canadian Psychological Association summit where the need to have more opportunities for training in inter-professional collaboration in graduate psychology programs was discussed (Canadian Psychological Association, 2017). This presentation amalgamated and adapted recommendations for collaborative competencies framed around Holmqvist, Button, and Health's Interprofessional Education model for Professional Psychology. Further, research was conducted to create a framework of common barriers that exist when providing training in interprofessional collaboration within Canadian psychology programs and recommendations for how to ameliorate them. These specific recommendations will work to ensure the unique needs of Canadian psychology graduate programs are met and that the individuals that we work with are provided with appropriate care.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55117 - Gimme-5

Printed Poster

Ethnic differences in coercive treatment and its influence on help-seeking behaviours among Black psychosis patients

Presenting Author: Knight, Sommer
Additional Authors: Jarvis , Eric

Abstract: Studies in the UK and US shows that Black patients are disproportionately diagnosed with psychosis and are likely to be involuntarily admitted to psychiatric hospitals. Little is known if these findings also hold true in Canada, and how these experiences may have influenced Black patient attitudes towards mental health services.The objectives of the study are: 1) to determine whether Black first episode psychosis (FEP) patients are at a higher risk for coercive treatment than non-Black FEP patients, 2) to examine the experiences of Black FEP patients who have been coercively treated, and 3) how these experiences may have influenced help-seeking behaviours.Retrospective chart review of patients referred to a FEP program from 2015-2018 will be performed. A sample of nine English-speaking male FEP patients, who self-identify as Black, and are still active to follow-up, will be recruited to the study. Semi-structured interviews will be conducted, and participants will be asked a series of open-ended questions. Logistic regression analyses will explore the relationship between ethnicity, diagnosis of psychosis and coercive treatment measures. It is expected that results will show that Black FEP patients are significantly more likely than non-Black FEP patients to be coercively treated. Thematic analysis will be used to analyze qualitative data. Study findings will provide information on attitudes to care for first-episode psychosis and how coercive treatment measures may influence these attitudes. Information from this study can be used to inform policymakers and hospital staff on how to promote patient welfare and patient participation in treatment decisions.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 52851 - Printed Poster

The Process of Providing Therapy to Men who have Experienced Intimate Partner Abuse

Presenting Author: Toews, Kelsi
Additional Authors: Cummings, Jorden

Abstract: Men experience intimate partner abuse (IPA) from female partners at alarming rates but are often reluctant to seek help, despite the deleterious physical and mental health consequences. One commonly cited reason for this reluctance is that men experienced negative responses from service-providers, including disbelief, denial of services, and mocking. Research with service-providers confirms this and shows that while some do hold positive attitudes, many do not. What is missing from this research area is a comprehensive theory explaining how service-providers become willing to provide effective, caring services to men who experience IPA. The purpose of this study is to develop a theory regarding this process, via a grounded theory methodology, a social constructionist epistemology, and a relativist ontology. We conducted interviews over the telephone with service-providers who provide therapy (e.g., psychologists, social workers) to both male and female IPA survivors. Preliminary results show a clear theory depicting how service-providers come to accept, understand, and provide

supportive services to men who experience IPA, which is influenced by personal characteristics and experiences, professional training, and clinical experiences. The full theoretical model is currently under development, and will be completed by April, 2020. This theory provides pertinent information regarding what points in service providers' lives and training are integral to their attitude development and acceptance of men as survivors of IPA. Understanding this process will help us identify and develop strategies (e.g., training program recommendations, sensitivity training protocols) to encourage all service-providers to approach this population in a caring and accepting way.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52859 - Printed Poster

Effectiveness of Experiential Learning to Expand Knowledge of Interprofessional Collaboration Among Behavioural Psychology Students

Presenting Author: Jobin, Marie-Line
Additional Authors: Gauvreau, Jacqueline

Abstract: Despite evidence supporting the benefits of experiential learning, many educational institutions do not regularly emphasize its use in classrooms. For psychology graduates to reliably demonstrate essential employability skills (EES) upon graduation, engagement in experiential learning activities that enhance these skills should be maximized. Collaborative experiential learning may be especially important for psychology students where working as part of interprofessional teams is essential while providing client-centred care. Behavioural psychology students participated in an Interprofessional Collaboration Experiential Learning Event (ICELE) that was hypothesized to enhance their overall knowledge of interprofessional collaboration, development of EES, and confidence as interprofessional team members. The ICELE was facilitated by alumni of the program who shared their real-world experiences of being part of interprofessional teams. The study's overall goal was to determine if student knowledge acquisition of interprofessional collaboration and EES increased following participation in the ICELE and whether students and alumni shared similar opinions about the ICELE's perceived usefulness. Results were analyzed using pre and post knowledge questionnaires. Feedback surveys were also used to determine if the ICELE's perceived usefulness varied between students and alumni. Results suggest that students prefer to learn material via experiential learning methods and that all participants believed that the ICELE was beneficial in increasing students' confidence and ability to work as part of an interprofessional team while developing EES. Engagement in experiential learning activities, specifically relating to interprofessional collaboration, can prepare students with the skills needed to effectively work as interprofessional team members as they enter the workforce.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 53063 - Printed Poster

Program self-care culture is related to trainee self-care behaviours and stress

Presenting Author: Hawkins, Joshua R.
Additional Authors: Harder, Jane A.; MacIsaac, Angela; Maranzan, K. Amanda

Abstract: Background/rationale: Research suggests that graduate programs may play a role in promoting self-care amongst professional psychology trainees. This study examined self-care behaviours in professional psychology trainees; here we report on associations between the graduate program/training environment and trainee self-care behaviour, stress, and well-being. Methods: As part of a larger study, Canadian professional psychology trainees (N = 169) completed measures of perceived program self-care culture, self-care behaviours, stress, and well-being. Results: Trainees reported working an average of 46.2 hours/week (SD=18.05) on graduate training-related activities; hours/week was positively correlated with perceived stress (r=.24, N=144, p

Section: Students in Psychology / Étudiants en psychologie
Session ID: 53557 - Printed Poster

Shifting perspective: A doctoral student's narrative self-study of entering into a supervisory role

Presenting Author: Gendron, Mathew R
Additional Authors: Buchanan, Marla J

Abstract: Background: Despite playing a meaningful role in new counsellors' clinical development, few studies have assessed doctoral students' experiences of becoming clinical supervisors. In this self-study, we explore the complexities of a doctoral student's experience of stepping into a supervisory role.Method: A narrative self-study method, which uses self-reflection and professional consultation to facilitate knowledge construction and skill development, was used for this project. Over an eight-month period, the first author engaged in reflective writing while co-supervising a team of Master's-level counsellor trainees. During this time, he also participated in a doctoral supervision course and received supervision of his own counselling practice. A written narrative, informed by the student's self-reflections and observations from Registered Psychologists overseeing his supervision, was produced and analyzed. Results/Conclusions: The resulting narrative revealed intersecting roles between self-as-supervisor, self-as-student, and self-as-supervisee that mapped onto Bernard's Discrimination Model of supervision. Simultaneously holding these multiple axes of self was found to provide novel opportunities to address parallel processes and facilitate clinical and supervisory development. Action: Structured prompts for reflection are offered to clinicians entering into supervisory roles.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53767 - Printed Poster

Personal Qualities in Admissions for Canadian Counselling and Counselling Psychology Programs

Presenting Author: Gower, Heather K
Additional Authors: Harris, Gregory E.

Abstract: Counsellor personal qualities are widely cited as central to mastery (e.g., Jennings & Skovholt, 1999), including qualities such as warmth, empathy, flexibility, and self-awareness (Halinski, 2009). Considering that some of these qualities may not be teachable (or even taught) during graduate training (e.g., Orlinsky & Ronnestad, 2005; Pope & Klein, 1999), there have been calls to screen for personal qualities during admissions (McCaughan & Hill, 2015). Unfortunately, research on admissions in counselling programs in Canada is virtually nonexistent (Sebok & MacMillan, 2014) and few studies have explored how admissions committees incorporate personal qualities even outside the Canadian context (Hernandez et al., 2010). Thus, we completed a qualitative study exploring how a small subset of Canadian faculty considered and assessed personal qualities during admissions reviews for their counselling and counselling psychology programs. Participants were interviewed to explore the counsellor personal qualities they deemed important as well as how such considerations played into admissions decisions. Thematic analysis showed that participants assessed commonly valued counsellor personal qualities informally, and half indicated the use of interviews for this express purpose. With a focus on best practices and ethics, implications for counsellor education and gatekeeping are explored.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53973 - Printed Poster

Exploring the Embodiment and Practice of the Scientist Role Among Canadian Psychologists

Presenting Author: Gower, Heather K.
Additional Authors: Hudson Breen, Rebecca E.

Abstract: Foundational to professional psychology, the scientist-practitioner (S-P) model implores psychologists to embody both researcher and clinician roles and prescribes equal education in both areas. Dual S-P training encourages a scientific

approach to practice (Myers, 2007), strengthening clinical work with the best available research evidence (Lee & Hunsley, 2015). However, troubling research shows low use of research-based treatments (Bieschke, Fouad, Collins, & Halonen, 2004) and inadequate training in research and science (Kison, Moorer, & Villarosa, 2015). Considering the persistent presence of pseudoscience in the mental health field (Meichenbaum & Lilienfeld, 2018), the extent to which psychologists are scientifically literate and research-informed impacts responsible client care (Holmes et al., 2018). Despite the rationale and codified ethical imperatives for science-based practice, there appears to be no research on the embodiment of the scientist role among Canadian psychologists, a gap this research intends to fill. This mixed methods research will employ initial surveys followed by explanatory interviews to generate data about the robustness of scientific practice and professional integrity in psychology. Results will have implications for clients, training programs, regulatory bodies, health care systems, and the public at large.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53977 - Printed Poster

Assessing the Quality of Clinical Practice Guidelines in Quebec: We Can Do Better.

Presenting Author: Ciquier, Gabrielle C
Additional Authors: Azzi, Michelle C; Watkins-Martin, Kia; Drapeau, Martin

Abstract: Background/rationale: Clinical practice guidelines (CPGs) have become a common feature in the health and social care fields, as they promote evidence-based practice and aim to improve quality of care and patient outcome. However, the benefits of the recommendations issued by CPGs are only as good as the quality of the CPGs themselves. Indeed, rigorous development and strategies for reporting are significant precursors to the successful implementation of the recommendations. Unfortunately, research has demonstrated that there is much variability in their level of quality and the quality of many CPGs has yet to be examined. The aim of this study was to assess the quality of seven CPGs from four Quebec professional regulatory bodies. Methods: The seven CPGs were assessed by four trained appraisers using the Appraisal of Guidelines for Research and Evaluation II instrument. Results: While some quality criteria were met, most were not, denoting that these CPGs are of sub-optimal quality. Conclusions: Our findings highlight that there is still a lot to be done in order to improve the rigour and transparency with which scientific evidence is assessed and applied when developing CPGs. Impacts regarding the implementation of these CPGs are discussed in light of their use in clinical practice. Action/Impact: Our recommendation is that future CPGs be developed more systematically.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54136 - Printed Poster

Transdiagnostic cognitive-behavioural group therapy for anxiety disorders : Therapists' experience

Presenting Author: Roberge, Pasquale
Additional Authors: Provencher, Martin D.; Séguin-Durand , Camilla; Demers, Rosy ; Bergeron, Marie-Ève; Norton, Peter J.

Abstract: Background Although cognitive behaviour therapy (CBT) is the most consistently efficacious psychological treatment for anxiety disorders, only a minority of anxiety disorder sufferers receive CBT. Transdiagnostic group CBT (tCBT) protocols target cognitive and behavioural processes and intervention strategies common to different anxiety disorders and could increase CBT accessibility.Methods A qualitative study was embedded in a tCBT pragmatic clinical trial (Roberge & Provencher; CIHR, 2015-2021). To document therapists' experience and to identify possible improvements for training and tCBT delivery, semi-structured interviews were conducted with 17 of the 21 psychologists or psychotherapists who facilitated trial groups.Results Therapists identified patient characteristics influencing tCBT adherence and group dynamics (e.g., type of anxiety disorder and severity, personality traits). They revealed different challenges encountered (e.g. exposure in a heterogeneous group) and intervention strengths such as co-facilitation, and proposed strategies to increase therapeutic integrity (e.g. enhanced training program to support capacity building).Conclusions This study identified strategies to improve tCBT delivery to enhance patient outcomes and therapist experience.Impact Results will contribute to the large-scale dissemination of tCBT in primary care to promote CBT accessibility.

The Gap Between Knowledge and Practice of Self-Care in Professional Psychology Students

Presenting Author: Mooney , Kelsey D
Additional Authors: Campoli, Jessica

Abstract: Self-care is an ethical and professional necessity for psychologists that can mitigate the negative effects of stress on health and professional functioning. Students in professional psychology training programs are at a high risk for stress, burnout, and related health concerns. Despite the clinical, ethical, and personal importance of self-care, trainees report several barriers to self-care and struggle to use it effectively. Conceptually, researchers have labelled this as a gap between knowledge and action; however, this gap has not been assessed empirically. We sought to examine this potential gap by looking at the relation between self-care knowledge and utilization. A sample of 223 psychology students completed self-report measures of self-care knowledge, utilization, and graduate school climate. We also conducted interviews to unpack the process of translating knowledge to action, from the perspective of trainees. There was only a small relation between knowledge and action, suggesting a potential gap. Preliminary results suggest that the graduate school culture and a lack of modelling by program faculty may be playing a role in the gap between knowledge and action for professional psychology students. The results aim to inform the development of more effective self-care interventions within training programs as this is when professional identities first emerge.

Relationships between self-care, stress, and well-being amongst professional psychology trainees

Presenting Author: Hawkins, Joshua R.
Additional Authors: Harder, Jane A.; Maranzan, K. Amanda; MacIsaac, Angela

Abstract: Background/rationale: Graduate study in professional psychology brings with it a number of challenges and associated stressors: from academics to research, clinical training, and financial and personal stress. This study examined self-care behaviours in professional psychology trainees; here we report on trainees' utilization of self-care strategies and their relationship with stress and well-being. Methods: As part of a larger study, Canadian professional psychology trainees (N = 169) completed two self-care inventories along with measures of stress and well-being. Results: Among trainees' most common self-care activities were seeking out activities and people that are comforting, and sharing positive training experiences with colleagues/peers. Compared to Master's trainees, Doctoral trainees engaged in more frequent self-care activities [t(151)=-3.16, p

Not Just for Laughs: Humour Use in Psychotherapy

Presenting Author: Stone, Geoffrey P.
Additional Authors: Gazzola, Nicola

Abstract: Humour can be a valuable tool for psychotherapists, if executed in a respectful manner. Laughter has myriad health benefits, and is associated with reduced depression, increased self-esteem, and lower perceived levels of stress (Eckstein et. al., 2003). It can strengthen the therapeutic alliance and simplify the process of confronting clients on dysfunctional behaviours (Thomas et. al., 2015). However, rigorous empirical study of humour in psychotherapy is scarce, as is clinical training in its use (Franzini, 2001). Ergo, this study queries: What patterns exist in how psychotherapists discuss their clinical

use of humour, and what can be learned from their experiences in terms of utilizing humour as a safe and effective use of self? What are the benefits and perils of using humour in psychotherapy? A semi-structured interview protocol will be used to interview four to twelve psychotherapists in the Ottawa area with a minimum of five years of work experience. Interviews will be audio recorded, and data obtained will be analyzed using Thematic Analysis (Braun & Clarke, 2012). This study will examine the experiences of psychotherapists to determine how they use humour safely and effectively in therapy sessions, with the aim of gaining knowledge to inform clinical training on how best to minimize the potential for harm, and maximize the therapeutic benefits of humour in therapy.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54808 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Le Rôle De L'alliance De Supervision Dans Le Développement Des Compétences En Supervision Clinique.

Presenting Author: Vandette, Marie-Pier
Additional Authors: Gosselin , Julie

Abstract: L'alliance en supervision clinique est un élément essentiel au sein de la relation entre le supervisé et le superviseur. L'objectif de ce projet est de mieux comprendre ce processus lors du développement des compétences dans le cadre de la supervision de la supervision. Ce projet a été réalisé dans une clinique universitaire et tente de mieux comprendre l'expérience vécue par les stagiaires, les internes et les superviseurs quant au rôle de l'alliance de supervision. À cette fin, une entrevue individuelle constituée de questions récupérées et adaptées de deux articles publiés sur ce sujet (Baker, Exum, & Tyler, 2002; Borders, Rainey, Crutchfield, & Martin, 1996) a été complétée vers la fin de l'année d'internat auprès de participants ayant fait partie de triades de supervision de la supervision pendant une période d'environ 6 mois. Au total, 9 internes, dix-huit stagiaires et 9 superviseurs ont participé à l'entrevue individuelle. Chaque entrevue a été soumise à une analyse thématique inductive selon les lignes directrices de Braum et Clarke (2006) et le logiciel NVivo 10 a été utilisé pour l'analyse qualitative. Les résultats indiquent que les stagiaires ont rapporté l'expérience de supervision la plus mitigée en ce qui concerne leur relation de supervision avec l'interne superviseur. D'autres résultats et des implications seront discutés.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54941 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A Pilot Test of the Effectiveness of a Behaviour-Change Training Intervention with Nephrology Nurses

Presenting Author: Bilsbury, Tanya
Additional Authors: Baggley, Dayna Lee

Abstract: This pilot study examined the results of a small-scale training of seven nephrology nurses on two modules of behaviour change skills counselling skills: that is, motivational interviewing and readiness assessment. In order to enhance behavioural effectiveness and help manage the stress healthcare providers may feel when implementing a new patient centred-approach, the greater part of the training (three of five sessions) focused on acceptance and commitment training (ACT) to support healthcare provider change. The study extended over four months, with about one week of pre-training and post-training assessment. The core measure was a daily self-assessment of six behaviour change skills and the barriers that providers encountered to implementing them. These were supplemented by a batch of surveys, given at pre-training, mid-training, and post-training, that assessed psychological flexibility and provider readiness to implement behaviour change counselling skills, and their confidence and consistency in doing so. Visual and quantitative analysis suggested no effect of training, and some reticence on the part of trainees to discuss barriers. Recommendations for future research are discussed, and a training process model that focuses squarely on behaviour change counselling skills, with consideration of ACT training as a potential moderator of training effects, is presented.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55139 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Training interprofessional skills: What matters?

Presenting Author: Drefs, Michelle
Additional Authors: Beran, Tanya ; Donnelly, Emma; Postill, Brittany

Abstract: As interprofessional practice is now an expectation for the 21st century workplace and is recognized as a leading strategy for improving well-being (OECD, 2005; WHO, 1978), it is critical to ensure that students in our institutions of higher education develop teamwork and assertive communication skills for joint decision-making situations they will face upon graduation (Petri, 2010). To date, there is accumulating evidence to support the role of social influences, such as conformity, on group work. Studies support upwards of 50% of university students in professional programs as succumbing to the suggestions of the peer group during various educational activities, such as when answering questions and performing skilled procedures. Given that the disciplines of social work, medicine, education, and school psychology are typically represented in clinical situations concerning children's learning and behavioral difficulties, our interest is primarily in how these four disciplines work together and, specifically, understanding those factors that impact the effectiveness of their interprofessional work. In this regard, we conducted a scoping study to identify factors impacting interprofessional (medicine, psychology, social work) teams during the decision-making process. The results of this study hold implications for curriculum change in the four disciplines represented.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 55247 - Printed Poster

Section Featured Speaker Address

Sometimes David Wins: The Revolution in Healthcare

Presenting Author: Rom-Rymer, Beth N

Abstract: The Prescriptive Authority Movement is gathering momentum globally. Initially discussed by Hawaiian psychologists in 1984, the first governmental entity to have passed Prescriptive Authority legislation was Guam (1998). Then, in 2002, New Mexico passed similar legislation. Louisiana followed in 2004. It took another 10 years before the next state, Illinois, passed prescriptive authority legislation. Iowa (2016) and Idaho (2017) passed their legislation in quick succession. Psychologists in as many as 10 states and 6 countries are now actively pursuing prescriptive authority legislation. The keys to our Illinois success: 1/ strong psychologist leadership 2/marshalling psychologist support from around the state 3/a focused and strategically-sophisticated lobbying group 4/successful fundraising effort 5/ support from stakeholders in the state, including religious institutions, law enforcement agencies, community mental centers, social service agencies, federally qualified health care centers (FQHCs), colleges and universities. While passing the prescriptive authority legislation in Illinois was a vigorous and concerted effort, the implementation of the law has also been a concerted effort. Today, there are 150 Illinois prescribing psychologists in training; by 2040, there is expected to be 1500 prescribing psychologists (doubling the number of Illinois psychiatrists).

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 55290 - Section Featured Speaker Address

[Presented in CPA 2020 Virtual Series]

Symposium

Process, Progress, and Outcome Monitoring in Psychotherapy: The Good, the Bad, and the Ugly

Moderator: Truscott, Derek

Abstract: Psychotherapy remains one of the staples of "Psychology in Action." As a profession we are committed to delivering interventions that are maximally helpful without causing harm. In order to achieve these aims, CPA's Task Force on Outcomes and Progress Monitoring in Psychotherapy (2018) recommended that "all psychology practitioners should routinely obtain outcome data on patients." In this symposium we will (1) outline the rationale for the use of progress monitoring in the delivery of effective therapy, (2) describe the important role of process monitoring, and (3) highlight some important cautions associated with the use of routine outcome monitoring. Attendees can expect to gain knowledge about the appropriate use of process, progress, and outcome monitoring in psychotherapy

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 52968 - Symposium

Progress monitoring in psychotherapy: Why even bother?

Presenting Author: Drapeau, Martin
Additional Authors: Korner, Annett

Abstract: Progress monitoring (PM) involves a repeated assessment of patient or client progress over the course of therapy, typically at every session or every other session. The CPA Taskforce on Outcomes and Progress Monitoring in Psychotherapy recommends routinely implementing progress monitoring in psychotherapy. More specifically, the authors of the Taskforce recommend that all psychotherapy practitioners routinely obtain data on patients they are treating by using valid scales, that clinicians seek out and receive training on how to use PM in their practices, and that they lobby for the use of such measures. The presenter will review the benefits of using PM, as well as the obstacles to its use in routine practice. The limitations of PM will also be presented, as well as resources to support its implementation. There are tremendous benefits in using PM. However, there remains a number of myths about its value, as well as about its limitations. While the use of PM is of great value to clinicians and service users, one difficulty clinicians are often confronted to is finding these measures. Emphasis will therefore be given in this presentation on the different tools that can be used to monitor progress in psychotherapy. The information provided in this presentation will therefore be of use to practitioners, as well as to policy makers.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53178 - Paper within a symposium

Limitations and Challenges of Outcome Monitoring

Presenting Author: MacMurray, Bill

Abstract: Routine outcome monitoring is an important development in psychology. It represents our best efforts to monitor the effectiveness of our clinical work. Many outcome measures have been developed over the last several decades, and some practitioners have come to see routine outcome monitoring as essential to the ethical practice of clinical psychology. However, a 2016 meta-analysis by Kendrick and colleagues found no evidence that the use of such measures resulted in improved client outcomes, and the authors critiqued the validity of several of the 17 studies examined. This presentation will explore the limitations and challenges of outcome monitoring efforts in the field thus far, including potential bias in some studies supporting the use of outcome measures, the difficulty of measuring outcomes in a field with differing ideas about outcome goals, pragmatic implementation concerns, and the balancing act between specificity and broad applicability in creating outcome measures.It is hoped that this presentation will spur further discussion in the field and encourage more appropriate and effective outcome monitoring efforts.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53179 - Paper within a symposium

Turbocharging Psychotherapy: The Many Therapeutic Benefits of Process Monitoring

Presenting Author: Hanson, William

Abstract: To optimize treatment, clinicians should regularly and systematically monitor patients' treatment-related progress and outcomes. Research also supports the use of process monitoring. Process monitoring involves continuous session-by-session assessment of clinically important treatment processes, such as patient-therapist collaboration, therapist empathy, alliance, positive regard, and patient expectations. It tells clinicians, among other things, how therapy is unfolding and whether key therapeutic ingredients are present. In this presentation, I discuss therapeutic benefits of process monitoring, including, for example, empathy magnification, strengthening and accelerated development of the alliance, and increased satisfaction with treatment. I also discuss the use of process and progress monitoring as therapeutic interventions. Although most monitoring systems are intended for therapists only, I use them first-and-foremost for patients themselves. By integrating feedback into treatment, clinicians can turbocharge therapy and further increase its effectiveness, especially when taking a theoretically and empirically based Collaborative/Therapeutic Assessment approach. To conclude, I discuss practical strategies for therapeutically integrating process and progress feedback into treatment.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53180 - Paper within a symposium

Ethics Update 2020: Recent Developments and Emerging Issues

Moderator: Gauthier, Janel

Abstract: The purpose of Ethics Update is to highlight current developments and emerging issues in psychological ethics. The first paper addresses the ethical and clinical challenges associated with changes in access to medical aid in dying following a recent Quebec Superior Court ruling that sections of the federal and Québec laws on medically assisted dying are unconstitutional because they are too restrictive. The second paper highlights ethical issues requiring attention in universities. It reflects on the lack of ethical guidance and support from universities for faculty members, and submits for consideration proposals to create a culture of ethical consciousness and accountability in universities, with a focus on self-regulation through ethics codes or guidelines. The third paper, related to university ethics as well, focuses on the ethics of involving undergraduate trainees in writing an initial draft of their own reference letters. It explores a particular question, namely, whether asking a student to write a draft of such a letter can ever be ethical and if so, how it might be accomplished. The presentation of these papers will be followed by a Q & A period during which the audience will have the opportunity to comment.

Section: Ethics / Déontologie
Session ID: 54671 - Symposium

End-of-Life Care: Current Ethical and Clinical Challenges in Light of Recent Superior Court Judgment

Presenting Author: Grou, Christine

Abstract: On September 11th, 2019, a Quebec Superior Court judge declared unconstitutional the criteria of a "natural death that has become reasonably foreseeable" in the Criminal Code and of "being at the end of life" in the Act Respecting End-of-Life Care. On October 3rd, the federal and provincial governments confirmed that they would not appeal the Superior Court judgment.The Court allowed both governments a six-month suspension of its declaration of invalidity to modify their legislation. The court also granted an exemption to the plaintiffs (Mr. Truchon and Ms. Gladu) to seek medical aid in dying during this period if they satisfy the other requirements. Although the Expert Panel's recommendations on incapacity and medical aid in dying are still awaited, the contribution of psychologists to assess the ability to consent and to assess the

unbearable psychological suffering are, however, essential. Dr. Christine Grou will address the clinical challenges and ethical dilemmas which must be taken into account in light of these recent developments.

Section: *Ethics / Déontologie*
Session ID: 54681 - Paper within a symposium

University Ethics for Faculty: Why Not?

Presenting Author: Richard, Hélène

Abstract: Teaching and research are widely recognized as the basic tasks of university faculty members. Less well known are the many responsibilities that accompany these basic functions (e.g., advising students, serving on committees, updating course content, applying for research grants). All these functions and duties come with ethical challenges. Unlike many other professions, however, faculty members are rarely provided with ethical guidelines. Does it matter? If so, what does it mean for the ethics of education and training in psychology? Recently, following the adoption of legislation requiring universities to have specific sexual violence prevention policies in some provinces, universities have started to develop and implement policies against sexual violence, joining existing policies against harassment and about research integrity. Other issues requiring attention in universities are related to inclusion (i.e., diversity, equality and equity). Should we rely on external legislation and tailor-made policies to address these issues? What about self-regulation through university ethics codes or guidelines? The purpose of this presentation is to examine these questions from a university ombudsman perspective and, as a member of the Canadian Psychological Association, submit for consideration proposals to address them.

Section: *Ethics / Déontologie*
Session ID: 54688 - Paper within a symposium

Ethics of Involving Undergraduate Trainees in Writing a Draft of Their Own Reference Letters

Presenting Author: McMurty, Meghan

Abstract: Undergraduate students are often key members of faculty members' research teams through volunteering or completing research tasks for course credit. The provision of reference letters for these students is an important part of a faculty members' responsibility to support trainee development and advancement. Ethical issues inherent in the writing and submission of reference letters are plentiful, spanning all four principles in the Canadian Code of Ethics for Psychologists (CPA, 2017). In this presentation, I will explore a particular issue: namely, whether asking a student to write an initial draft of their own reference letter can ever be ethical and if so, how it might be accomplished. Explicit reference will be made to the ethical standards and principles of the Canadian Code of Ethics for Psychologists in outlining potential pitfalls, solutions, and benefits.

Section: *Ethics / Déontologie*
Session ID: 54694 - Paper within a symposium

THEME: SERVING COMMUNITIES / THÈME : SERVIR LES COLLECTIVITÉS

Strengthening communities by seeking to understand and address the specific needs of a given community

Renforcer les collectivités en cherchant à comprendre les besoins particuliers d'une collectivité donnée et à y répondre

12-Minute Talk

Engagements with Life: An Exploration of Creative Qualitative Practices with Street-Involved Youth

Presenting Author: Santos Dunn, Nicole L

Abstract: Suicide among street-involved youth is a serious issue in Canada, with as many as 7,000 people aged 13-24 without a place to call home per night. Among this population, 42% have reported at least one attempt at suicide. While previous research in suicidology has focused heavily on the identification of protective and risk factors using quantitative methods, there is a striking need for descriptive narrative research that contextualizes the issue of suicide within the lived experiences of these youth. Given the nature of the topic, suicide research necessitates a theory of justice towards practices that will nourish life. Instead of examining suicide, my emerging program of research will mobilize the concept of livability to understand how youth engage with life in the face of adversity. A participatory action research (PAR) study guided by an arts-informed approach is proposed. While PAR seeks to mobilize community knowledge, the arts-informed framework is rooted in the idea that art offers a new opportunity to deepen our understandings of complex issues. This twelve-minute talk will present preliminary findings from a scoping review of creative qualitative practices as applied to community research. A focus on key concepts, current gaps in research, and the ways these methods may inform research practice, policy making, and generate new ways of understanding are explored.

Section: Community Psychology / Psychologie communautaire
Session ID: 52623 - 12-Minute Talk

Designing and implementing a Problem-Solving Intervention for Caregivers of ABI survivors using a PAR lens

Presenting Author: Lauzon, Andre
Additional Authors: Richardson, Hannah Maria; Burkey , Leona

Abstract: An acquired brain injury (ABI) is damage to the brain that occurs after birth due to traumatic events (such as motor vehicle accidents or falls) or non-traumatic events (such as stroke or encephalitis; Greenwald, Burnett, & Miller, 2003). An ABI does not only affect the lives of the survivors (Rosenfeld et al., 2012), but their family and loved ones as well (Kreutzer et al., 2018). Nonetheless, there exist few interventions for informal caregivers in this population (Boschen et al., 2007).The Problem-Solving Caregiver (PSC) is a telephone based, coach-led, problem solving intervention designed for caregivers of ABI survivors. The intervention aims to reduce caregiver psychological strain and burden by teaching participants how to apply positive problem-solving strategies when addressing situations in their day to day life. The program was developed within a Participatory Action Research (PAR) framework. Caregivers of ABI survivors, and stakeholders, were consulted throughout the development of the program, through surveys, face-to-face interviews, phone calls, focus groups, and email correspondence. Feedback, recommendations, and opinions were gathered throughout the process, and informed each steps of the development (i.e. study detail, content, recruitment, etc.).This talk will elaborate on the development of PSC using a PAR lens, emphasizing the particular benefits and challenges surrounding the use of PAR in this population. Preliminary findings from usability testing will also be presented. The current project is liable to inform research, and the development of future interventions for caregivers of ABI survivors.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 52649 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Evaluating a Pop-up Resource Village: Making Connections with Sense of Place and Perceptions of Safety

Presenting Author: McCunn, Lindsay
Additional Authors: Gagnon, Teneal

Abstract: A non-profit organization called Designing Justice+Designing Spaces led the implementation of a pop-up resource village (PRV) to transform an underutilized urban site into a vibrant community space. One aim of the PRV was to affect public safety through site activation while merging access to education, social services, and retail resources that 'pop-up' in customized mobile units. This case study employed a mixed-methods research approach to examine how community attendees at the first four stages of the PRV's operations, as well as at its formal launch, conceptualized its design in terms of sense of place (SOP), safety, and level of engagement with local businesses and the diverse cultural aspects of West Oakland. Generally, the PRV was understood positively by attendees and community members in the area. Attendees indicated strong place attachment toward the area in which the events were situated, as well as a strong agreement that the PRV enhances relationships in their community, offers residents and visitors a sense of safety, assists local entrepreneurs in growing their businesses, and increases access to social services. Participants also agreed very strongly that a PRV set up regularly in the area would benefit the community of West Oakland. A primary theme of community togetherness came forward in qualitative analyses. Results suggest that those implementing PRVs should work to create or sustain social connection within a community's established culture while supporting local entrepreneurs and artists, engendering a sense of safety, and affording opportunities for education.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 52705 - 12-Minute Talk

Child Maltreatment, Emotion Regulation, and Parenting: The Transmission of Emotion Dysregulation

Presenting Author: Cabecinha-Alati, Sarah
Additional Authors: Langevin, Rachel; Montreuil, Tina

Abstract: Theories of complex trauma suggest that exposure to child maltreatment (CM) is associated with developmental challenges that persist into adulthood. Specifically, adults who have experienced CM report problems with emotion regulation (ER) and difficulties in the parental role, which have been associated with maladaptation in offspring. We conducted a narrative review of theoretical and empirical literature examining CM, ER, and parenting behaviours, with an emphasis on parental emotion socialization. Articles were identified through PsycINFO, SCOPUS and backwards searching. Building upon existing literature, we developed a novel conceptual model that elucidates the mechanisms involved in the intergenerational transmission of emotion dysregulation in parents with a history of CM. Taking into account risk and protective factors identified in the review (e.g., SES, polyvictimization, teen motherhood, social support) our conceptual model identifies direct (e.g., social learning) and indirect (e.g., ER difficulties) mechanisms through which CM contributes to problems with parental emotion socialization and ER difficulties in the next generation. Directions for future research and intervention will be discussed with an emphasis on preventing the continuity of maladaptive parenting by promoting the development of parents' ER skills in a trauma sensitive, resilience focused framework.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 53076 - 12-Minute Talk

Interventions psychologiques centrées sur les jeunes : Une évaluation des besoins pour un conseil scolaire

Presenting Author: Firzly , Najat
Additional Authors: Narvaez Linares, Nicolas F.; Aubry , Tim

Abstract: Mise en contexte. L'efficacité des services psychologiques scolaires reste une préoccupation majeure dans le domaine de la psychologie et de l'éducation (Kratochwill, Feld, & Van Someren, 2017). Les milieux minoritaires y sont particulièrement touchés ; c'est pourquoi le conseil scolaire des écoles fransaskoises (CÉF) a fait appel à une évaluation des besoins. Objectifs. L'objectif de cette évaluation était de cibler des interventions appuyées par les données probantes qui pourraient être intégrées de manière plus uniforme et constante dans le CÉF pour la gestion des difficultés les plus courantes soit l'anxiété (niveau primaire et secondaire) et les difficultés de comportements (niveau primaire). Méthode. Une revue de la littérature selon différents critères définis par les membres du conseil et l'équipe de recherche (p. ex., âges, approche thérapeutique, contenu de l'intervention, implication des parents, niveau de formation requis, langues disponibles, coûts, niveau d'évidence du California Evidence-Based Clearing house for Child Welfare, lignes directrices) a été menée. Résultats. Parmi 14 types interventions analysés selon les critères, les interventions Coping Cat (Kendall & Hedtke, 2006) qui met l'accent sur les symptômes d'anxiété et Incredible Years (Webster-Stratton, 1994) qui met notamment l'accent sur les difficultés de comportements ont été identifiées comme les services psychologiques les plus efficaces pour les besoins du CÉF. Contributions. Des recommandations et un plan d'implémentation de ces programmes ont été fournis aux intervenants et aux dirigeants du CÉF. Ces résultats portent sur des méthodes de collaboration entre des conseils scolaires et les chercheurs afin d'améliorer l'efficacité des services psychologiques.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53083 - 12-Minute Talk

Ethical considerations and the use of harm reduction therapy.

Presenting Author: Chalmers, Jennifer
Additional Authors: Oates, Jacqueline

Abstract: Harm reduction therapies are used more frequently in recent years for substance use, behaviour disorders and specific target groups such as college students and individuals with serious mental health and coocurring disorders. Harm reduction is a term for internventions and support that aim to reduce the problematic, public health risks or challenging behaviours. Effectiveness studies have provided support for harm reduction methods. However, clinical psychologists are faced with ethical considerations with the use of harm reduction methods with clients experiencing serious mental health disorders, including the need for additional assessment and documentation of substance use, despite the reduction in the harm experienced by the individual. A doctoral training program in Vancouver and New Westminster that works with serious mental health clients and homelessness has generated harm reduction therapy guidelines that are based on the CPA code of ethics and the principles of harm reduction therapy- "meet the client where they are." Homeless individuals with substance use disorders have been found to be particularly challenging and costly to public services. Recommendations for further study of ethical challenges with harm reduction therapy and the homeless are discussed to support the expanded use of harm reduction approaches in psychology practice.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53195 - 12-Minute Talk

Recovering with impulsiveness: organizing services for improvement in hope and mental health

Presenting Author: Leclair, Marichelle
Additional Authors: Lemieux, Ashley; Martin, Michael; Latimer, Eric; Crocker, Anne

Abstract: Recovery-oriented services aim to promote hope along with improvement in symptoms. However, certain common traits, such as impulsiveness, may pose additional challenges to recovery and service delivery. This study explores the association between impulsiveness and meaningful improvement on psychiatric symptomatology and on hope and personal confidence among 418 homeless individuals with mental illness, who were recruited for the Montréal site of the At Home/Chez Soi study on homelessness. The reliable change index method was used to provide an estimate of the statistical and clinical significance of the change from baseline to 24-month for psychiatric symptomatology (Colorado Symptom Index) and hope and personal confidence (Recovery Assessment Scale). We tested for the main effect of impulsiveness, assessed with the Barratt Impulsiveness Scale-11, adjusting for confounding variables. Impulsiveness decreases the odds of experiencing clinically meaningful improvement on psychiatric symptomatology (OR = 0.71) and on hope and personal confidence (OR = 0.47). Conducting exploratory analyses to identify intermediate variables between impulsiveness and improvement in hope and psychiatric symptoms will allow to identify intervention targets that may be more amenable to change than impulsiveness and provide insight for service organization.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53465 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Screening approaches for detecting FASD in children, adolescents and adults: A systematic review

Presenting Author: Grubb, Melissa K
Additional Authors: Withers, Abigail; McLachlan, Kaitlyn

Abstract: Background: Fetal alcohol spectrum disorder (FASD) is a prevalent neurodevelopmental disability resulting from prenatal alcohol exposure (PAE). Early identification and tailored interventions are important protective factors for healthy developmental outcomes for these individuals. Challenges detecting the disability frequently result in missed opportunities for support. As such, we conducted a review to evaluate available and emerging FASD screening approaches for children, youth, and adults. Methods: A systematic literature review was pre-registered with PROSPERO and followed the PRISMA guidelines. A grey literature review was also completed to identify tools not captured by the systematic review. Risk of bias and quality of evidence were assessed. Results: 27 studies from the systematic review met criteria, plus 5 from the grey literature. Screening approaches typically fell within the category of neurobehavioural indicators, biomarkers or facial image analysis. Conclusions: While several approaches have been developed to aid in identifying FASD, the evidence towards their validity and feasibility for widespread use remain in the preliminary stages. Impact: Results may inform practitioners of available and developing FASD screening approaches. Further high-quality studies should be undertaken to work towards establishing the reliability and validity of these approaches.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53581 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Improving interactions between the police and people with Autism Spectrum Disorder: Perspectives from the ASD community

Presenting Author: Salerno-Ferraro, Alisha C
Additional Authors: Schuller, Regina

Abstract: Background: Adverse interactions between the people and people with ASD have become well documented in the media, resulting in an increasing concern around policing and disabilities, particularly around police training. We obtained input from Autistic adults on their views regarding the challenges police may face when interacting with people with ASD, as well as their recommendations on how those interactions could be improved. Method: 35 adults with ASD completed a survey regarding their experiences with the police, specifically (1) challenges of interacting with Autistic people, including potentially problematic behaviours and (2) recommendations as to what police need to know about people with Autism, including how police officers should inquire about a suspected disability and what not to do. Results/Conclusion: Responses

were analyzed using thematic analysis (Braun & Clark, 2006). Respondents reported several challenges that police may face in interacting with Autistic people. There were three main themes encompassing these challenges and related recommendations: (1) misinterpreting behaviour (2) communication differences and (3) sensory sensitivities. Respondents also provided recommendations for facilitating identification of someone with ASD, facilitating disclosure and recommendations related to police officer training. Given that this study employed qualitative methods, presentation of results heavily hinges on illustrative examples from respondents, which we are unable to provide in this submission, given the word limit. Results to be presented at CPA will include the qualitative data collected (e.g., illustrative examples of themes, quotes from respondent etc.).Action/Impact: These findings can be used in the development of police training programs or integrated into pre-existing training programs on Autism, contributing the invaluable perspective of the Autism community.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 53590 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Indigenous land-based healing within Cree Communities along the James and Hudson Bay coast.

Presenting Author: Danto, David
Additional Authors: Walsh, Russ

Abstract: Background: A growing body of research indicates that land-based programs have positive effects on mental health within Indigenous communities. In the authors' previous study, data revealed evidence of the benefits of the land in all aspects of health and healing (Danto & Wash, 2017). Furthermore, the land was implicated in bridging diverse spiritual beliefs among community members and facilitated community cohesion. The present study follows up on the authors' earlier study and articulates similarities and differences between land-based interventions within divergent Indigenous communities.Method: The principle investigator will invite several staff members of a land based intervention, all known to each other within the same community, to participate in a conversation regarding the land based intervention with which they are involved. Responses will be audio recorded and transcribed while on site and then analyzed by the authors and the participants to derive a set of key elements and themes.Results/conclusions: The key components and themes as identified and affirmed by community participants will be identified and discussed in relation to the themes discussed in previous studies, and conclusions and implications discussed.Impact: This research suggests the importance of the land in consideration of mental health treatmtent and intereventions for Indingous Peoples.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 54145 - 12-Minute Talk

Use Peer Advice to Enhance Research Experience for Undergraduates

Presenting Author: Murry, Adam Thomas
Additional Authors: Yuan, Nan Hung

Abstract: Research Experience for Undergraduates (REU) programs are implemented to facilitate students' academic success, improve retention rates of difficult degrees, and invest in future generations of researchers. REU programs require a significant investment of time and effort on behalf of the undergraduate research fellows and their faculty supervisors. In order to maximize the benefits of program participation, participants should prepare for the associated tasks and challenges. Receiving advice from mentors and faculty can prepare students for REU programs' workload. However, advice from peers are more likely to be accepted and are more likely to be considered helpfulbecause they have also gone through the program as student researchers. There is a lack of literature on peer advice in REU contexts, the present research fills the gap. Advice was collected from 60 participants' exit interviews near their completion of a REU program. The advice was thematically sorted and analyzed. Six themes of advice emerged from the data. They are, in order of frequency, "Proactively manage time", "Communicate with your team", "motivate yourself", "have fun", "be diligent", and "lifestyle alteration". The results are discussed in terms of perceptual load theory and student preparedness, undergraduate research program design, and extracurricular STEM education.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54432 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Quelles échelles de mesure utiliser dans un milieu scolaire francophone pour améliorer ses services?

Presenting Author: Narvaez Linares, Nicolas Francisco
Additional Authors: Firzly, Najat; Aubry, Tim

Abstract: Depuis la dernière décennie, l'efficacité des services psychologiques offerts dans les milieux scolaires est devenue un aspect important à considérer pour améliorer le bien-être des enfants et des adolescents. Les milieux minoritaires y sont particulièrement touchés ; c'est pourquoi le conseil scolaire des écoles fransaskoises(CÉF) a fait appel à une consultation pour bonifier ses services psychologiques. L'objectif de cette consultation était de cibler quelles échelles de mesure pouvaient être utilisées par les intervenants du CÉF dans le but de faire un suivi avec les élèves qui ont des difficultés comportementales et au niveau de leur anxiété. Une revue de la littérature portant sur différentes mesures a été effectuée selon différents critères définis par les membres du CÉF et l'équipe de recherche (p. ex., âges, complexité d'administration, coût, validation des mesures, présence d'énoncés critiques). Seize échelles ont d'abord été analysées. Seulement 6 échelles correspondent aux différents critères parmi les mesures psychodiagnostiques(CBRS), d'évaluation de progrès(CORS, SDQ, YOQ 30.2, YP CORE) et d'alliance thérapeutique(SRS). Un rapport mettant l'accent sur la simplicité et la faisabilité d'intégration de ses différentes échelles a été fourni aux intervenants et aux dirigeants du CÉF afin d'améliorer l'efficacité des services psychologiques.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 54675 - 12-Minute Talk

Students and community organizations collaborate to improve community-based services

Presenting Author: Ellenbogen, Stephen

Abstract: Background: The curricular and extra-curricular program described in this paper seeks to fill two gaps: (1) community organizations rarely have the capacity to review and conduct research for the purpose of improving services, and (2) bachelor's students rarely get the chance to assume a leadership role in research, public engagement and other scholarship. Methods: A model for embedding community service learning into an assignment for bachelor's courses, with an objective of having students apply learning gained from research courses toward addressing community needs, is presented. Results: The success in implementing this model paved the way for several public engagement grants, the organization of a conference, publications, and opportunities improve the research capacity of community organizations and prepare students for success in graduate studies.Conclusions: A modest effort to bolster student learning has transformed into an impactful program of research and public engagement. Impact: The impacts of three notable projects are highlighted: Small grass-roots organization teams up with internationally renowned scholars to examine the mental health benefits of oncology camps; Students help association develop a process for certifying professionals; and From promising bachelor student to emerging scholar, tracing an individual's journey.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 55085 - 12-Minute Talk

Conversation Session / Discussion Forum

Mawachi Hitowin: Coming Together Around Indigenous Youth in Omushkegowuk Territory

Presenting Author: Wabano, Rick
Additional Authors: Spence, Greg; Hickman, Mandy; Hilkewich, Mallory; Danto, David

Abstract: Estimates put the rate of suicide among Indigenous children and youth at five times the national average. Our goal is to eliminate that disparity in Omushkegowuk Territory in northern Ontario by 2023 and continue to support children, youth and their families in mental health and well being into the future. Our collective plan is to develop an integrated system of care that incorporates both traditional healing and western approaches to mental health and well being, supports youth and caregivers in their home communities, and offers connection, healing, development and education opportunities to youth and caregivers. To honour an underlying principle of the collective, our project is named the Mawachi Hitowin Project for Children and Youth. Mawachi Hitowin means Coming Together in Cree. An essential value of our plan is an inclusive community approach and the embrace of both traditional and western teachings referred to as 'two-eyed seeing'.These teachings, along with the wisdom of Elders, our sharing culture, and the healing gifts of the land will come together to generate healthy outcomes for youth and their families. Our population-level impact will be to significantly reduce the rate of suicide among children and youth in the five communities of the Mushkegowuk region of northern Ontario within the next three years.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 54186 - Conversation Session / Discussion Forum

Gimme-5

Benign no more: Cognitive impairment prevalence, nature and pathology in Essential Tremor (ET)

Presenting Author: Pishdadian, Sara

Abstract: Essential tremor (ET) is the most common type of movement disorder impacting 4% of adults over 40 years of age and increases in prevalence with older age (>6%). Until recently, ET was referred to as "benign essential tremor" as it was believed to have no negative impact on quality of life or cognitive impairment. This study reviewed the literature on ET with a focus on cognitive impairment prevalence, nature, and underlying neural pathology. Results found clear evidence that cognitive deficits frequently occur in ET, impacting between 30-60% of patients. Deficits are characterized by weaknesses in attention, working memory, and executive functioning, a cognitive profile similar to Parkinson's Disease. However, the underlying pathology differs from Parkinson's Disease, originating in the cortico-subcortical cerebellar loop. In addition, there is preliminary evidence for a genetic component to ET and of tremor severity relating to blood levels of harmane and lead. Lastly, results revealed lower quality of life and higher psychiatric comorbidity in ET. Overall, results suggest a reframing of ET as a neurological condition which frequently impacts cognition and quality of life. Recommendations from this review are for psychologists to query patients about the presence of ET, the influence of patients' ET on their quality of life and utilize a neuropsychological battery in assessments that will be sensitive to the dysexecutive profile most prevalent in ET. This presentation aims to increase knowledge, stimulate discussion and promote better assessment of a common, though frequently overlooked, neurological condition seen in neuropsychological practice.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 52565 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Effects of Colonial History on Indigenous Overrepresentation in Canada's Correctional System

Presenting Author: Cardinale, Julia

Abstract: The history of the colonization of North America is a horrifying tale of abuse, oppression, and forced sedenterization, that has had far reaching effects on the social, political, and emotional well-being of the Indigenous population. A 2016 census completed by Statistics Canada (2017) reported that Indigenous adults were grossly overrepresented within Canada's correctional system. This poster will examine how the effects of post colonial practices, socio-economic deprivation, and a clash between cultural norms has facilitated an environment in which such overrepresentation can occur. While Indigenous inmates are not physiologically different from their non-Indigenous cellmates, their colonial history has presented them with complex and unique challenges that will never be addressed via a Western criminal justice paradigm. Cultural discontinuity has contributed to increased rates of Indigenous incarceration, has negatively impacted an Indigenous persons prison sentence, and increased the chances of recidivism. Land-based models of intervention have been used for centuries as mechanisms for healing and can be integrated into the criminal justice system to mitigate the aforementioned overrepresentation. It is of imminent importance to address the overrepresentation of Indigenous people and toward developing culturally competent interventions.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 52748 - Gimme-5

Higher-order personality structure: Psychopathic, antisocial and borderline personality traits examined

Presenting Author: Roters, Jennifer

Abstract: Research investigating the higher-order personality structure of antisocial personality traits suggests that the HEXACO model of personality, with its sixth factor, Honesty-Humility, predicts darker personality traits more effectively (Book et al., 2015). This study was designed to examine how antisocial, borderline and psychopathic personality traits, relate to higher-order personality as measured by the HEXACO (Ashton & Lee, 2009); specifically, because to date, no one had used the HEXACO to elucidate borderline traits. Consistent with previous research (Book, Visser, & Volk, 2015), I found that psychopathic traits were negatively related to Honesty-Humility, Emotionality, Agreeableness, and Conscientiousness. Consistent with my hypotheses, antisocial behaviours were predicted by low Honesty-Humility, Agreeableness, and Conscientiousness. Inconsistent with my hypotheses, borderline traits were found to be negatively related to Extraversion and Conscientiousness; however consistent with my hypothesis, borderline traits had a significantly positive relationship with Emotionality. The associations consistent across the lower order personality constructs may have important treatment implications, such that future research in disordered personality can target the common higher-order personality traits that are contributing to negative outcomes with greater specificity and accuracy.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 53068 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Investigating the Challenges Faced by Community Organizations in Recruiting and Retaining Male Mentors

Presenting Author: Martinovich, Vincenza
Additional Authors: Sevigny , Phil

Abstract: Recruiting men in mentorship roles is a challenge faced by organizations throughout North America. Compounding this challenge is the lack of evidence-based, male-specific resources and best practice guidelines for mentoring agencies to draw upon to help inform their recruitment efforts (Garringer, 2004). According to a recent survey conducted in Alberta,

women are much more likely than men to take on a mentoring role (Richard et al., 2017). This situation is problematic, as it leaves male children/youth who are in need of a mentor on a waitlist or without a mentor. To better understand the challenges involved in engaging men in mentorship roles and generate recruitment strategies, we conducted semi-structured interviews with nine mentoring agencies across Canada. Representatives from each organization were recruited by the partnership engagement manager from our community partnering agency. Participants were asked to describe the state of male mentorship within their organization, outline strategies they have employed to engage men as mentors, and explain why they believe these techniques are effective in recruiting men. Interviews will be analyzed by means of thematic analysis, a flexible approach for interpreting qualitative data (Braun & Clarke, 2006). The themes generated will provide insight into the challenges faced by a sample of Canadian mentoring agencies and add to the limited body of literature informing male recruitment efforts. Our findings will be of use to mentoring agencies across the country that report a shortage of male mentors and are looking for strategies to help engage men.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53501 - Gimme-5

Where Are the Men in Mentoring? A Scoping Review

Presenting Author: Sevigny, Phillip
Additional Authors: Martinovich, Vincenza

Abstract: Background: Across the global mentoring community, women are more likely to take on a mentoring role than men, resulting in a significant lack of male mentors (Raposa et al., 2019). Although organizations have expressed a need for strategies to help engage men, limited research attention has been dedicated to investigating this topic. This is problematic, as it leaves community agencies currently faced by an under-representation of male mentors and growing waitlists with a lack of evidence-based resources to draw upon. Methods: We conducted a scoping review on (1) challenges involved in recruiting and retaining men in mentorship roles and (2) best practices for recruiting and retaining men in these roles. Our systematic search included various databases (i.e. Education Research Complete, ERIC, Social Work Abstracts, PsycInfo, etc.) and search engines (i.e. Scopus, Google, ProQuest Dissertations & Theses Global, etc.) in order to capture the academic and grey literature. Results: Our review generated no peer reviewed academic sources on recruiting and/or engaging men in community mentorship roles. Consequently, the scope of our paper shifted to a more general review of the literature surrounding strategies for recruiting and retaining men in other roles and professions outside of the mentoring field (i.e. education, nursing, etc.), primarily those that involve working with young children or vulnerable populations.Conclusion/Impact: As indicated by our search, there is a major gap in primary research conducted in this area and urgent need for future research on recruiting and retaining men in mentorship roles.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 53817 - Gimme-5

Engaging Syrian Girls in Community-Based Research

Presenting Author: Nathoo, Jasmine A
Additional Authors: Yohani, Sophie

Abstract: Community-based participatory research (CBPR) is a form of research that involves equitable engagement of community members in all aspects of the research process. This collaborative approach to research is becoming increasingly common in the field of psychology. The use of CBPR with youth has the potential to empower youth to become problem solvers and leaders within their own communities. As the Syrian community has grown in Canada, research with this group has flourished. However, the voices of Syrian girls who arrived in Canada as refugees in recent years remain largely missing from this research, due at least in part to difficulty reaching them and engaging them in the research process, as well as competing demands for their time. This presentation will focus on the process of engaging Syrian girls in a project exploring their adjustment to life in Canada. Specifically, it will cover the challenges faced with engaging Syrian girls in CBPR, and the ways in which these challenges were addressed including through collaboration with community organizations and using research methods designed for engaging youth. Lessons learned and implications for future research with this population will also be discussed.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53875 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Toronto Writers Collective: Evaluation of Program Growth

Presenting Author: Torsein, Annabelle S
Additional Authors: Christie, Danielle; Writers Collective, Toronto

Abstract: BACKGROUND-Therapeutic writing (TW) invovlves writing about topics that individuals find challenging to express (Pennebaker & Beall, 1986). It is associated with reduced physical and emotional pain in clinical and non-clinical populations (Smyth, 1998). TW has been found to be effective to reach vulnerable populations who may not access services, due to stigma (Link & Phelan, 2006). The Toronto Writers Collective (TWC) offers weekly TW workshops with the aim of aiding people from marginalized communities. This was the second phase in a program evaluation of TWC workshops. METHODS-This study employed mixed-methods, with pre & post-program data collection.RESULTS-The quantitative data showed the attendees (N=16) and facilitators (N=12) endorsed experiencing statistically significant positive changes across virtuallly all outcomes. The qualitative data indicated the groups experienced positive changes. Areas of improvment include: wellbeing, sense of community, confidence and writing skills. CONCLUSIONS-Positive responses replicated prior results for both attendees and facilitators. The quantitative data paralleled the earlier results, with the amount of perceived change being consistent for most constructs. For the qualitative data, all earlier themes were present. ACTION/RECCOMENDATION-Consideration of qualitative data to see if programmatic changes are warranted.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54231 - Gimme-5

Mental Health and Well-Being Among Manitoban Competitive Swimmers

Presenting Author: Van Landeghem, Chantal
Additional Authors: Ceccarelli, Laura; Leslie-Toogood, Adrienne

Abstract: Adolescence/young adulthood are high-risk periods for the development of mental health issues. Despite many athletes falling within these age categories, and the increased risks that athletic involvement poses to mental heatlh, limited research exists in the area. Our study aimed to examine the mental health of adolescent/adult competitive swimmers in Manitoba. Results from the Beck Depression Inventory-II and Beck Anxiety Inventory indicated that 34% of the overall sample (N = 38) met the cut-off for signs of depression/anxiety and 36% of adults met the cut-off for clinically significant distress using the Kessler Psychological Distress Scale-10. A series of t-tests revealed that adult swimmers experienced more emotional, externalizing, internalizing, and peer problems on the Strengths and Difficulties Questionnaire (SDQ), greater alcohol problems on the Alcohol Use Disorders Identification Test, and had significantly less prosocial behaviour on the SDQ and self-compassion using the Self-Compassion Scale than adolescent swimmers. Linear regression models suggested that self-compassion negatively predicted emotional and behavioural problems, depression, and anxiety. Results indicate that Manitoban adolescent/adult swimmers are at an increased risk for mental health concerns than members of the general population, suggesting a need to increase mental health access for athletes.

Section: Sport and Exercise Psychology / Psychologie du sport et de l'exercice
Session ID: 54234 - Gimme-5

Student perspectives on barriers to postsecondary support services

Presenting Author: Brosseau, Danielle C
Additional Authors: Rogers, Laura G; Waldbauer, Cassandra; Ferber, Michael

Abstract: Background: Despite increased use of postsecondary mental health and wellness services, barriers to service utilization remain and are often amplified for students who identify as part of a minority group. The existing literature

examining barriers to postsecondary support services is limited by a focus on quantitative testing and on majority voices. The aim of this project was to elicit student perspectives on barriers to campus support services. Methods: A mixed-method survey was used to elicit students' (N = 76) perspectives on barriers. Purposive recruitment was used to ensure the sample represented students who self-identified as a part of a minority group (i.e., sexual, gender, racial, cultural; 58% of sample). Qualitative description methodology guided by phenomenological theory was used to investigate the lived experiences of participants. Analyses included descriptive statistics, thematic, and content analysis. Conclusions: Student-identified barriers to accessing support were lack of knowledge, issues of accessibility, concerns about confidentiality and difficulty evaluating needs. Students identifying as a minority named a lack of diversity among service providers and fears of stigma as significant barriers. Action: Results from this study have been presented to the university student services team. Initial plans for knowledge translation will also be discussed.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54723 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Caregiver's Supports in Dealing with Youth Mental Health

Presenting Author: Craig, Sarah
Additional Authors: Ronis, Scott

Abstract: BackgroundBecause children's mental health impacts the entire family unit caregivers often feel pressure to provide support for their children and experience significant stress, stigma, and caregiver burden (Ronis et al., 2017). Furthermore, although research has explored how youths' with chronic physical illnesses impacts caregiver mental health, few studies have examined supports available for caregivers of youth with mental health problems (Ronis et al., 2017). The goal of this study is to provide a qualitative analysis of supports available to caregivers in attempting to access mental health services for their children and to consider recommendations for improvements to those supports. MethodThis study is part of a larger project on the barriers and facilitators to youth accessing mental health services in the four Atlantic Provinces. Using a grounded theory methodology, interviews conducted with 35 caregivers of youth with mental health problems such as autism spectrum disorder, conduct disorder, eating disorders, anxiety, and depression, will be examined for overarching themes. Analysis is ongoing. ImpactFindings from this project will contribute to the literature on supports caregiver's need as well as current gaps in available services. Findings may also inform future research on the families of individuals with mental health issues.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54748 - Gimme-5

Developing Educators' Capacity to Support LGBT2Q+ Youth through Healthy Relationships Training

Presenting Author: Daly, Brad
Additional Authors: Lapointe, Alicia

Abstract: This presentation explores educators' experiences with a two-day training on LGBT2Q+ affirmative strategies, supports, and programming. We delivered three, two-day trainings to 32 educators in the Northwest Territories, Canada, and two, two-day trainings to 38 school staff in Ontario, Canada. In total, 68 participants completed pre- and post-training questionnaires, which asked them to identify prior knowledge and professional development experiences with respect to sexual and gender diversity, and signpost training learnings. The knowledge and self-efficacy of each participant significantly increased when comparing their responses before and after the training. Educators benefited from meeting and conversing with fellow Genders and Sexualities Alliances (GSA) leads. More opportunities to build educator connectedness (e.g., a community of practice) is needed. Skill development and practice facilitation were also beneficial components of the training because it helped participants build confidence in their abilities to support LGBT2Q+ youth and lead sexuality and gender-based activities and sessions. Future research should continue to explore how trainings can bolster educators' capacity to support LGBT2Q+ students in and through schooling.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55209 - Gimme-5

Printed Poster

Psychological Distress in a representative sample of populations affected by Ebola in DRC

Presenting Author: McIntee, Sara-Emilie
Additional Authors: Guerrier, Mireille; Rousseau, Cécile; Bukaka, Jacqueline; Balayulu-Makila, Oléa

Abstract: Discovered in 1976 in South Sudan and Democratic Republic of Congo (DRC), the Ebola Virus Disease (EVD) is associated with a high mortality rate and anxiety in individuals living in affected communities. The present study assessed the prevalence and determinants of severe psychological distress symptoms in a representative sample of adults from the 18 urban and rural areas affected by the 9th EVD outbreak in DRC. Overall, 1,614 adults (50% female; age =18-85 years old) completed measures assessing sociodemographic characteristics (age, gender, residence area), exposure level to EVD, stigmatization related to EVD, and psychological distress. Results showed a high prevalence of psychological distress (45.58%), with no gender differences (men =45.13%; female =46.03%, p = n.s.), but significant differences based on area of residence (rural area =61.89%; urban area =24.79%, x2 =219.56, p

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 52532 - Printed Poster

Caring Forward: A cohort study of informal caregivers of ABI survivors—A trials-within-cohort design protocol

Presenting Author: Richardson, Hannah Maria
Additional Authors: Lauzon, Andre; Burkey , Leona

Abstract: Background/rationale: Empirical evidence suggests a clear relationship between informal caregiving for acquired brain injury (ABI) survivors and negative psychological outcomes (Kruithof et al., 2016). The majority of research on caregivers of ABI survivors is cross-sectional in nature, with few studies having documented longitudinal outcomes (Thompson, 2009), and even fewer having documented targeted interventions for informal caregivers (Boschen et al., 2007). There is thus a need for additional longitudinal research examining the experience of informal caregivers across time, using validated measures (Han & Haley, 1999).Methods: The purpose of the Caring Forward cohort study is to follow the natural history of informal caregivers of ABI survivors in Nova Scotia over time. A trials-within-cohort (TwiC) design will be utilized to allow the cohort to serve as a platform for recruitment in interventions that will be developed in the future. Up to 2000 informal caregivers will be recruited and complete online study questionnaires every 6 months for up to two-years. The questionnaires will collect sociodemographic information and assess a variety of relevant psychological outcomes. Results: Linear regression models will be used to investigate concurrent and prospective associations among psychological outcome variables. The benefits and drawbacks of using a TwiC design in this context will be addressed.Conclusions: The longitudinal nature of the present study will broaden our knowledge about the experiences of unpaid caregivers of ABI survivors in Nova Scotia across time. Action/Impact: Findings will inform the development of future interventions to promote caregiver well-being and support.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 52538 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The relationship between minority stress and depressive symptoms among LGBTQ+ adults

Presenting Author: Kent, Mathew
Additional Authors: Matheson, Kimberly

Abstract: The detrimental effects of minority stress on mental health among lesbian, gay, bisexual, trans, and queer (LGBTQ+) populations have been well documented. However, most research has assessed a limited number of sexual minority relevant stressors. The present investigation assessed both distal (i.e., events or conditions that occur outside of the individual) and proximal (i.e., processes that occur within the individual) stressors experienced by the LGBTQ+ community as they relate to mental health. A community sample of 148 LGBTQ+ individuals was recruited to complete an online survey of wellbeing and minority stress. Factor analysis revealed that the minority stressors reflected both distal stressors (e.g., anti-LGBTQ+ discrimination and victimization) and proximal stressors (e.g., anticipated discrimination, identity concealment, and internalized stigma). Mediation analyses indicated that experiencing distal stressors was related to depressive symptoms, and this relation was mediated by the increased exposure to proximal stressors. These findings provide support for minority stress theory, but suggest the need for researchers to consider a robust representative range of stressors when investigating the mental health disparities experienced by LGBTQ+ individuals.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 52764 - Printed Poster

Predictors of Subjective Psychological Well-Being Following Migration

Presenting Author: Mikula, Malgosia
Additional Authors: Long, Anson E.

Abstract: To date, limited attention has been directed toward exploring the influence of online social support on immigrants' mental health. The present study assessed the impact of past and current life stressors, psychological resources (cultural adaptation, sense of mastery), as well as perceived offline and perceived online social support on immigrants' subjective psychological well-being (life satisfaction, flourishing, loneliness, immigrant distress, existential isolation, and perceived stress). A series of hierarchical multiple regression analyses was conducted on a sample of 120 immigrants of varying backgrounds residing in Montreal, Canada. Race, marital status, education, pre-migration trauma, cultural adaptation, and sense of mastery all emerged as significant predictors of subjective psychological well-being. Moreover, perceived offline social support predicted higher positive functioning, while perceived online social support was negatively associated only with existential isolation. The current findings suggest that online social networks may constitute an important resource that is uniquely suited to helping immigrants find and stay connected with their social support providers – and can thus help inform clinical interventions and policies aimed at promoting positive psychological functioning after resettlement.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 52772 - Printed Poster

Relational vs. Self-Focused Motivation for Participating in Victim-Offender Mediation & Satisfaction with Outcome

Presenting Author: Strauss, Cailey
Additional Authors: Cummings, Jorden

Abstract: Victim-offender mediation (VOM) is a form of restorative justice in which victims of crime come face to face with the involved offender(s) in the presence of trained mediators. The goal of this process is to provide both parties with positive transformation and healing in an environment that is particularly sensitive to the needs of the victim. Studies have shown high levels of participant satisfaction with the mediation process, but what contributes to these feelings of satisfaction has been unknown. The literature thus far has been largely quantitative and does not provide the rich detail needed to explore how the experience is conceptualized by the participants. We conducted a thematic analysis of interviews with both victims

and offenders before and after their mediation. Our results show that there are two paths to satisfaction in mediation, one of which emphasizes the gravity of the interpersonal relationship formed by the victims and offenders and one which does not. Victims and offenders who experience mediation as an emotional interaction within a co-created relationship describe their satisfaction as including personal transformation. Further, individuals in this group report feeling valued in a way that is in-line with restorative justice principles. In contrast, victims and offenders who do not form a relationship still report experiencing satisfaction, but not the emotional impact of the relational pathway. Analysis of the pathways to transformational satisfaction leads to suggestions for making VOM more effective.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 52793 - Printed Poster

Experiences and Motivations of Young South Asian Women within the U.K. to Lighten their Skin

Presenting Author: Hothi, Sukhjit
Additional Authors: Prior, Jess; Gordon, Sheeren

Abstract: The usage of skin lightening products continues to rise around the world. However, little research is dedicated to investigating the usage of skin lightening products within the U.K amongst South Asians. Therefore, this qualitative study examined young, South Asian women within the U.K. and their experiences and motivations to lighten their skin. Semi-structured interviews were conducted with 6 South Asian women, that were aged 18-25 (M= 22.83), who attended Kingston University London. The results of a thematic analysis yielded six themes that served as motivations to lighten one's skin and the experiences derived from those motivations: (a) beauty ideals, (b) romantic relationships, (c) wanting even skin, (d) psychological distress of trying to attain fair skin, (e) methods of skin lightening and (f) side effects of using skin lightening products. The findings of this study corresponded with previous literature in terms of motivation and experiences, and referenced self-objectification theory, colourism and societal constructs of beauty with the South Asian community. Future research should aim to further incorporate the experiences and motivations of South Asian men within the U.K. and increasing the sample size to create variance and differences in experiences and motivations.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 52856 - Printed Poster

Knowledge of and Attitudes about Opioid-Agonist Treatment Within Two American Indian Tribes

Presenting Author: Parker, Daniel
Additional Authors: Wendt, Dennis C; Tail, Elizabeth ; Zentner, Daysi; Donovan, Dennis

Abstract: Indigenous Peoples in Canada have been especially impacted by the recent opioid epidemic. Although clinical trials demonstrate opioid-agonist treatment (OAT) for opioid use is highly effective, research examining its effectiveness within Indigenous communities remains scarce. Furthermore, OAT implementation within Indigenous communities can hold unique barriers, such as limited access to health care, geographic remoteness, and cultural concerns. This poster will present the findings of a 2018/2019 community-based participatory research study conducted in collaboration with two American Indian tribes in the Pacific Northwest that have recently begun implementing OAT programs within their communities. The study—funded by the U.S. Institute on Drug Abuse's National Drug Abuse Treatment Clinical Trials Network—aims to identify tribal community members' knowledge and perceptions of OAT approaches and barriers/facilitators for implementation and sustained use. Data were gathered through 20 interviews and 8 focus groups with key stakeholders, community members, clinicians, and patients. Interviews were interpreted using thematic content analysis. Key themes include contributing factors of opioid use within the communities, predictors of recovery, the importance of traditional healing, and varying levels of knowledge and perceptions around OAT implementation and use.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 52976 - Printed Poster

Increased risk of polysubstance use in bisexual students over their first year of university

Presenting Author: Prud'homme, Julie
Additional Authors: Turner, Brianna J.

Abstract: Despite sharing some concerns with their lesbian/gay and questioning peers, bisexual youth face unique health challenges, including higher rates of substance use (Marshall et al., 2008). These disparities, in part, can be accounted by the "dual marginalization" they experience from both lesbian/gay and heterosexual communities (Mereish et al., 2017). Nevertheless, little is known about bisexual youth's vulnerability to polysubstance use relative to other sexual minorities. Accordingly, this study examined the prevalence and stability of polysubstance use (i.e., binge drinking [BD]; marijuana [MA], illicit [IL] and prescription [PR] drug use) in bisexual, lesbian/gay, and questioning students over their first year of university. For this longitudinal study, 123 sexual minority students (73 bisexual, 25 lesbian/gay, 25 questioning) completed seven monthly questionnaires assessing their past-month substance use. Cross-tabulation analyses indicated that compared to their lesbian/gay and questioning peers, bisexual students were consistently more likely to report co-occurring BD/MA, BD/IL, IL/MA, and PR/IL, as well as three or more different substances in the past month. While bisexual students were found to have a higher risk of engaging in polysubstance use than their peers, analyses of variance revealed that they were no more likely to report the same co-occurring substance use more than once. Furthermore, multilevel modelling showed no differences in trajectories between groups, suggesting similar declines in polysubstance use in sexual minorities over their first year of university. Overall, this study provides a better understanding of health disparities experienced by bisexual youth by illustrating important areas for intervention and prevention in this underserved population.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53078 - Printed Poster

Predictors of Child and Youth Mental Health Service Urgency in Ontario

Presenting Author: Semovski, Valbona
Additional Authors: Stewart, Shannon

Abstract: In Canada, 20% of the children and youth experience a mental health concern but only a quarter receive services (Stewart & Hamza, 2017). A lack of standardized assessments in prioritizing children and youth based on service urgency has resulted in a paucity of information surrounding service use. The interRAI Child and Youth Mental Health Screener targets psychiatric, social, environmental and medical issues for those between 4 and 18 years of age. This tool provides the potential for a streamlined approach in assessment, prioritization and triaging across several service sectors, allowing for a more integrated network of services. The objective of this study is determining if demographic variables and service sector are related with greater service urgency. Secondary data from 60,712 participants was used. A binary logistic regression was employed to inform which demographic factors are associated with greater service urgency. Preliminary results indicate that service sector, sex, legal guardianship, presence of an intellectual disability and comorbid medical conditions are significant predictors of greater service urgency. Discovery of characteristics that influence mental health service urgency will aid in reducing the likelihood that children and youth with acute needs remain on waitlists, and provide the opportunity for an integrated network of mental health services.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53082 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Frequency and Utility of Urine Drug Screening in a Forensic Population

Presenting Author: McLaren, Sonya
Additional Authors: Penney, Stephanie R.

Abstract: Rationale. Urine drug screens (UDS) are performed frequently within forensic patient populations requiring significant resources; however, insufficient evidence exists indicating their efficacy for deterring substance use or inhibiting other adverse outcomes. This research examines the clinical utility of current UDS practices in a sample of forensic psychiatric patients (N = 262) against outcomes of illicit substance use and risk for future violence. Method. A retrospective review of active forensic patients was conducted via a structured coding form to record the frequency of UDS, positive and/or tampered samples, and proximal risk assessment scores. Demographic and clinical variables were coded for patients with positive results and incidents of subsequent substance use, violence, and absconding. Results. Over a 3-month span, 1500 UDS tests were administered (10% positive, 15% tampered). Higher risk patients received more UDS, F (2,170) = 6.94, p < .01. Patients diagnosed with substance use and personality disorders presented more positive and tampered tests. A significant positive association of UDS frequency and likelihood of ongoing substance use was observed. Conclusions. This suggests that UDS are primarily used as a monitoring tool rather than as a method of deterrence of therapeutic intervention for high risk patients. Risk management implications will be discussed.

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 53084 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Counsellor-Trainees' Competency to Support Gender Diverse Clients

Presenting Author: Flatla, Melissa

Abstract: AbstractThe hardships faced by people who do not identify, or fully identify, with their sex assigned at birth reveals a potential knowledge gap within the current support system. This disparity between the awareness of trans* issues and current therapeutic practices may be indicative of inadequate training programs. Trans* and gender diverse people continue to be at risk of negative life outcomes across multiple domains. The purpose of this research was to understand the training needs of counsellors and psychotherapists with respect to providing gender inclusive mental health services. This research sought to answer the questions: to what extent do counselor-trainees feel equipped to work with trans* and gender diverse clients, what are the gaps in their current knowledge with respect to trans* and gender diverse people, and what are some of the potential barriers to providing care for trans* clients. Participants completed the Gender Identity Counselor Competency Scale (GICCS) prior to taking part in a focus group discussion. Thematic analysis was used to identify recurring themes within the group interviews. Improved counsellor training programs, which integrate opportunities to engage in discussions surrounding the needs of trans* and gender diverse clients, may serve to improve life outcomes for this population.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 53089 - Printed Poster

An exploration of the process of transferring patients from SEI to regular care

Presenting Author: Mach, Veronica
Additional Authors: Abadi, Sherezad

Abstract: Background: The benefits of Specialized early intervention (SEI) for first-episode psychosis (FEP) are well established. However, little is known about the process of transferring these patients to regular care. Objective: Provide a description of the transfer process of FEP patients from an SEI to regular care services within the context of a randomized control trial (RCT). Methods: An RCT was conducted at the Prevention and Early Intervention Program for Psychosis comparing the effects of SEI service vs. regular care after a two-year SEI for both groups.The transfer process was explored as part of this project to come up with specific guidelines for the transfer of this population. The process from decision making to personal transfer is described, along with all the factors that lead to such a decision. Results: A clear description of the following areas were established and put together into a detailed chart description: case review process, criteria for service allocation, documentation for services, the personalized transfer, and the post-transfer emergency protocol. Conclusions: Having clear guidelines for first-episode psychosis patients makes the transfer process feasible and ensures a smooth transition. Impact: The results of this study will serve as future guidelines for proper effective transfers within first-episode psychosis patients.

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 53239 - Printed Poster

Reliability and validity of the Externalizing Scale on the interRAI 0-3

Presenting Author: Stewart, Shannon L
Additional Authors: Lau, Chloe

Abstract: Background: The interRAI 0-3 is a comprehensive assessment tool for care planning and service integration for toddlers/children with mental health needs between 0 to 47 months of age. The purpose of this study was to examine the psychometric properties of the externalizing scale from the interRAI 0-3 to screen for early childhood disruptive behaviours. Methods: Residential data from 17 mental health facilities in Ontario, Canada were collected (N=580; Mage =2.99, SD = .54; 395 males). Each toddler/child was assessed using the full battery of the interRAI 0-3. The externalizing scale embedded in the instrument consists of four items assessing the frequency and severity of aggression and socially inappropriate behaviours.Results: Unrestricted factor analyses using a diagonally weighted least squares estimator showed factor loadings ranging from .51 to .88. Conditional expected a-posteriori reliabilities distribution was calculated based on polychoric correlations. Conditional reliability along the latent continuum showed that optimal reliability (i.e., above .80) was seen between the factor scores of -0.03 to 2.21, suggesting the measure was optimal in assessing children average to very high in externalizing behaviours. Using regression analyses, the externalizing scale also predicted the presence of caregiver distress, attachment problems, trauma, and problems in parenting when controlling for age and sex.Conclusions: The externalizing scale demonstrated strong reliability, structural validity and test-criterion validity.Action/Impact: The development of a psychometrically sound brief scale screener will provide useful information for triaging and prioritizing referrals to appropriate services for under serviced toddlers/children.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53406 - Printed Poster

Understanding how to support students with a comorbid developemental or physical/medical health need

Presenting Author: Choudhry, Muzna Ijaz
Additional Authors: McMorris, Carly; Nordstokke, David; Matchullis, Ryan

Abstract: Children with neurodevelopmental disorders (NDDs) are at higher risk for experiencing poor mental health than the general population. Children who experience both an NDD and a mental health disorder (co-occurring issues) have poorer outcomes and require more support than those experiencing an NDD alone. Demands for more academic support and increased administrative duties can lead to teacher frustration and burnout but few literature focuses on the resources teacher's access to support complex children and ways to assist teachers further.Using focus groups and chart reviews, the primary aims are to: 1) determine what supports teachers of a population of early education and elementary students with complex learning and developmental needs are currently receiving; 2) understand how teachers can support these students; and 3) describe the profile of students with complex needs.We have conducted five focus groups with teachers and educational assistants. The data from the focus groups will be transcribed and coded to identify emerging themes of the supports being received and how to support them, consistent with the steps of thematic analysis. Demographic data of students looked at their diagnoses, age, gender, and Alberta educational code. This research has the potential to understand barriers in providing supports for complex students and how they can be supported further.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 53424 - Printed Poster

Evaluation of an Information Decision-Aid for Late-Life Depression

Presenting Author: Dudok, Stephanie
Additional Authors: Reynolds, Kristin; Pryor, Teaghan; Koven, Lesley

Abstract: Background: Most older adults experiencing depression do not seek treatment, despite high prevalence estimates. A barrier to service use among older adults is low mental health literacy (knowledge about recognition, prevention, and management of mental health problems). We developed an information decision-aid (IDA) for late-life depression with the goal of improving mental health literacy. Method/Analysis: We held two focus groups with community-based adults ages 50+ (n = 11 and n = 8) and two focus groups with healthcare providers working with older adults (n = 5 and n = 4). Focus groups were audio-recorded, transcribed, and analyzed using thematic analysis. Results: Findings revealed the core theme of older adults' need to be heard and understood by people who "get it." Participants viewed information as a way to be better-understood by family, friends, and healthcare providers. Three main themes captured challenges to being understood: Recognizing symptoms; Stigma "mental health as taboo;" and Access "where do I go and who do I talk to." A final theme was the need for targeted dissemination of the IDA, including suggestions for source, format, and adaptation of content. Impact: We have revised the IDA based on findings (depression.informedchoices.ca/depressioninoldage/). Future research will further evaluate the IDA's effectiveness and mental health literacy improvements.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53462 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Acculturation and adaptation in first-generation Russian migrants in Montreal

Presenting Author: Dussault, Evelyne
Additional Authors: Medvetskaya , Anna; Ryder, Andrew G.

Abstract: The present study examined acculturation and adaptation in Russian-speaking migrants, a group that may face fewer barriers to mainstream integration by virtue of not being a visible minority. 194 Russian-speaking first-generation migrants in Montreal, Canada completed measures including an actual and an "ought to" acculturation scale, a psychological and a sociocultural adaptation scale. Multiple regressions were conducted to examine the relation between acculturation and adaptation. Actual heritage acculturation (β = -.41) and mainstream acculturation (β = .17) were significantly correlated with psychological adaptation. Actual heritage acculturation (β = -.20) and mainstream acculturation (β = .35) were significantly correlated with sociocultural adaptation. The absolute distance between actual and "ought to" heritage acculturation (β = -.26) was significantly correlated with psychological adaptation. Russian-speaking first-generation migrants in Montreal seem to be better psychologically and socioculturally adapted if they disengage from their heritage culture and engage in the mainstream culture, especially when doing so matches their perception of what other Canadians expect. Future research should unpack the sources of the surprising negative relation between heritage orientation and adaptation in order to better advise Russian migrants and community organizations.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53554 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Stalking Behaviour and Intimate Partner Violence Risk

Presenting Author: Himmen, Marguerite
Additional Authors: Jung, Sandy

Abstract: Separate tools to assess for the risk of stalking behaviour have been established but the empirical support is moderate, at best. Given that actuarial risk tools developed to assess intimate partner violence (IPV) have strong support, it is possible that these existing tools may be associated with stalking behaviours or be enhanced by stalking variables. Little to no research has examined this association. Specifically, there is a lack of research that examines how stalking may be associated with risk using the Ontario Domestic Assault Risk Assessment (ODARA). The present study, using police-reported IPV cases, examines stalking in relation to IPV risk, as measured with the ODARA, and to violent and IPV recidivism. We will examine whether IPV offenders who have a history of stalking behaviours differ from those who do not. This study also explores whether the prediction of recidivism could be enhanced by the addition of stalking behaviour to the ODARA. The data for this study has been collected but has yet to be analyzed. We expect to find that IPV offenders who have a history of stalking will have higher scores on the ODARA and more likely to have recidivated post-index. The purpose of this study is to better

understand the significance of stalking behaviours in IPV cases and to determine whether stalking is a risk factor for violent and IPV recidivism.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53630 - Printed Poster

EXPERIENCES & PERSPECTIVES OF INDIGENOUS COMMUNITIES & RECREATIONAL CANNABIS USE & LEGALIZATION

Presenting Author: Zentner, Daysi L.
Additional Authors: Wendt, Dennis C.

Abstract: In the context of recreational cannabis legalization in eleven U.S. states and all of Canada, Indigenous Peoples have expressed concerns about the impact of these regulations on their communities. Such concerns are situated within a (post)colonial context in which Indigenous youth in some communities have substance use disparities. In addition, many Indigenous Nations have complained about inadequate consultation and engagement from federal and provincial officials. Therefore, it is important to understand Indigenous perspectives concerning the use and regulation of recreational cannabis. This systematic review includes epidemiological data of cannabis use, perceived harms, impact on mental health, and potential benefits, as well as perspectives on cannabis legalization and regulation among Indigenous Peoples. Peer-reviewed journals indexed through PsycINFO, Scopus, and Medline, based on search strings including Indigenous Peoples, cannabis use, and recreational cannabis legalization were included. On average, data pertains to ethnoracial comparison in cannabis use, prevalence of usage, and trajectories to initiation. Due to rapid changes in marijuana decriminalization (particularly in Canada), results are contextualized with news articles and policy statements, providing preventative ideas and potential solutions that Indigenous communities may use to reduce negative impacts

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 53713 - Printed Poster

Historical Loss and Alcohol Use among Indigenous Youth

Presenting Author: Uhrig, Alexandra
Additional Authors: Mushquash, Christopher; Burack, Jacob A; O'Connor, Roisin M

Abstract: Cultural connectedness has been identified as a protective factor for Indigenous youth, yet practising Indigenous traditions is inconsistently linked with alcohol use. A proposed moderator of this link is historical loss – how often individuals think about the losses suffered by their parents, elders, and ancestors. In this study, we examined the association among historical loss, traditional Indigenous practices, internalizing problems, and alcohol use and problems in a group of Indigenous adolescents from a single Indigenous community in Québec. The participants (N = 64, Mage = 14.88 years, 44% boys) self-reported on historical loss, Indigenous traditions, internalizing problems and alcohol use. Tests of hypothesized moderated mediation will be used to assess the interactive effects of traditions and historical loss on internalizing problems and subsequent alcohol use/problems. The findings may elucidate factors that link cultural connectedness to resilience and inform culture and community specific interventions for targeting substance use among Indigenous youth.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 53765 - Printed Poster

EXPLORING DIFFICULT BEHAVIOURS IN DRUG OFFENDERS IN THE SINGAPORE PRISON SERVICE: A COUNSELLOR'S PERSPECTIVE

Presenting Author: De Laure, Kathleen
Additional Authors: KIT, Phey Ling

Abstract: Background: This study explored the perceptions of ten correctional rehabilitation specialists (CRSs) from the Singapore Prison Service (SPS). Despite much literature on resistant behaviours, there was a paucity in studies exploring challenging behaviours amongst individuals mandated to receive drug interventions in Singapore. This study explored the CRSs' perceptions of resistance in their engagement with male drug offenders, identified common resistant behaviours and developed understandings on how they conceptualized and managed these resistant individuals and behaviours.Method: A qualitative approach using Corbuin and Strauss (2015) grounded theory, was used to explore and identify major categories that emerged from the interviews.Results: The findings demonstrated that CRSs had perceptions of resistance prior to their experience of resistant behaviours. The experience allowed them to conceptualize and make attempts to manage the resistance through various strategies. They evaluated and reflected on their experiences which then, influenced their perceptions of resistance subsequently.Conclusion: A model that encapsulated the CRSs experiences was then developed.Action/Impact: The findings indicated that CRSs' perceptions of resistance, coupled with their direct experience, allowed them to conceptualize and manage challenging behaviours. The model derived from the findings would provide a structured approach in organizing the CRSs' thoughts to help them see beyond their own personal experience to other aspects of resistance. This would enable CRSs' to conduct their rehabilitative interventions more effectively, thus reducing the offenders' risk of re-offending and allowing them to reintegrate back to society.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53773 - Printed Poster

Service Utilization Review in a Psychology Training Clinic

Presenting Author: Makarenko, Erica
Additional Authors: Purcell, Victoria

Abstract: It has been estimated that roughly 10 to 20% of Canadian children and youth develop a mental health disorder (Smith & Saewyc, 2014). Other research has shown that 1 and 4 Canadians aged 12 to 19 rate their mental health as very poor or distressing (Statistics Canada, 2018). Most mental health assessment and care services for children and youth are accessed in community settings. Specialists, including psychologists, provide care in private practice, hospitals, community clinics, university training clinics, and schools. While there are many types of care settings in which mental health services are provided, there are well-known gaps in Canada's current mental health service delivery system, namely, service integration, timely access, and service availability. Further, there is limited information in terms of demographic and referral considerations that impact mental health service utilization. To better support the University of Calgary's Integrated Services in Education (ISE) clinic's assessment and intervention service program, data was cultivated in order to examine patient demographic information and referral concerns. The current poster will not only increase our knowledge of how demographics and referral concerns guide service utilization, but it is hoped that this knowledge can better support training programs and clinics similar to ISE. Specifically, the current poster will emphasize how understanding specific demographic and referral information, and ultimately diagnostic conclusions, can better support students in practicums, internships, and training clinics.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53932 - Printed Poster

The Welcome Basket: A feasible peer-facilitated transitional intervention for people with psychosis

Presenting Author: Lichtenstein, Sidney
Additional Authors: Mutschler, Christina; Loranger, Marc; McKinney, Chris; Mihalakakos, George; Yan, Sandra; Kidd, Sean

Abstract: Background: Discharge is a vulnerable period for people with severe mental illness with the highest rates of suicide and readmission occurring in the first month. The objective of this study was to describe the feasibility of implementing a peer-facilitated transitional intervention (the Welcome Basket) in that first month. Method: Qualitative feasibility data was synthesized from interviews with peer support workers (PSW), participants and their care providers from piloting the Welcome Basket and PSW interview data from a randomized trial. Quantitative metrics from these studies were also considered. Results: In total, 76 participants finished the intervention. Themes that emerged included clinical staff wanting better connection with PSWs through discharge and the intervention. These themes complimented feedback from PSWs who

suggested integrating PSWs into treatment teams without diminishing their contributions would improve implementation. PSWs valued consistent support from allies in these medical settings. A more defined role was also recommended to provide PSWs with structure and help others understand the PSW role. The benefits of the intervention were: sharing lived-experiences, assistance adjusting and personal attention. Conclusion: The Welcome Basket is a feasible intervention. Impact: The Welcome Basket may prove to be a low-cost intervention for a critical period.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53938 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Development of a strength-based method to capture first-person perspectives of autistic youth.

Presenting Author: Maalouf, Yara
Additional Authors: Courchesne, Valérie; Nicholas, David; Zwaigenbaum, Lonnie; Mirenda, Pat; Singh, Ilina; Mitchell, Wendy; Elsabbagh, Mayada

Abstract: First-person perspectives remain largely uncaptured for minimally verbal populations. Using synthesized methods, we designed a protocol to elicit lived experiences of autistic youth with varying communication abilities. Drawing on ecological and empowerment frameworks, this novel protocol consisted of a caregiver questionnaire and a semi-structured interview including visual supports and various output methods (e.g. writing, AAC). Initial analysis with 4 minimally verbal 17-year-olds appraised protocol validity and viability. Video transcribed interview data, applied using NVivo12, were coded by 2 independent reviewers, based on a coding scheme eliciting response features and data patterns. Communication features emerged that challenged interpretation of transcripts: e.g., echolalia, non-specifically replying "yes". Nonetheless, these were identified as alternative communication styles and were informative of youth's perspectives. Reviewers demonstrated consistency in coding, despite concerns about participant verbal communication. Despite challenges associated with interviewing minimally verbal youth, this novel method captured participant perspectives. Communication features were identified as potentially interfering with the accuracy of responses; nonetheless, participating youth were communicating. Hence, we must seek their messages, rather than assuming them invalid.

Section: Developmental Psychology / Psychologie du développement
Session ID: 53999 - Printed Poster

Clinical profile and posttraumatic stress symptoms severity range among service-users with psychosis

Presenting Author: Penney, Danielle
Additional Authors: El-Baalbaki, Ghassan

Abstract: Posttraumatic stress symptoms (PTSS) screening is inadequate in psychosis. If patients scoring in the severe PTSS range have clinical profiles similar to those meeting PTSD diagnosis it will justify screening a broader range of PTSS. An intake evaluation was conducted with 102 psychosis patients and included the PTSD Checklist for DSM-5. Clinical variables were entered in a multivariate analysis of variance with low, moderate, and high PTSS severity. Sixty-five participants reported prior trauma. Main effects emerged for all variables except delusion severity ($F_{(2,40)} = 3.06$, $p = .058$) and wellbeing ($F_{(2,56)}=1.50$, $p=.233$). Post hoc analyses suggested increased stress in the severe (M=13.13, SD=5.18) vs low (M=7.05, SD=4.40, p=.001) group, increased anxiety in the severe (M=12.30, SD=5.07) vs low (M=5.85, SD=5.06, p=.000) group, and increased depression in the severe (M=12.61, SD=5.73) vs low (M=7.20, SD=4.97, p=.005) group. Social anxiety was higher in the severe (M=7.76, SD=3.58) vs low (M=4.68, SD=3.68, p=.029) group, and quality of life (QoL) lower in the severe (M=49.95, SD=10.99) vs low group (M=58.95, SD=13.76, p=.037). Severe PTSS were associated with anxiety, depression, stress, social anxiety, and lower QoL. A severe PTSS category captures a broader range of people likely requiring services and speaks to an important need to improve referral rate for trauma intervention.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 54014 - Printed Poster

[Presented in CPA 2020 Virtual Series]

South Asian-Canadian Young Adults' Cultural Values and Sexual Health

Presenting Author: Swaich, Anmol
Additional Authors: Costigan, Catherine

Abstract: Second generation South Asian-Canadian young adults (SACYA) tend to hold more conservative sexual attitudes than young adults of other ethnicities. Past research on the factors that influence these attitudes and their impact on SACYA's sexual health is limited. The current study measures sexual subjectivity and sexual communication self-efficacy, two internal markers of sexual health. We investigate whether the sexual double standard, a cross-cultural phenomenon that has been linked to conservative sexual attitudes and negative sexual health outcomes, moderates the relationship between cultural values and sexual health. Given the emphasis on role fulfillment in South Asian values and on individual autonomy in Canadian values, it is hypothesized that sexual double standard beliefs will strengthen a negative relationship between South Asian values and sexual health, and weaken a positive relationship between Canadian values and sexual health. Participants are 18-29 year old, second generation, sexually active, male and female SACYAs from across Canada. We are currently collecting data, with analyses planned for January 2020. In addition to deepening our understanding of this growing young adult population, this research will contribute to culturally sensitive sexual health promotion and intervention efforts as it will help identify the most important constructs to target.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54070 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parental stress related to child difficulties attenuates effects of an attachment based intervention

Presenting Author: Langlois, Valerie
Additional Authors: Cyr-Desautels, Laurence; Cyr, Chantal

Abstract: The difficulties presented by the child (such as his reactivity or mood) and the more or less the expectations are satisfied from the parent toward his child can be a major source of stress for the parent (Bigras et al., 1999). This study examines 103 parents and their children (0-5 years old) reported to Child protection services (CPS) whether high levels of parental stress due to the child's difficulties reduce the effectiveness of the Attachment Video-feedback Intervention (AVI), a parent-child intervention designed to improve parental sensitivity. Parents participated in filmed snack time and play sequences with their child and completed the Parental Stress Index (Abidin, 2012). In our study, an evaluation of parenting skills by CPS was conducted using three protocols, two with an integrated intervention, either AVI or PI (psycho-educational intervention) and one without intervention (RS). A significant regression ($R2$=.32, p=.04) shows an improvement in the quality of parent-child interactions for the AVI group, compared to the combined PI and RS groups (β=.22). In addition, a significant interaction effect also shows that among parents in the AVI group, those most stressed by their child's difficulties benefit less from the AVI (β=-.20).

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 54088 - Printed Poster

The efficacy of an attachment based intervention despite children's sensitive sensory profile

Presenting Author: Cognard-Bessette, Solene
Additional Authors: Cyr-Desautels, Laurence; Cyr, Chantal

Abstract: Studies suggest that bio/physiological vulnerabilities (e.g.,temperament and sensory sensitivity) make some individuals more or less likely to benefit from interventions (de Villiers, Lionetti & Pluess, 2018). This study examines whether variations in the sensory sensitivity of abused children (recording and processing stimuli) affect their response and that of their parent to the Attachment Video-feedback Intervention (AVI), which aims to improve quality of parent-child interactions. Two groups of 109 parents and children followed by child welfare services were compared: AVI Group and Group combining parents receiving psycho-educational intervention (PI) or no intervention (NI). All participated in filmed games assessing the quality of interactions (Moss et al., 2006 observation system) and completed a questionnaire on the child's sensory regulation (Dunn, 2002). An ANCOVA shows, after controlling for parent-child interactions quality in the pre-test, an improvement in the quality of parent-child interactions in the post-test compared to the control group ($F(1,104)=9,31,p=.003$). No significant effects of the child's sensory sensitivity ($F(1,104)=.52,p=.47$) or interaction Group X Sensory sensitivity ($F(1,104)=.09,p=.77$) have been identified. This indicates that the child's sensory vulnerabilities do not affect the ability of parents and children to benefit from the AVI.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54089 - Printed Poster

Evaluating a culturally adapted SNAP program for First Nations youth with conduct-related issues

Presenting Author: Dalicandro, Lauren
Additional Authors: Schmidt, Fred; Kleynendorst, Wilma; Dixon, John; Bobinski, Tina

Abstract: Due to historic discriminatory policies and intergenerational trauma, Indigenous youth are more likely to be exposed to risk factors for developing conduct-related issues. Conduct-related behaviours may include bullying, theft, or other actions that violate social norms and expectations. Evidence demonstrates that early intervention is the best way to prevent future negative outcomes. The Stop Now and Plan (SNAP) program is a well-established early intervention for children with conduct-related behaviours. Despite the increased risk factors for Indigenous youth, this program has rarely been evaluated with this group and has never been adapted for First Nations families. The current study tested a culturally and contextually adapted SNAP program for First Nations youth and families. Mixed model regression analysis was used to evaluate outcomes from the SNAP program for youth and parents. Significant improvement in parenting self-efficacy was found within domains of Control, Discipline, and Pressures for parents of youth at specific age groups. Most youth age groups also showed significant decreases in externalizing symptoms, and overall reported symptoms across time points. No significant gender differences were found. Results are discussed in relation to prior research outcomes with non-Indigenous youth and families. Future research considerations are offered for consideration.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 54112 - Printed Poster

Program Evaluation of Concurrent Disorders Unit: Client Characteristics and Treatment Outcomes

Presenting Author: Kim, Hyoun S
Additional Authors: Chan, Jacky; Ogniewicz, Avital (Tali); Suschinsky, Kelly; Willows, Melanie

Abstract: Background: In 2016, the Concurrent Disorders Unit-Inpatient Program (CDU-IP) at The Royal (Ottawa) was launched to address gaps in care for people with complex and severe concurrent mental health and substance use disorders. We conducted a program evaluation to examine whether the CDU-IP is serving its intended population and results in positive patient outcomes (i.e., reduced substance use and mental health severity). Methods: A program logic model was created and consultation meetings were held with stakeholders, including patients, to gather feedback regarding outcomes and integrating evaluation into clinical care. Following implementation, patient self-report and clinician rated measures were completed at intake and at completion.Results: Patients (N=48) admitted between December 2018 and June 2019 completed the intake questionnaire. Most patients reported using multiple substances (75%) and presented with two or more mental health diagnoses, most commonly anxiety and depression. More than half reported emergency department visits in the past year. The outcome evaluation is ongoing and results will be available in March.Conclusion: The CDU-IP is serving its intended

population; thus, improving access to care for an underserved population.Action: Results will help modify clinical programming at CDU-IP and can inform concurrent disorders clinical services in other regions.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54130 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Immigration effects on conjugal power among Latinos

Presenting Author: Labonté, Carolanne
Additional Authors: Velásquez Zapata, Jorge Mario; de la Sablonnière, Roxane

Abstract: Immigration affects individuals due to the social, cultural and economic influences of their new environment. In order to adapt to this new environment, individuals who have immigrated as a couple must negotiate their respective roles, which results in changes in the distribution of conjugal power. Two studies were conducted to analyze this phenomenon, both aimed at predicting changes in the distribution of conjugal power according to length of stay and degree of identification with the host society. Study 1 examines Colombian couples who immigrated to Montreal (N = 30), whereas Study 2 focuses on Canadian immigrants of Latin American origin (N = 253). The results indicate that length of stay predicts an increase in the conjugal power of women among Colombian couples (Study 1), but that it does not predict changes in Latin American immigrants (Study 2). Among Colombian couples, women's degree of identification to Canada predicts an increase in their power within the couple, whereas this change in conjugal power cannot be predicted by men's degree of identification to (Study 1). Among Latin American immigrants, the degree of identification to Canada, regardless of gender, predicts an increase in women's power within the couple (Study 2). In both studies, conjugal power was measured by the couple's perception of their respective roles in decision making pre and post immigration.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54276 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Canadian Churches' Culture of Poverty Reduction

Presenting Author: Hoppe, Alexandra V
Additional Authors: Cresswell , James

Abstract: The role of faith-based institutions in poverty reduction has changed as the government progressively assumed a social service provision role. The Canadian Council of Churches partnered with researchers to address the question: What is the preferred role of Canadian churches in poverty reduction? The researchers interviewed 33 key informants across Canada who could speak to issues related to Churches' role in poverty reduction. The interviews focused on three systemic features that constitute the cultural psychology of poverty reduction: (1) Vision – motivations, values, and aspirations that provide direction for poverty reduction. (2) Structure – settings, activities and events entailed in poverty reduction. (3) Process – actions that enable people to implement the vision poverty reduction. These components were analyzed via Interpretive Phenomenological Analysis to describe how they are used to make sense of faith-based poverty reduction work. The analysis showed that Canadian churches make sense of their role from a missional faith foundation leading toward bridging community divisions through the perceived essential processes of advocacy and congregational connections. Thus, they see themselves as distinctly striving to create structures that encourage the alleviation of poverty in a holistic manner reflected in a multidimensional understanding of poverty.

Section: Community Psychology / Psychologie communautaire
Session ID: 54295 - Printed Poster

A Comparison of Family Quality of Life in ASD and ADHD Populations

Presenting Author: Romaniuk, Alyssa T
Additional Authors: Theule, Jennifer; Ward, Michelle; Cochrane, Karis; Cadieux, Olivia

Abstract: Existing research has compared Family Quality of Life (FQOL) in autism spectrum disorder (ASD) populations and typically developing populations but has not yet explored differences in FQOL across ASD, attention-deficit/hyperactivity disorder (ADHD), or comorbid ASD and ADHD populations (ASD+ADHD). Given this gap within the research, the present study examined FQOL among families—specifically mothers—of sons with ASD, ADHD, and ASD+ADHD. A cross-sectional online survey was completed by mothers from Canada and the United States. This survey explored demographic information and details relating to FQOL and diagnostic characteristics. Results are being analysed using an analysis of variance (ANOVA; Gamst, Meyers, & Guarino, 2008) to determine if mothers significantly differ in their ratings of FQOL when raising a child with ASD, ADHD, or ASD+ADHD. Data analysis is expected to be complete by February 2020. The results of this study will provide insight into differences in FQOL for families of children with ASD and/or ADHD, and inform services targeting FQOL for these families.

Section: Family Psychology / Psychologie de la famille
Session ID: 54380 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Re-integration Related Loss and its Impact on Veteran Mental Health

Presenting Author: Mcharg, Stefanie
Additional Authors: Williamson, Rachel

Abstract: Each year, thousands of veterans leave the military and start the process of transitioning into civilian life. Much of the literature regarding reintegration largely focuses on psychological challenges related to PTSD and trauma. Limited research explores other aspects of reintegration such as the different forms of loss experienced during this potentially stressful time. The current study aims to identify different types of losses experienced by veterans during the transition process and the impact this has on their mental health and social functioning. Interviews were done with 21 Canadian Armed Forces veterans aimed at determining difficulties and supports they had during the transition process, as well as identified losses and the impact they had on different areas of their lives. A thematic analysis will be used to identify themes that emerge in veterans' responses to questions about the hardest part of the transition process, as well as supports that helped them and additional supports that would have been helpful. The relationship between reason for leaving the military, the losses experienced, and the impact of those losses across different areas of functioning will also be analyzed using linear regression and chi square tests. The results of this study may provide valuable information on reintegration-related losses and help inform effective supports for veterans.

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 54396 - Printed Poster

Drag IS Employment: An Analysis of the Occupational Experiences of Drag Queens

Presenting Author: Caneira, Kiah E
Additional Authors: Sasso, Thomas

Abstract: Drag performance, a type of entertainment involving costumes and highly stylized forms of gender expression, has recently emerged as a mainstream form of entertainment. Heightened visibility has brought drag to a larger and more diverse audience, resulting in more employment opportunities for drag performers, across a larger variety of venues. Extant literature on drag has largely focused on gender politics, and identity formation and expression, often overlooking the study of drag as a livelihood with occupational implications. The current study explores drag as employment through a deductive thematic analysis of content related to occupational issues discussed on the reality TV series, RuPaul's Drag Race (2009-). This

TV series provides valuable data because contestants frequently engage in conversations with one another regarding their employment experiences with drag, touching on themes of precarious employment, under-compensation, and discrimination. Initial results demonstrate that drag is an occupation that would benefit from research and practical expertise in occupational health, human resource management, and organizational behaviour. Therefore, this study provides insight into the working lives of drag queens and creates a preliminary framework to begin examining and treating drag as a unique and legitimate form of employment.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54417 - Printed Poster

Psychosocial support in the Ebola virus disease context

Presenting Author: Mukunzi , Joana N
Additional Authors: Noorishad, Pari-Gole; Derivois, Daniel; Bukaka, Jacqueline; Cénat, Jude-Mary

Abstract: Objectives: Ebola virus disease (EVD) is associated with severe mental health consequences.Thus, evidence-based mental health and psychosocial support (MHPSS) programs are needed to helpboth individuals and families exposed to the virus. This systematic review aimed to describe MHPSSprograms implemented following EVD outbreaks and to assess their effectiveness and relevance.Methods: We conducted a systematic search in six scientific databases (EMBASE, PubMed,PsycINFO, PILOTS, Cochrane Library and MEDLINE), and in the grey literature. From 2,827generated publications, 11 were retained according to the PRISMA method. Results: Thisreview revealed that most programs were implemented by international organizations incollaboration with local partners, with many following WHO mhGAP and Psychological FirstAid guidelines. Programs were implemented in hospitals, Ebola treatment centres, andcommunities and had various target populations (e.g. survivors, health workers, volunteers,frontline workers). Only two programs were empirically evaluated. Results from the evaluationsshowed mental health improvement for both children and adults. Conclusions: This studyprovides the first systematic review on MHPSS programs in the EVD context. It shows the need toincrease efforts to systematically document and evaluate programs, and for globalmental health initiatives with a community-based approach.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54455 - Printed Poster

The Needs of Caregivers to Persons with Dementia who Ceased Driving: An Evidence-Based Intervention

Presenting Author: Gratton, Cassandre
Additional Authors: Yamin, Stephanie

Abstract: The ability to drive a motor vehicle is associated with a sense of independence and quality of life. Most older adults will eventually experience driving cessation. This is especially the case for people with dementia (PWD). Driving cessation has been shown to negatively impact individuals' mobility, which subsequently negatively impacts their quality of life. Family caregivers can alleviate these negative consequences by answering the PWD's mobility needs throughout this life transition. The purpose of this study was to examine the needs of informal caregivers of PWD who had recently lost their driving privileges. Ten caregivers of PWD were recruited from a tertiary memory disorders clinic. Semi-structured interviews were conducted and transcribed. Transcripts were thematically analyzed using a thematic analysis approach. The major themes emerging from the analysis included the caregivers' need for mobility training and psychoeducation on how to best attend to the emotional needs of their care recipient following the process of driving cessation. These needs expressed by caregivers indicate that driving cessation of the care recipient is a difficult experience for caregivers. Using the results from our needs assessment, an evidence-based intervention will be proposed to answer the needs of caregivers to PWD following driving cessation.

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 54456 - Printed Poster

Factors Impacting Mental Health Service Seeking Among Post-Secondary Students

Presenting Author: Armitage, Nicole A
Additional Authors: Williamson, Rachel A

Abstract: Despite the prevalence of mental health issues among college students, a large percentage of students do not seek or receive mental health treatment/support. Multiple psychosocial variables, including internalized stigma (applying public stereotypes to ones-self), self-esteem, and social supports have been linked to the presence of mental illnesses; however, additional research is needed to clarify the influence that these variables have on mental health treatment seeking behaviour. The current study aims to identify the effect of internalized mental health stigma, self-esteem, and perceived social support on current mental health treatment seeking behaviour, as well as openness to engage in mental health treatment in the future (if needed), in a sample of college students. An online survey was completed by 497 students attending a tri-campus college in Canada. Logistic and linear regression will be used to identify the impact of students' reported levels of internalized stigma, self-esteem, and social support on current treatment seeking behaviour and the openness to seeking treatment in the future, while controlling for past engagement in services. Results of the current study will assist in identifying potential psychosocial barriers that impact college students' engagement in mental health services, which may be used to inform supportive programming for college students.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54476 - Printed Poster

Understanding Trauma in the Perinatal Period

Presenting Author: Chou, Sharon
Additional Authors: Reynolds, Kristin

Abstract: Posttraumatic stress symptoms (PTSS) can occur following exposure to traumatic events and are characterized by unwanted intrusions of the event, negative cognitions and mood, and hyperarousal symptoms. During the perinatal period (pregnancy and up to one year postpartum), these symptoms can have significant consequences for the health and well-being of the mother and the fetus or infant. Perinatal medical examinations and procedures may serve as triggers or reminders of past interpersonal traumas. Complicated birth experiences can also be traumatic and associated with the development of PTSS. Limited research has examined the experiences of women who endorse traumatic exposure prior to or during the perinatal period and less has examined perinatal women's medial and psychological needs following trauma exposure and PTSS. Using a qualitative approach, this study aims to understand the experiences of women with PTSS during the perinatal period and those of health care providers who serve these women. We will strive to identify the service needs, both medical and psychological, as viewed by those accessing and providing healthcare services. Data will be collected and analyzed this winter with manuscript submission this spring, prior to the CPA convention. This research will provide a foundation for develpping trauma-focused intervention specifically for perinatal trauma and PTSS.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54486 - Printed Poster

Coping and Stress as Predictors of Need: Assessing Needs in Parents of Children with Down Syndrome

Presenting Author: Lee, Esther Yejin
Additional Authors: Neil, Nicole

Abstract: Parents of children with developmental disabilities are repeatedly reported to have higher stress levels than parents of typically developing children. Despite Down syndrome (DS) being the most prevalent chromosomal cause of intellectual disability, research including individuals with DS often groups the population with other etiologies of disabilities or considers the population a control group in studies of autism spectrum disorder. There is minimal ressearch on the unique profile of

needs in parents/caregivers of children with DS, especially in the Canadian population. The present study aims to better understand parental stress and coping strategy use among parents/caregivers of children with DS, and how these factors may predict support needs. 124 parents/caregivers of children with DS across Ontario completed an online survey that assessed the above variables using the Questionnaire of Resources and Stress, Family Crisis Oriented Personal Evaluation Scale, and Family Needs Survey. Results will reveal the relationship between effective vs. ineffective coping strategies, stress and important unmet needs. With greater understanding of these relationships, support programs and interventions could be designed to target specific needs. Furthermore, knowledge translation of the outcome will be distributed to support agencies and organizations for DS in Ontario.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 54525 - Printed Poster

Motherhood and the Broader Autism Phenotype: An Exploration of Similarity-Fit

Presenting Author: Ward, Michelle
Additional Authors: Henrikson, Brenna; Theule, Jennifer

Abstract: The broader autism phenotype (BAP) has emerged as a promising construct in the study of autism spectrum disorder (ASD). Given that this pattern of subclinical ASD characteristics is commonly found in parents of children with ASD, it is critical for research to explore the likely interaction between parent and child traits. While many view ASD and the BAP from a deficit perspective, these traits may actually benefit mothers of children with ASD. The present study explored this issue through the lens of the similarity-fit hypothesis, where overlap between parent and child traits is thought to promote a "fit" within the parent-child relationship. North American mothers of boys (ages 6-11, with and without ASD) completed a large online survey. The survey explored the interaction between maternal BAP, child ASD, and parenting outcomes. Data is being analyzed using separate hierarchical multiple regressions to determine whether maternal BAP traits are predictive of parenting outcomes. These analyses are expected to be completed by February 2020. This is the first known study to explore the similarity-fit hypothesis within ASD populations through the lens of the BAP. Findings will help advance existing scientific and clinical understandings of motherhood in ASD populations, and can better position policymakers, clinicians, and community organizations to support this population.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54561 - Printed Poster

Gender Transformative Programming and Well-Being: Case Study of Four Ethiopian Agricultural Colleges

Presenting Author: Brophy, Kyla
Additional Authors: Negash, Eleni; Starr, Lisa; Mitchell, Claudia

Abstract: The Agricultural Transformation Through Stronger Vocational Education (ATTSVE) project is a 6-year project aiming to support Ethiopia in entering a market-focused agricultural system while fostering gender equality, diversity, and inclusiveness. ATTSVE has engaged four Agricultural Technical and Vocational Education Training (ATVET) colleges (Maichew, Nedjo, Wolaita Sodo, and Woreta) in focused training and investment, with the intent that they become leaders in the ATVET system. A key component of the project is Gender Transformative Programming, which seeks to promote positive and transformative social and political change for women and girls, and explicitly address power inequities between genders. This collaborative programming has included the appointment of staff Gender Focal Persons, establishment of Gender Offices, and creation and support of student-led Gender Clubs. As part of program evaluation, focus group discussions were held with students at each ATVET, and open-ended questionnaires distributed to Gender Focal Persons. Responses were analyzed using qualitative thematic analysis. Findings suggest that gender transformative programming supports the well-being and development of all students, targets gender-based violence, and promotes women and leadership. Recommendations to sustain and expand gender transformative programming are discussed.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 54608 - Printed Poster

Resilience Among Post-Secondary Indigenous Students

Presenting Author: Person, Staci
Additional Authors: Tan, Josephine C. H.

Abstract: Despite their history of adversity, an increasing number of Indigenous people are enrolling in post-secondary institutions. Yet, very little is known about what resilience means to these students and what contributes to their ability to cope in school. Using a semi-structured interview protocol, seven post-secondary Indigenous students (M = 34.86 years; SD = 8.59) from northwestern Ontario were asked questions relating to the types of challenges they face, how they conceptualize and recognize resilience, and what factors they think help them cope. The audiotaped interviews were transcribed, coded, and analyzed following the thematic analysis approach proposed by Braun and Clarke (2006). Findings showed that the students identified adverse childhood experiences, poverty, violence, racism, mental illness, childcare, and isolation as challenges. Resilience was conceptualized as a process related to survival, perseverance, adaptability, and healing, and involved the students looking after themselves and others, being active and building connections, and being hopeful about their future. Finally, themes of social support, cultural identity, personality traits, activities, available resources, and resistance against racism emerged as factors promoting resilience. Findings are discussed within a culturally appropriate context with implications for helping Indigenous students cope.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54613 - Printed Poster

Interpersonal interactions of Iranian immigrants: an intersectionality analysis

Presenting Author: Nasrullah, Shakib
Additional Authors: Sinacore, Ada

Abstract: Current literature discusses how immigrants benefit from connecting with previously settled individuals from the same language and national background (Sinacore, Titus, & Hofman, 2013). However, several studies show that Iranian communities in North America lack cohesion and Iranian's engagement with their community is weak (Malek, 2015). The extant literature has focused on the role of political and religious affiliation in the existing divisions within Iranian communities (Mostofi, 2003). However, an in-dept account of how Iranian immigrants experience their interactions with members of their communities is missing. This study used Hermeneutic Phenomenological methodology with Intersectionality as the epistemological framework to address the above gap in the literature. The transcripts from twelve Iranian immigrants living in Québec for a minimum of three years were analyzed using interpretive phenomenological analysis. This presentation focuses on the intersectional analysis of the data, identifying intersection of several social locations (e.g. social status and gender), power structures (e.g. classism), and their impact on the interpersonal interactions of Iranians. The findings of this study challenged the commonly held belief that major sources of Iranian community factions are mostly political and religious. Implications for practice and community is discussed.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54630 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A review of parental satisfaction with the diagnostic process for autism spectrum disorder

Presenting Author: Gray, Shawna
Additional Authors: McCrimmon, Adam

Abstract: Background: Diagnostic assessment for autism apectrum disorder (ASD) is a complex and often stressful process for parents during which clinicians have a brief and important role. There is a need for clinicians to understand what factors influence parental satisfaction during this process.Methods: A systematic review of the literature as of February, 2019, was conducted to explore factors of parental (dis)satisfaction. This review synthesized results of 26 articles that report on this

topic. Results: Factors related to satisfaction and dissatisfaction are described (with some overlap between these), in the context of temporality within the diagnostic process (pre-assessment, assessment, diagnostic disclosure, post-assessment). Conclusions: This review revealed important factors influencing parental (dis)satisfaction with assessment. Factors are described in terms of those directly influenced by clinicians and those that are outside of direct clinician control.Action/Impact: Clinicians play an important role for families undergoing diagnostic assessment for ASD. There are actions that can be taken to increase parental satisfaction with this process. It is also important to recognize and be sensitive to factors outside of clinician control. Understanding these factors will help clinicians to comprehend the perspective and experience of parents during the assessment process.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54644 - Printed Poster

Perceptions of Social Capital and Femininity in Women with Turner Syndrome

Presenting Author: Cragg, Stephanie J
Additional Authors: Lafreniere, Kathryn D

Abstract: Background and Methodology: This research focuses on a sample of women diagnosed with Turner Syndrome (TS), a chromosomal disorder diagnosed in approximately 1 in 2,500 females. A mixed-methods study was conducted to answer the question: do women with TS have lower levels of social capital in several areas as a comparison group of the same age range, and does this affect wellness and life satisfaction? Psychological capital was also examined to determine if it mediated social capital and outcome measures of wellness and life satisfaction. In total, there were 35 participants between the ages of 18 and 30: 11 participants diagnosed with TS, and 24 comparison participants. Results: Results revealed no significant differences between women diagnosed with TS and the comparison group in social capital at work, school, online or offline. Psychological capital was found to mediate social capital at work and the outcome variables. Qualitative results revealed that women with TS reported receiving less social capital from family, and women in both groups reported experiencing negative feelings related to stereotypical views of femininity.Implications: This study provides support for the efficacy of TS supports and resources available to women with TS through national groups and online. Additionally, stereotypical views of femininity continue to have a negative impact on women.

Section: Women and Psychology / Femmes et psychologie
Session ID: 54711 - Printed Poster

Addressing Mental Health Risks With a Focus on Resilience: Inuit Youth Discuss Wellness.

Presenting Author: Litwin, Leah
Additional Authors: Bohr, Yvonne; Abdelmaseh, Marette; Oskalns Nadjiwon, Megis; Singoorie, Chelsea

Abstract: Canadian Inuit youth face some of the most significant mental health challenges of any group of youth globally, but a full understanding of factors contributing to this crisis remains elusive. This study formed the first part of a community-directed initiative designed to evaluate an e-intervention to support Inuit youth at risk for depression. Fourteen youth (age 14-21) in 4 Nunavut communities collectively generated a conceptualization of mental health through sharing circles that were recorded and coded using inductive thematic analysis. Youth expressed a preference for the term "wellness" over mental health. They shared their beliefs about supporting their own and their community's wellness, and the importance of interpersonal connection. There was a unanimous desire to return to cultural roots for building capacity and harnessing wellness and "living well", and recommendations for enhanced intergenerational communication with Elders. Suggestions for improving the use and perception of existing mental health services were also offered.While efforts have been made to better understand potentially protective factors for Inuit youth mental wellness, this understanding is still incomplete. It is important to continue to seek knowledge that can contribute to preventive efforts from as many sources as possible, most importantly from Inuit youth themselves, and their communities.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 54794 - Printed Poster

Effectiveness of a Single Session Service in a Community-Based Children's Mental Health Centre

Presenting Author: Killen, Amy
Additional Authors: Popowich, Alexandra

Abstract: Background: Responsive and time-sensitive brief services are critically needed in children's mental health. The current study evaluated the effectiveness of a single-session intervention service. Methods: Data was collected for 237 child clients and their families. Treatment questionnaires were completed at the time of service and again at one-month post service. Clients who non-materialized were also contacted. Results: Clients displayed clinically significant outcome improvements on ratings of distress, understanding of their problem(s), confidence, and ability to cope. Effect sizes ranged from small (d = .18) to large (d = 1.14), and the majority of these improvements were maintained at the one-month follow-up (d = .08 to d = 1.02). Approximately 19% of clients closed following the single session service. Outcome data for non-materialized clients, as well as qualitative data from client's open-ended survey responses will also be presented. Conclusion: These findings provide strong support for the effectiveness of a single session service in a children's mental health setting. Action: Findings of this evaluation aid in the development of future child service system decision making.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54866 - Printed Poster

Preliminary Support for the Effectiveness of Group-Based DBT Skills Training in a Rural Area

Presenting Author: Narduzzi, Karen
Additional Authors: Black, Pamela J.

Abstract: There is a growing need for psychological services in rural Manitoba, where rates of anxiety, mood disorders, and suicide attempts are increasing (see Chartier et al., 2018). To address this need, a Dialectical Behaviour Therapy (DBT)-informed skills training group (dubbed "Wise Minds") was implemented in the Prairie Mountain Health region in 2013. Wise Minds has run continuously since its initiation; the group is offered to twelve clients weekly for 24 weeks and instructs in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills. Due to system and regional constraints, this program is not fully DBT-adherent, but efforts have been made to ensure access to 24-hour skills support in collaboration with the local Crisis Services program. To monitor program effectiveness and inform further clinical care, participants complete a battery of self-report measures related to symptom severity and skill use pre- and post-enrolment. Preliminary analyses of this data suggest a robust reduction in symptoms of anxiety and stress as measured by the DASS-21 (Lovibond & Lovibond, 1995) and increased use of mindfulness skills (including observing and non-reactivity) as measured by the Five Facet Mindfulness Questionnaire (FFMQ-15; Baer et al., 2008). These results, their limitations and implications for program development, will be discussed.

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 54968 - Printed Poster

A Community Perspective to Understanding Indigenous Children Engaging in Death by Suicide

Presenting Author: McVittie, Jordan
Additional Authors: Ansloos, Jeffrey

Abstract: Suicide and self-injury are the primary causes of death among Indigenous peoples up to age forty-four in Canada (Public Health Agency of Canada, 2016). While it is widely reported that Indigenous youth constitute disproportionate rates of suicide (Ansloos, 2018), little research has investigated the suicide rates pertaining to Indigenous children. The lack of research is alarming given that Indigenous children between the ages of 1-14 years old die by suicide at a rate nine times

higher than non-Indigenous children (4.5% compared to 0.5%) (Statistics Canada, 2019). A community-based perspective is needed to better understand the key social, historical, political, and cultural factors that may contribute to children engaging in death by suicide. In addition, and contrary to popular belief, elementary school-aged children have a basic understanding of suicide (Normand & Mishara, 1992). Therefore, considering that children develop knowledge of suicide early in life and are engaging in death by suicide at a very young age, it is apparent that suicide prevention efforts must begin earlier than in the teenage years. To date, there is no research of this kind in Canada, leaving Indigenous children further at-risk to continue to experience health challenges, such as suicide. This research has implications to inform Indigenous children's mental health, education and social services.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 55044 - Printed Poster

The relation between risk and mental health program completion among justice-involved youth.

Presenting Author: Dennis, Victoria E
Additional Authors: Maloney, Kelsey

Abstract: Research has found that targeting mental health problems may reduce risk of recidivism among justice-involved youth (Foster, Qaseem, & Connor, 2003). The current study involved a sample of 74 adolescent, first-time offenders registered at a large urban juvenile probation department in South Eastern Texas. Participants were assessed for risk levels using the Risk and Needs Assessment (RANA). Our study sought to examine the relation between risk for recidivism and mental health program completion. RANA risk level was significantly correlated across offense 3 to offense 4 (r = .80, p < .001) but was non-significant in all other pairings. A paired sampled t-test was conducted to examine change in risk levels over time by comparing subsequent offenses. We did not find a significant difference between any combination of offenses (p = .057 - .621). Results did not indicate a significant change in risk levels across time among those who completed mental health programs, indicating that risk levels may not have been affected by participation in a mental health program. Overall, our results indicate a possible disconnect between mental health program completion and overall change in risk levels. Further research is needed to address which specific offenders (low-risk, high-risk, etc.) would benefit directly from mental health programs.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55053 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Assessing the impact of an established peer support model within the public safety personnel

Presenting Author: Landry, Caeleigh
Additional Authors: Carleton, R. Nicholas

Abstract: The work of public safety personnel (PSP; eg. firefighters, paramedics, police officers) consists of unique demands and stressors that increase the risk of exposure to potentially traumatic events. Relative to the general population, PSP appear at increased risk for developing one or more mental health disorders and mental health challenges may be a result of repeated exposure to traumatic events. If left untreated, acute stress reactions may develop into operational stress injuries (OSIs), such as posttraumatic stress disorder (PTSD), anxiety, depression, and substance use disorders. To mitigate the impact of stressful work environments, many PSP agencies (e.g., fire departments) have implemented peer support programs such as the ICISF-CISM model. The effectiveness of peer support programs has not been given research attention. Data were collected using anonymous self-report surveys. Participants were recruited from four integrated Fire and Emergency Medical Services departments in Alberta, Canada. Those who had received peer support training demonstrated better peer support skills and placed greater value in them. Generalized anxiety scores also differed between conditions. Negative correlations between skill knowledge score and mental illness measures indicate peer support programs are effective.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55076 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Development and Implementation of Indigenous Community-Based Graduate Programs

Presenting Author: Keast, Haley
Additional Authors: Fellner, Karlee

Abstract: This project investigated how community-based graduate programs in local Indigenous approaches to wellness can be most effectively developed and implemented. The Poo'miikapii: Niitsitapii Approaches to Wellness, and Niitsitapiisinni: Real Peoples' Way of Life programs at the University of Calgary were used as examples to demonstrate this. Ten storytellers engaged in research conversations to share their feedback and experiences regarding the development and implementation of the Poo'miikapii and Niitsitapiisinni programs. Research conversations and course outlines were analyzed using Archibald's (2008) storywork analysis. Themes of relationship building and maintenance, Elder engagement, community-based Indigenous pedagogy and curriculum, and decolonizing and Indigenizing the academia were identified. A framework for universities, organizations, and communities to implement similar programs is discussed. Considerations of how to collaboratively develop and implement on reserve, community-based wellness programs with an emphasis on experiential, land-based, and Elder-guided learning are included. Given the vast diversity among Indigenous communities, this framework should be interpreted as a flexible guideline that can be altered to align with Indigenous communities' unique practices.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 55079 - Printed Poster

Atypical parental behavior and the effectiveness of the Attachment Video-feedback Intervention

Presenting Author: Langlois, Valerie
Additional Authors: Cognard-Bessette, Solène; Cyr, Chantal

Abstract: Attachment Video-feedback Intervention (AVI), an attachment-based strategy using video feedback, improves the sensitivity of parents reported to Child Protective Services (SPE; Moss et al.,2011). But is it for parents whose behavior is atypical, even disorganized and frightening for the child? In our study, an evaluation of parenting skills by CPS was conducted with 58 parents with children (0-5 years) reported for maltreatment. Three assessment protocols were administered, two with an integrated intervention, either AVI or PI (psychoeducational intervention) and one without intervention (RS). Our study examines whether the effect of the presence of frightening parental behavior at the beginning of the assessment moderates the effect of the AVI on the quality of parent-child interactions, compared to the PI or RS groups. The quality of parent-child interactions and the presence of frightening behavior were assessed by independent coders. An ANCOVA shows an improvement in the quality of parent-child interactions in the AVI group compared to the combined PI and RS groups (F(1,57)=5.41, p=.03). Also, frightening parents at pre-test have a lower quality of interaction at post-test (F(1,57)=2.49, p=.04). The interaction effect is not significant (F(1,57)=1.14, p=n.s.). The severity of the frightening behavior has no effect on the parent's ability to benefit from the intervention.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 55124 - Printed Poster

Comparison of Trauma Narratives Among Nepalis Who Received Reconsolidation Therapy vs Paroxetine

Presenting Author: Kojok, Lara
Additional Authors: Brunet, Alain

Abstract: As a result of a decade-long armed conflict in Nepal (1996 – 2006), there have been thousands of deaths and victims of torture in this country. This has been associated with a high prevalence of post-traumatic stress disorder among the Nepalese. In a previous study, we compared the efficacy of reconsolidation blockade therapy with propranolol to paroxetine treatment in Nepalese trauma survivors. In the current study, we sought to examine how these treatments affect traumatic memories in this population. Participants were videotaped while recounting their trauma at the beginning and end of six weeks of each treatment. Qualitative analysis methods will be used to assess the changes in trauma narratives pre- vs. post-treatment. In comparison to the pre-treatment narratives, we expect that participants will express more positive words and lower emotional intensity levels. We will also explore how changes in trauma narratives differ across treatment groups. Qualitative changes in the trauma narratives will be correlated with symptom reductions that occur as a result of the treatments. This study will not only provide valuable insights regarding how reconsolidation blockade and paroxetine treatments influence the emotional components of traumatic memories, but also how such changes translate into symptom improvements.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 55254 - Printed Poster

Food Insecurity & Food Bank Experience in Ottawa, Ontario, Canada

Presenting Author: Gergyek, Lucas
Additional Authors: Kristjansson, Elizabeth; Enns, Aganeta

Abstract: The current study explores food insecurity and the resulting food bank experience in Ottawa, Ontario. Currently, few studies have evaluated the quality of food banks in Ottawa, Ontario. Thus, the current study is looking to uncover how people who use food banks experience different types of food banks in consideration of the relationships between social support, mental health and physical health.Eleven food banks within the Ottawa Food Bank (OFB) network were selected. Each food bank is a not-for-profit, voluneer-run organization, and serves a specific region within Ottawa. Each food bank offers emergency food assistance, however, they each differ in their size, funding, strategies, and approaches to food banking.Twenty-two individuals who use these food banks were selected to participate in semi-structured qualitiative interviews. Interviews explored topics pertaining to overall experience and interactions at the food bank, mental health, resilience and social support. Interviews were transcribed and coded via NVIvo where relevant themes reflective of the research questions were extrapolated.Upon the completion of the study, the researchers hope to develop a narrative surrounding client experiences at a representative sample of food banks in Ottawa, Ontario. In particular, the study hopes to provide practical feedback and recommendations for the food banks under consideration.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 55284 - Printed Poster

A Positive Psychology Model of Well-Being Following Anti-LGBT Trauma or Discrimination

Presenting Author: Gillis, Joseph R
Additional Authors: Wootten, Sarah

Abstract: Using multiple regression and mediation analyses, this study assessed the contribution of the following positive psychology character strengths, including coping styles, authenticity of LGBTQ identity, level of belonging to the LGBTQ community, perceived levels of available emotional social support, the centrality of an anti-LGBTQ event, and disclosure/concealment of sexual orientation or gender identity. Participants were 168 LGBTQ-identified individuals who reported having experienced anti-LGBTQ trauma or discrimination based on their sexual orientation and/or gender identity. Problem-focused coping and emotional support were positive correlates of well-being. Avoidant coping, distress, and centrality were negative correlates of well-being. Higher levels of problem-focused coping, lower levels of overall distress, and higher levels of perceived availability of emotional support were all found to be significant partial mediators of the relationship between the centrality of the anti-LGBTQ event to identity and overall well-being. These findings suggest that by helping individuals gain a greater sense of control over their lives and reconceptualise the anti-LGBTQ event as less central to their narrative that mental health providers may help to increase overall well-being of LGBT individuals following anti-LGBTQ events.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 55320 - Printed Poster

Valadation of Screener for Substance and Behavioural Addictions

Presenting Author: Wilson, Kate
Additional Authors: Hodgins, David C

Abstract: Emerging evidence suggests there are a variety of behaviours, not only those related to the use of psychoactive drugs, that may be appropriately conceptualized as addictions. Many behavioural addictions appear to have considerable overlap with substance use disorders in terms of etiology, phenomenology, clinical presentation, neurobiological features, and physical/psychosocial consequences. A brief, self-report screener for substance and behavioural addictions (SSBA) was recently developed to help identify individuals in a general population who would benefit from further clinical assessment. Although it shows promise for addiction screening in non-clinical adult populations, it is important to cross validate the SSBA for use in other epidemiologic cohorts. The present study aims to validate the SSBA using an independent sample of Canadian university students. A convenience sample of ≥ 520 university students (≥ 18 years) will participate in this study. Data collection will take place during the Fall 2019/Winter 2020 academic terms at the University of Calgary. Each will be asked about self-attributed problems with five substances (alcohol, tobacco, cannabis, stimulants, and opioids) and seven behaviors (gambling, eating, shopping, sex, video gaming, work and exercise).Psychometric evaluation will include descriptive analysis, and reliability and validity testing.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 55330 - Printed Poster

Success in the first year: What does it all mean?

Presenting Author: O'Neil, Ashlyne I

Abstract: Researchers and practitioners employ various definitions of student success, academic success, and academic achievement; discussing their approaches and results in similar ways while measuring disparate outcomes. These have traditionally included grade point average, course grades, assessment scores, engagement levels, satisfaction, interest, persistence, years to completion, and various post-graduation outcomes. While each of these may be worthwhile goals, it is impossible to claim them as equivalent; and in order to improve success at the institutional level, we must give consideration to the goals students set for themselves, so we can best support them in those endeavours. It is therefore imperative to understand students' own definitions of success in order to effectively study, predict, and improve it. The purpose of the current research was to explore students' definitions of their own academic success, using an online survey with closed- and open-ended questions. Students first provided a written response describing important aspects of their own success, and then ranked predetermined success outcomes in terms of personal relevance. A thematic analysis provides a qualitative account of students' definitions of academic success, and results are discussed in terms of their implications for future research on student success in higher education.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55339 - Printed Poster

Symposium

Stretching the Reach of Psychology in Rural Mental Health Programs via Group-Based Services

Moderator: Black, Pamela J.

Abstract: Psychology services are in demand in Manitoba but the province does not have sufficient resources to meet these needs. In rural areas, where there is poorer overall health and elevated rates of mental illness (Pong, 2007), the discrepancy between needs and resources is more pronounced. As such, community mental health workers (CMHWs) provide the majority of direct client care. The gap between need and resources has led psychologists away from individual sessions as a primary service to alternative models, such as implementing stepped care, building capacity amongst CMHWs, and offering group-based psychological services. In the Prairie Mountain Health region that serves southwestern Manitobans, psychologists have made efforts to increase access to psychology by implementing group-based programs, each designed to address different client needs with varying levels of intensity. This symposium will review three such programs, including class-based sessions to teach basic cognitive behavioural strategies for depression and anxiety, a multidisciplinary approach for individuals engaging in hoarding, and a group-intervention employing dialectical behaviour therapy skills for individuals with emotional dysregulation and interpersonal difficulties. This session will describe these programs, including unique adaptations for rural implementation and the benefits and limitations of each.

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 54166 - Symposium

[Presented in CPA 2020 Virtual Series]

Implementation of Class-Based Psychoeducation in a Rural Mental Health Program

Presenting Author: Conan, Michelle
Additional Authors: Black, Pamela J.

Abstract: One approach to improving accessibility of mental health services is the stepped care model (Chodos, 2017) in which individuals seeking help are diverted to the least intensive service option first and only move to more intensive levels of care if necessary. The implementation of a stepped care model in rural areas of Manitoba may be particularly advantageous, given the small number of psychologists per capita compared to other Canadian regions (Votta-Bleeker & Cohen, 2014). To increase speed of access to mental health services and the reach of psychology, psychoeducation classes delivered as the first step in a stepped model were trialed throughout our rural health region. Lead by two community-based psychologists, the Cognitive Behavioural Therapy with Mindfulness (CBTm) program (Sareen et al., 2016), comprised of four 90-minute sessions that provide information about basic cognitive behavioural principles for depression and anxiety were initiated in early 2019. Classes were co-facilitated with CMHWs and offered in-person and via telehealth. Despite noted benefits, including capacity building and promotion of overall mental health system efficiency, there are limits to providing such services. This presentation will review the nature of the program, advantages and disadvantages, and lessons to be learned about implementation of class-based services in a rural region.

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 54911 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Implementing a Rural-Based Group Skills Training Model to Manage Hoarding and Domestic Squalor

Presenting Author: Gibson, Greg

Abstract: Hoarding occurs in 2-5% of the population (Grisham & Norberg, 2010); however, accurate assessment and treatment can be challenging, particularly in rural areas, as cases often go undetected. In situations of severe hoarding and squalor, successful treatment often involves coordination by formal and informal supports to manage clutter and support the client. The Prairie Mountain Inter Agency Hoarding Coalition (PMIHC) is a multi-agency collective comprised various regional partners who provide constituents of Prairie Mountain Health region with a coordinated response to severe incidents of hoarding and domestic squalor. One of the coalition's service goals is the provision of assessment and coordination of interventions to prevent, prepare, respond and recover from incidents of hoarding and squalor. To enable the reach of psychological services within this team, the PMIHC, in partnership with Samaritan House Ministries, offers a 15-week cognitive-behavioural group therapy program directly targeting hoarding beliefs and behaviours; an approach that has demonstrated favourable outcomes individually and in groups. Further, group treatment for hoarding behaviours is promising

in terms of economy of resources (Tolin et al., 2015). This presentation will review intervention and support for hoarding and squalor as well as the contextual challenges inherent in rural areas.

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 54916 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Development and Implementation of Dialectical Behavior Therapy-Informed Skills Training Group

Presenting Author: Narduzzi, Karen
Additional Authors: Black, Pamela J.

Abstract: In the 2016 Mental Health Among Manitobans survey (Chartier et al., 2018), people in the Prairie Mountain Health region reported rates of anxiety and mood disorders above the provincial average. This same report also indicated that the rate of hospitalization for suicide attempts is elevated in rural, compared to urban, regions. In an effort to extend psychological services, and provide evidence-based treatment to this population, a DBT-informed skills-focused therapy group (dubbed "Wise Minds") was established in Prairie Mountain Health in 2013. Clients attend 24 weekly group sessions that instruct in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills and meet regularly with an individual counsellor to further practice skills. Due to constraints within this system, some elements of a fully-adherent DBT program could not be implemented. For example, as telephone access to individual counsellors was not available, Crisis Services staff were trained to provide telephone-based services to clients outside of regular office hours. This presentation will discuss the process of establishing such a group in a rural location as well as the unique considerations given to coordinating various agencies to provide cohesive support in the learning and implementation of DBT skills.

Section: Rural and Northern Psychology / Psychologie des communautés rurales et nordiques
Session ID: 54922 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Substance Use and Related Outcomes of Adolescents living in Vulnerable Contexts

Moderator: Edalati, Hanie

Abstract: Living in vulnerable contexts (e.g. poverty, adverse childhood experiences, living in out-of-home care, and migration and resettlement in a new country) may impose long-lasting negative effects on child's development and mental health. Few intervention programs are developed to help adolescents to build resilience in the face of adversity. The moderator first reviews the evidence on how living in vulnerable contexts influences development and substance use and related outcomes during childhood and adolescence. The three following presentations report on studies that sought to translate findings from research to actionable knowledge and practice for building resilience in adolescents living in vulnerable contexts. The first presentation provides an exploration of the effect of immigration experience on adolescent mental health and substance use outcomes using a large sample recruited from schools in greater Montreal. The second presentation reports on the evaluation of the Social Pediatrics model of care on reducing the risk of mental health problems of children and their families living in disadvantaged neighborhoods across Quebec. Finally, the third presentation reports on the adaption and examination of an evidence-based personality-targeted drug and alcohol intervention program for the needs of adolescents receiving care in the Youth Protection Services in Montreal.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 55163 - Symposium

[Presented in CPA 2020 Virtual Series]

Does Generation Status Predict Substance Use and Mental Health Outcomes in adolescents?

Presenting Author: Mahmoud, Aram
Additional Authors: Saade, Aida

Abstract: Background: Although immigration can be a stressful experience, many migrants show resilience. This resilience and its underlying factors have been well studied in the adult population, but limited studies have been conducted in adolescents. This study examined the differences in adolescents of three generation status with regards to their mental health, and substance use outcomes. Method: This cross-sectional study used the data of a school-based survey in Montreal. The sample consisted of 2756 grade 11 high school students (1258 boys; 1286 girls; mean age 16.75 years old). Analyses compared the effect of generation status (1.5, 2nd and 3rd) on mental health (depressive and anxiety) and substance use (cigarette, cannabis, alcohol) outcomes. Results: No statistical difference was found on depressive and anxiety between groups. For substance use, 1.5 generation demonstrated lower levels than 3rd generation, but not lower than 2nd generation. The same trends were found for alcohol use, cannabis use, and cigarette use where a lesser use was found in the 3rd generation compared to the 2nd and the 1.5. Conclusion: These findings are in line with the 'healthy immigrant effect' shown in previous studies. Generation status is a predictor of substance use but not mental health. Impact: Longitudinal studies would be useful to assess the trajectories of the 'healthy immigrant effect'.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 55178 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Evaluating the Social Pediatrics model for children living in vulnerable conditions

Presenting Author: Mukamana, Olive
Additional Authors: Jellazi, Rania ; Harnois, Isabelle ; Doucet, Christine ; Conrod, Patricia J.

Abstract: Background: The Social Pediatrics (SP) model was developed to address several problems of children living in disadvantaged neighborhoods across Quebec. This study aimed to examine the feasibility of evaluating the SP model and its short-term effect on children's behaviours and parental stress. Methods: 68 families (parents and children 0 to 12 years, 69% male) were recruited at the baseline assessment before they started receiving SP interventions. Participants are assessed six months later to examine the effect of interventions on two intermediary outcome measures: children's externalizing symptoms and parental stress. Children's quality of life, development and victimization are also documented. Participation and response rates will be calculated to examine the feasibility of evaluating the effect of the model on these measures. Results: Preliminary results showed that at baseline, 44.8% and 41.4% of children obtained high scores on hyperactivity and peer problems scales, respectively. 41 % of their parents reported clinically significant stress. The post-intervention evaluation assessment will be completed in April 2020. Conclusion: Results of the current study will inform the evaluation of the SP model's long-term impact. Impact: This study will help fill the gap in evidence-based knowledge on integrated interventions targeting children living in vulnerable conditions.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 55189 - Paper within a symposium

Personality-Targeted Interventions for Reducing Substance Use in Adolescents in Protection Services

Presenting Author: Edalati, Hanie
Additional Authors: Collin-Vézina , Delphine

Abstract: Background: Adolescents in Youth Protection Services (YPS) are at high risk of substance use and related problems. This study aimed to adapt personality-targeted drug and alcohol interventions for needs of adolescents in YPS by examining the feasibility and proof-of-concept of implementing these interventions for reducing the risk of substance use and related problems. Methods: Adolescents were recruited from YPS in Montreal (N = 62; 52% female; aged 14 and above). Adolescents who scored high on one of the subscales of Substance Use Risk Profile Scale were invited to receive two group-based

intervention sessions targeting their dominant personality profile: Anxiety Sensitivity, Hopelessness, Impulsivity, or Sensation Seeking. Adolescents were assessed before and three months after receiving interventions. Results: At baseline, adolescents reported an average of 6 episodes of binge drinking, consumption of more than 2 drugs, and 2-3 substance-related problems in the past 12 months. 75% of youth participated in the interventions. The 3-month post-intervention assessment will be completed in March 2020. Conclusions: Targeting personality risk factors has the potential to reduce the risk of substance use problems in victimized adolescents. Impact: This study improves access to trauma-informed early substance use interventions for adolescents experiencing transitions in YPS.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 55201 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Supporting The Mental Health Needs of Students in Canadian Schools

Moderator: Ford, Laurie

Abstract: Child and youth mental health is increasingly becoming a greater concern across Canada, with 10-20% of Canadian youth being affected by a mental illness. Given the number of children and adolescents who may experience mental health difficulties, schools have been identified as an ideal environment in which to address and support students' mental health (MH). Schools have a unique advantage in addressing, promoting, and supporting student MH. In order to provide well-rounded MH support within schools, however, it is important to consider different approaches that involve key stakeholders including students, teachers, and parents. In this symposium the results of three studies conducted by graduate students at Canadian universities examining direct and indirect efforts to address and support youth MH in schools across Canada is highlighted. Together, findings from these papers demonstrate the various ways in which schools can be addressing and supporting student MH. Further, findings illustrate the importance/value of an approach to addressing mental health needs of students in schools that integrates home/family, school/teacher, and student. The three papers in this symposium provide perspectives from teachers, parents, and the students themselves. The session will conclude with a discussion by a Canadian expert on mental health in schools.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55308 - Symposium

[Presented in CPA 2020 Virtual Series]

Secondary School Students' Perceptions and Experiences of School Mental Health Climate

Presenting Author: Ruddy, Alexandra
Additional Authors: Ford, Laurie

Abstract: As 10-20% of Canadian youth will experience a mental illness at some point, many efforts have been made to prioritize adolescent mental health across Canada, particularly in schools. School climate is an important component of a student's school experience; however, the school climate particularly towards mental health has largely been unexplored. As a school climate towards mental health may have significant implications on students' well-being, it is important to determine how schools are addressing and supporting students' mental health. The purpose of the present study was to explore and understand students' perceptions and experiences of the current climate towards mental health in secondary schools. Data was collected using semi-structured interviews with seven Grade 11 and 12 students. Participants discussed the mental health support provided at their school and its perceived limitations, conversations around mental health at school or lack thereof, and how and with whom mental health issues are discussed. Many participants also conveyed the need for mental health literacy and the presence of stigma associated with mental illness among secondary school students. Findings can be considered among school personnel when identifying ways in which their school addresses and supports student mental health, and in creating a supportive and caring school mental health climate.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55326 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Pre-Service Teachers' Mental Health Literacy

Presenting Author: D'Agostino, Bianca
Additional Authors: Whitley, Jessica ; Smith, David

Abstract: Ensuring that teachers have high mental health literacy (MHL) is paramount, particularly because the prevalence rate for mental illness among children and adolescents is 10-20% (Mental Health Commission of Canada, 2013), and schools are increasingly being recognized as ideal places to implement prevention strategies and promote mental health (Committee on School Health, 2004). Currently, there are few programs designed to increase the MHL of teachers, and the research base examining these is scant. As a result, more research is required to find effective methods of improving teacher MHL to best help students who may have unique mental health needs. The current study explored the influence of a new, interactive MHL learning module on the MHL levels of B.Ed. candidates. A questionnaire largely adapted from existing measures was developed and factor analysis was conducted. Pre- and post-module MHL scores were analyzed using descriptive approaches and a repeated-measures MANOVA. Results indicate that pre-service teachers have high knowledge and non-stigmatizing beliefs in relation to MHL which did not change post- module completion, however self-efficacy levels did show a small, non-significant increase. Development of pre-service teacher MHL is a crucial step in best supporting the mental health needs of their current and future students.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55329 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Making Time and Bridging Home-School Relationships: Lessons from Individual Case Studies

Presenting Author: Lisaingo, Simon
Additional Authors: Arquillano, Esther; Perry, Nancy

Abstract: Parents play a critical role in child and adolescent development of emotion regulation, fundamental to positive mental health (MH) (Eisenberg, et al., 1998). Parent involvement during psychotherapy improves child MH outcomes (Hogue, et al, 2015). When MH services are offered in schools, school-based MH professionals have less contact with caregivers than clinicians working in community settings. There is a need to better understand the dynamics, barriers, and processes involved in parent engagement in school-based mental health services. This study involved a collaborative home-school intervention for young adolescents with emerging MH problems. Individual and contextual characteristics, such as family and school relationships, that influenced the effectiveness of the intervention were captured. In-depth case studies (n = 6) were used to explore how students developed emotion regulation skills in schools and at home. Lessons learnt, case examples, and themes presented will illustrate the barriers, complex dynamics, and key processes involved in parent engagement. When parents and teachers made the time to build relationships, students benefited from the consistent/aligned messages of support. Participants expressed the value of collaborative consultation meetings where parents, teachers, and the student came together to identify problems, plan supports, and evaluate progress.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55340 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

THEME: UNDERSTANDING AND IMPROVING THE WORKPLACE /
THÈME : COMPRENDRE ET AMÉLIORER LE MILIEU DE TRAVAIL

Understanding what contributes to a successful workplace; what impact the workplace has on our lives and well-being

Comprendre les facteurs qui contribuent à la qualité du milieu de travail et l'impact du milieu de travail sur nos vies et notre bien-être

12-Minute Talk

Canadian Female Academic Applied Psychologists: The impact of family and training variables

Presenting Author: Theule, Jennifer
Additional Authors: Keates, Jeany

Abstract: While women form the majority of applied psychologists, little is known about their experiences in academia, which is not surprising as women are still underrepresented in higher-ranking positions (APA, 2017; Lee et al., 2009). Using data collected online in 2018 from a sample of 38 Canadian female applied psychologists who work in academic settings, we will be considering the role that motherhood, romantic partnerships, parental leaves, family support, and housing mobility for training/internship have on academic role (i.e., assistant, associate, or full professor), as well as work-family balance. We have elected to focus on applied psychologists given the distinct pressures of internship/residency and clinical licensure/registration. This information will be contrasted with our previous work on Canadian female applied psychologists (N = 158) more generally. Findings may impact policies, such as parental leave supports, to ensure equity in our field. Findings will also inform a discussion on ways to support women in achieving success in academic settings, while still maintaining work-family balance; thus, ensuring that women are appropriately represented in all academic roles and are able to meet personal family-related goals as well.

Section: Women and Psychology / Femmes et psychologie
Session ID: 54575 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Massage Therapists Experiences of Sexual Harassment and Assault by their Clients

Presenting Author: Richard, Morgan E
Additional Authors: O'Sullivan, Lucia F

Abstract: Massage is the most popular complementary therapy in Canada, and increasingly plays a role in Canadians' healthcare. Yet the context of a massage renders therapists at risk for sexual victimization by their clients. Physical touch and nudity can lead to the misperception of intimacy, exploitation of the private setting, and heightened sexual arousal (Zamboni & Healey, 2016), potentially leading to sexual victimization. Yet little is known about the extent and type of sexual victimization that massage therapists experience. This exploratory study investigated massage therapists' reports of sexual harassment and assault by clients. Using a professional association listserv, 624 massage therapists in New Brunswick were invited to complete an online survey. One hundred forty-three (23.0%) completed the survey addressing the context and consequences of harassment and assault experiences. The survey revealed that 74.8% experienced sexual harassment or

assault by clients. Despite this high rate, 31.4% reported fearing harassment or assault. Verbal forms were more common than were physical forms (55.0% and 6.0%), although 34.0% reported both verbal and physical forms. Most therapists (79.4%) told someone of the incident. Open-ended responses about personal and professional impacts of these experiences will be summarized. Implications for increasing therapists safety are discussed.

Section: General Psychology / Psychologie générale
Session ID: 55006 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Conversation Session / Discussion Forum

Strategies for applied samples' validation efforts

Presenting Author: Garant, Jessica

Abstract: When using criterion-related validity to justify the use of specific selection tools, large sample sizes are required (Schmidt, Hunter, & Urry, 1976). In light of these requirements and the limitations small occupations/businesses face when validating their selection tools (i.e., limited time, resources, and small sample sizes), a few solutions have been introduced and are supported by the most recent principles for validation developed by the Society for Industrial and Organizational Psychology (SIOP, 2018). These solutions include: Transportability (comparing job content, context, and applicant group to determine the extent to which validity can be transferred to a new situation), Validity Generalization (meta-analytic estimation of the correlation for a specific test-performance relationship), and Synthetic Validity (analyzing test validity for occupations with overlapping work behaviours and combining these validities for other occupations based on their specific job components). One particular method of interest is synthetic validity since its use has been shown to produce validity coefficients that are very close to traditional validity studies with large sample sizes (Johnson & Carter, 2010) and has received favorable legal support. The present conversation session will discuss the method used to conduct a synthetic validity and its feasibility in various contexts.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53608 - Conversation Session / Discussion Forum

Strategies to foster collaborative working relationships in graduate student training environments

Presenting Author: Brophy, Kyla
Additional Authors: MacDonald, Ceilagh; Butler, Bryan

Abstract: Collaboration is an integral part of working in academic research and training environments. Graduate students are required and encouraged to work collaboratively with other students, researchers, and volunteers as part of their training. Collaboration provides opportunities such as enhancing learning, building a sense of collegiality, establishing a professional network, and creating lasting friendships. On the other hand, students may encounter challenges such as competition, "group project" dynamics, and dual relationships. Building effective collaborative relationships can support a more positive graduate school experience, and contribute to increased productivity and success for everyone. In this discussion forum, different perspectives on collaborative experiences will be presented as a case study for discussion by doctoral, master's, and undergraduate students. Participants will be invited to reflect on their own experiences as we discuss strategies to work together effectively, including topics such as establishing group communication practices, setting goals and expectations, ensuring transparency, and setting appropriate boundaries. By working together to generate ideas, participants will gain an enhanced understanding and appreciation of the importance of collaborative research, as well as concrete strategies and skills to continue these practices in their own work.

Workplace Mental Health: The standard and problematic implementation

Presenting Author: Kelloway, E. Kevin

Abstract: The National Standard for Psychological Health and Safety in the Workplace is being widely adopted in Canadian workplaces. Although the focus of the Canadian Mental Health Commission on workplace mental health and promulgation of the Standard have done much to raise awareness of workplace mental health, it is now clear that implementation of the standard is problematic in several respects. Some of these include:[a] Widespread dissemination of programs (e.g., Mental Health First Aide, R2MR) prior to the existance of supporting data. The data that are now available suggest that such programs raise awareness/reduce stigma but may not change behaviors or experience in the workplace.[b]. A focus on the 13 factors identified in the standard. There is no evidence that there are 13 factors (of if there were that these are THE 13 factors). Other modelsl of healthy workplaces identify 3, 5, 9, or 10 factors. Again an absence of evidence, along with a lack of theoretical grounding, makes the adequacy of the model difficult to evaliuate.[c]. The Standard was, and is, being implemented without full consideration of diversity and inclusion issues - particularly problematic when we know that workplaces are stratified by gender as well as other variables.The question for discussion is how can we move forward in light of these difficulties?

Gimme-5

Proposal of a typology to understand the intention of general practitioners to leave their practice

Presenting Author: Mathieu, Caroline A.
Additional Authors: Amara, Nabil

Abstract: Retention of physicians in primary care is a problem in many countries. This study was conducted in Canada on a sample of 1,069 general practitioners to better understand the intention of these professionals to leave their practice. This article presents a typology based on the work-family conflict as well as work resources. The sample of general practitioners has been divided into 4 groups according to their likelihood of leaving their workplace. Multinomial logistic regression was employed to analyze the data collected by a survey (n = 1, 069) to identify the explanatory variables that significantly increase the likelihood of belonging to the group of physicians who are less predisposed to leave rather than to the three other groups. To varying extents, high levels of psychological distress (burnout), demands at work, work environment, presence of dependent children, and age can significantly decrease or increase the likelihood of ending up in the group of physicians with a low intention to leave.

[Presented in CPA 2020 Virtual Series]

Who influences employee safety the most: upper management, direct supervisors, or co-workers?

Presenting Author: Grocutt, Alyssa
Additional Authors: Granger, Steve

Abstract: We expect people to leave work alive and unharmed, yet an average of 689 lost-time injuries and 3 work fatalities occur across Canada daily. Social influences (i.e., upper managers, supervisors, and co-workers) at work can be vital to employee safety. Research has shown that these influences relate to employee safety (i.e., safety behaviours and injuries); however, which social influence is the strongest predictor remains unclear. With tenets of social impact theory (Latané, 1981), we argue that co-workers support for safety is the most important predictor among the three because co-workers are influential ("strength"), numerous ("number"), and work in close proximity ("immediacy") to employees. Yet, the safety literature focuses on the importance of upper managers (i.e., managerial commitment to safety) and supervisors (i.e., leadership) in predicting employee safety. To date, there has not been a fair test of these social influences on employee safety. We conducted 2 studies, the results of which we will finalize before the conference. Study 1 uses a cross-sectional sample of railway workers to establish the correlations among the three social influences and employee safety. Study 2 attempts to replicate the findings from Study 1 and methodologically extend the model with a 2-wave sample of steel plant workers, separating social influences from employee safety outcomes.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 52528 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Learner-teacher targeted bullying in South African high schools

Presenting Author: Adewusi, Adeniran Gregory

Abstract: Studies about workplace bullying recognise that teaching is becoming a high-risk profession. Despite the global concern about teacher-targeted bullying by learners, a dearth of studies remain regarding the bullying of teachers. This study aims at making a contribution to the limited corpus of knowledge on the preponderance of the phenomenon within the South African schooling contexts. A phenomenological research design qualitative method was employed. Eight teachers in grade 12 class completed semi-structured interviews about the bullying of teachers by learners. Findings evince that teachers are bullied in diverse ways. Findings further reveal that generational shift in learner behavioural pattern, learner drug addiction and school violence, too much learner-centred approach policy by the government, poor parental school involvement and inadequate resources in schools are contributory factors for teachers being bullied. The study exposes the resultant effect of bullying on teachers as severe; responsible for stress, emotional distress, isolation, teacher burnout and sometimes attrition from practice. The findings are discussed with reference to literature. It is concluded that bullying of teachers poses a serious challenge in South African schools, hence must be urgently addressed by whatever pragmatic policy to preempt domestic violence faced by teachers.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54044 - Gimme-5

Novice Therapists' Perceptions and Use of Self-Care

Presenting Author: Hammerton, Rachel
Additional Authors: Gazzola, Nicola

Abstract: Self-care is necessary for psychotherapists to prevent burnout and to provide ethical services for clients. Counselling students often recognize the need for, but neglect implementing self-care, preventing them from building necessary practices to endure hardships related to practicing psychotherapy. Previous research, such as Butler and colleague's work (2017), has examined the importance of self-care in counselling education, but has not examined how it is practically applied. Thus, this project's research questions included: 1) How do novice therapists engage in professional self-care? 2) How do novice therapists bridge the gap between conceptual knowledge and practice of professional self-care? 3) What are the barrier to self-care? Thematic Analysis (TA) was used to distil meaning from common experiences of participants. Four counsellors with fewer than 5 years of experience were interviewed. Eighteen subthemes were generated from the data, further grouped under four themes: (1) obstacles to self-care; (2) work-life balance; (3) pathways to self-care; and (4) effects of self-care. Implications of this research include structured self-reflection in counsellor training programs, integration of flexibility and self-care provisions in workplace cultures, and a strong policy emphasis on the need for counsellor self-care.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54176 - Gimme-5

Workplace violence and the mental health of paramedics and firefighters

Presenting Author: Setlack, Jennifer
Additional Authors: Johnson, Edward

Abstract: Paramedics and firefighters are at a higher risk for developing psychopathologies due to frequent exposure to traumatic incidents inherent within their work. In addition, current research shows that this population also experiences high levels of workplace violence due to their often unpredictable and dangerous work environments. The purpose of this study is to examine the relationship of workplace violence and traumatic events to psychopathology in emergency services workers with the secondary aim of investigating how coping styles and self-compassion may moderate this relationship. A convenience sample of firefighters (N = 117) and paramedics (N = 129) were recruited from the Winnipeg Fire Paramedic Service. Participants completed a series of online self-report questionnaires on Qualtrics, measuring PTSD, depression, anxiety, stress, burnout, workplace violence, self-compassion and coping skills. Workplace violence was shown to have pervasive impacts on psychopathology and burnout. The implications of this research, understanding the relationship between workplace violence and mental health, may inform emergency services departmental policies. These policies may act to protect current firefighters and paramedics and may have the potential to improve working conditions and career longevity for future practitioners in this field.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54337 - Gimme-5

Factors Providing Life Satisfaction in Working Mothers:Informing the Next Generation

Presenting Author: DeLuca, Jo-Ann

Abstract: The purpose of this qualitative study was to investigate and analyze the underlying factors providing life satisfaction in working mothers and to inform the next generation of working mothers. Also investigated and analyzed was the study of participants' lived experiences as satisfied working mothers. A focus group and follow up semi-structured interviews were conducted with six participants that identified as satisfied working mothers. Subsequently, phenomenologically-oriented content analysis was performed on all interview transcripts. The findings suggested that working mothers with life satisfaction, overwhelmingly defined happiness as beneficial experiences that have the greatest impact on the relationship with their children as a first priority and impact on the self as the second priority. The factors that materially influence this success are determined by the work environment; one's own adaptive capabilities (self) and to a lesser degree, marriage and social constructs. Clinicians whose clients are experiencing conflict or stress related to work life balance should be aware of the factors providing life satisfaction in working women and be prepared to provide psycho-education around skills needed for competencies like negotiating flexible work conditions, managing multiple priorities, and the self-care involved in overall well-being in working mothers.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54588 - Gimme-5

The experience of workplace emotional distress and practice of self-care in novice counsellors

Presenting Author: Chen, Cara L
Additional Authors: Gazzola, Nicola

Abstract: There is a gap in the literature concerning workplace emotional distress (WED) in novice counsellors. This study explored the lived experience of this phenomenon, as well as common responses used to mitigate it. Using qualitative

thematic analysis, three research questions guided this research: (a) what do novice counsellors identify as triggers and predispositions to experiencing emotional distress, (b) what are the perceived consequences of emotional distress on novice counsellors' clinical work and their work relationships, and (c) what self-care practices do novice counsellors use as protective strategies against emotional distress?Five themes, each with several subthemes, emerged: (a) experiences and feelings associated with client work; (b) clinician-specific characteristics contributing to WED; (c) workplace-specific characteristics contributing to WED; (d) individual actions taken to combat WED; and (e) policy and training recommendations. As counsellor distress may cause harm to clients, findings of this research have implications for (a) enhancing the understanding of professional accountability and concerns for public safety, (b) informing decisions of future policy makers, (c) encouraging valuable help-seeking or consultation, and (d) de-stigmatize issues of clinician well-being.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 54616 - Gimme-5

Difference on Psychological Captital among Entrepreneurs and Public sector employees in Kerala,India

Presenting Author: Kesav, Aadhya

Abstract: India is a country where the public sector jobs are considered as part of dignity and status, specially towards the southern part. But once they enter into job they feel their life is settled and the changes around no matter what it is, never going to bring any impact on their job. The present study explores whether there will be any difference in the level of PsyCap among public sector employees and entrepreneur.The study is ex-post facto in nature where the researcher examined the operation of variables without actually manipulating them. The test result proved that there is a significant difference between the level of Psy Cap between entrepreneurs and public sector employees. As Luthan's has said psychological capital is more state like and not trait like, exposure and challenges faced by the entrepreneurs may have help them develop better in optimism and resilience. For a developing country like India, an initiative to improve PsyCap of public sector employees will be instrumental in improving the efficiency and standard of work in the public sector which will help them to face any rapid storms in this competitive era. The need and significance of job revision, importance of adequate training and upgradation in the field and requirement of challenging work atmosphere for improving individual productivity can be realised.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54854 - Gimme-5

Accommodating the Bereaved Employee: A Call for Research

Presenting Author: Gilbert, Stephanie L.

Abstract: Despite the fact that almost the entire workforce will experience grief at some point during their careers (Eyetsemitan, 1998; Wilson et al., 2019), little is understood about the role of grief in the workplace context nor the role that organizations can play in supporting bereaved employees (Eyetsemitan, 1998; Hazen, 2003, 2008; Tehan & Thompson, 2013). Organizations, including managers, HR professionals, and coworkers, may play an important role in either supporting a grieving employee or exacerbating their grief, but there is a dearth of literature in this area. Semi-structured interviews of 14 employees who had lost a close family member within the past five years asked about their experiences in the workplace following their loss. Themes emerging from the study highlighted the need for clarity in communication about bereavement leave policies, bereavement resources (e.g., EAP), and accommodation. The results also suggest several avenues for future research, such as the identification of best practices for accommodating bereaved employees, development of tools, strategies, and training interventions for managers and HR professionals to gauge and accommodate the bereaved employees' needs at work, and the development of assessment tools to measure employees' experiences in the workplace while bereaved.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54889 - Gimme-5

"Safety equipment" for providers working with survivors of traumatic experiences

Presenting Author: Kaltenbach, Elisa
Additional Authors: Sinclair, Douglas; McGrath, Patrick

Abstract: Mental health issues, such as secondary traumatic stress and compassion fatigue, have been reported among those working in the health sector with trauma survivors. To minimize negative consequences for staff working in this field, safety procedures are key. However, up-to-date there are no guidelines or recommendations for implementing standardized safety procedures to protect mental health care staff working with trauma-exposed clients. We aimed to address this problem by synthesizing the limited literature available, general advice for preventing mental health issues, and strategies that are used in practice but have not been formally documented. The results of this project will provide clear guidance on how to protect the safety of mental health care providers working with survivors of traumatic experiences. This should prevent the constant exposure to other peoples' trauma from negatively affecting providers' personal lives and work with trauma survivors. The components of the safety recommendation include, amongst others, the implementation of a safety culture at the work place, an ongoing peer support system, significant training on self-care strategies and coping mechanisms, the use of regular self-care tools, and a combined supervision and peer consulting system. Strategies for implementation within service delivery organizations will be discussed.

Section: Traumatic Stress / Stress traumatique
Session ID: 55036 - Gimme-5

Panel Session

Getting Ahead of the Curve: How do we do it?

Presenting Author: Kortstee, Simone W.
Additional Authors: Nekolaichuk, Cheryl

Abstract: Following the presentation by the section's invited speakers of "Getting Ahead of the Curve: Evolving with Psychology in Hospitals and Health Centres", this session will provide participants with an interactive forum to further explore and discuss this topic. By the end of this session, participants will have an increased awareness of specific approaches for thriving within hospitals and health centres, focusing on scope of practice, leadership, turnover and recruitment, and interprofessional practice.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 55177 - Panel Session

Printed Poster

Proposal of a typology to understand the intention of general practitioners to leave their practice

Presenting Author: Mathieu, Caroline A.
Additional Authors: Amara, Nabil

Abstract: Retention of physicians in primary care is a problem in many countries. This study was conducted in Canada on a sample of 1,069 general practitioners to better understand the intention of these professionals to leave their practice. This article presents a typology based on the work-family conflict as well as work resources. The sample of general practitioners has been divided into 4 groups according to their likelihood of leaving their workplace. Multinomial logistic regression was

employed to analyze the data collected by a survey (n = 1, 069) to identify the explanatory variables that significantly increase the likelihood of belonging to the group of physicians who are less predisposed to leave rather than to the three other groups. To varying extents, high levels of psychological distress (burnout), demands at work, work environment, presence of dependent children, and age can significantly decrease or increase the likelihood of ending up in the group of physicians with a low intention to leave.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 52495 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Vocational Well-being of Breast Cancer Survivors: Meaning and Agency at Work

Presenting Author: Wouterloot, Elise A

Abstract: This poster will detail the preliminary results of my doctoral dissertation; a qualitative study of the vocational well-being of breast cancer survivors. I am seeking to understand their career experiences, specifically the meaning of work and the role of human agency in re-shaping their careers, post-cancer. 1 in 8 Canadian women will be diagnosed with breast cancer, which has a high incidence in working aged survivors under 65 (Canadian Cancer Society, 2019). While research exists on the rates of returning to work and the need for specific work accommodations, little is known about the shifting meaning of work and the role of personal agency in post-cancer careers (Lilliehorn et al., 2012, Steward et al., 2001, Stone et al., 2017). While vocation and employment are recognized as fundamental components of overall psychosocial well-being, the work-related needs of cancer survivors have not been adequately provided for in the continuum of cancer care (de Boer et al., 2009, Hoving et al., 2009). My research question is - how do breast cancer survivors experience their post-treatment careers? I am conducting semi-structured interviews with 10 breast cancer survivors. The data collection and analysis will be informed by Interpretive Phenomenological Analysis. I will use Career Human Agency Theory as a framework for understanding the role of agentic functioning of breast cancer survivors at work (Chen, 2015). This study aims to address a gap in the research by shedding light on post-cancer career experiences, the shifting meaning of work and the role of personal agency.

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 52625 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Unfair before, unfair now? Implicit beliefs about personality and stability of justice perceptions

Presenting Author: Mu, Frank
Additional Authors: Bobocel, D. Ramona

Abstract: Fairness Heuristic Theory (Lind, 2001) posits that employees' justice perceptions are relatively stable in the absence of major phase-shifting events. However, longitudinal studies suggest that employees' justice perceptions can fluctuate over time in the absence of phase-shifting events. So, what might affect the stability of justice perceptions? In the present research, we examine justice recipients' implicit beliefs about personality as a moderator. We predicted that justice perceptions among employees who believe that attributes are generally nonmalleable (entity theorists) would be relatively stable over time. In contrast, perceptions among employees who believe that attributes are generally malleable (incremental theorists) would be more likely to fluctuate over time. We tested our predictions using a weekly diary study with working US adults (N = 219) over 6 weeks. Each week, participants reported their perceptions of supervisory interpersonal justice violations. Results supported our predictions, as autoregressive models show that justice perceptions in a given week are predicted by perceptions in the prior week among entity theorists, but not among incremental theorists. Overall, our results highlight how traits of the justice recipient influence the stability of justice perceptions. Theoretical and practical implications will also be discussed.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 52651 - Printed Poster

Introducing humility in leadership: Identifying humble leadership passages for leader prototype interventions

Presenting Author: Coulombe, Claudie
Additional Authors: Liang, Lindie; Brunner, Lexi

Abstract: The tendency of Western society to value agency over communion appears to extend to perceptions of leadership. When identifying prototypic traits characterizing a leader, attributes such as dominance, assertiveness, and competence come readily to mind, while characteristics of humility (i.e., self-awareness, appreciation of follower strengths, willingness to learn) are less accessible. Nonetheless, research has documented the benefits of leader humility on employee and organizational outcomes. As such, interventions designed to include more humility in leader prototypes may prove beneficial. Through two studies, we integrate implicit leadership theory with expressive writing research to generate and test material useful for future leader humility interventions. In Study 1a (N=219), a graduate student knowledgeable in the concept of humility selected 30 passages from "The Governing Principles of Ancient China." We validated them using a Q-Sort methodology, identifying 20 passages as specifically reflecting a definition of humility rather than related constructs (i.e., modesty, openness to experience, learning orientation, anti-narcissism, low self-esteem, and core self-evaluations). In Study 1b (N=186), we further validated these 20 passages, retaining 8 based on clarity criteria. Study 2 will be conducted in December 2019. Participants will be randomly assigned to read 1 of the 8 humble leadership passages, and asked to reflect on and write about the beneficial traits associated with the leadership style depicted. Through Network Analysis, we will identify passages increasing the centrality of humility in participants' leader prototype. Together, these studies will constitute a promising first step in investigating interventions aimed to integrate more humility in leader prototypes.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 52802 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A survey of HR practitioners' selection design and interviews about interview design.

Presenting Author: Sorenson, Jessica B.
Additional Authors: Hausdorf, Peter

Abstract: Selection interviews and aspects of their structure are well researched (e.g. Huffcutt & Arthur, 1994), providing key specific recommendations. Unfortunately, these aspects of structure appear to not be widely utilized (e.g. Fernandez & Pougnet, 2018). This research-practice gap is concerning given the popularity of interviews (Wilk & Cappelli, 2003). Our survey of 57 HR practitioners confirms that some aspects of interview structure are not used. Follow-up interviews with 12 HR practitioners offer an understanding of the complexity of thoughts around interview design. Interview responses were coded based on a broad decision-making framework, with average, minimum, and maximum number of times codes/sub-categories/categories are identified within interviews being presented. This application of decision-making theory helps illuminate the important and complex decision-making process of designing an interview, that HR practitioners take multiple unique factors into consideration in addition to what they know about designing the best possible interview. Ultimately this work provides insights to help reduce the research practice gap around selection interviews, such as suggestions for areas of future research that would directly inform issues facing HR practitioners designing selection interviews.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 52836 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Measuring Mental Health Factors in the Workplace

Presenting Author: Lalande, Stéphanie
Additional Authors: Cécire, Pascale; McBride, Kyle; Santor, Darcy

Abstract: The National Standard on Psychological Health and Safety in the Workplace Mental Health has identified 13 distinct factors that are believed to influence psychological mental health and well-being health in the workplace. Although the Standard has been in existence for over three years, little research has sought to evaluate the degree to which the 13 factors, can be reliably operationalized and validated in a representative sample of employed Canadians. More than 200 Canadians working in social services organizations completed the measures of the 13 factors, in addition to measures of absenteeism, presenteeism, burnout, and symptoms of depression and anxiety. Results indicated that the 13-factor questionnaire items displayed strong internal consistency. Regression model results suggested that several of the factors were uniquely predictive of a variety of mental health difficulties and job performance indicators.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53104 - Printed Poster

Investigating the Effects of Death Anxiety and Death Reflection on Stress-related and Prosocial Work Behaviours

Presenting Author: Luta, Denisa
Additional Authors: Spence, Jeffrey R.

Abstract: Many occupations expose people to death regularly (e.g., first responders, doctors, nurses). Despite how commonplace it is for these employees to see death on the job, little is known about the psychological and behavioural consequences of this exposure. Traditionally, exposure to death has been studied from a terror management perspective, in which becoming aware of one's mortality creates death anxiety, and this death anxiety leads to defensive, withdrawal behaviours. Building on recent theoretical work (Grant & Wade-Benzoni, 2009), we investigated the possibility that a psychological response called death reflection leads to prosocial outcomes. We also investigated whether death anxiety leads to stress-related withdrawal behaviours. We examined how death anxiety and death reflection affected 105 employees who faced death on the job, either personally or vicariously, in a multi-time point survey. Regression results showed that death anxiety was positively related to turnover intentions and that death reflection was positively related to organizational citizenship behaviours and perceptions of work-life balance. Overall, these results highlight the importance of death reflection in promoting beneficial outcomes in occupations where exposure to death is frequent. The results suggest that we should be focusing on increasing death reflection and reducing death anxiety through death education programs and counselling. This research has important implications not only for employees who are exposed to death at work, but also for their coworkers, families, and the people that they serve.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53135 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Don't ask, I'll tell: Student disability disclosure during job search and in the workplace

Presenting Author: Merkand, Rukhsana (Roxy)
Additional Authors: Michela, John

Abstract: Background/Rationale: Invisible disabilities involve conditions that have no visible manifestation or have visible features not clearly connected to a disability. People with invisible disabilities choose how to disclose their disabilities in work-related domains. Past research does not describe how disability disclosure strategies vary as a function of a worker's job stage nor how disclosure strategies are learned. Methods: In an online survey, undergraduate students with disabilities described their disability disclosure experiences. Results: Job searchers typically disclosed disabilities in terms of implications for fulfillment of job requirements listed in a job description. Employed students more often disclosed their particular diagnoses. Disclosure strategies were reported to be learned through trial and error, versus being taught through campus/community resources. Conclusions: There is functional variation in disability disclosure, based on an individual's job stage. From a developmental perspective, our findings inform guidance for job seekers and workers with disabilities on the topic of effective disability disclosure. Action/Impact: Future research will compare disability disclosure between co-op and

non-co-op students, towards helping both groups form disclosure-relevant skills as they enter work-integrated learning opportunities and the workforce.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53212 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Interpretation Bias and Resilience in Teachers

Presenting Author: Wang, Yun-Han
Additional Authors: Gordon, Calum ; Duncan, Myanna; Young, Katherine; Hirsch, Colette

Abstract: Previous research found that excessive workload and disruptive pupil behaviour contribute to stress, anxiety, and depression among teachers. Consequently, around half of the teachers leave the profession within the first five years. Whilst extensive literature has examined the protective external factors associated with resilience (e.g., social support), relatively few studies have examined cognitive-affective factors (e.g., interpretation bias) that influence one's ability to bounce back from stress. Interpretation bias is the tendency to draw positive or negative interpretations from ambiguous situations. This study examined how interpretation bias relates to resilience and stress among teachers. Teachers (N = 96) completed a battery of questionnaires online, including measures of resilience, stress, depression, anxiety, worry and an interpretation bias task. Results from regression analysis suggest that interpretation bias was significantly related to resilience. Multiple regression revealed that greater positive interpretation bias and resilience was related to lower stress. The results show that teacher resilience is associated with interpretation bias, which may in turn influences teacher's well-being. This study helps to understand individual differences in working in a stressful occupation and informs the design of resilience-building and stress-reduction techniques.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53352 - Printed Poster

Witnessing Incivility: What Predicts Observer Perspective-Taking?

Presenting Author: Carver, Sarah J
Additional Authors: Finegan, Joan E

Abstract: Cortina et al. (2013) found that incivility might be used as a way for perpetrators to engage in subtle sexism since overt sexism is not acceptable. We also know that observing incivility leads to negative outcomes for observers and that how observers perceive incivility depends on whose perspective they take during the uncivil interaction. Thus, to understand reactions to witnessing incivility, one needs to consider whether the observer takes the perspective of the target or perpetrator. Using experimental vignettes, we examined the extent to which neosexism – modern sexist beliefs about women at work – influenced whether an observer took the perspective of the target or perpetrator. Participants (N = 451) read 5 scenarios of workplace incivility and reported whose perspective they took during each interaction. We found that observers who reported stronger neosexist attitudes were less likely to take the perspective of the target. We also found that when observers had stronger negative reactions to the perpetrator they were more likely to take the perspective of the target. Perspective-taking varied across vignettes, illustrating that perspective-taking decisions depend on the specific interaction. These findings provide novel insights regarding what influences whether an observer takes the perspective of the perpetrator or target when witnessing wrongdoing in the workplace.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53429 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Why Did She Do It?: Taking Perspective to Reduce Witness Reactions to Workplace Incivility

Presenting Author: Gilbert, Christina
Additional Authors: Cole, Ashley; Hausdorf, Peter

Abstract: Workplace incivility is on the rise and has significant consequences for witnesses. According to the fundamental attribution error, people tend to make internal attributions about other's behaviour which can be associated with negative outcomes, whereas those who make external attributions have more positive outcomes. The current study used a perspective-taking intervention to reduce negative reactions by encouraging witnesses to generate external attributions about an instigator's uncivil behaviour. A sample of 133 female undergraduate students observed an uncivil interaction (78 watched a video and 55 witnessed in-lab interaction). Students then engaged in either a perspective-taking exercise or control exercise, followed by a measure of participant reactions towards the instigator. PLS-SEM was used to examine the mediation effect of empathy, anger, and negative attitudes on retributive behaviour and on forgiveness in a second model. For all participants, anger mediated the relationship between perspective-taking and forgiveness. Only for individuals in the lab setting was negative attitudes found to mediate the relationship between anger and forgiveness. By reducing the anger experienced by witnesses of incivility through perspective-taking, the spread of incivility across the workplace can be prevented and more positive workplace behaviour (forgiveness) can be promoted.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53515 - Printed Poster

Why Do I Trust My Colleagues? Applying the Integrative Model of Organizational Trust to Peers

Presenting Author: Westlake, Kennedy D
Additional Authors: Creasy-Buchner, Rebecca; Vreeker-Williamson, Emma; Carroll , Taylor; Gill, Harjinder

Abstract: Much of the research on workplace trust has focused on upward trust in one's supervisor. Researchers have less often examined horizontal trust between co-workers. We examined the generalizability of Mayer, Davis, and Schoorman's Integrative Model of Organizational Trust (1995) to peer trust. We conducted a 2 (ability: high/low) x 2 (benevolence: high/low) x 2 (integrity: high/low) within-subjects experiment. 96 participants read vignettes that described co-workers with different levels of the three trustworthiness factors and rated how much they would trust the co-worker described in the scenario. Paired-sample t-tests were used to test the hypotheses. As predicted, participants reported greater trust in co-workers high on all three trustworthiness factors (M = 9.03, SD = 1.38) than co-workers low on all three trustworthiness factors (M = 2.36, SD = 1.47), t(95) = 29.1, p < .000. Contrary to predictions, participants did not trust co-workers who were purely high on benevolence (M = 4.89, SD = 1.95) more than co-workers who were purely high on integrity (M = 4.51, SD = 1.78), t(95) = -1.59, p = .12 or ability (M = 5.31, SD = 1.91), t(95) = -1.87, p = .07. These findings indicate that Mayer et al.'s (1995) model applies to co-worker trustworthiness and that each of the three factors are important components of trustworthiness. Implications for theory and practice are discussed.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53558 - Printed Poster

Intimate Partner Violence and the Workplace: Where Does Research Go Next?

Presenting Author: Oliver, Casey L
Additional Authors: MacGregor, Jennifer C.D.; MacQuarrie, Barbara J

Abstract: Intimate partner violence (IPV) tends to have a "spillover effect" into all areas of survivors' lives, including into their places of work. Results of a Canadian-wide study found that 54% of survivors experienced IPV continuing at or near their workplace (Wathen, MacGregor & MacQuarrie, 2015). IPV impacts workers and workplaces in many ways, including through decreased job performance, attendance and workplace safety (Showalter, 2016; Wathen et al., 2015). IPV and the workplace

has received increased attention from researchers in the last decade. The purpose of this scoping review was to examine this literature to summarize available evidence and expose research gaps. Using multiple search strategies, the review identified 2,306 articles for screening. Eligible articles had to exhibit: 1) the findings of a research study 2) publication in a peer-reviewed journal and 3) a focus on IPV and the workplace, workers and/or employment. Ultimately, 235 articles published over thirty years were included. Most studies were quantitative and cross-sectional, and most topics encompassed the relationship between IPV and employment, IPV and work-related factors and/or the impacts of IPV on work. Major research gaps included intervention research and research involving perpetrators and gender and sexual minorities. Overall this review promotes strategic future investigations on IPV and the workplace by illustrating what currently exists in the literature. We also provide implications for policy and practice.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 53685 - Printed Poster

Personalized and socialized need for power: Relations to employee individual differences

Presenting Author: Moon, Benjamin
Additional Authors: Lee, Naomi

Abstract: Previous research notes the importance of personalized and socialized Need for Power. However, there is a) no valid scale to measure nPower, and b) it is unclear how personalized and socialized nPower relate to employee individual differences. Therefore, the objectives of the current study were a) to create and validate a new scale for personalized and socialized nPower, and b) to examine how they relate to employee personality traits, Impression Management, work-related behaviors (Unethical Decision-Making and OCB Motives), and promotion outcomes. The study used an undergraduate sample at a university (N = 130) and a community sample from StudyResponse (N = 206), where participants completed a self-report questionnaire. To content validate the nPower scale, 13 subject-matter experts reviewed new items, and items with lower agreement were dropped. After conducting an EFA, 9 items each remained for personalized (a = .90) and socialized nPower (a = .88). The CFA best supported a two-factor structure that corresponded to the two components of nPower. Furthermore, personalized and socialized need for power were differentially associated with personality traits, Impression Management, work-related motivations, and promotional outcomes measured in the study. The study provides researchers with a better psychometric and nomological understandings of these important constructs.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 53722 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A Joint Problem: Does Cannabis Testing and Perceived Fairness Hinder Applicants' Attraction toward an Organization?

Presenting Author: Prachi, Prachi
Additional Authors: Kelloway, Kevin

Abstract: Employees with substance abuse issues could cause problems for their employers. With the legalization of cannabis in Canada on October 17th 2018, increased use of the drug is expected compared to pre-legalization. This has led to increased administration of cannabis testing policies of employees within organizations. Cannabis-testing policy, even though necessary in some cases, might change the perceptions of individuals toward these industries. Specifically, job applicants may not perceive the administration of such policies as fair air and just. Given that, the current study is investigating the influence of cannabis testing policy and it's perceived fairness on job applicants' perception of organizational attractiveness and their intention to apply to a job vacancy. The study will be administering vignettes followed by a survey questionnaire to approximately 300 adult Canadians. Participants will be recruited via Amazon's Mechanical Turk (MTurk) and other social media platforms (e.g., LinkedIn). Multivariate analysis of variance will be used to analyze the data. The findings will inform cannabis policy within the workplace and address a current gap in research due to the recent legalization of Cannabis in Canada. This study has important implications such that understanding applicants' reactions to workplace drug policies are

critical for industries when designing cannabis policies. Such policies must comply with legal regulations without deterring potential employees who may be interested in joining the organization.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53844 - Printed Poster

Impact of Work Schedule on Sleep and Mood of Shift Workers

Presenting Author: Laroche, Dave
Additional Authors: Garnier, Séverine De Billy; Bastien, Célyne H.; Vallières, Annie

Abstract: Introduction: The way work schedule affects sleep in the presence of shift work disorder (SWD) is unclear. In addition, it is unknown if mood of shift workers differs according to work schedules. Objectives: To evaluate the impact of two distinct work schedules on sleep parameters, anxiety and depression levels of shift workers working in hospital. Methods: 79 shift workers of which 43 met SWD criteria were recruited. Night shifts are either consecutive (CNS), or fragmented (FNS). Participants without SWD and satisfied with their sleep were good sleepers (GS). Total Sleep Time (TST), Total Wake Time (TWT), and Sleep Onset Latency (SOL) were computed for the main sleep episode and for the 24-hour sleep.Results: For main sleep episode, CNS-SWD have higher TWT and SOL and a lower TST than CNS-GS ($ps< .001, .05, .02$), while FNS-SWD have higher TWT ($p< .04$) than FNS-GS. For 24-hour sleep period, the same significant differences are observed for TWT and SOL. Depression and anxiety levels are higher for CNS-SWD compared to CNS-GS ($ps< .008$ and $.01$, respectively). Conclusions: Fragmented night shift reduces sleep time of shift workers with SWD and GS while continuous night shift reduces sleep only for those with SWD. Workers under consecutive or fragmented night shift present similar wake time. Anxiety and depression levels differ according to the work schedule and SWD. .

Section: Students in Psychology / Étudiants en psychologie
Session ID: 53883 - Printed Poster

Anxious Workers Are More Afraid of Negative Social Evaluation: Implications for Employee Support

Presenting Author: Wilson, Larissa
Additional Authors: Zhang, Irene

Abstract: Workplace Anxiety is linked to undesirable job outcomes such as lowered performance[1], job satisfaction[2], and work-life balance[3], as well as increased turnover[4] and absenteeism[5]. To better understand Workplace Anxiety, we examined a specific individual difference--Fear of Negative Evaluation, as a potential predictor of Workplace Anxiety. We also looked at a situational moderator--the Socially Evaluative nature of the job, to see if the relation between Fear of Negative Evaluation and Workplace Anxiety is stronger in highly Socially Evaluative jobs.500 MTurk workers completed a survey, consisting of a) an adapted version of a Workplace Anxiety scale[1] ($\alpha = .96$), and b) a new measure of Socially Evaluative job content, based on the Position Analysis Questionnaire[6] ($\alpha = .87$).There was a strong positive correlation between Fear of Negative Evaluation and Workplace Anxiety, suggesting that a fear of negative judgement is a predictor of experiencing anxiety at work. We did not find support for moderation; Fear of Negative Evaluation was related to Workplace Anxiety across many types of jobs.These findings provide insight for organizations to understand who may need support at work, and what kinds of situations are anxiety-provoking. For example, employees could receive training on strategies to reduce their anxiety when working in situations that are highly socially evaluative.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53914 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Receiving help makes employees feel what? Uncovering employees' emotional reactions to help receipt

Presenting Author: Law, Denise
Additional Authors: Brown, Douglas

Abstract: For every employee who gives help, there is always an employee who receives it. However, existing research on employee helping behaviours tend to focus on the helper, neglecting the employee who receives help. Theories from the social psychology literature suggests that receiving help might make employees feel good or bad, which has yet to be empirically tested in the organizational literature. Thus, to uncover a wide range of positive and negative emotions that help recipients may experience, the present study uses a qualitative approach to explore employees' emotional reactions to receiving help. We found that employees feel a variety of positive and negative emotions after receiving help both in general and directed towards the helper. These findings suggest that receiving help might not always be a pleasant experience, which contradicts the traditional notion that helping behaviours are always good. Companies can use the findings of this study to (1) increase employee awareness of how their helping behaviour might affect the recipient and (2) encourage employees to minimize any negative reactions to receiving help.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54024 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Employee retention in rural and northern Canada: A systematic review

Presenting Author: McGregor, Alexander J

Abstract: Attracting and retaining employees has emerged as one of the most important issues currently challenging organizations worldwide. This especially so Rural and Northern Canadian communities and employers due to an ageing population and extra contextual challenges in attracting and retaining skilled service providers such as doctors, nurses, and teachers. Despite large development investments and clear government and organizational interest in attracting, retaining, and training a skilled labour force in outlying regions of Canada, there is almost a complete lack of research on workplace experiences in a Northern/Rural Canadian context. The purpose of this systematic review is to 1) identify and summarise research on attraction and retention of employees in Rural and Norther regions or Canada and 2) outline potential avenues of research for the unique context effects of Rural/Northern communities on employee retention. The review follows PRISMA guidelines for systematic review development, and is currently in the screening phase for article inclusion. Recommendations for knowledge development include recognizing community factors in employee attraction and retention and the integration of environmental context effects in popular models of employee involuntary turnover. This study also has strong potential to inform policy development for outlying communities' health services.

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 54030 - Printed Poster

Speaking of Allergies: Communication Challenges for Restaurant Staff and Customers

Presenting Author: Wingate, Timothy G
Additional Authors: Jones, Samantha K; Bourdage, Joshua S

Abstract: RationaleHandling food allergies is a critical job task for restaurant staff. Communication with customers about allergies is key for safety and organizational reputation. However, restaurant staff and customers commonly lack the confidence, competence, or comfort to manage allergies. We draw from social persuasion, cognition, and human error perspectives to evaluate and guide customer-staff communication about allergies and effective/ineffective strategies. We use qualitative data from staff and customers to identify common or likely errors, and highlight strategies to reduce subjective

and objective risk. MethodRecruited from a university and social media, samples of approximately 100 restaurant staff and 61 people with food allergies reported on experiences and strategies for communicating allergies at restaurants. The critical incident technique guided questions for servers. Data collection is complete; strategy development and thematic content analysis will conclude in January. Preliminary analysis based on 26 customers indicates several important themes, such as persuasion strategies, trust, and uncertainty. ConclusionThe project will be completed by end of January 2020. We expect the introduction of persuasion and especially risk communication principles to enable practical implications (reduced risk and stress) and new directions for future theory and research.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54221 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Interviewer distrust and applicant competence as antecedents of interviewers' perceptions of faking

Presenting Author: Wingate, Timothy G
Additional Authors: Bourdage, Joshua S; Wilhelmy, Annika; Roulin, Nicolas

Abstract: RationaleRecent research on the employment interview suggests that false perceptions of applicant faking might represent bias, where honest applicants might be perceived as deceptive without appropriate reason. Drawing from social projection theory and studies of interviewer bias, we predicted interviewer trait distrust would most strongly predict interviewer perceptions of faking, that indices of applicant competence (GPA and conscientiousness) would be the second strongest predictor of perceptions of faking, and that applicant actual faking would be the weakest predictor of perceptions of faking.MethodData were from approximately 200 pairs of professional interviewers and upper-year students, in connection with a Canadian business school practice interview program. Interviewers self-reported trait distrust, perceptions of applicant faking, and an evaluation of the applicant. Applicants self-reported GPA, conscientiousness, and faking behaviors. Data collection is complete, and the dataset will be prepared and analyzed by end of January 2020. Dominance analysis will test the main hypotheses.ConclusionAttempts to solve the problem of applicant faking may create new threats to interview validity. Our findings will either reinforce the interviewers' efforts to detect faking, or, as predicted, imply that interviewer perceptions of faking represent an additional interview bias.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54224 - Printed Poster

'Can I say something?': The Role of Psychological Safety in Predicting Proactive Behaviour at Work

Presenting Author: Thirumangai Alwar, Siddardh
Additional Authors: Chung-Yan, Greg

Abstract: Today's jobs are complex and less defined than in the past, as organizations have to deal with market changes and a dynamic business environment (Thomas et.al, 2010). Due to this increasing complexity and ambiguity at work, organizations expect employees to take initiatives and engage in proactive behaviours to improve performance at work (Belschak et.al, 2010). However, organizations that desire proactive behaviour cannot just focus on hiring individuals with a proactive personality because there are contextual factors that influence an employee's decision to behave proactively (McCormick et.al, 2019). Psychological safety - the feeling or belief that it's okay to ask questions, challenge the status quo, and express oneself without the fear of negative consequences (Edmondson, 1999), - acts as an important contextual workplace factor that reduces the perception of risk of negative consequences and increases the likelihood of proactive behaviour. Using an online questionnaire that was distributed to 300 full-time working employees in Canada. It is hypothesized that the positive relationship between proactive personality and proactive behaviour is strengthened in the presence of psychological safety. Findings from the results can inform organizations as to whether psychologically safe work climates can or should be fostered to improve initiative-taking behaviour at work

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54294 - Printed Poster

A Longitudinal Analysis of the Stability, Antecedents,and Outcomes of Job Engagement

Presenting Author: Inhaber, Joseph
Additional Authors: Toth-Kiraly, Istvan; Morin, Alexandre

Abstract: Background: Approximately 70% of employees are not engaged at work, resulting in significant organizational losses (≈$300 billion per year). Currently, scholars studying engagement adhere to one of two popular conceptualizations; job engagement, or work engagement. Job engagement has received considerably little research attention relative to work engagement despite evidence that it may be a more valid and reliable construct. As such, the primary aim of this investigation was to adopt a longitudinal perspective to the study of job engagement and its theoretically relevant predictors and outcomes. Method: Our sample consisted of 279 workers from Quebec, Canada. Data was collected from participants once per year for three years. The data was then input into a latent growth model in order to ascertain the longitudinal associations among job engagement and its correlates. Results: Leader-member exchange positively predicted job engagement across all time points. Further, job engagement negatively predicted turnover intention and emotional exhaustion, as well as positively predicted life and job satisfaction across all time points. Implications: Job engagement appears to result in numerous desirable organizational outcomes. Organizations and employees may bennefit from managerial training programs designed to target and improve LMX.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54310 - Printed Poster

Barriers to Reporting of Sexual Harassment: What Can Enhance Disclosure Intentions?

Presenting Author: Bailey, Emma
Additional Authors: Chung-Yan, Greg

Abstract: Sexual harassment in the workplace has a high prevalence and is associated with numerous negative outcomes. The aim of this study is to better understand organizational and structural factors that discourage and encourage disclosure of sexual harassment when it occurs. In addition, this research investigates why individuals choose not to report sexual harassment even with organizational policies in place that are designed to facilitate such reporting. Drawing upon the Theory of Planned Behaviour (TPB), this study develops a model to explain what leads to peoples' decision to report (or not report) sexual harassment using structural equation modeling. An online questionnaire was distributed to a working sample of 300 full-time employees across Canada to assess factors that contribute to peoples' intentions to report or disclose including organizational climate, co-worker support, self-efficacy, perceived behavioural control, policy awareness, and employee attitudes towards reporting. Findings from this study can inform organizations and policy makers about how organizational policies can be implemented to achieve their aims of facilitating employee reporting of sexual harassment when it occurs.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54365 - Printed Poster

Who Enacts Incivility in the Workplace?

Presenting Author: Kowalchuk, Lauren E

Abstract: Think back to your experiences with coworkers in your organizational career, have you ever encountered someone who just doesn't know how to be civil? Researchers have conducted surveys focused on the prevalence of incivility in the workplace with most employees (98%) reporting experiencing these behaviours at some point in their work-life, and 50% reported experiencing it once a week. Now have you ever wondered why this person behaves this way. What inherent

differences would lead individuals to act uncivilly? The topic of workplace incivility has only been investigated through the lens of victims, specifically looking at what characteristics victims embody that make them more likely to be targeted. Our research focuses on changing this conversation and beginning to identify what individual differences lead a person to enact incivility in the workplace. Methods will consist of an 8-part survey assessing participant's perceptions of enacted incivility vignettes, and personality measures. Analyses consist of hierarchical multiple regression, and correlation analyses to identify if a relationship exists among these variables. Results and implications will focus on the significance of the relationships, the practical implications in academia and organizations, as well as the direction for future research.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54415 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Effect of Training and Interview Questions on the Detection of Personality in Interviews

Presenting Author: Pike, Melissa
Additional Authors: Lukacik, Eden-Raye

Abstract: Personality is a crucial predictor of job performance. To hire for traits relevant to performance, organizations must accurately detect personality. However, common methods (self-report measures) for detecting personality have issues (e.g. applicant faking). A possible solution may be to detect personality in job interviews. To ensure interviewers can detect personality traits, they should be trained and asking questions that elicit personality from interviewees. 56 students were assigned to conditions based on a 2 (personality specific interview questions or general interview questions) x 2 (training or no training) study design. Participants watched a practice interview video and then five additional videos. Participants' ratings of interviewees' HEXACO personality traits were compared to interviewees' self-reported personality to determine accuracy. General interview questions led to better detection of Honesty-Humility, Conscientiousness and Agreeableness, whereas personality specific questions led to better detection of Emotionality. Training had marginally significant effects for interviewees' overall personality profile and Emotionality. These results demonstrate that training is a potential strategy to improve interviewers' detection of personality. In addition, general interview questions (questions currently asked in interviews) may elicit accurate personality cues.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54460 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Women firefighters: The role of gender and job-status in a non-traditional milieu

Presenting Author: McWilliams, Jennifer M
Additional Authors: Gouliquer, Lynne

Abstract: Between 2014 and 2016, roughly 17% and 83% of Canadian firefighters were career and volunteer, respectively (Haynes, 2018). Although career and volunteer firefighters have essentially the same responsibilities (e.g., fire prevention, fire education), they are often perceived differently by the public. In a pan-Canadian study, we examined the experiences of career and volunteer women firefighters (N=127), who comprise 4.4% of firefighters (Statistics Canada, 2017). To do so, we employed the Psycho-Social Ethnography of the Commonplace (P-SEC; Poulin & Gouliquer, 2005) methodology, and explored how the intersectionality of job status and gender shapes experiences. Results indicate that both career and volunteer firefighters experienced complications (e.g., leadership-related issues, being treated as "less than," feeling threatened), and that the intersectionality of such factors must be examined to fully grasp the dynamics at play. How both career and volunteer women firefighters make sense of the perceptions of the public is also examined. The discussion highlights the similarities and differences between these two groups of women in a highly male-dominated workplace. Sociocultural recommendations are offered to challenge the public's understanding.

Forgiveness in the Workplace: Third-Party Perceptions of Peers who Forgive

Presenting Author: Barron, Amy
Additional Authors: Gosse, Leanne

Abstract: Much research has demonstrated the intrapsychic benefits of forgiveness for the aggrieved party, as well as for reconciling the victim-transgressor relationship. Whereas most empirical research has examined forgiveness in the context of the victim-transgressor dyad, little is known about how forgivers are perceived by third party observers who are not directly involved in the transgression. Do third parties perceive forgivers positively (e.g., as morally courageous) or negatively (e.g., as someone not standing up for themselves), and under what conditions might their reactions differ? Virtually no research has examined observer reactions to those who forgive within the workplace, a context in which peer perceptions may have significant implications for group dynamics. The results of a workplace survey indicate that victims of supervisory abuse are perceived more positively when victims are more vs. less forgiving, but only when peers view forgiveness as appropriate, as shaped by offense characteristics. For example, peers view forgiveness as less appropriate, and perceive victims more negatively, when victims are more forgiving of severe vs. less severe offenses. Our research suggests that forgiveness is not always viewed positively in the workplace by peers and has implications for understanding reactions to transgressions as they extend beyond the victim-transgressor dyad.

L'impact du stress au travail sur le bien-être et la détresse psychologique

Presenting Author: Naimi, Azadeh
Additional Authors: Vigneau, François

Abstract: De nos jours, le bien-être psychologique des travailleurs est une préoccupation des organisations qui sont de plus en plus conscientes que les travailleurs qui se sentent bien psychologiquement sont plus performants et inversement, la performance étant liée au bien-être psychologique. De nombreuses recherches se sont penchées sur les déterminants de la santé mentale et bien-être des individus. Cependant, peu de recherches ont étudié les variables contextuelles et individuelles associées à la perception de la santé mentale positive des travailleurs au Canada. Pourtant, le fardeau économique de la maladie mentale au Canada est estimé à plus de 50 milliards de dollars par an. L'objectif de notre étude est d'avoir une meilleure compréhension de la perception de la santé mentale des travailleurs au Canada en contrôlant les variables confondantes potentielles. Nous avons examiné un échantillon de 9 287 travailleurs canadiens qui ont participé à l'Enquête sur la santé dans les collectivités canadiennes – volet santé mentale (ESCC-SM 2012). Nos analyses montrent la force de la relation entre certaines dimensions du stress au travail, des variables de santé mentale et les variables sociodémographiques, notamment l'âge. L'ensemble de nos résultats d'analyses basées sur les données de l'enquête seront discutés.

Science-Informed Practice in Psychosocial Oncology Programs

Presenting Author: Mackay, Sarah
Additional Authors: Ta, Viviane

Abstract: Professionals and regulatory bodies in psychology are increasingly promoting evidence-based practice (EBP) to maximize the efficacy and effectiveness of interventions in health settings. In psychosocial oncology, researchers have raised the concern that there is inappropriate variation in EBP policy and standards of care. Despite initiatives to create evidence summaries and clinical decision-making resources, there is no empirical evidence regarding the extent to which the community of psycho-oncology professionals is aware that such tools exist and are utilizing them in practice. This qualitative

study examines the perspective of directors of psychosocial oncology programs (POP) on EBP performed by professionals providing psychosocial care to adults diagnosed with cancer and their families. Individual semi-structured interviews with POP directors (N= 15) were conducted. The focus of the thematic analysis is two-fold 1) how is psychosocial oncology practice informed by science and, 2) what are the barriers and facilitators to evidence-informed practice. Preliminary findings suggest the following themes: coalescence of multiple standards and guidelines, resource and time shortage, and multidisciplinary collaboration. Final results will be presented at the conference. Findings have the potential to inform ways of integrating EBP into program policies and future standards of care.

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 54623 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Millennial Perception of Perpetuating their Stereotypes in the Workplace Scale

Presenting Author: Blazer, Maddy
Additional Authors: Etezad, Seyedehsan; Wu, Jingdi ; Roulin, Nicolas

Abstract: Background – Reverse ageism (discrimination against millennials) is a new form of prejudice in organizations that is impacting workers as they begin their careers. While previous research has briefly looked at millennial prejudice and its effect on organizational outcomes, millennials perceived feelings of discrimination has not been studied. The purpose of our research was to develop a scale to assess millennials' feelings of discrimination across 4 dimensions: stereotypes surrounding technology (e.g. texting), appearances (e.g. tattoos), work ethic (e.g. determination) and credibility (e.g. trustworthiness).Methods – We developed a 28-item scale. Approximately 300 North American employed participants completed the scale, as well as additional scales to test for convergent and divergent validity. An exploratory factor analysis will be conducted to validate the scale.Results - Based on the previous studies, we expect millennial individuals within the workplace to report significant levels of perceived discrimination from co-workers above the millennial age group.Action/impact - The current study will fill a research gap by developing a useful scale for measuring perceived discrimination against millennials. It has been said, if you can't measure it, you can't manage it. Thus, as more millennials enter the workplace, our scale allows HR practitioners to manage this phenomenon.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54655 - Printed Poster

Conflict Management Preferences among Indigenous Employees in Canada

Presenting Author: Addie, Chloe
Additional Authors: Adair, Wendi L

Abstract: Workplace conflict needs to be managed for the sake of numerous organizational and interpersonal outcomes. To this end, individuals systematically differ in their use of different styles of conflict management as a function of the cultural values they hold. A firm understanding of North American conflict styles has been demonstrated, wherein there is a preference for more self-oriented approaches. Despite research being conducted with Canadian samples, researchers have failed to include Indigenous peoples, the fastest growing sector of Canada's workforce, and a distinct cultural group with values that greatly differ from mainstream Western values. To develop an initial understanding of how Indigenous workers manage conflict, we used a mixed-methods design with both qualitative and quantitative elements. We began with a North American sample, measuring preferences for dual concern and other conflict management styles in order to conduct an exploratory factor analysis with new items capturing holistic conflict resolution. Currently we are measuring conflict management style preferences among a sample of Indigenous alumni and current Indigenous students from Southwest Ontario including the quantitative items from Study 1 and also qualitative, free-response questions. Data from both studies will shared at the conference in May.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54757 - Printed Poster

How design of asynchronous video interviews (AVIs) affects applicant outcomes

Presenting Author: Wong, Odelia
Additional Authors: Roulin, Nicolas

Abstract: The asynchronous video interview (AVI) is a one-way, online interview method increasing in use among employers. Although a feature of many AVIs is the flexibility to customize and change the interview's structure, research has yet to investigate how such changes may affect crucial applicant outcomes. As such, this research will examine how modifications to two aspects of AVI design (response preparation time and number of response attempts) affects the applicant outcomes of interview performance, anxiety, perceived fairness, and impression management (IM) behaviours using a 2 (ten seconds of preparation time, unlimited preparation time) × 2 (one attempt, five attempts) design. Master's-level students (N = 150) will participate in one of four AVI conditions and respond to six interview questions. Self-report measures of state and trait anxiety, perceived fairness, and IM behaviors will be collected. Interview performance will be assessed by trained raters. Interview performance is expected to improve with unlimited preparation time and/or the option for multiple attempts, with performance being mediated by lower state anxiety and greater IM use. Perceived fairness is expected to mediate the use of IM tactics, with higher perceived fairness resulting in less deceptive IM use. Results will be analyzed with hierarchical multiple regression and structural equation modelling.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54868 - Printed Poster

Bipolar Disorder Disclosure and Symptom Types Impact on Stigma in the Workplace

Presenting Author: Blazer, Maddy
Additional Authors: Etezad, Seyedehsan; Gilin, Debra

Abstract: Background – Little is known about whether and how workers with bipolar disorder should disclose at work. The novelty of this study is to examine whether disclosure (versus no disclosure) while manic versus depressive, influences workers' ratings of the occupational efficacy of coworkers with bipolar disorder.Methods – By March 2020, 180 North American employees will participate in this vignette study. The vignettes will differ according to a three (bipolar disorder symptom presentation: depressive vs. manic vs. asymptomatic) by two (disclosure of disorder vs. non-disclosure) design. Respondents will complete a workplace efficacy questionnaire regarding the coworker in the vignette. To account for potential social desirability bias in responses, participants will provide both self- and other-ratings. Results - We expect that disclosure of bipolar disorder while highly symptomatic will be associated with lower workplace efficacy expectations than disclosure while asymptomatic and that expectations will be lower for manic than depressive symptoms. We also expect that observer-ratings will be more negative than self-ratings. Action/impact - Findings may have important implications regarding how people with bipolar disorder can address stigma at work and effectively disclose their illness to coworkers which may contribute to improving occupational functioning in this population.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54917 - Printed Poster

[Presented in CPA 2020 Virtual Series]

When parents bring work home, adolescents report lower well-being

Presenting Author: Levesque , Natasha
Additional Authors: Lachance-Grzela , Mylène; Healey, Michelle

Abstract: Smartphones have complexified the management of work-life demands by making working adults available at all times. Role blurring occurs when individuals multitask, send work communications outside of work hours or think about work while at home. Researchers have argued that role blurring has become "one of the key sources of stress in everyday life" (Schieman & Young, 2015). The more working adults blur their roles, the more they report work-to-family conflict, poor

psychological well-being, and high levels of distress (Offer, 2014; Schieman & Young, 2013). Researchers have yet to examine the impact of parental role blurring on children. The aim of the current study is to examine how mothers' and fathers' role blurring is associated with their children's well-being. A sample of 358 adolescents completed questionnaires measuring parental work-to-family role blurring and personal well-being. A regression analysis revealed that both mothers' and fathers' role blurring behaviors were associated with lower levels of well-being among adolescents. The clinical and social implications of these results are discussed.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 54933 - Printed Poster

Not Masculine Enough: Investigating Male Allies of Gender Equality and Negative Career Outcomes

Presenting Author: Lam, Janice Y
Additional Authors: Hideg, Ivona

Abstract: Male allies are crucial for achieving gender equality as their actions are perceived to be highly credible because they appear unmotivated by self-interest. Yet, men may hesitate to openly support gender equality due to fear of negative consequences. Thus, we aim to examine whether male allies are more likely to incur negative career outcomes than their non-advocate peers. Drawing on stigma by association theory, we suggest that male allies, compared to non-allies, may be perceived as less agentic, a stereotypically masculine trait, which may lead to negative career outcomes. In the context of an internal promotion, 600 participants will be provided with materials of a female or male applicant. Participants will then receive information on the applicant being an advocate for gender equality or the environment, or no information. The female and environmental advocate conditions will be controls. Participants will then rate the applicant on measures of agency and recommendations for career rewards (e.g. salary increases) and penalties (e.g. being fired). Male allies (vs. non-allies) are expected to be perceived as less agentic, thus incurring less reward recommendations and more career penalties. By gaining a better understanding of this phenomenon, we aim to subsequently develop an intervention to mitigate these negative outcomes. Data collection is expected to occur in January.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54979 - Printed Poster

Fair for me is fair for you: Paradoxical effects of organizational justice on discounting unfairness

Presenting Author: Mitrovic, Igor
Additional Authors: Mu, Frank; Bobocel, Ramona

Abstract: Organizational justice is associated with numerous benefits for employees but might there be unintentional social costs? Drawing on system justification theory, we posit that employees who perceive their organizations to be fair social entities may discount coworker claims of unfair events when employees' system justification motives are activated. In an organizational context, system justification motives are triggered by feelings of system inescapability, as when employees feel trapped within their organizations due to perceived lack of employment alternatives. Thus, we predicted a positive relation between organizational justice perceptions and discounting coworker claims of event unfairness, the greater employees' perceived lack of employment alternatives. We tested our predictions in a correlational field study. We measured employees' perceptions of organizational justice and perceived lack of alternatives; then participants imagined a vignette in which one of their coworkers makes a claim of unfairness in a promotion decision. Results support our prediction. Overall, our research demonstrates a potential "dark side" of organizational justice—under some conditions, perceiving their organization as a fair social entity may bias employees' judgments of justice-relevant events. This may have implications for how they respond to coworkers who claim they have been mistreated.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55097 - Printed Poster

Individual Differences in Risk-Taking Predict Greater Perceived Opportunity to Fake in Interviews

Presenting Author: Ho, Jordan L
Additional Authors: Powell, Deborah M

Abstract: Background/rationale: Faking involves distorting information to answer job interview questions. Models propose that faking depends on risk-taking and the opportunity to fake without being caught (e.g., when the interviewer is a non-expert in the job). However, little research has examined how risk impacts opportunity to fake.Methods: We ran 3 between-subjects experiments. Participants (Ns = 486, 365, and 455) imagined having to impress an interviewer who was either an expert in the job or an employee who knew nothing about the job. Participants rated opportunity to fake and completed measures of risk-taking, behavioural inhibition, and psychopathy.Results: Independent-samples t-tests showed that opportunity to fake did not differ based on if the interviewer was an expert or non-expert in the job. Opportunity to fake was related to risk-taking (r = .34), behavioural inhibition (r = -.14), and psychopathy (r = .41).Conclusions: Opportunity to fake was not higher with a non-expert interviewer despite lower risk of being caught, but was predicted by individual differences. Findings suggest that perceived opportunity to fake may be determined largely by personality rather than situational factors.Action/Impact: These findings may alleviate concerns about applicants faking when interviewers lack expertise in the job. This research also adds theoretical support to models of faking.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55119 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The effect of gender stereotyping on female leaders: Generational shift as a moderator

Presenting Author: Manels-Murphy, Megan N.
Additional Authors: Wu, Jingdi

Abstract: Literature suggest that time may act as a moderator on gender stereotyping towards female leaders (Eagly & Johnson, 1990; Powell, Anthony and Parent, 2002; McCauley & Van Velsor, 2004). Hypotheses: there will be a difference between generational perceptions of female leaders. Specifically, older generations (X) will favor male leadership whereas younger generations (Y & Z) will be less biased towards gender. Methods: A mixed factorial design will be used to explore this relationship. Participants will be divided by age into 3 generational groups (Generation X, Generation Y and Generation Z). Then, they will be presented with a vignette for an upper management position which will be awarded to one of two candidates. They will be presented with both candidates' profiles including pictures and resumes (both SME tested for similarity) and will be asked to rate each candidate projected leadership abilities based on the information they have been given by completing the Leadership Competency Inventory (Yoon, Song, Donahue, & Woodley, 2010). Noteworthy, the two versions of the resumes will alternate between candidates to account for possible differences. Additionally, participants will be screened for potential convergent or divergent variables such as political views. The data and report (March 2020) are expected to reflect the above hypotheses.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55262 - Printed Poster

Investigating School Principals' Leadership Trajectories

Presenting Author: Katz-Zeitlin, Ethan

Abstract: A person's leadership skills has an immense effect on the organizations which they are managing. From the employee's perspective, leadership has been found to predict perceptions of manageable workload, job control, and rewards. Additionally, it has been found to predict job satisfaction and turnover intentions. Most of the literature has analyzed these

associations based on the employee's perspective of their managers leadership style. This study examines the extent to which important areas of work life (AWL; workload, job control, and rewards) predict leadership style, and ensuing job satisfaction and turnover intention from the leaders self-reported perspective. The purpose of this study was to see how transformational, transactional and laissez-faire leadership evolve over a two year period, and whether the AWL predictors have an effect on this trajectory of leadership, as well as the outcomes that may result. To analyze these associations, 661 school principals and vice-principals from the province of Québec were recruited by email, and they filled out questionnaires four times over a two year period. Based on the existing leadership literature, six expected relationships with the discussed variables are proposed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55296 - Printed Poster

Game Developer Association Membership Buffers Perceived Inequity's Negative effect on Satisfaction

Presenting Author: Kwan, Eva
Additional Authors: Coppins, Trevor; Weststar, Johanna

Abstract: Given that more than half of professional associations experience no membership growth (Marketing General Incorporated, 2019), we explore whether there is a benefit to existing members that could motivate new enrolments and renewals. Using a sample from the 2017 International Game Developers Association (IGDA) Developer Satisfaction Survey, we ran a moderated mediation model and found that when game industry workers believed the IGDA was more effective, they were more satisfied despite perceiving inequities towards themselves and/or others. Surprisingly, overall satisfaction (as measured through self-reported perceptions of quality of life, job satisfaction, state of the industry, job opportunities, industry outlook, and society's perceptions of the industry) did not predict how long an individual intended to stay in the industry. Additionally, perceiving more types of inequities based on gender, age, ethnicity, ability, or sexual orientation in recent years did not predict future tenure in the industry. These results support the exchange theory by Olson (1965). Members enroll in associations to receive expected rewards (e.g. issues addressing). The data supports a professional association's role in providing a buffer to perceived inequities on overall satisfaction. Particular types of perceived inequities and their targeted recipients may be further explored.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 55314 - Printed Poster

Inclusion at Work: The effectivenessof skills based training to change workplace prejudice

Presenting Author: Murray, Jenn
Additional Authors: MacInnis, Cara; Boss, Harrison

Abstract: Organizations are implementing strategies to reduce the psychological harm experienced due to workplace prejudice and discrimination. Along with the positive effect of reducing prejudice, organizations often benefit from increased productivity correlated with increasing diversity (Fekedulegen et al, 2019). Clear benefits of a diverse work environment are evident; businesses are increasingly leveraging workplace diversity training to combat prejudice and change the social norms in the workplace (Chang et all, 2018). Building on the meta-analysis by Bezrukova, Spell, Perry, and Jehn (2016) of 260 samples over 40 years, our study aims to demonstrate the effectiveness of skills and awareness training in a field study sample. A sample of employees and leaders at a Calgary not-for-profit will be surveyed for their experiences with and social norms regarding prejudice. Then the leaders will be offered skills-based training to learn how to respectfully approach prejudicial behaviours in the workplace in an effort to change social norms. Employees and leaders will be surveyed in a follow up study to determine the overall effects of leadership training on social norms in the organization. The study is currently under review by the Research Ethics Board at the University of Calgary with plans to be administered in January of 2020.

Work and Well-Being: Predictors and Consequences of Organizational Commitment

Presenting Author: Soicher, Hannah
Additional Authors: Roney , Christopher

Abstract: The present study examined the role of various aspects of one's work as predictors of overall life satisfaction, and the role of individual differences in self-concept (collective versus individual). Self-concept, affective and continuance organizational commitment, work autonomy and organizational citizenship behaviors were investigated as predictors of overall life satisfaction. A sample of 295 employees from diverse job backgrounds were recruited via mTurk and completed questionnaires online. Hypotheses based on prior research on organizational outcomes, and on self-determination theory (SDT), were supported. Higher collective self-concept predicted greater life satisfaction, and this was partly mediated by affective job commitment, work autonomy and altruistic citizenship behaviors, all of which independently predict greater life satisfaction. Results were more complex for the individual self-concept, for which the work variables appear to have suppressed significant prediction of life satisfaction. These results are consistent with SDT. In conclusion, study results indicate that work can have a positive impact on your life satisfaction. The results suggest that when work fulfils a need for connectedness and when we feel emotionally commited to our workplace and perform citizenship behavioiurs at work, our overall life satisfaction will likely be impacted.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 55338 - Printed Poster

Review Session

Overview of Career Self-Determination Theory

Presenting Author: Chen, Charles P.

Abstract: The existing theories in career psychology provide merit and richness for the field. However, to utilize only one of these theories to conceptualize and explain people's worklife experiences and vocational behaviour remains a challenge for both researchers and practitioners. This is because in our post-modern and post-industrial Western society, the meaning of career development has become broader and more complex than ever before. In this highly complex, uncertain, and sometimes chaotic world of work, people are experiencing a profound epistemological and paradigm shift in defining and redefining the meaning of careers. To reflect this reality, there is a need for more comprehensive, holistic, and open-minded perspectives to analyse and explain human growth in their vocational life.With such an intent, this presentation introduces the newly emerging Career Self-Determination Theory (CSDT) as an alternative theoretical integration to describe and perceive vocational and career psychology. In providing an overview of this meta-framework, the presentation explains the theoretical foundation and key tenets of CSDT as they pertain to understanding and enhancing vocational wellbeing in life-career contexts of individuals. Implications for career development practice and counselling are considered.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 52526 - Review Session

Psychopathy in the Workplace: 10 Years of Research

Presenting Author: Mathieu, Cynthia
Additional Authors: Babiak, Paul

Abstract: For the past ten years, we have conducted empirical research on psychopathy in the workplace. The purpose of the following presentation is to share what we have found so far. First, we will introduce the B-Scan, a measure of corporate psychopathy. We will present evidence for its validity, factor structure, and use in the workplace. Second, using multiple data bases, we will compare B-Scan corporate psychopathy scores for men and women, age groups, blue collar, white collar workers and managers, and employees from private, public and non-profit organizations. Finally, we will present results from our numerous research projects that identify corporate psychopathy as an underlying factor in workplace violence, employee misbehavior, and abusive leadership. Based on our results, we will also address the impact of psychopathic leaders on their employees' mental health, job satisfaction, turnover intentions, and motivation. After a decade of research, the current issues are how psychopathic personnel gain entry into organizations, and their behaviors once in. We will offer practical recommendations for employee and leader selection, and strategies for managing these individuals in the workplace. Finally, we will provide suggestions and directions for future research on corporate psychopathy.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 52731 - Review Session

[Presented in CPA 2020 Virtual Series]

Symposium

Workplace violence: The role of leaders

Moderator: Mathieu, Cynthia

Abstract: This symposium presents new developments into the types of workplace violence as well as the role and behaviors of leaders in explaining workplace violence. So far, research on workplace violence has focused primarily on the negative impact on employees' health and organizational effectiveness. The goal of the present symposium is to present different forms of workplace violence and its relationship with one underlying antecedent: leadership. The first speaker will address the different forms of workplace violence and propose a new model of workplace violence based on severity. The second speaker will address the different forms of toxic or abusive leadership that may lead to negative behavior in the workplace and discuss the measures used to identify such negative leaders. The third presentation will address the relationship between two destructive leadership styles and employees' experiences of workplace bullying. The discussant will build on the results and recommendations of each presenter as well as results from her own research on leadership and workplace violence to draw overall conclusions. Recommendations on leadership profile for selection and promotion will be addressed by the discussant. This symposium extends the current knowledge on workplace violence by presenting innovative research and practical implications involving leadership.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 52732 - Symposium

What can we say about destructive leadership measures?

Presenting Author: Veilleux-Deschênes, Joëlle
Additional Authors: Sénéchal, Carole

Abstract: "Doing more with less" appears to be a trend in today's management realm. Intensification of labor can lead to behaviors associated with destructive leadership, such as abusive supervision, tyrannical, Machiavellian, and laissez-faire leadership styles (Fosse, Anders, Einarsen et Martinussen, 2019). These forms of dysfunctional leadership generate negative consequences for individual and organizational performance as well as psychological well-being (Tepper, 2007). The prevalence of destructive leadership is important: 90% of American teachers are (or have been) victims of a toxic leader (Green, 2014). However, empirical data on destructive leadership within the education system is extremely scarce. In order to gain a thorough understanding of the antecedents, correlates and consequences of destructive leadership, valid measures are required. This communication will review the psychometrical quality of destructive leadership instruments to guide the modelling and empirical verification of the construct's magnitude and implications within the school system. This detailed analysis is not only beneficial for the education professionals, but also for organizational psychologists and HR researchers

and practitioners interested in this field. This communication also identifies instruments that can be used in the context of managerial selection, development or termination.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53916 - Paper within a symposium

When severity refers to banality: A challenge for workplace incivility

Presenting Author: Labelle-Deraspe, Rémi
Additional Authors: Mathieu, Cynthia

Abstract: The growth of interest in research related to workplace psychological violence had led to the development of several overlapping constructs making it difficult to navigate. Unsurprisingly, most of the attention has been directed towards more severe forms of violence such as bullying, due to its intense nature and serious consequences (Hershcovis, 2011). However, there is still much to be done in regard to milder forms of violence such as incivility (Schilpzand et al., 2016). Indeed, incivility is a widespread problem in our organizations as 98% of workers experience it annually and 50% at least once a week (Porath et al., 2013). Moreover, it has been demonstrated that incivility has significant negative consequences on employees (Cortina et al., 2017). Despite its powerful impact, incivility is still trivialized and misunderstood in organizations, probably due to the fact that it has not been clearly defined and operationalized (Hershcovis, 2011, Matthews et al., 2016). The objective of the present communication is twofold. Firstly, we will synthetize knowledge to determine how workplace incivility could be efficiently measured in regard to its initial definition (Andersson et al., 1999). We will then introduce a new model of Severity of Violence at Work that will help untangle the different forms of violence in the workplace and address issues with terminology and concept overlap.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53917 - Paper within a symposium

Destructive leadership and bullying in nurses

Presenting Author: Trépanier, Sarah-Geneviève
Additional Authors: Peterson, Clayton

Abstract: Bullying is a serious issue in the nursing profession, as it affects more than 35% of nurses (Spector, Zhou, & Che, 2014). This is concerning given that bullying is associated with greater distress, burnout and turnover intention (Trépanier, Fernet, & Austin, 2013, 2015). These manifestations of ill-being can have serious consequences and can contribute to the already salient nursing shortage (Toh, Ang, & Devi, 2012) and undermine the quality of patient care (Hall et al., 2016). It is thus important to identify the work-related factors that can contribute to the presence of bullying in nurses. A potential risk factor that has received little attention in relation to workplace bullying is destructive leadership (Salin & Hoel, 2011). As such, this study investigates the longitudinal relation between destructive leadership forms (tyrannical and laissez-faire) and bullying. A total of 399 Canadian nurses took part in this two-wave study conducted over a 12-month period. Results from cross-lagged analyses show that, while controlling for baseline bullying, T1 laissez-faire leadership positively predicted T2 bullying. The relation between T1 tyrannical leadership and T2 bullying was not significant. These results highlight that by being absent when needed and indifferent to employees, laissez-faire leaders create impoverished work environments that are fertile grounds for bullying.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 53918 - Paper within a symposium

Exploring Resilience and Well-being in the Military through Quantitative and Qualitative Methods

Moderator: Gottschall, Shannon

Abstract: Background/rationale: Military service is a challenging profession characterized by unique stressors. Apart from combat operations, service involves demanding working conditions (e.g., long hours, frequent relocation, family separation). It is critical to operational readiness to identify the factors that may increase or decrease vulnerability to psychological impairments during military service. This symposium presents research on these factors within the Canadian Army (CA) and the Royal Canadian Navy (RCN).Methods/Results: First, structural equation modelling assessed the validity of the Job Demands-Resources model within a pre-deployment context and identified correlates of psychological distress (e.g., role overload, adaptability). Second, regression analyses identified predictors of burnout and life satisfaction in RCN personnel (e.g., work-family conflict, meaningful work). Finally, qualitative analyses identified factors RCN personnel perceive to influence their resilience to stress (e.g., training, experience, camaraderie).Conclusions: Each study provides unique insight into the factors that influence members' well-being and offers targets for interventions to improve members' outcomes.Action/impact: The symposium will close with a discussion of the contributions of this research to the promotion of health and well-being within this unique population.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 53324 - Symposium

[Presented in CPA 2020 Virtual Series]

Military members' pre-deployment well-being: Applying a Job Demands-Resources lens

Presenting Author: Michaud, Kathy
Additional Authors: Blais, Ann-Renee

Abstract: Background/rationale: A range of factors affect soldiers' well-being and pre-deployment readiness. The Human Dimensions of Operations (HDO) Survey assesses these factors to assist leaders in operational settings. Recently, HDO measures were situated within the Job Demands-Resources (JD-R) model to facilitate the interpretation of results. This study tests the validity of this model.Methods: HDO data from 307 Canadian Armed Forces (CAF) members were subjected to structural equation modelling to test the model.Results: Results showed that demands (i.e., job stress, role overload), predicted psychological distress via burnout. Resources (resilience, adaptability, flexibility, top-down communications) predicted psychological distress through burnout, not motivational constructs (i.e., morale, engagement). Resilience and role overload also directly predicted psychological distress. While some findings were not anticipated by the JD-R theory, they are consistent with previous research on CAF members in garrison.Conclusions: This research suggests that the JD-R model is a valid framework to understand the relationships between the dimensions assessed in the pre-deployment HDO survey.Action/impact: These findings identify factors associated with psychological distress and can inform programs and policies designed to enhance the well-being of military personnel.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 54143 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Resilience in the Royal Canadian Navy: Examining Predictors of Burnout and Life Satisfaction

Presenting Author: Gottschall, Shannon
Additional Authors: Guerin, Eva

Abstract: Background/rationale: Canadian military research on resilience to adversity/stress has typically focused on the Army and individual-level factors. The current study examined a broader range of factors in the Royal Canadian Navy (RCN).Methods: An online survey was administered to 930 RCN members. The data were weighted by organization, Regular vs. Reserve Force, rank, and whether they served on-ship. Most respondents were male non-commissioned members of the Regular Force. Just over half served on-ship. Regressions identified predictors of burnout and life satisfaction.Results: Burnout was associated with demographic variables, not having sailed in the past year, lower physical activity, greater workload, greater work-family conflict, lower autonomy, lower competence, and less positive workplace culture. Interactions were detected between job stress and impact, as well as serving on-ship, job stress and relatedness. Life satisfaction was associated with sailing within the past year, lower work-family conflict, and meaningful work. Interactions were detected between job stress and social support, as well as serving on-ship, negative life events, and mastery.Conclusions: A broad

range of factors were associated with burnout and life satisfaction.Action/impact: Maximizing these resilience factors and/or reducing these risk factors may enhance resilience in the RCN.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 54149 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Perceptions of resilience boosters and drains in members of the Royal Canadian Navy

Presenting Author: Guerin, Eva
Additional Authors: Gottschall, Shannon

Abstract: Background/rationale: Few investigations of resilience have been conducted with navy personnel. This qualitative study examined job- and organization-related factors that Royal Canadian Navy (RCN) members perceive to be influencing their resilience.Methods: As part of a larger online survey, RCN members were asked two open-ended questions regarding the job- or organization- related factors that increase and/or decrease their resilience. Responses from 312 participants were analyzed, the majority of whom were male and not serving on ship. Responses were coded to identify common themes.Results: Lifestyle factors such as exercise were seen as a top resilience booster. Other boosters included training and operational/combat experience. Many boosters were social in nature (e.g., camaraderie). Various leadership characteristics also emerged (e.g., trust, flexibility). Regarding resilience drains, work-life conflict and the quality and quantity of work were common themes (e.g., lack of meaning, unpredictability). Issues with leadership (e.g., perceptions of unfair treatment) were also identified.Conclusion: This qualitative study provides nuanced insights into the work and organizational factors associated with resilience based on perceptions of RCN members.Action/impact: These findings can help to inform programs and policies designed to promote resilience among RCN members.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 54152 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

CSIOP Graduate Student Symposium: Emerging ideas in Industrial/Organizational Psychology

Moderator: Gulseren, Duygu

Abstract: Background: Paper 1 examines how organizational culture may affect job applicants' use of deceptive impression management in job interviews. Paper 2 is about how perspective-taking can help promote interactional justice during the delivery of bad news. Paper 3 examines the relationship between stress and specific dimensions of mindfulness. Methods: Papers 1-2 adopt an experimental approach. Paper 3 relies on a workplace intervention.Results: Paper 1 predicts that a competitive organizational culture leads to more deceptive impression management and lower levels of agreeableness and honesty-humility. Paper 2 found that a high-level construal mindset explained a demotion decision, and the effect was mediated by greater other-oriented perspective-taking. Paper 3 found that non-reacting, non-judging, and acting with awareness significantly predicted stress, using mediation and path analyses.Conclusions: Paper 1 contends that organizational culture may affect how and how much applicants fake in interviews. Paper 2 suggests a novel mechanism for promoting interactional justice enactment. Paper 3 concludes that facets of mindfulness may reduce stress by reducing experiences of negative affect.Impact: Findings may help organizations reduce applicant faking in interviews, improve interactional justice and train managers in delivering negative news, or use mindfulness to reduce stress.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54263 - Section Invited Symposium

[Presented in CPA 2020 Virtual Series]

Examining the Effect of Organizational Culture on Faking in the Employment Interview

Presenting Author: Canagasuriam, Damian
Additional Authors: Roulin, Nicolas

Abstract: Background/Rationale: Applicants' use of deceptive impression management (IM) may decrease the predictive validity of the interview (Levashina & Campion, 2006). This study is the first to examine how organizational culture may affect applicant's use of deceptive IM during the employment interview. Methods: We will recruit 120 participants from 'Prolific,' and randomly assign them to a competitive, collaborative, or control condition. Participants will complete an asynchronous video interview (AVI). We will assess the extent and manner in which they faked using an interview faking behaviour scale (Bourdage, Roulin, & Tarraf, 2018), the HEXACO personality assessment (Ashton & Lee, 2009), and two items that assess 'results' versus 'team' orientation. Results: We expect that the competitive condition will elicit the most faking. We also expect that competitive condition participants will distort their personalities to appear less agreeable and less honest/humble than the collaborative and control conditions. Finally, we expect that the competitive condition will value 'results' (relative to teamwork) more than the collaborative condition. Conclusions: We hope to conclude that organizational culture may impact applicant interview faking. Impact: The findings may help organizations reduce applicant faking in interviews.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54266 - Paper within a symposium

Promoting Interactional Justice Enactment In Bad News Delivery: Construal Level & Perspective Taking

Presenting Author: Holt, Lauren
Additional Authors: Bobocel, Ramona

Abstract: Background/rationale: Interactional justice mitigates negative reactions to bad news. In practice, interactional justice is often not enacted because delivering negative news is aversive. Integrating three literatures, interactional justice, other-oriented perspective taking, and construal level theory, we propose a novel pathway to promote interactional justice during bad news delivery. We predicted that higher levels of construal (abstraction) among managers will be associated with greater interactional justice enactment through increased other-oriented perspective taking. Methods/results: We used two vignette studies. In Study 1, managers who were primed with a high-level construal mindset explained a demotion decision to a hypothetical employee with greater interactional justice compared to managers who were primed with a low-level construal mindset. In Study 2, we observed a positive association between managers' general tendencies to construe work activities at higher levels of construal and their interactional justice. Mediation analyses showed that the beneficial effect of construal level on interactional justice enactment was mediated by greater other-oriented perspective taking. Conclusion/impact: This research suggests a novel mechanism for promoting interactional justice enactment, and may inform how managers should be trained to deliver negative news.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54269 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Lower Negative Affect, Rather Than Greater Positive Affect, Best Predicts Reduced Stress

Presenting Author: Johnson, Laura K
Additional Authors: Nadler , Ruby; Minda, John Paul

Abstract: Background/rationale: The broaden-and-build theory claims that cultivating positive emotions can build personal resources, lowering stress. Research suggests that mindfulness may also interrupt the downward spiral of negative emotions. However, it remains unclear which specific facets of trait mindfulness drive this relationship. As such, we aimed to explore which facets of mindfulness predicted stress, and to investigate the potential mediating role of both negative and positive affect. Methods: As part of a larger study testing a mindfulness intervention, 193 full-time employees at a Fortune 100 company in the United States completed self-report measures of mindfulness, affect, resilience, and stress. Results: Path

analyses compared competing models. The final included non-reacting, non-judging, and acting with awareness as significant predictors of stress, but were fully mediated (except non-reacting) by negative affect, positive affect, and resilience. Negative affect was the most robust predictor of stress. Conclusions: Facets of mindfulness may indirectly reduce stress by reducing experiences of negative affect, and less through experiences of positive affect or greater resilience. Future studies could test the model longitudinally or use physiological indices of stress.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54271 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Psychological Wellness and Vulnerabilities in First Responders: Avenues for Organizational Change

Presenting Author: Doyle, Jessie

Abstract: First responder psychological wellness is receiving increased attention in the media, amongst psychological practitioners, and in the research literature. Research on this topic in Canada is only emerging (e.g., Carleton et al., 2018). The current symposium will add to the Canadian literature base by examining unique aspects of psychological wellness in first responders in Atlantic Canada. The first symposium paper will describe organizational stressors and psychological wellness vulnerabilities among firefighters, police officers, and civilian staff (e.g., Dispatch/911 operators) who work within these settings. The next paper will delve deeper into this data by examining the mediating role of resilience on the established relationship between anger and organizational stress among a diverse sample of the first responders. The symposium will conclude with a paper examining the role of social support in comparison to cognitive-emotional coping skills on reports of psychological wellness in police officers specifically. Collectively, this symposium will highlight areas of need and direction for promoting psychological wellness within first responder organizations.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54482 - Symposium

[Presented in CPA 2020 Virtual Series]

Vulnerability to Mental Illness as a Function of Organizational Stress and First Responder Role

Presenting Author: Gryshchuk, Olena
Additional Authors: Campbell, Mary Ann

Abstract: Susceptibility to mental illness associated with first responders' occupational (work context), operational (duty-related) and personal stressors is of significant concern. To better understand these relationships, 199 Canadian first responders (police/firefighters/civilian staff/dispatcher operators) completed a wellness survey containing validated self-report measures of psychological wellness (e.g., depression, PTSD) and organizational stress, and a checklist to capture operational and personal stressors. As many as 26.4% exceeded the threshold for PTSD and 24.4% had risky alcohol use. No differences emerged between employee groups on wellness or organizational stress. Hierarchical regressions found that, after controlling for demographics/employment role (Block 1), both personal stressors/operational critical incidents (Block 2) and organizational stressors (Block 3) significantly predicted elevated symptoms of PTSD, depression, anxiety, anger, and sleep problems. Occupational stress was not predictive of alcohol misuse beyond the preceding blocks but predicted suicidal ideation. Although critical incidents receive warranted attention as a clinical consideration for first responder employees, the current findings highlight the importance of appraising organizational stressors as well. Wellness resources should be instituted to mitigate these organizational challenges.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54490 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Occupational Stress and Anger: Mediating Effects of Resiliency in First Responders

Presenting Author: Doyle, Jessie
Additional Authors: Campbell, Mary Ann

Abstract: First responders experience substantial stress due to the nature of their work (Carleton et al., 2017), including occupational stress (OS; Osipow, 1998). OS can lead to maladaptive anger, which negatively impacts personal well-being and work performance (Velichkovsky, 2009). In contrast, resilience to demanding working conditions is associated with lower state and trait anger (Wilson et al., 2012); thus, resilience may serve a protective 'buffer' role against anger in the face of stress. Thus, we hypothesized that resiliency would mediate relations between aspects of OS and anger in first responders. As part of a wellness survey of Atlantic Canadian first responders (N=201, 77.6% Male; Mage= 43.73 yrs; SD=10.97; police officers=64.2%), respondents completed measures of OS (OSI-R; Osipow, 1998), Anger (DSM-5 CC Anger; APA, 2014), and Resiliency (CD-RISC; Connor & Davidson, 2003). Collapsed across all employee roles, results indicated that resilience mediated relations between five components of OS and anger: role overload, insufficiency, role boundary, role ambiguity, and role responsibility. These findings support the value of resiliency-enhancing interventions to offset anger when confronted with occupational stress in first responder organizations.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54494 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Value of Quality Social Support and Cognitive-Emotional Regulation Coping in Police Officers

Presenting Author: Nero, Jay
Additional Authors: Brunelle, Caroline

Abstract: Police officers face occupational and operational stressors in their work, making them vulnerable to mental illness. Social support is a buffer against high stress; however, limited research exists on where officers receive their support and the quality of this support. The current study explored these questions and examined whether social support provides benefits beyond that achieved by the use of cognitive-emotional coping strategies for promoting psychological wellness. A total of 88 police officers (Mage=41.72, SD=9.64) completed a survey containing measures of social support type/quality, occupational stressors, mental health symptoms, and cognitive-emotional regulation strategies. Officers most commonly seek support from intimate partners (85.9%) and coworkers (84.9%). Social support quality was significantly related to higher psychological wellness. Hierarchical regression analyses demonstrated that social support predicted lower PTSD symptoms and did so even after accounting for use of cognitive-emotional coping and demographic variables. However, social support did not explain additional variance in other areas of wellness after first accounting for cognitive-emotional coping. Thus, wellness initiatives within policing organizations should include focus on fostering both quality social support and adaptive cognitive-emotional regulation skills.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54498 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Leading to Wellbeing

Moderator: Kelloway, Kevin

Abstract: This symposium focuses on the relationship between leadership style and well-being. A great deal of research now supports the importance of leadership style as a predictor of employee well-being. We also now recognize the importance of studying leaders' own wellbeing. The three studies comprising this symposium examine these relationships from a variety of perspectives. In the first paper, Kelloway and colleagues present data on the R.I.G.H.T. leadership model. Using data from 257 employees working for 49 leaders, they show that employees who report that leaders engage in the R.I.G.H.T. behaviors

also report higher levels of love of the job and psychological safety which, in turn, predict psychological well-being. Psychological safety also moderates the relationship between R.I.G.H.T. leadership and wellbeing.In the second paper, Gilbert draws on data from 111 leaders to test relationships between motivation for transformational leadership and leader well-being. Her data suggest a complex interplay of motivation and wellbeing with leaders' own health affecting their motivation to lead.Finally, Dimoff and Smith examine the relationship between the LMX leadership style and employee burnout. They find that the relationship is mediated by growth perceptions but also moderated by diveristy/inclclimate such that low diversity/inclusion climate was associated with a null effect.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54642 - Symposium

Leading the Healthy Workplace: The R.I.G.H.T. way

Presenting Author: Kelloway, E. Kevin
Additional Authors: Thibault, Tabatha; Teed, Mike; Gilbert, Stephanie; Dukic, Ivona

Abstract: A considerable amount of data now supports the proposition that leadership style is associated with employee well-being. Negative leadership styles such as abusive supervision or passive leadership adversely affect employee well-being, while more positive styles – such as transformational leadership – are associated with enhanced well-being (Kelloway & Barling, 2010). Recently, Kelloway et al. (2017) proposed that to lead a psychologically healthy workplace, leaders should focus on the R.I.G.H.T. behaviors (recognition, involvement, growth and development, health and safety, teamwork). In the current study we draw on data from 257 employees working for 49 leaders in a federal government department. Consistent with prior research (Birick-Gulseren & Kelloway, 2019), we found that employee perceptions of leaders' R.I.G.H.T. leadership predict both psychological safety and love of the job (Inness et al., 2019) which, in turn, predicted employee well-being. Psychological safety also moderated the link between R.I.G.H.T. leadership and employee well-being such that leadership was more strongly predictive of well-being when psychological safety was high. The latter finding suggests an important boundary condition for leadership-based interventions. Implications of these findings for future research and practice will be discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54651 - Paper within a symposium

Leader Motivation and Health

Presenting Author: Gilbert, Stephanie

Abstract: While self-determination theory literature is well-developed, research has just begun to apply understand the influence of leaders' own self-determined motivation. Leaders who are autonomously motivated to enact transformational leadership are more likely to be transformational whereas those with controlled motivation tend to be more passive-avoidant (Gilbert & Kelloway, 2018). Motivation may influence overall health, which is, in turn, an important predictor of leader effectiveness (Barling & Cloutier, 2016). The autonomy inherent in autonomous regulation may act as a resource that can promote well-being (Ilardi et al., 1993), while the lack of control in controlled regulations and amotivation may limit well-being (Tremblay et al., 2009). These findings may extend to physical health as well. The relationships between leaders' self-determined motivation, psychological strain, and physical health were examined in U.S. leaders (N = 111). In three-wave cross-lagged panel analyses, autonomous regulation predicted lower subsequent psychological strain, physical symptoms positively predicted subsequent autonomous regulation, and controlled regulation positively predicted psychological strain. Physical health symptoms predicted amotivation over time but amotivation also predicted greater physical health symptoms. Results and implications will be discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 54656 - Paper within a symposium

Leadership and climate: Impact on employee burnout

Presenting Author: Dimoff, Jennifer K.
Additional Authors: Smith, Nicholas A

Abstract: According to diversity climate theory and leader-member exchange (LMX) theory, leaders' behaviors related to employee support and inclusivity can have a significant impact on employee health. In the present study, we evaluate the relationship between employee burnout, growth opportunities, LMX, and the climate toward inclusion that their leader creates. This study was conducted at a large financial firm in the United States, where both leaders and employees were surveyed at multiple time-points over a 9-month time period; the following results are representative of data collected from 97 employees at the first data collection time point. To examine the conditional indirect effects between our focal variables, we used Hayes' (2013) PROCESS model 7 with 5000 bias-corrected bootstrapped samples. Findings suggest an indirect effect of LMX on burnout, through perceived growth opportunities, conditioned by inclusion climate perceptions. Specifically, the indirect effect of LMX on burnout is no longer significant when inclusion climate perceptions are low. Overall, results suggest that LMX can impact burnout through increased growth perceptions only when inclusion climate perceptions are high. Our results demonstrate the importance of continued efforts not just in terms of leadership selection and training, but also in terms of efforts focusing on inclusion and diversity.

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 54659 - Paper within a symposium

THEME: UNDERSTANDING SOCIETY AND THE WORLD AROUND US /
THÈME : COMPRENDRE LA SOCIÉTÉ ET LE MONDE QUI NOUS ENTOURE

Helping people understand the world and improve our interactions within society and the people in our lives.

Aider les gens à comprendre le monde et à améliorer nos interactions au sein de la société et avec les personnes qui font partie de notre vie.

12-Minute Talk

The anti-self-help movement: Existential suffering in neonihilism

Presenting Author: Plesa, Patric

Abstract: The ever growing self-help industry, specifically in the realm of positive psychology, has produced a counter-effect to its mission to offer agency, advice, and motivation, through its neoliberal commodification of the self-made, successful, and happy human product. Through a critical account of the neoliberal self-help industry, I argue that it has produced anxious, self-critical, underachieving, self-lamenting, by-products of a system of beliefs that demands change of hopeless external circumstances, places individual responsibility for those circumstances, and reinforces guilt for the inability to change them. I further argue that the self-help industry along with neoliberal politics has introduced a neonihilism, which is arguably an authentic response to the push of tyrannical agency for self-motivated change and happiness, absolute accountability for the self, and the responsibility for managing the ethics of eating animal products, procreating, driving, flying, water usage, and buying technology, among others. Thus, if neonihilism is the authentic response to these conditions, then I suggest existentialism requires critical and intersectional reexamination in terms of authenticity, meaning, anxiety, and freedom. Reanalyzing existential suffering through critical theory can extend beyond the limitations of humanistic psychology and inform us how to ask critical questions about our sociopolitical climate, authenticity, being, and anxieties through the intersections of gender, race, and class that enable meaning making without the patronizing, insidious, powerblind, and ultimately self-defeating self-help industry. This paper examines existential philosophy, literature, existential psychotherapy, critical theory, and phenomenology, as an alternative to the self-help and wellbeing initiatives of positive psychology.

Section: History and Philosophy of Psychology / Histoire et philosophie de la psychologie
Session ID: 52639 - 12-Minute Talk

Effects of Social Support Programmes and Individual Psychology on Suicide Ideation among Adolescents

Presenting Author: AYANNUGA, OLAYINKA MODUPE

Abstract: This study examined the effects of Social Support Programmes (SSP) and Individual Psychology (IP) on Adolescents Suicide Ideation in Lagos State, Nigeria. 135 participants randomly drawn from public Senior Secondary Schools constituted the sample size, out of which 45 students assigned to each of the experimental groups of Social Support Programmes and Individual Psychology and were trained for 8 weeks. The remaining 45 students were assigned to the control group and were given a placebo. Two Scales were used, the Scale for Suicide Ideation (SSI) by Becks, Kovaes, and Weissman (1979) and The Child and Adolescent Social Support Scale (CASSS) by Malecki, Demaray, and Elliott (2000) were administered at pre-test and post-test to collect data needed which were analyzed. The instrument was found to have sufficient content and face validity. The reliability coefficient of .89 was obtained by the developer for SSI while the current researcher got .75; also reliability coefficient of .92 was obtained by the developer for CASSS while the current researcher got .87 using the Cronbach

alpha.   The result indicated among others that Social Support Programmes and Individual Psychology were very effective counseling techniques in curbing suicide ideation among adolescents. Based on the findings, it was concluded that the two techniques are capable of reducing suicide thought among adolescents. It was recommended that counselors and other stakeholders should incorporate Social Support Programmes and Individual Psychology into the secondary school curriculum to reduce suicide ideation, suicide attempts and suicidal behavior among adolescents and youths.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53395 - 12-Minute Talk

Adolescent motivation to learn science and math across different cultural and socioeconomiccontexts

Presenting Author: Kim, Jungwon

Abstract: Motivation is an important affective and cognitive factor that influences student learning. Self-determination theory proposes two types of motivation: intrinsic motivation and extrinsic motivation. Intrinsic motivation is valued because of its positive association with an individual's long-term commitment to a field and psychological well-being. Indeed, no one can compete against someone who studies out of enjoyment. For this reason, the Program for International Student Assessment (PISA) survey recognizes secondary students' enjoyment of learning science and that of math as important measures in the survey with ramifications for future innovation and competitiveness. With this data, I conducted the factorial invariance test and built a structural equation model. The findings suggest that differences in the levels of intrinsic and extrinsic motivations to learn science and math are explained by national-level cultural dimensions and socioeconomic indicators, as well as by an individual student-level variable (e.g., family socioeconomic status, gender). As a result, insights into the current motivation research will be deepened thereby helping us to understand student motivation in relation to the broader culture, economy and society.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53792 - 12-Minute Talk

Psychopathy and alcohol use in an Islamic culture

Presenting Author: Rasouli-Azad, Morad
Additional Authors: Saed, Foad

Abstract: Background/rationale: There is a strong relationship between psychopathy and substance use. Alcohol is an illicit substance in Islamic republic of Iran. To this end, our study compared the profile of factors from the Hare's self-report psychopathy (SRP-III) among students had at least one drink of alcohol (ALODA), alcohol abuser (AA) students, both compared with never used alcohol (NUA) students.Methods: 44 ALODA, 42 AA students, and 82 matched NUA students completed SRP-III including four factors of psychopathy: Interpersonal Manipulation (IPM), Callous Affect (CA), Erratic Lifestyle (ELS), and Criminal Tendencies (CT). Data were analyzed by multivariate analysis of variance (MANOVA) in four factors of SRP-III.Results: The results of MANOVA showed a significant difference between the ALODA, AA, and NUA students in terms of their scores on the SRP-III subscales (Pillai's Trace= 0.10; F= 4.8; p < 0.001; Partial $h2$=0.051). LSD post hoc test revealed NUA students had lower ELS, and CT scores than ALODA and AA students. Compared to ALODA students, AA students had higher ELS and CT scores. Conclusions: There is a strong correlation between ELS and CT subscales of psychopathy and alcohol use patterns among Iranian students as an Islamic culture.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54300 - 12-Minute Talk

Resilience and Positive Adaptation among Displaced Students with Interrupted Schooling

Presenting Author: Alhosseini, Fatemeh

Abstract: Studies on displaced students mostly focus on pre and post-migration hassles. In practice, overemphasizing risk factors created deficit-oriented approaches. Motivated by these gaps, my research explores how displaced youth perceive their strengths and challenges and how they use their strengths to deal with challenges.Two focus groups (8-10 students/group, total: 18) completed an 8 session/weekly "Tree of Life" workshop. Participants were in grades 7 and 8 (12-14 years of age), in a Toronto public school, in the Literacy Enrichment Academic Program (LEAP). In the workshop, the Tree Metaphor was used to encourage students to talk about their strengths by writing down various aspects of their lives in different parts of a tree (e.g., positive aspects of cultural background are the roots). After establishing a Tree of Life, students discussed challenges they have faced using the Storms of Life Metaphor. The students and their teachers were interviewed after the workshop.We just finished data collection. We anticipate that emergent themes will shed light on the empirical understanding of newcomer students' resources and the unique challenges they face. Centering the students' voices will challenge the traditional discourses about newcomer youth.One of the participating schools has decided to widely implement the Tree of Life workshop for their newcomer students in the LEAP program.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54676 - 12-Minute Talk

The Chameleon Effect: The Relationship between Imitation and Interdependence

Presenting Author: Sharafaddin-zadeh, Yekta
Additional Authors: Nicoladis, Elena

Abstract: The chameleon effect is the unconscious mimicry of nonverbal behaviours. Current literature is deficit on instances of verbal behaviours as opposed to nonverbal behaviours. Imitation may serve a social glue function in creating rapport and affiliation in social interactions. Interdependence is predicted to moderate the degree of imitation of behaviours in social interactions. Participants completed a self construal instrument to determine their degree of interdependence. Later, they viewed a film and described the events in a video recorded monologue. lastly, they worked with a confederate to complete four configuration tasks in a dialogue while video recorded. A rapport questionnaire was filled out to evaluate the smoothness of the interaction with the confederate. The frequency of imitated behaviours was extracted in the dialogue and compared with the monologue to illustrate the manifestations of behaviours primed by the confederate in the socially interactive tasks. Statistically significant results were displayed in imitation of nonverbal and verbal communication based on 30 sessions. Additionally, significant interactions between interdependence, rapport, and imitation were obtained. The implications of this study show interdependence may moderate the relationship of imitation and rapport and verbal and non verbal imitation of behaviours may occur at an equal magnitude.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54709 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Professional Practices in FASD Among Forensic Mental Health Clinicians

Presenting Author: McLachlan, Kaitlyn
Additional Authors: Mullally, Katelyn

Abstract: Background. Increasingly, forensic psychologists are tasked with providing services to clients with neurodevelopmental disabilities (NDDs), including fetal alcohol spectrum disorder (FASD), though little is known about their practices with these populations. The current study sought to understand their experiences, competencies, and training needs. Methods. Clinical and forensic psychologists (N = 81, 27% Canadian) completed an online survey characterizing forensic practices, training needs, and FASD-specific knowledge. Results. While most (92%) clinicians worked with clients who had FASD/other NDDs, these clients characterized a small proportion of caseloads. Fewer clinicians had received FASD training, many (15%) reported no FASD experience, and a substantial number felt unprepared to practice with FASD vs. other NDD clients. Clinicians completed a variety of forensic assessments (e.g., recidivism risk), fewer provided intervention service, and most had experienced practice barriers. Nearly all (98%) endorsed the need for additional training, resources, and supports to enhance their practice. Implications. Findings are discussed in the context of informing policy attention directed

toward increasing clinical consideration of FASD in legal contexts, and developing training resources and practice supports to enhance FASD and NDD competence for forensic psychologists.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 55237 - 12-Minute Talk

Conversation Session / Discussion Forum

Gender X Birth Order as Factors in Personality, Temperaments, Aggression, and Creativity

Presenting Author: Kaur, Sukhpreet

Abstract: The objective of the present research was to study the impact of birth order on Personality, Temperaments, Aggression, and Creativity with relation to gender. Cattell's 16 Personality Factors, Eysenck Temperaments Attributes, Buss-Durkee Hostility Inventory and Gough's Creative Personality Adjective check-list were administered on 207 participants (102 first borns and 107 later borns) out of which 122 were females and 85 were males. Along with descriptive analysis, independent sample "t" test, post-hoc analysis of variance and factor analysis were used for data analysis. Results reveal that, males and females differ on 5 variables of Cattell's 16PF, 7 variables of Eysenck's Temperament Attributes, 3 variables of BDHI, and 17 variables of Gough's Creativity scale. Whereas, differences in first born and later born were seen only on one variable of Cattell's 16PF, that is, Social Boldness. Likewise, Birth order was seen to be significantly different on only Changeableness of Temperaments Attributes, Suspiciousness of BDHI, and no birth order differences were seen among the creativity variables. However, differences were seen and discussed in the interaction between Gender and Birth Order on all four dimensions such as Personality, Temperaments, Aggression, and Creativity. Six total factors which explains 47.55 percent of total variance and 45.36 percent of total variance were emerged in each first borns and later borns, respectively. Conclusion of this study was that gender has a definite influence on all factors. Whereas, birth order has little or no impact on Personality, Temperaments, Aggression, and Creativity. Keywords: Birth Order, Gender, Personality, Temperaments, Aggression, Creativity.

Section: Developmental Psychology / Psychologie du développement
Session ID: 52790 - Conversation Session / Discussion Forum

[Presented in CPA 2020 Virtual Series]

Gimme-5

People who overvalue appearance focus attention on words that describe the attractiveness ideal

Presenting Author: Enouy, Sarah
Additional Authors: Palmer, Lucas

Abstract: People with eating disorders have an attentional bias towards appearance words (Stojeck et al., 2018). This is because they overvalue the importance of appearance—the core psychopathology of eating disorders (Fairburn, 2008). Yet, no research has directly tested whether appearance overvaluation underpins the attentional bias or tested whether the attentional bias is due to the content or emotional value of the appearance words. We hypothesized that people who overvalue appearance more have an attentional bias towards attractiveness ideal words (e.g., thin). Community participants completed an emotional Stroop task in which they identified the colour of attractiveness ideal (e.g., fit), stigmatized appearance (e.g., fat), and neutral appearance (e.g., body) words as well as words for positive emotion (e.g., glee), negative emotion (e.g., sad), and neutral inanimate objects (e.g., tray). Twenty words per category were matched on several lexical characteristics (e.g., letters,). Study 1 (n=86) was an initial test of the hypothesis whereas Study 2 was a high-powered preregistered replication (n=321). As expected, in both studies, people who overvalue appearance more were slower at

identifying the colour of attractiveness ideal words. Results suggests that people who overvalue appearance have organized cognitive structures around the positive implications of appearance for the self.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53019 - Gimme-5

Identity Transitions Matters: A Group Program for Individuals with a History of Addiction

Presenting Author: Bedi, Robinder P
Additional Authors: Kealy, David

Abstract: This presentation will focus on disseminating information about a new group program for individuals with a history of addictions; a program that addresses a need for counselling that de-emphasizes the addiction and emphasizes identity transitions. It is commonly assumed that most of the negative impact of addiction ends soon after successful treatment. However, there are many long-term repercussions for individuals with a history of addiction that extend beyond after treatment ends and life stability is maintained. Research has shown that adults who wish to shift their identity away from an Alcohol or Drinking Identity after sustained sobriety find great difficulty doing so. In line with the newly developed Positive Identity Model of Change, there is growing evidence that continued identification as an alcoholic long after abstinence is achieved prevents other, more adaptive identities (e.g., worker) from directing behaviours. Therefore, replacement of the alcoholic identity may be imperative for maximizing life outcomes outside of drug abstinence. Identity Transition Matters (ITM) is a newly developed, six-session psychoeducational counselling group program for individuals with a history of addiction looking to rebuild their lives. It is focused on developing and evaluating possible selves (i.e., self-perceived possibilities for one's sense of self) and creating new identities other than that of being an "alcoholic." This is done not only in the service of maintaining abstinence but advancing social, vocational, and relational life outcomes. Information about the program (including a session-by-session breakdown) and initial data will be shared.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 53091 - Gimme-5

Interviewer question types on investigation-relevant information provided by suspects of homicide

Presenting Author: Yeast, Mercedes L
Additional Authors: Woodworth, Michael

Abstract: The types of questions posed during an investigative interview is one of the most influential factors on the characteristics of the statement given. Gathering voluntary and verifiable information over the course of an investigative interview can contribute to accurate legal outcomes. The purpose of this study is to identify if, and how open-ended, probing, and closed-ended questions influence attained investigation-relevant information among homicide suspects. We will examine a rare sample of homicide interviews in British Columbia that were conducted under the Phased Interview Model, the new Canadian standard in police interviewing. Data will be analyzed using hierarchical linear modelling, a quantitative analytic strategy that allows for individual differences during the interviews to be taken into account. Results will provide a supplementary account of which question types, individually, are the most effective for obtaining investigation-relevant information. We expect certain findings to emerge that will help evolve the way police are trained regarding what question types are most effective within certain interview contexts. Given the undisputable importance of suspect questioning, findings from this study may also advance knowledge in other areas of police interviewing, including eyewitnesses or victims, various types of crime, and across various geographic areas.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53143 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Understanding the Dark Side of Vulnerability

Presenting Author: Stewart, Jayme
Additional Authors: Forth, Adelle

Abstract: Research has demonstrated that in women, low levels of sexual assertiveness are associated with previous sexual victimization and act as consistent predictors of future sexual victimization (e.g., Kelley et al., 2016). Given this line of inquiry has largely considered women victims of sexual crimes, the present study aims to assess how gender may influence the relationship between personality and perceived vulnerability to various types of victimization (e.g., sexual, nonsexual violent). Approximately 1500 students will complete a series of questionnaires assessing personality traits, including the Dark Tetrad traits (i.e., Machiavellianism, sadism, psychopathy, narcissism), and self-perceptions of vulnerability to future sexual and nonsexual violent victimization. Bivariate correlations and linear regressions will be used to assess the association between personality traits and vulnerability to victimization. We predict that women will be more likely to indicate perceived vulnerability towards sexual victimization, and that overall, vulnerability to future victimization will be negatively related to assertiveness and dominance, and positively related to submissiveness. This study will provide further information on those at risk for victimization and will help identify factors that may be the subject of appropriate defence training against potential victimization.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 53152 - Gimme-5

Contextualizing the Effect of Culture and Personality on Young Women's Body Appreciation

Presenting Author: Samardzic, Tanja
Additional Authors: Kwantes, Catherine T.

Abstract: Western contexts tend to be conducive to the development of body dissatisfaction instead of body appreciation. Unrealistic appearance ideals create pressure for women to conform, even with advancements towards more gender egalitarianism. A Metapersonal self-construal (MPS), reflecting a perceived interconnectedness with nature, may help foster body appreciation by buffering the negative effects of societal pressure to achieve a thin ideal. We aimed to explore how cultural and personality factors intersected to influence young women's body appreciation. Young women (N = 204) completed a battery of measures online and moderated mediation analyses were conducted. When exploring the effect of gender egalitarianism as it is currently perceived to be on women's body appreciation, the association was mediated by pressure to be thin, and orientation to the MPS did not operate as a moderator. However, when investigating gender egalitarianism as it 'should be', pressure to be thin was no longer a mediator of the relationship; instead, MPS emerged as a protective factor in fostering body appreciation. The findings provide a snapshot of the differences and mismatch between gender egalitarianism as is/'should be' and how body appreciation is impacted within each context. They further suggest that culture and personality interact in nuanced ways to predict body appreciation in young women.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53154 - Gimme-5

Non-shared experiences in romantic relationships

Presenting Author: Enestrom, M. Catalina
Additional Authors: Lydon, John E.

Abstract: Sharing experiences with one's romantic partner has been associated with relationship well-being (Girme, Overall, & Faingataa, 2014). However, no research has explored non-shared experiences and their impact on romantic relationships. Non-shared experiences (NSE) can be defined as events or activities that one experiences without their romantic partner and may experience with someone else. In the present study, 94 romantically-involved individuals (18-35, 64% female) were asked to recall a NSE that they had without their partner or their partner had without them. We then collected measures of personal significance and perceived partner significance of the NSE. A 2 (condition: own NSE vs. partner NSE) x 2 (significance

type: personal vs. partner) ANOVA revealed a significant interaction between condition and significance type (F(1, 52) = 21.57, p < .001) whereby participants reported that their own NSE was less significant to their partner (M = 2.79) than their partner's NSE was to them (M = 3.9). No significant difference was found between personal significance of one's own NSE (M = 4.79) and partner significance of the partner's NSE (M = 4.6). These findings suggest that people downplay the significance of their own NSEs on their partner. Further insight into NSEs may help better understand how individuals maintain strong bonds in the face of these inevitable experiences.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53206 - Gimme-5

Comparison of Life Aspirations Between Cultures: Asian Sojourners are Relatively More Oriented Towards Extrinsic Aspirations

Presenting Author: Wu, Yufei
Additional Authors: Moore, Emily

Abstract: A common finding in recent motivation research is that intrinsic life aspirations (including personal growth, affiliation, and community contribution) as opposed to extrinsic aspirations (including fame, image, and wealth) are linked to greater well-being across cultural groups. The present study examined the link between aspirations and well-being among distinct cultural groups attending university. Using a longitudinal design over a full school year, we investigated whether Asian and European sojourners differed from Canadian students in their aspirations and well-being. Consistent with previous research, we found a positive relationship between intrinsic aspiration and well-being within each culture. In addition, European sojourners and Canadians had the most intrinsic aspirations whereas Asian sojourners had the most extrinsic aspirations. Surprisingly, we also found that although European sojourners and Canadians became more intrinsic over the course of a full school year, Asian sojourners became even more extrinsic. Our results also considered Canadian-Asian students who tended to have aspiration levels in between the other groups. This pattern of result provided preliminary evidence of different life aspirations between cultural groups, suggesting that researchers should pay special attention to Asian sojourners since they are most at risk for the negative effect of extrinsic aspirations, namely lower well-being and higher risk of depression and substance abuse. It is thus essential for cultural groups to scrutinize if their society is more conducive towards extrinsic aspirations, and implement changes towards nourishing individuals who are powered by intrinsic aspirations.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 53268 - Gimme-5

Sense of community function within political extremism and violence acceptance relationship

Presenting Author: Angele, Rebecca
Additional Authors: Richard, Marie-Claude

Abstract: Political extremist activities have been renewed in Canada (Scrivens & Perry, 2017). Furthermore, literature has established a linked between political extremism and violence. Sense of community (as a feeling that members have of belonging) is composed of four dimensions: reinforcement of needs, membership, influence and shared emotional connection (McMillan & Chavis, 1986). Moreover, studies have highlighted potential risks associated with strong sense of community within violent groups (Permut, 2016). The present study aims to evaluate sense of community function within political extremism and violence acceptance relationship. Participants ranging from 18 to 30 years old (goal: n=150) are asked to complete an online survey. Preliminary analysis (n=73) confirmed that individuals leaning towards the ends of a left- to right-wing continuum are more willing to accept violence use for political means (r=.0479, p

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 53615 - Gimme-5

Halfway to My Request Is Not Halfway to My Heart: Underestimating Appreciation for Partial Help

Presenting Author: Wang, Yilu
Additional Authors: Xie, Xiaofei

Abstract: When being asked for help, people sometimes can only offer part of what is requested (i.e., partial help). Seven studies (N = 2073) documented how helpers and help-seekers evaluate helping behaviors that partially fulfill a help-seeker's goal. In the context of multiple helping scenarios, an online activity and a face-to-face interaction, we had help-seekers indicate how much they appreciated partial aid and had helpers predict the help-seekers' responses. Results demonstrated that helpers anticipated less appreciation for providing partial help than did help-seekers feel for receiving it. Showing this asymmetry was not a mere reporting bias, helpers' underestimation of appreciation was stronger for assistance which partially (vs. fully) met a help-seeker's request. We further revealed that helpers valued the helping outcome over the intention to be helpful to a greater extent than help-seekers did and that such asymmetric valuations contributed to the underestimation bias. An alternative account—helpers may intuit that help-seekers will discount partial help—was not supported. We discussed potential moderators and consequences of these findings and proposed several directions for future research on the psychology of partial prosocial behaviors. We recommend that the community attune to people's concern with being an effective helper to promote helping.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53908 - Gimme-5

More concern for you, less pain for myself: Altruistic behaviors relieve physical pain

Presenting Author: Wang, Yilu
Additional Authors: Ge, Jianqiao; Wang, Haixia; Xie, Xiaofei

Abstract: Engaging in altruistic behaviors is costly, but it contributes to the health and well-being of the performer of such behaviors. The present research offers a new take on how this paradox can be understood. Across two pilot studies and three experiments, we showed a pain-relieving effect of performing altruistic behaviors. Acting altruistically relieved not only acutely induced physical pain (e.g., via tourniquet pain test) among healthy adults but also chronic pain among cancer patients. Such an effect was observed among various forms of altruistic behavior (e.g., donating blood for post-earthquake usage, spending time editing a handbook for migrant children, donating money to help orphaned children). Using functional MRI, we found that after individuals performed altruistic actions, brain activity in the dorsal anterior cingulate cortex and bilateral insula in response to a painful shock was significantly reduced. This reduced pain-induced activation in the right insula was mediated by the neural activity in the ventral medial prefrontal cortex (VMPFC), while the activation of the VMPFC was positively correlated with the performer's experienced meaningfulness from his or her altruistic behavior. Our findings suggest that incurring personal costs to help others may buffer the performers from unpleasant conditions and provide practical insights into pain management.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53989 - Gimme-5

Correlates of Sexual Violence with a Romantic Partner: A Look at Severity

Presenting Author: Lefebvre, Audrey-Ann
Additional Authors: Audet, Ariane; Brassard , Audrey; Savard, Claudia; Dugal, Caroline

Abstract: Intimate partner violence (IPV) is a prevalent public health problem (WHO, 2017) bringing harm to the victims' dignity and integrity through numerous personal and relational consequences (Lussier et al., 2017). This study aims to document two correlates of the perpetration of sexual IPV (minor, severe) by men: attachment insecurities (anxiety, avoidance) and psychopathic personality traits (primary, secondary). A sample of 474 Canadian men filled out questionnaires

at a community organization providing psychological help for men with intimate partner violence difficulties. Logistic regression analyses revealed that when predictors are considered simultaneously, only attachment anxiety is significantly associated with the perpetration of minor sexual IPV, whereas the perpetration of severe sexual IPV is explained by attachment anxiety and primary psychopathic personality traits. These results highlight the clinical significance of distinguishing the severity of sexual violence as its underlying mechanisms might differ.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53990 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Preconceptions interfering with meaningfulness of reconciliation for non-indigenous young adults

Presenting Author: Kruger, Nicole Lee
Additional Authors: MCDONALD, MARVIN L

Abstract: This study formulates a conceptual model of how non-indigenous Canadians engage in reconciliation with indigenous peoples of Canada. This project is a direct response to Call 63: "Building student capacity for intercultural, understanding, empathy, and mutual respect toward Indigenous Peoples in Canada" (TRC). The pilot study investigates part of the underlying process of how non-Indigenous emerging adults make sense of reconciliation with Indigenous Peoples of Canada. Reconciliation must take place at the individual, community, institution, and societal level. However, many Canadians do not know what reconciliation between Indigenous and Non-Indigenous Peoples means to them. A grounded theory approach explores the underlying phenomenon of settler cognitive prisons and what the human experience of reconciliation is for non-indigenous emerging adult university students. The results reveal that some Canadians of non-European, non-indigenous minority backgrounds can sometimes conceptualize reconciliation as a threat to their own ethnic community and identity. Some of the work promoting reconciliation omits the necessity to address other minority groups within the Candian mosaic.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 54082 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Jealousy mediates the link between women's appearance comparison and mate retention behaviour

Presenting Author: Locke, Ashley
Additional Authors: Denomme, Brittany ; Phillips, Gryphon; Arnocky, Steven

Abstract: Women's mate value (MV) is strongly influenced by their physical appearance. It has been argued that ancestral women would have benefited from cognitive and emotional programs that would have provided them with information regarding where they stood compared to other women on MV dimensions such as attractiveness, which would initiate compensatory behaviour when this information is unfavourable. Arnocky et al., (2012) suggested that upward appearance comparisons (UAC) serve as one source of information about attractiveness, which should positively predict romantic jealousy. The emotional response of jealousy would then motivate compensatory behavior, including indirect aggression toward same-sex peers and romantic partners as a form of mate retention. The present study extends this model to examine the roles of UAC and romantic jealousy upon mate retention inventory scores, as well as direct and indirect aggression toward a mate-poacher in a sample of 87 heterosexual women. Observed variable path analysis demonstrated a good fit for the mediation model. UAC predicted more romantic jealousy, which in turn predicted each form of mate retention while controlling for relationship length. Results support the evolutionary account of UAC and related emotions as evolved mechanisms that together promote action aimed at augmenting one's mating success in light of a reproductive threat.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54312 - Gimme-5

Toward a Domain-Specific Conceptualization of Self-Compassion: An Examination of Social Stress

Presenting Author: Brassard, Leah
Additional Authors: Kocovski, Nancy

Abstract: Self-compassion involves being caring towards oneself in times of hardship (Neff, 2003). Previous research has found that individuals with social anxiety disorder are less self-compassionate than healthy controls (Werner et al., 2011). The present research explores whether this deficit is more salient when individuals with social anxiety are exposed to social stress. An online study in our lab provided initial support that self-compassion can depend on the domain of stress evoked. The current study explores self-compassionate responding of those high (vs. low) in social anxiety during a stressful lab task with one of two challenges; either a time limit, or a social pressure. Undergraduate participants (N=160; data collection ending Dec., 2019) complete a difficult anagram task either individually with a 7-minute time limit, or in a group of six with the belief that their scores will be shared to the group. State self-compassion is assessed. It is hypothesized that those high in social anxiety will be less self-compassionate in the group condition than the time limit condition. No differences are expected for those low in social anxiety. This research highlights the importance of taking the situation into account when assessing self-compassion. Further, individuals can be aided to translate self-compassion in one area of life to other domains in which they lack self-compassion.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54360 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Controversial scientific issues: Breaking through the wall of misinformation and negative attitudes

Presenting Author: Etoubashi, Nesma
Additional Authors: Muis, Krista R; Rizk, Maria; Chevrier, Marianne; Losenno, Kelsey

Abstract: We investigated the effects of attitudinally-oriented texts on attitudinal and conceptual change for Genetically Modified Foods (GMFs), while examining the role that emotions and learning strategies play during the change process. University students (n = 125; 70.4% female) read one of four experimental texts about GMFs while thinking and emoting out-loud. Text type was either refutation (i.e., direct refutations) or expository (i.e., description-based) with positive or negative attitudinal content. Students' pre- and post-test knowledge and attitudes were assessed using a multiple-choice questionnaire and Likert scales. Results revealed that students who read the refutation texts had the greatest conceptual change, and those who read the refutation-positive texts had the greatest attitudinal change. Path analyses revealed that emotions positively predicted self-regulated learning processes. Self-regulated learning processes, however, were found to negatively predict conceptual change. Metacognitive self-regulation mediated the relationship between hope and joy and attitudinal change. Given the pervasiveness of misconceptions about GMFs, this study highlights how attitudinal content can sway a learner's emotional reactions and attitudes. Educators may wish to combine refutation-style texts with positive attitudinal content to promote scientifically-accurate concept formation.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54383 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The relationship between attachment styles, family fuctioning, and suicidal ideation

Presenting Author: Rabbani, Rabbani

Abstract: The research aim is to examine the relationship between attachment styles, family functioning and suicidal ideation among 390 university students in Kuala Lumpur, Malaysia. Experience in close relationship-revised (ECR-R), general functioning scale of McMaster family assessment device (GF-FAD) and Beck scale for suicidal ideation (BSS) were adopted in this research. Pearson's correlation was used as the data were distributed normally. There were significant relationships between secure ($r = -.272$, $p < .01$), preoccupied ($r = .111$, $p < .05$) and fearful ($r = .118$, $p < .05$) attachment and suicidal ideation among university students. This indicated that university students with secure attachment will have lower suicidal ideation whereas individuals with preoccupied and fearful attachment will have higher suicidal ideation. There was positive non-significant relationships between dismissing ($r = .095$, $p > .05$) attachment and suicidal ideation among university students. This stated that university students with dismissing attachment do not related to the increase in suicidal ideation. There was a negative significant relationship between healthy family functioning ($r = -.233$, $p < .01$) and suicidal ideation among university students.

Section: Family Psychology / Psychologie de la famille
Session ID: 54422 - Gimme-5

The impact of public perception on intimate partners of individuals with histories of sex offences

Presenting Author: Cassidy , Kathleen
Additional Authors: Ronis, Scott

Abstract: Most research on sexual offending concerns the impact of these crimes on victims, and to a lesser extent, perpetrators. Recent research has begun to acknowledge that stigma and discrimination are often directed towards the intimate partners of those who commit sexual offences (Plogher et al., 2016), despite little evidence of partner involvement in the perpetration of these behaviours. We conducted a comprehensive literature review to better understand the public's perceptions of non-offending partners and the impact of these perceptions on partner's daily lives. 2 databases were searched, resulting in 30 articles selected and classified into 8 total themes that emerged. These were categorised under 'perceptual' and 'outcome' themes. Themes categorised as perceptual included blame, stereotypes associated with partners, and willingness to discriminate against partners. Those classified as outcomes included history of harassment, perceived lack of social support, occupational challenges, psychological consequences, and a changed relationship with social service providers. Extant literature suggests that non-offending partner status is associated with reduced access to social support and psychological services, increased economic burden, and psychological harm. Interventions that could help alleviate these difficulties and recommendations for further research will be discussed.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54481 - Gimme-5

Describing People Who Are Good and Bad At Resolving Conflict: A Freelisting Study

Presenting Author: Feher, Anita
Additional Authors: Saklofske, Donald H

Abstract: Interpersonal conflict is a type of social interaction characterized by disagreement over diverging goals, resource allocation, or dispositional incompatibilities. Numerous studies have demonstrated that conflict can be associated with both destructive outcomes (e.g., fractured relationships) or constructive outcomes (e.g., creative solutions). The purpose of the present study was to explore university undergraduate student (N=188) perspectives on what individual qualities determine good versus bad conflict resolution using a freelisting technique. Freelisting is an elicitation tool used to generate a list of terms, which helps define, refine nuances, and delimit the phenomenon under investigation. Participants were asked to list words to describe someone who is good at resolving conflict, and list words to describe someone bad at resolving conflict. Analysis were conducted to identify salient words in each of the two lists, as well as words common or unique to the lists. The present study offers a novel understanding of what individual difference characteristics people ascribe to differing conflict resolution abilities. Implications of these findings for describing interpersonal conflict will be discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54497 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Narcissistic People, Not Narcissistic Nations: Using Multilevel Modelling to Explore Narcissism

Presenting Author: Johnson, Laura K

Abstract: Background: Narcissism has received considerable research attention as an individual difference variable. The current study broadened the scope of the literature on narcissism by examining differences in scores on narcissism between countries, and whether country-level variables could account for those differences. Method: Drawing on a large sample of Internet users from 53 different countries, multilevel modelling was used to examine whether there was significant between-country variability on grandiose narcissism. Political corruption, social progress, economic prosperity, and individualism were included as between-country predictors. Results: Most of the variance in narcissism scores occurred at the individual level. Within countries, younger individuals, as well as men, were more narcissistic. Between countries, those with better social progress (e.g., meeting basic human needs) had lower aggregate narcissism scores. The other predictors correlated strongly with social progress and did not account for unique variance. Conclusions: Overall, these results suggest that while some variance in narcissism scores occurs between countries, more variance occurs at the individual level. Action/Impact: As such, it is less meaningful to call countries "narcissistic," and more meaningful to apply this label to individuals.

Section: *General Psychology / Psychologie générale*
Session ID: 54746 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Social networking site use and self-esteem: A meta-analytic review

Presenting Author: Saiphoo, Alyssa N

Abstract: There is a large literature, both theoretical and empirical, supporting a relationship between self-esteem and the use of social networking sites (SNSs). However, the results of these studies are mixed; some research finds that SNS use and self-esteem are negatively associated, while some find that they are positively associated. To clarify this relationship, a meta-analysis was conducted. A systematic literature search identified 121 independent samples. An overall effect size of $r = -.079$ ($N = 91,462$, 95% CI [$-.107$, $-.050$]) was obtained, indicating a small, negative, and significant relationship between SNS use and self-esteem. Moderator analyses revealed that this relationship was stronger in studies investigating problematic SNS use. The authors argue that these results suggest a need for additional research investigating more nuanced classifications of SNS use, as well as positive aspects of SNS use.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54756 - Gimme-5

[Presented in CPA 2020 Virtual Series]

How do cultural values relate to offline and online sexual attitudes?

Presenting Author: Asrat, Yodit
Additional Authors: Khounai, Zaki; Shaughnessy, Krystelle

Abstract: Online sexual activities (OSA) are internet-based activities and behaviours that are sexual in nature. Some people likely have more positive, and others more negative attitudes towards OSA. Research suggests that people who are more permissive about sexuality offline hold more positive OSA attitudes. Cultural values – core principles in a society – likely relate to people's sexual attitudes both on- and offline. People's acculturation to dominant and heritage cultures may also relate to OSA attitudes. We examined relationships between people's cultural values, acculturation, sociosexual orientation, and

attitudes towards OSA in four Western countries: Canada, US, Germany, and Sweden. University students (N = 1785) completed an online survey including the Ingle-Hart Value Orientation, Vancouver Index of Acculturation, Sociosexual Orientation Inventory, and Attitudes towards OSA. Bivariate correlations suggested that people with more secular values reported more positive OSA attitudes (r= -.35) and permissive sexual attitudes (r = -.20); dominant and heritage acculturation did not significantly relate to sexual attitudes. We will complete regression analyses to examine the relative importance of values and acculturation on sexual attitudes in each country. We will discuss the implications for understanding people's sexual attitudes in multicultural societies.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54807 - Gimme-5

The stability of maternal mind-mindedness across close relationships

Presenting Author: Fobert, Sophie
Additional Authors: Brosseau-Liard, Patricia

Abstract: Mind-mindedness, or the orientation to others' mental lives, has an important impact on cognitive development, social relationships and parenting. However, the stability of mind-mindedness is debated in the literature; some argue that an individual's mind-mindedness is trait-like, whereas others argue that it is relationship-dependent. The current investigation explores the stability of individuals' mind-mindedness across descriptions of different relationships. One hundred and eight mothers of infants aged 9-18 months completed an online questionnaire, including three open-ended prompts asking them to describe their child, romantic partner, and self as a child. As predicted, the results support of the conceptualization of mind-mindedness as stable across descriptions of close relationships (Child/Partner r= .253, p= .009), but not beyond them (Child/Self r= .163, p= .096, ns; Partner/Self r= .122, p= .212, ns). Similar stability across close relationships held for valence measures (Child/Partner r= .253, p= .010), however, no significant relationship exists between mind-mindedness and valence scores within each measure. Additional analyses exploring the relationship between mind-mindedness and self-reported perspective-taking measures will be performed in order to further investigate the conceptualization of mind-mindedness as trait-like and stable across close relationships.

Section: Developmental Psychology / Psychologie du développement
Session ID: 54898 - Gimme-5

The amount of likes women receive on seflies may affect their self-esteem

Presenting Author: Chang, Felicia M
Additional Authors: Jarry, Josee L

Abstract: One of the reasons women post selfies on social media may be to obtain positive appearance-related feedback in the form of likes and/or comments (Chang, 2019). The aim of this study was to determine the impact of receiving more or less likes on a selfie than expected on women's self-esteem. Participants (N = 175) were asked to read and imagine themselves in personalized vignettes in which they received either 50% more or 50% less likes than they self-reported expecting on a selfie, depending on the condition to which they were assigned. The results indicated that the condition to which participants were assigned affected changes in global self-esteem, such that women who received more likes than expected on their selfie experienced increases in state global self-esteem. Receiving an insufficient number of likes did not negatively impact self-esteem, but this may have been due to defensive responding. Further research would help to clarify whether the amount of likes women receive impacts their self-esteem and how other aspects of social media-based feedback affect women's self-esteem (e.g., source of likes, rather than quantity).

Section: Women and Psychology / Femmes et psychologie
Session ID: 55327 - Gimme-5

Printed Poster

Child maltreatment and depression: the mediating roles of ego control and ego resiliency

Presenting Author: Marshall, Carley
Additional Authors: Langevin, Rachel

Abstract: Maltreatment among school-aged children is associated with negative impacts on development and can contribute to the onset of psychological difficulties, including early depressive symptoms. While maltreatment can have devasting consequences, resilient functioning following trauma is common. The objective of this secondary analysis was to examine children's personality characteristics (ego control and ego resiliency) as mediators of the association between maltreatment and depression. A total of 300 school-aged children were followed over the course of 4 years in the context of a summer camp (168 maltreated children; 132 non-maltreated children). Maltreatment status was determined through cases referred by the social services. Ego control and ego resiliency at year 2 (T2), as measured by camp counselors using the California Child Q-Set, were tested as mediators. Children's depressive symptoms were measured using the Childhood Depression Inventory at year 3 (T3) and year 4 (T4). A parallel mediation model was tested using Mplus. Controlling for child age on all variables, maltreatment was not directly associated with depression at either time point, but significantly predicted both mediators. Ego undercontrol significantly predicted increased depressive symptoms at T3 but not at T4. The opposite pattern emerged for ego resiliency, which did not predict depression at T3, but significantly predicted depression at T4. Indirect paths including ego control and ego resiliency were significant. These findings point to the longitudinal paths to early depressive symptoms in maltreated children and the mediating effect of children's ego control and ego resiliency, both of which are recommended targets for intervention.

Section: Clinical Psychology / Psychologie clinique
Session ID: 52523 - Printed Poster

CEO's Don't Wear Afros: Exploring the Justification-Suppression of Prejudice Against Black Women in the Workplace

Presenting Author: Adegbembo, Bukun F.
Additional Authors: Esses, Victoria

Abstract: There have been numerous cases where Black women have been disparaged for wearing their natural hair or Afrocentric hairstyles in the workplace. While some have argued that such mistreatment was due to racism, others have stated that it was a case of not adhering to a professional dress code. In line with the justification-suppression model of prejudice, this research investigated whether prejudice against Black women in the workplace is expressed when they wear Afrocentric hairstyles as this allows the bias to be justified under the guise of normative standards of professionalism. Using ANOVAs and ANCOVAs to analyze our data, our pilot and main study showed that the Black target woman with Afrocentric hairstyles was generally rated less favorably than the Black target woman with socially conforming hairstyles, but more favorably than the White target woman with non-socially conforming hairstyles. While the findings do not provide support for the application of the justification-suppression model of prejudice against Black women with Afrocentric hairstyles in the workplace, our results point to a potential racialized bias against Black women overall that is freely expressed without any justification needed. Therefore, further research is needed to isolate when prejudice toward Black women will be suppressed and when it will be expressed in the workplace.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 52564 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Social norms adaptation in children: An experimental study using the Ultimatum Game

Presenting Author: Trépanier, Emy
Additional Authors: Morasse, Frédérick; Hétu, Sébastien

Abstract: Background: Childhood is characterized by complex and dynamic social environments in which social groups are constantly changing. In order to behave appropriately in these different social environments, children must rely on social norms which are a set of expectations, shared across people, about how to behave in social situations. Relatively little is known about norm adaptation capabilities in children. The present study aims to investigate how children process and adapt their social norms to different situations.Participants and Methods: 25 children (7-10 years old) completed a developmentally-appropriate version of the Ultimatum Game (UG). Children received 60 offers from 60 different Proposers (here a computer algorithm) taken from either average or low distributions. To manipulate children's expectations, children first received 20 average offers, then 20 low offers and finally 20 average offers.Results: Norm adaptation was assessed by comparing the rejection rate before and after participants were confronted with several very low offers. Results showed that children's rejection rate decreased on average by 8% (p=.001) after receiving a series of very low offers.Conclusion/Impact: Using a developmentally appropriate version of the UG enables the study of social norm processing in children and could lead to a better understanding of the early development of social functioning.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 52593 - Printed Poster

How Bisexual Individuals Choose Coping Mechanisms Based on Partner Gender

Presenting Author: de Barros, Ana Carolina
Additional Authors: Sameen, Durr-e

Abstract: Previous research has found that partner gender influences the amount of binegative experiences perceived by bisexual individuals, and that experiencing binegativity is positively related to several coping mechanisms, which implies that bisexual people use these coping mechanisms to respond to binegativity. However, these studies have not examined the role of partner gender in what coping mechanisms are used. To address this gap in the current literature, our study examined a sample of 686 bisexual Canadians recruited through various LGBTQ+ organizations and social media platforms. Correlational analysis indicated that the coping methods Internalization, Drug Use, Education, and Attachment were positively related to both estimates of perceived binegativity, indicating their usage regardless of partner gender; however, Resistance was only correlated with binegativity estimates when with a partner of the opposite sex. This correlation remained significant when controlling for other factors, including Flourishing, Hope, and Resilience. These results imply that choice of coping method by bisexual people differs in relation to partner gender, with bisexual people with partners of the opposite sex being more likely to use Resistance as an adaptive coping mechanism.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 52744 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parent perceptions and dimensions of engagement for physical activity in children with ADHD

Presenting Author: Aranas, Katrina
Additional Authors: Jiang, Yuanyuan

Abstract: Evidence-based treatments for Attention-Deficit/Hyperactivity Disorder (ADHD) are medication and behavior management, but there is a need for more treatment options (e.g., Smith & Shapiro, 2015). Increasing support suggests physical activity (PA) as a potential alternative or adjunct treatment for ADHD (e.g., Cornelius et al., 2017); however, research

on parent perceptions of PA and involvement in PA for children with ADHD is lacking. The purpose of this study is to understand parent perceptions and child involvement in PA. Parents of children with ADHD ages 6 to 11 (n=30) filled out online questionnaires regarding their child's ADHD symptoms and PA (i.e., type, intensity, frequency, and duration, and rated their prioritization of PA for their child, importance of PA, and child enjoyment in PA). Data collection is ongoing. Preliminary analyses indicate a relationship between PA intensity and ADHD symptoms ($r=.41$, $p=.04$), indicating that children with more ADHD symptoms are engaging in more intense PA. Parents who report prioritizing PA for their child ($r=.58$, p

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 52801 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Acculturation Differences Between Marital-Dyads and Parent-Child Dyads: Resources or Risks?

Presenting Author: Wong, Madeleine Y.C.
Additional Authors: Ortiz, Drexler K.L.

Abstract: Acculturation gap research is mixed on whether differences in cultural orientation between parents and children are beneficial or detrimental to immigrant family functioning (Costigan, 2011). The small literature on acculturation gaps between spouses is more consistent, identifying gaps as a resource that reduces stress because the more acculturated spouse can support the less acculturated spouse to adapt to the new country (Spiegler, Leyendecker, & Kohl, 2015). Few studies have examined acculturation gaps between different dyads in the same family. This is important because there may be different implications for the family system. The present study uses polynomial regression with response surface analysis to examine whether differences in acculturation in the area of values of Chinese marital dyads and parent-child dyads predict acculturation stress. Data were collected in a sample of 181 Chinese immigrant families. We anticipate that in marital dyads, differences in acculturation will help couples to achieve biculturalism as they compensate for each other; in contrast, in parent-child dyads, value differences are expected to be a source of conflict, and therefore predictive of greater acculturation stress. These findings will help professionals and organizations working with immigrant parents understand how acculturation gaps may differentially influence the family.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 52871 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Exploring the Missing Element of Racism: The Unintentional Factor

Presenting Author: Richards, Olivia H
Additional Authors: Matheson, Kim

Abstract: Racism is often defined as a generalized construct that does not consider group specificities or contextual factors. Although numerous racism scales exist, these measures fail to discern the features of individuals who are well-meaning, but unintentionally perpetuate systemic differences. In this regard, intention to devalue the other has been central to defining a given behaviour as racist (Walton, Priest, & Paradies, 2013). Study 1 sought to create a scale that would address the nuances of unintentional racism, particularly toward Indigenous peoples in Canada. Participants (N = 222) responded to 23 vignettes varying in ambiguity, along with other measures of racism. Exploratory factor analysis revealed four vignette types: Indigenous glorification, endorsing negative stereotypes, contextual tensions, and focusing on the future. Participants varied in the extent to which they perceived the scenario types as racist, intention to harm, and identifying with the perpetrator's actions. The goal of Study 2 was to replicate the results of Study 1, analyzing the data using multi-level structural equation modeling. The psychometric properties of the measure of unintentional racism are presented. This development of this measure allows consideration of the context in which attitudes or behaviors are racist or not, enabling a more nuanced understanding of intergroup relations.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53039 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Interpreting statements from others: The role of temperament, teasing experience, and social dominance

Presenting Author: Ong, Shirley
Additional Authors: Nilsen, Elizabeth; Silva, Janel

Abstract: The ambiguity of language, particularly figurative language, requires listeners to integrate contextual information and speaker cues to fully appreciate a speaker's intention. There is a paucity of work investigating how an individual's characteristics interact with contextual cues to influence interpretation of statements. The present study examined how the social status of the speaker and individual characteristics of the listeners (i.e., shyness, history of teasing experiences, perceived social status) impacted listeners' interpretation of literal and ironic statements. An undergraduate sample of participants (N=90) participated in a first-person task that situated them within a communicative exchange with (virtual) players. After completing a fixed game, participants were given feedback on their performance from another player (described as high/low social rank) that was a literal/ironic compliment or criticism. This first-person task resulted in similar patterns of comprehension as third-person tasks, in that ironic statements were more difficult to comprehend than literal ones, especially ironic compliments. Listener and speaker characteristics did not play a role in participants' understanding of speaker's belief or attitude. However, listener characteristics were associated with speaker popularity ratings, such that individuals who reported themselves to be shy, with a history of teasing, or of low perceived status, viewed speakers who used critical language as more popular. Further, participants with a history of teasing or with high perceived status interpreted ironic language as more humorous. Although tentative, these findings contribute to a growing literature as to how listener characteristics may lead to biases when interpreting and making judgments about ambiguous social information.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53096 - Printed Poster

Shame and gender: The experience of Pakistani immigrants to Canada

Presenting Author: Collardeau, Fanie
Additional Authors: Bin Aftab, Muhammad Usama

Abstract: Chinese and Japanese authors have criticized the Western centric nature of frequently used definitions of shame and guilt (e.g. Shi-xu, 2009; Wong & Tsai, 2007). Yet, the meta-emotion philosophies, or beliefs about shame, of many non-Western groups continue to be understudied. This qualitative research project aims to explore from an emic perspective the beliefs about shame held by recent Pakistani immigrants to Canada. To date, 15 adult first-generation Pakistani immigrants (11 men, 4 women) who left their country within the last 8 years have completed a qualitative interview over the phone (1hr) or emails, in English or Urdu. We are still recruiting female participants. The analyses of interviews using grounded theory (Charmaz, 2006) has started alongside data collection. A number of both male and female participants have contrasted how men and women may have different experiences of/with shame in Pakistani social circles. Preliminary analyses suggest that shame is more frequently used against women than men to control their adherence to social norms, and has more relational outcomes (e.g. one's action can bring shame to the whole family). Yet, shame is also, in some contexts, seen as an important motivator to improve oneself. This study will yield important recommendations for clinicians and researchers working with Pakistani immigrants to a Western country.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 53137 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perfectionism and susceptibility to engaging in infidelity-related behaviours

Presenting Author: Dionne, Alexandre M
Additional Authors: Arpin-Cribbie, Chantal

Abstract: Research suggests romantic relationships are important for individual well-being, highlighting the importance of investigating potential influences in relationship satisfaction. Findings suggest that higher levels of partner-oriented perfectionism (POP) may decrease relationship satisfaction, closeness, and commitment. Studies have also found infidelity to be associated with low relationship satisfaction. Although infidelity has historically been largely understood as an in-person interaction, recent findings have suggested that infidelity may occur online, providing anonymity, escapism, and convenience. To date, no research has looked at the specific influence of POP on one's susceptibility to engaging in infidelity. The current study examined whether individual's higher in POP were more likely to engage in physical, emotional, and online infidelity-related behaviours. Post-secondary students were recruited for an online study examining the role of personality and social media in intimate relationships and asked to complete a brief series of questionnaires. Results indicated that individuals who reported higher levels of POP were more likely to report engaging in infidelity-related behaviours. The results of this study help us better contextualize the role of perfectionism in intimate relationships. Potential therapeutic implications are also considered.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53163 - Printed Poster

The Influence of Previous Cyberbullying Experiences on Students' Moral Emotions and Judgments of Cyberbullying

Presenting Author: Tong, Donia
Additional Authors: Talwar, Victoria

Abstract: Little is known about the perceptions of and psychological mechanisms underlying cyberbullying. Thus, the current study examined the effects of previous cyberbullying experiences on moral judgments and emotions about cyberbullying. Relations among previous cyberbullying experiences, moral emotion attributions, and moral judgments were investigated through structural equation modeling (SEM). Students (N = 166) between the ages of 9 and 16 years from elementary and high schools in China read vignettes about cyberbullying incidents. They were then asked to take the perspective of either the perpetrator or bystander in the vignettes, evaluate the character's behaviour, and consider their emotions. Students' experiences with cyberbullying were measured to see whether they had been bullies, victims, bully-victims, or bystanders in the past. Results showed that students' previous cyberbullying experiences influenced moral emotions and judgments. Moreover, there was a stable structural equation model among the three variables. Students' moral emotions predicted their judgments, but only when taking the perspective of the perpetrator. Overall, the study demonstrated that previous experiences of cyberbullying affect one's emotions and perceptions regarding cyberbullying. As such, somebody who has perpetrated in the past cyberbullying likely feels positively toward cyberbullying, which may lead to more cyberbullying. Findings could help teachers and school psychologists understand the psychological mechanisms behind students' cyberbullying behaviours and develop interventions accordingly.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 53420 - Printed Poster

Valence and friendships: Children's decisions about responding to gossip in hypothetical scenarios

Presenting Author: Caivano, Oksana
Additional Authors: Isik, Ipek

Abstract: When hearing gossip, there are various ways one can respond. In adults, this can be dependent on the type of gossip and who is involved (e.g., Turner, Mazur, Wendel, & Winslow, 2003). Among children, it remains unknown as to what

circumstances influence how they would react to gossip. This study examined children and adolescents' hypothetical responses to hearing positive or negative gossip shared by a friend or a classmate that targeted either a friend or a classmate. Children (N = 134, ages 8-16) read eight stories and were asked to take the perspective of the listener, a 2 (valence: negative/positive) x 4 (relationship: friend/unfamiliar classmate of the sharer and target) design. Participants' responses were coded as encouraging, neutral or discouraging. A repeated measures ANOVA revealed an interaction between valence and relationship, $F(3, 130) = 4.703$, $p = .003$, $\eta p2 = .035$. Positive gossip in the sharer-friend, target-friend condition had more neutral responses than both sharer-classmate conditions. Negative gossip in sharer-classmate, target-friend condition had more discouraging responses than the sharer-friend, target-classmate condition. Gender and age differences were also found. This study provides information on how youth think they should be responding to gossip and this can help school professionals address neutral attitudes towards gossip and prevent gossip behaviour.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 53426 - Printed Poster

The Power of Love: Attachment, Attributions, and Relational Aggression

Presenting Author: El-Ariss, Ghinwa
Additional Authors: Scharfe, Elaine

Abstract: Attachment has been found to shape attributions and influence behaviour in both romantic relationships and friendships. Specifically, insecurity has been found to increase incidence of relational aggression (RA) in romantic relationships and friendships (e.g., Goldstein, 2011). Furthermore, researchers have consistently found a positive association between hostile attributions and RA (e.g., Bailey & Ostrov, 2008). In this study, we tested the hypothesis that attachment would predict RA after first controlling for hostile attributions. We assessed attachment (Scharfe, 2016), attributions (Coccaro, Noblett, & McCloskey, 2009), and relational aggression (Morales & Crick, 1998) in a sample of 258 undergraduate students. Hierarchical regressions revealed that attachment to romantic partner significantly predicted RA in romantic relationships after controlling for attributions. However, for peers, attributions predicted RA but attachment to friends did not contribute additional variance after controlling for attributions. Our findings suggest that attachment may provide unique insights into understanding RA in romantic relationships but not friendships. Interestingly, attachment may be important to consider when trying to reduce levels of RA in romantic relationships, however, it may be that other antecedents are important to understand RA in friendships.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53516 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Role of Social Support on Mental Health in Sexual Minority Youth and Heterosexual Youth

Presenting Author: Scardera, Sara
Additional Authors: Perret, Lea C; Ouellet-Morin, Isabelle; Gariépy, Geneviève; Côté, Sylvana; Séguin, Jean R; Geoffroy, Marie-Claude

Abstract: Background: Social support is important for healthy transitioning to adult-life and has been associated with mental health problems (MHPs) cross-sectionally. However, longitudinal studies are lacking to determine the direction of associations in youth. This would be especially important in at risk groups, such as sexual minority youths. Method: The Quebec Longitudinal Study on Child Development (n=1096; children born in 1997/98 and followed since) was used to investigate associations between social support and MHPs; i.e., anxiety/depressive symptoms, suicidal ideation/attempt. Results: Emerging adults who experience higher level of social support have fewer depressive and anxiety symptoms and report less suicidal ideation/attempt, one year later. These associations remain after controlling for a range of covariates including prior MHPs. Sexual minority youth were more likely to report depressive symptoms and more suicidal ideation/attempt compared to heterosexual peers; however, social support has a similar association regardless of sexual orientation. Conclusion: This study suggests that perceived social support can be protective for MHPs, beyond prior MHPs

and sexual orientation. Action/Impact: While this study shows that social support can be a promising target for intervention aiming at improving mental health, more studies are needed to replicate our results.

Section: Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle
Session ID: 53521 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Daily conflicts and teen dating violence: the moderating role of gender

Presenting Author: Fortin, Andréanne
Additional Authors: Paradis, Alison; Hébert, Martine

Abstract: Teen dating relationships are often source of intense emotions, which may lead to frequent conflicts between partners. Adolescents are still developing their relationship skills and they may not yet know the best way to deal with these difficulties. Evidence suggest that teen dating violence (TDV) often occurs during conflicts, mostly when partners are using destructive conflict resolution strategies (e.g., conflict engagement, withdrawal), which are associated with escalation rather than conflict resolution. To our knowledge, no study has yet examined the daily context in which conflict resolution strategies relate to the perpetration of physical TDV. Thus, this study aimed to explore how the use of conflict resolution strategies is associated with same day physical TDV perpetration, and then to examine if gender could moderate these associations. In a sample of 216 adolescents in a dating relationship (M = 17.03, SD = 1.53), results of a multilevel moderation analysis revealed a main effect of destructive strategies on same day physical TDV perpetration. Moderation effect of gender suggest that girls have a higher probability than boys to perpetrate physical TDV on days in which they used more destructive strategies than they usually do. These findings yield new insights on the daily context in which conflicts escalate into TDV. Implications will be discussed.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 53612 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Personality and Perceptions of Individuals with Mental Disorders in University Students

Presenting Author: Baert, Sofia
Additional Authors: Hakim-Larson, Julie

Abstract: This study was a replication and extension of a study condcuted by Canu, Newman, Morrow and Pope (2008) which found personality to play a role when making judgements of individuals labelled as having attention deficit hyperactive disorder (ADHD). Specifically, the current study examined the role of personality (using the Big Five Inventory (John, Naumann & Soto,2008) as a predictor of social acceptance towards adults labelled has having major depressive disorder (MDD), schizophrenia, and attention deficit hyperactive disorder. 127 undergraduate students completed a series of self-report measures relating to personality, and stigmatization and social acceptance questionnaires of mental illness. The social acceptance measure used in the Canu et al. study correlated in expected directions with other measures for the current study. Although the results of the current study did not fully replicate the Canu et al. study, the findings did support personality contributing to individual's social acceptance of those labelled as having ADHD, MDD, or schizophrenia. Agreeableness, Neuroticism, and Openness were predictive of social acceptance in most instances. This research contributes to our understanding of how mental illness labels are related to perceptions of individuals with mental illness, and how the perceiverès personality may be related to those perceptions.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53620 - Printed Poster

The Impact of Parenting on Pornography

Presenting Author: Draper, Emily M. E.
Additional Authors: Musolino, Evanya

Abstract: Evidence has shown that parents play a vital role in the development of their children's sexual attitudes and behaviours. Previous research has found that both parental support and control are associated with initiation of sexual intercourse, use of protection (e.g., condoms), and pleasurable sexual experiences. However, associations between aspects of parenting style and attitudes toward sexually explicit material (SEM) and SEM consumption have not been drawn. The present study sought to examine whether those who scored differently on measures of exposure to parental support and control varied in their attitude toward SEM and consumption of SEM. Furthermore, we examined whether parental support and control had an interaction effect on attitudes toward SEM and the consumption of SEM. Participants were a sample of 18 to 21-year-old undergraduate students along with Reddit users of the same age. Participants completed an anonymous self-report survey. Results indicated that both support and control scores significantly predicted attitudes toward SEM and the consumption of SEM. Additionally, an interaction effect was found. Thus, our hypotheses were confirmed. The implications of these findings are discussed within the context of current parenting style and SEM research. Additionally, exploratory analyses, limitations, future directions are discussed.

Section: Family Psychology / Psychologie de la famille
Session ID: 53689 - Printed Poster

The Impact of Parenting on Masturbation

Presenting Author: Klukas, Ethan B
Additional Authors: Musolino, Evanya

Abstract: It is clear that parents play an important role in the development of their children's sexual attitudes and behaviour. To be specific, researchers have found that parental support and control are associated with initiation of sexual intercourse, use of protection (e.g., condoms), and pleasurable sexual experiences. As such, the present study sought to identify associations between exposure to aspects of parenting and attitudes toward masturbation and masturbatory behaviour. Specifically, the study sought to examine whether differences on measures of exposure to parental support and control affected attitudes toward masturbation and frequency of masturbation. A secondary purpose of the study was to examine whether parental support and control exerted an interaction effect on attitudes toward masturbation. A sample of young adults aged 18-21 completed an anonymous self-report survey. Results indicated that both support and control scores significantly predicted attitudes toward masturbation and masturbation frequency. Additionally, evidence was found for the hypothesized interaction effect. The implications of the findings are discussed within the context of current masturbation research and parenting style research. Exploratory analyses, limitations, and future directions for masturbation research are also discussed.

Section: Family Psychology / Psychologie de la famille
Session ID: 53690 - Printed Poster

The contaminating effect of self-esteem: The significant others of low self-esteem targets are disparaged. .

Presenting Author: Chee, Kenny K
Additional Authors: Cameron, Jessica J.

Abstract: Low self-esteem (LSE) is devalued in Western society. In numerous studies across Canada and the USA, people assume individuals with LSE possess a variety of negative characteristics whereas those with high self-esteem (HSE) are believed to possess many virtues (e.g., Zeigler-Hill & Myers, 2009). Some have argued that the intensity of this lay theory about self-esteem is as extreme as other stigmatized identities (Cameron, MacGregor & Kwan, 2013). Based on this similarity, we examined whether the self-esteem of an unknown person (i.e., target) would "contaminate" impressions of that person's significant others. Nearly 300 participants were randomly assigned to read descriptions of a male target having either low or

high self-esteem and then rated the target, his best friend, and his mother on the big five personality traits. Replicating previous literature, participants reported more negative impressions of LSE compared to HSE targets. However, our study also revealed, as expected, that participants rated the mother and best friend of the LSE target more negatively across all personality traits. Thus, LSE "contaminates" judgments not only of people with LSE but of their significant others as well. Therapists working with individuals with lower self-esteem should consider how their low self-esteem might be reinforced by cultural lay theories about self-esteem.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53700 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Affective Forecasting: How Depressive Symptoms Affect Future Oriented Cognition in Romantic Relationships

Presenting Author: McLeod, Justin W H
Additional Authors: Sheppard, Kenneth E

Abstract: The present study sought to examine how depressive symptoms affect future oriented cognition in romantic relationships. Specifically, this research aimed to determine if higher depressive symptoms predicted more pessimistic estimates about the future of events within one's romantic relationship. Further, the present research investigated if higher depressive symptoms were associated with more blunted affective forecasts in regard to hypothetical future relational events. Additionally, the tendency to follow either positive or negative emotions that has been found to mediate the relationship between depression and affective forecasts was examined to observe if it had the same effect on future oriented cognition in predicting the future of a relationship. Using a cross sectional design, 134 participants completed an online survey observing depressive symptoms and future oriented cognition mechanisms. Results revealed that individuals with higher depressive symptoms tended to make more pessimistic estimates about the future events in the content of their relationship. As well, individuals with more depressive symptoms made more blunted affective forecasts in regard to future relational events. Further, results revealed that the tendency to follow either positive or negative feelings did not mediate the relationship between depression and affective forecasts. Overall, these findings demonstrate that individuals suffering from higher depressive symptoms encompass a bleak outlook on the future of their romantic relationship. This is important to understand as researchers have consistently observed that our future behaviors are guided by our predicted emotional reactions.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53707 - Printed Poster

The effects of stigma towards mental illness on memory recall and social distance

Presenting Author: Lee, Winnifred
Additional Authors: Szeto, Andrew

Abstract: Previous research suggests that mental illness stigma affects people's attitudes towards those with a mental illness, however, studies have not yet examined how this influences the perceiver's memories. Our study examined how mental illness stigma impacted people's memories and social distance overtime. Using an experimental design, participants were randomly assigned to read one of the three vignettes that described a character who had either no mental illness, alcohol addiction, or general anxiety disorder. Participants filled out questionnaires pertaining to the story that assessed their memory recall and social distance over two sessions. Results showed that mental illness had a significant effect on memory recall and social distance. Time also had a significant effect where participants remembered more content in the first session compared to the second, but this did not affect social distance. Exploratory analysis of a three-way interaction between time, mental illness condition, and gender, was found to be significant. According to our findings, this shows that people are more likely to remember an individual who has a mental illness, while also desiring greater social distance. This research can contribute to the ongoing discourse on dismantling the stigma of mental illness by acknowledging the biases that one may hold towards marginalized groups with mental illness.

The anxiolytic effects of deep pressure stimulation in the context of social exclusion

Presenting Author: Brownstein, Marlee
Additional Authors: Gregory, Amy; Sawada, Natsumi; Bartz, Jennifer A.; Lydon, John E.

Abstract: People have a fundamental need to belong. Thus, social rejection can result in feelings of distress. Evidence also suggests that deep pressure stimulation (DPS) has anxiety-reducing effects. This study examined the effects of DPS in the context of social exclusion. We predicted that being rejected from a group would increase negative affect and state anxiety, but that wearing a DPS vest would buffer against these negative consequences. In Study 1, participants (N = 104) were randomly assigned to either the control, acceptance, rejection, or rejection with DPS group. We "rejected" participants from a work group and measured subsequent implicit and explicit negative affect, and state anxiety. Three one-way ANOVAs revealed a main effect of condition on both implicit (F(3,100)= 5.274, p= .002) and explicit (F(3,100)= 5.303, p= .002) negative affect, and state anxiety (F(3,93)= 3.217, p= .026). Specifically, planned contrasts indicate that rejected individuals showed significantly higher negative affect and state anxiety than the other groups. Rejected participants who wore DPS vests showed significantly lower negative affect and state anxiety compared to those who did not. Our results suggest that DPS can protect against negative effects of social exclusion, which indicates that DPS may be beneficial when people experience acute stressors. We are currently replicating this study.

[Presented in CPA 2020 Virtual Series]

Social media and romantic relationships

Presenting Author: Harrigan, Isabelle
Additional Authors: Bouchard, Geneviève

Abstract: The growing use of social media by young adults is drawing the attention of mental health professionals and researchers in understanding the role of this social phenomenon in interpersonal development (Subrahmanyam & Greenfield, 2008). However, motives that incite young adults to share information about their intimate relationships on Facebook, so-called relationship visibility, has yet to be explored thoroughly.One hundred and thirty-six couples, aged 17 to 30 years, participated in a study testing a model linking social status motivation and general activities on Facebook to declared relationship status and objective relationship visibility on Facebook. Respondents completed questionnaires and used the Friendship application on Facebook.Results of structural equation modeling confirmed that women's social status motivation was positively associated with their own and their partner's declared relationship status. Men's and women's general activities on Facebook were also positively associated with their own and their partner's declared relationship status. Moreover, women's general activities on Facebook were positively associated with their own and their partner's objective relationship visibility.Results of this study confirmed the model under study and the role of social status motivation and general activities on Facebook in relationship visibility. Confirming the need to belong and self-representation theories (Nadkarni & Hofmann, 2012), we concluded that young couples find it essential to associate with others to validate their coupledom and to project a positive self-image to others.This study contributes to society by documenting the role of social media in the experience of young adults' romantic relationships.

Emotional interdependence in couples: How optimism buffers the transfer of low mood between partners

Presenting Author: Borenstein-Laurie, James
Additional Authors: Burdman, Emily

Abstract: Emotions are crucial in the development and maintenance of intimate relationships, and tend to correlate within couples. That is, due to the closeness inherent in romantic relationships, an individual's affective state is likely to influence their partner's affect. The degree to which a couple demonstrates emotional interdependence represents an individual difference between couples, and has been shown to vary based on factors such as proximity and cooperation. The present study will explore whether optimism moderates emotional interdependence, given that a positive outlook could buffer instances of negative affect or a lack of positive affect from being transferred from one partner to the other. To test this question, data from 154 married or cohabiting heterosexual couples (N = 308, Mage = 45.47) were analyzed. Specifically, positive and negative emotional states were assessed using items from the PANAS. Optimism was indexed using items from the Life Orientation Test-Revised. Preliminary results are suggestive of interaction effects, whereby one's own affect may be predicted by the optimism and affect of one's partner. In particular, when a person's partner is low in positive affect but is highly optimistic, the person's own mood is not negatively impacted. This study will add to the literature on emotions in couples, and has implications for emotion-based interventions.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 53790 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Juror-Defendant Trait Congruency: Influences on Decision-Making in Sentencing Recommendations

Presenting Author: Bernier, Emily
Additional Authors: Boyce, Melissa A.

Abstract: Jurors play a vital role in the lives of defendants. A plethora of defendant characteristics (socioeconomic status [SES]; attractiveness) have been shown to affect verdict decisions and sentencing recommendations (Devine & Caughlin, 2014). Past research has tended to focus on the impact of either juror or defendant characteristics on legal judgments. The present study seeks to fill this gap in the literature by examining how congruence between juror and defendant characteristics (SES, attractiveness) affects sentencing recommendations. Participants will be randomly assigned to provide a sentencing recommendation for a male or female defendant with high or low SES and high or low attractiveness. Participants will then complete the McArthur Scale of Subjective Social Class and the Evaluating Physical Attractiveness Scale. To establish whether congruence between juror and defendant characteristics influences mock jurors' sentencing recommendations, a 2(gender: male, female) x 2(SES: congruent, incongruent) x 2(attractiveness: congruent, incongruent) Factorial ANOVA will be conducted. The results of this study can establish how factors previously shown to bias juror decision-making function in concert. These findings can help to inform the development of courtroom procedures (e.g., judicial instructions, etc.) aimed to mitigate juror bias to improve the validity of legal decisions.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 53854 - Printed Poster

Les Motivations au Sextage comme Variable Médiatrice du Lien Attachement et Satisfaction Sexuelle

Presenting Author: Audet, Ariane
Additional Authors: Mackay, Marie Christine ; Lefebvre, Audrey-Ann; Brassard, Audrey; Daspe, Marie-Ève; Vaillancourt-Morel, Marie-Pier

Abstract: L'exploration sexuelle des jeunes adultes leur permet d'établir les bases de leurs relations futures. Il est donc important de s'intéresser aux facteurs pouvant contribuer à leur satisfaction sexuelle. Plusieurs études appuient les liens négatifs entre les insécurités d'attachement (anxiété, évitement) et la satisfaction sexuelle. Or, peu d'études ont examiné l'utilisation des technologies pour expliquer ces liens, à l'exception de Ferron, Lussier, Sabourin et Brassard (2016) qui ont exploré l'utilisation de la pornographie et la cyberinfidélité comme médiateurs des liens attachement et sexualité. La présente étude a pour objectif d'explorer le rôle médiateur et modérateur des motivations au sextage dans les liens entre les insécurités d'attachement et la satisfaction sexuelle des jeunes adultes. Dans cette étude transversale, 478 adultes de 18 à 29 ans ont répondu à des questionnaires en ligne évaluant l'attachement amoureux, la satisfaction sexuelle et la pratique du sextage. Les analyses de médiation et de modération révèlent trois liens indirects et deux effets d'interaction entre les insécurités d'attachement et la satisfaction sexuelle via les motivations au sextage. Les résultats soulignent l'importance de considérer l'attachement et les motivations envers l'utilisation des technologies pour mieux comprendre et favoriser la satisfaction sexuelle des jeunes adultes.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53886 - Printed Poster

[Presented in CPA 2020 Virtual Series]

L'optimisation du raisonnement moral à l'adolescence à l'aide d'un jeu vidéo sérieux

Presenting Author: Lamy-Brunelle, Arnaud
Additional Authors: Laurendeau-Martin, Juliette ; Morasse, Frédérick; Dufresne, Aude; Nkambou, Roger

Abstract: Le raisonnement moral(RM) est un processus sociocognitif incorporant les valeurs morales et les conventions sociales qui régissent les interactions sociales. Les jeux vidéo sérieux constituent un moyen de pointe qui pourraient influencer les habiletés sociales. L'objectif était d'évaluer la faisabilité et l'utilité préliminaire d'un jeu vidéo sérieux basé sur une tâche informatisée et validée, le Socio-Moral Reasoning Aptitude Level (SoMoral), comme moyen d'optimiser le RM. 23 adolescents (M=14.57,E-T=1.44ans), ont joué à une version du jeu sans renforcement social et 13 adolescents (M=12.14,E-T=1.79) ont joué à une version adaptative incluant des renforcements sociaux virtuels. Dans le jeu, le niveau de maturité morale est mesuré grâce à la justification des jeunes face aux choix qui leur sont présentés lors de 9 dilemmes moraux visuels. Les résultats indiquent que les participants ont amélioré leur RM en jouant à la version adaptative (F(1,12) = 28.77,p

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53907 - Printed Poster

The Influence of Accent on Emotion Perception: The Role of Intensity and Emotion Differentiation

Presenting Author: Seale, Chaya K
Additional Authors: Eskritt, Michelle

Abstract: Rationale: Research indicates accents can influence the recognition of emotion expressed through tone of voice. We explored how emotion intensity and the ability to identify one's own emotional state (i.e., emotion differentiation (ED)) might relate to the interpretation of vocal emotional cues. Method: Canadian undergraduates listened to Australian and Canadian speakers vocally expressing ten emotions. Emotions were paired so they differed in intensity but came from the same emotion 'family' (e.g., irritation - anger). Listeners rated emotion intensity and identified the specific emotion. Participants also completed an ED task. Results: Emotions expressed with a Canadian accent or by a woman were more accurately identified. Women and Australian speakers were also judged as being more emotional intense, particularly for high intensity emotions. Emotion perception was unrelated to ED ability. Conclusion: We replicated the in-group advantage for accuracy of emotion perception and added to the literature by examining the relationship to intensity. We did not replicate the relationship between emotion perception and ED that has been previously found with clinical populations.   Impact: Given today's global exchange of information, the results are important in identifying cross cultural considerations in interpersonal communication.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 53930 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Influence of Gender and Weapon Presence on Blame in HeterosexualIntimate Partner Violence

Presenting Author: D'Costa , Malvika
Additional Authors: Crann, Sara

Abstract: Intimate partner violence (IPV) is a phenomenon that has been prevalent throughout history and has been studied in various contexts. However, within the broad social issue, the occurrence of gender asymmetry has recently recieved much attention. Further, a neglected area of IPV research is how perpetrator weapon use is connected to how one perceives gender and IPV perpetration. The current study investigated how observer (participant) gender, perpetrator gender, and the presence of a weapon in an IPV situation influenced attributions of blame. The study used hypothetical vignettes with manipulations to perpetrator/victim gender and weapon presence, and an adapted version of the Attributions of Violent Behaviour Scale to assess an individual's attribution of perpetrator blame. Results indicated that greater blame was assigned to male perpetrators compared to female perpetrators. Further, the perpetrator was blamed more regardless of gender when a weapon was present in the scenario. The results did not indicate an interaction between gender and weapon presence or an effect of observer gender on blame. The implication of these findings suggest that gender perceptions are still relevant in the IPV discussion. However, weapon presence may negate these attitudes, thus indicating that blame may be linked to the perception of the threat of damage to the victim.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53935 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Sexual Coercion: Comparing Sexters and Non-Sexters

Presenting Author: Noorishad, Pari-Gole
Additional Authors: Bonneville, Véronique

Abstract: Sexting refers to the sending or receiving of sexual content by handheld devices. To date, literature on sexting and sexual coercion has predominantly focused on victimization and intimate partner violence. The present study aimed to 1) investigate the association between sexting and in-person sexual coercion perpetration and victimization in a large heterogeneous sample; 2) determine if sexters and non-sexters report different rates of in-person sexual coercion. Participants (N=1076) completed an online survey that included the Sexual Experiences Survey – Tactics First and the Sexual Experiences Survey – Victimization Short Form. Results suggest a significant correlation between sexting and in-person sexual coercion (r=. 122, p < .0001) and victimization (r=. 101, p < .01). One-way ANOVAs revealed statistically significant differences for in-person sexual coercion perpetration (F (1, 999) = 21.2, p < .001, $\eta2$ = 0,02) and victimization (F (1, 1016) = 19.9, p < .001, $\eta2$ = 0,02). Sexters reported significantly higher rates of sexual coercion perpetration (M = 1.43, SD = 3.32) and victimization (M = 1.30, SD = 1.23) than non-sexters (M = 0.65, SD = 1.71; M = 1.12, SD = 1.14, respectively). Comparisons will be provided for seven coercive strategies and five types of victimization. Implications for sexual education, sexual violence prevention and sexting research will be discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53982 - Printed Poster

A scoping review of the relationship between trauma and gambling

Presenting Author: Hack, Benjamin
Additional Authors: Monson, Eva

Abstract: Individuals with gambling disorder report higher rates of posttraumatic stress disorder (PTSD) than the general population and individuals with PTSD are more prone to deal with gambling disorder. Moreover, individuals with PTSD and gambling disorder report a higher level of distress compared to those with gambling disorder alone. Despite these associations, little research has compared the specific ways in which trauma and gambling might influence each other. A scoping review was conducted to examine literature focused on the relationship between trauma and gambling. Relevant articles were identified by searching the following databases in September 2018: Ovid MEDLINE, APA PsycNET, Web of Science, PubMed, Scopus, and PILOTS. Searches were performed with no language restrictions, using the search terms trauma* and gambl*/game*/gaming. Two authors independently reviewed titles and abstracts of retrieved publications and selected relevant articles for possible inclusion. After abstract and title screening, 92 articles were screened for full-text with 55 articles included in the scoping review analysis. Primary themes that emerged included: association between gambling and trauma, trauma association with treatment outcomes, gambling as a coping mechanism, and trauma as a result of gambling behavior. Research concerning specific at-risk populations (e.g., women) are discussed.

Section: Traumatic Stress / Stress traumatique
Session ID: 53995 - Printed Poster

How an expression of gratitude towards consumers positively influences change in consumer behaviour

Presenting Author: Carter-Rogers, Katelynn
Additional Authors: Venkat, Ramesh

Abstract: Consumer gratitude has been identified as a mediator in the buyer-seller relationship. However, research has primarily focused on the buyer expressing gratitude towards the seller. We explored the impact an expression of gratitude has on a retailer when the gratitude is expressed to the consumer. This expression is as simple as a "thank you" to the consumer. Participants (N=288) were given a mock scenario (Condition: Gratitude [n=101], Control [n=97], Offer/Gratitude [n=90]), where they were instructed to read a script about an experience within a retailer and asked to answer questions about said experience. A MANOVA was conducted to measure the perception outcomes in all conditions. Consumers in the gratitude condition compared to the control condition were more likely to advocate (p< .001), F(14,558)=4.004, p

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54051 - Printed Poster

Is it still gossip if it is good? Turkish preadolescents' evaluations of gossip events

Presenting Author: Isik, Ipek
Additional Authors: Caivano, Oksana

Abstract: Gossip is a dominant mode of social interaction among preadolescents. Although there are studies which have focused on children's gossip behavior, how they distinguish between positive and negative gossip remains unclear. This study aimed to see how the valence of the gossip event affected preadolescents' judgements of the gossip event. Turkish preadolescents between age 11-13 (N=33) participated and were divided into two age groups: Younger (M=138.5 months; SD=5.3; n=15) and Older (M=153.8 months; SD=4.6; n=18). Preadolescents completed vignettes from the perspective of the gossip listener were asked to evaluate the sharer's actions and identify if the situation was considered gossip. Type of gossip and relationship to the perpetrator and target was manipulated. Results showed that when a friend shared negative gossip, the behavior was rated more negatively compared to positive gossip,F(1,32)=85.102,p

Section: Developmental Psychology / Psychologie du développement
Session ID: 54054 - Printed Poster

Empirical Assessment of Factors Related to First Year Domestic and International Student Success

Presenting Author: Smith, Steven M
Additional Authors: Norris, Meghan E. ; Brophy, Tom

Abstract: We describe four categories that broadly influence student success: Personality, psychological needs, social relationships and connections to campus, and beliefs about and commitment to academics. A mixed-method survey of first year students from an east coast Canadian university explored differences between international and domestic students in these categories. 272 students (Domestic: N = 185, International: N = 86) responded to quantitative individual difference items, and qualitative items assessing hopes and worries. Qualitatively, all students hoped they would accomplish academic success, maintain relationships, and improve social interactions. Worries included poor academic performance, lack of social interaction, and transitioning into university. Quantitatively, international students, relative to domestic, had greater drive, higher self-esteem, put more importance on strong social networks, felt both social life and faith were more important than their domestic peers, had higher campus engagement, greater preferences for textbooks, being alone with their thoughts, and online tutorials, were more confident with their major choice, and report studying more. Importantly, international students were less likely to feel they had a safe place to live in comparison to domestic students (effects all p

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 54061 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parent and Child Perceptions of Online Bystanders in Cyberbullying

Presenting Author: Carrera-Mayen, Erika
Additional Authors: Leduc, Karissa

Abstract: Previous studies have explored youth perceptions of online bystander behaviors, but little is known about parent evaluations. Therefore, the current study examined parent-child moral evaluations of cyberbullying events according to a bystander's response (to assist a cyberbully, to remain passive, or to defend a victim) and their relationship to the victim (acquaintance or friend). Participants (N=117), aged 7-17 (Mage =11.89; SDage =2.31), and their parent read and morally evaluated vignettes depicting online bystander behavior. Results from a Mixed Repeated Measures ANOVA revealed that parents' overall evaluations of bystander behaviors were more negative than children's, F(1,115)=8.27, p

Section: Family Psychology / Psychologie de la famille
Session ID: 54073 - Printed Poster

The Psychometric Properties of the Automatic Self-Recrimination (ASR) Measure in Children

Presenting Author: Peracha, Hira

Abstract: Little research has been conducted on perfectionism and self-recrimination. One paper found that patients who were not able to complete a perfect exercise routine expressed signs of self-recrimination. However, this literature examining the relationship between self-recrimination and perfectionism is limited to adults, focused on populations with dieting disorders, and is not an empirical study.This study will inform the development of interventions to include a more comprehensive treatment for children and future research by increasing the knowledge about how intrapersonal perfectionism and self-recrimination is manifested in children. It validates an intrapersonal perfectionism measure in kids which does not exist currently.The purpose of this study is to explore the psychometric properties of the ASR scale in children aged 8 to 15 (n=84) by testing the internal consistency of the scale, examining the test-retest reliability of the measure between data collected over two years, testing the convergent validity of the ASR by comparing it to the Perfectionism Cognitions Inventory-Kids Short Form, and assessing the predictive validity by looking at whether the ASR predicts

perfectionism in children.I am expecting that the ASR scale will be reliable, have validity, and will predict perfectionism. Full analyses will be completed by April 2020 in preparation for the conference.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54108 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Emotional impact of the 2016 U.S. election

Presenting Author: Seguin, Emily
Additional Authors: Rappaport, Lance M

Abstract: Ongoing tracking studies of community health suggest increased distress since the 2016 U.S. presidential election. However, despite the potential long-term impacts of a presidential election, Roche and Jacobson (2019) identify that robustly worsened anxiety, stress, and sleep quality immediately following the 2016 election were transient, i.e., they improved several days after the election. The present study aims to replicate these initial findings and examine changes in both negative and positive affect as a function of the 2016 U.S. election. In the context of a larger 14-day ecological momentary assessment study, 43 undergraduate students at a large, diverse U.S. university recorded positive and negative affect thrice daily on days preceding and following the election. In multilevel analyses, relative to pre-election assessments, negative affect increased on November 8th, $b=0.30$, $p=0.014$, and 9th, $b=0.85$, p

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54155 - Printed Poster

Three Latent Factors Underlie Regional Intergroup Prejudice

Presenting Author: Ofosu, Eugene
Additional Authors: Hehman, Eric

Abstract: In the past 5-years researchers have begun exploring "regional prejudice", that is, the biases of thousands of people in geographic regions, and various outcomes it may be associated with. The present research investigated the structure of regional intergroup bias, or how the different types of regional biases might be related to one another. We examined 5,688,368 observations of 14 different types of implicit and explicit intergroup bias: White-Black, NotMuslim-Muslim, Straight-Gay, Young-Old, NotObese-Obese, Abled-Disabled, and NotJewish-Jewish (N = 5,189,533). Using exploratory, confirmatory, test of invariance, and validation approaches, and in contrast to classic work at the individual level generally indicating one "prejudiced" factor, results at the regional level reveal three distinct latent factors, which we roughly label Racial Bias, Religious Bias, and Health Bias. This is the first exploration of the structure of bias at the regional level, and provides important insights into the developing theory of regional intergroup prejudice. The current work will be informative in the development of policies aimed at curbing systemic prejudice of regions.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54279 - Printed Poster

Mattering as a Proposed Moderator of Perfectionism and Depression in First-Year University Students

Presenting Author: Mohammed, Shakira
Additional Authors: MacIsaac, Angela

Abstract: The transition to university demands for adjustments in various areas of life that put emerging adults at risk for maladjustment. University students high in interpersonal perfectionism (IP), who obsessively aim to meet the standards of others, are particularly vulnerable to maladjustment. Research highlights the role of mattering (i.e., feeling significant to

others) as a significant buffer for maladjustment, especially for those dealing with interpersonal difficulties. The current study aimed to assess mattering as a protective factor for maladjustment in first-year university students. It was hypothesized that mattering would be a significant moderator of the relationship between IP and depressive symptoms. First-year university students (N = 86) completed self-report measures assessing study constructs. Moderated multiple regression analyses indicated that mattering is a significant moderator of the relationship between IP and depression such that, those who feel they matter show a weaker association between IP and depressive symptoms, $F(3, 79) = 10.61$, p

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54288 - Printed Poster

Content analysis of Canadian and Korean nursing home websites: Valence and regulatory-focus

Presenting Author: NAH, Kyoungsil

Abstract: Content analysis of Canadian and Korean nursing home websites: Valence and regulatory focus Previous cross-cultural research shows that EastAsians tend to describe themselves negatively than do North Americans. Also, East Asians have been found to be more motivated to prevent potential losses than are North Americans. We investigated whether thesepreviously observed cultural differences would be presented in settings in which organizations advertise their service to attract clients. We examined the contents of Canadian and Korean nursing home websites, focusing on valence and regulatory focus. Our analysis revealed that although the two cultures did not differ on the number of positive statements and promotion-focused messages, Korean websites contained much more negative statements and prevention-focused messages than Canadian websites. These results suggest that the usage of negative and prevention-focused messages is more prevalent among East Asians relative to North Americans. The ways in which the advertising messages of each culture reflect cultural norms and values and are congruent with cultural practices regarding treatment towards the aging population will be discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54408 - Printed Poster

Men Helps More Than Women? an Observational Study on Gender and Door-Holding Behaviour

Presenting Author: Wang, Feining
Additional Authors: Wang, Yilu

Abstract: The general conclusion of previous studies done on the topic of helping behaviour is that males tend to help more than females (Eagly & Crowley, 1986). However, Eagly and Crowley (1986) noted that this conclusion holds only when some specific criteria, such as when the helper and the receiver are in a relationship, are met. The present study investigated the relationship between gender and specific helping behaviour–door-holding behaviour towards strangers. One hundred fifty-five pairs of strangers, who went through the door of a hall on campus, were observed. The first person's door-holding behaviour or lack thereof was recorded. Unlike Renne and Allen (1976), the relationship between gender and helping behaviour towards strangers were nonsignificant. Possible reasons for the inconsistency between the current finding and prior research include the difference in the operational definition of door-holding behaviour, change in the meaning of door-holding behaviour over time, lack of femininity in female clothing, and change in the female gender role. Another possibility is that the door-holding behaviour may have been interpreted as a norm rather than altruism behaviour since the observation was conducted on campus instead of more casual places. We recommend that contexts be considered when examining which gender helps more.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54423 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Health Care Professionals' Burnout and Mother Blame for Child Sexual Abuse

Presenting Author: Willcott-Benoit, Whitney
Additional Authors: Toews, Kelsi

Abstract: Mother-fault is a pervasive experience where mothers are held responsible for their child's well-being, and thus are deemed liable when their child experiences trauma. Specifically, this study focuses on health care professionals placing fault on non-offending mothers for their child's experience of sexual abuse (CSA). This fault can contribute to lower quality care that has negative psychological, physical, and legal consequences for the mother and child. The objective of this study was to examine the relationship between mother-fault and factors such as burnout, secondary trauma (STS), and compassion satisfaction since they are related to quality of care. We surveyed 261 health care professionals recruited via Probit. Participants read a CSA vignette and completed the Professional Quality of Life Scale, the Vicarious Distress Questionnaire, and the Mother-Fault Scale. Pearson correlations were conducted to determine relationships between PROQOL factors and mother-fault. Moderation analyses were also explored. Mother-fault was found to be significantly positively correlated with burnout ($r = .137$, $p = .044$) and STS ($r = .196$, $p = .004$). This study is the first to examine the relationship between professional quality of life and mother-fault for health care professionals. These findings have implications for interventions aimed at reducing mother-fault in this population.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54474 - Printed Poster

Differentiating Between Authentic and Hubristic Pride: The Contribution of Display Speed

Presenting Author: Zolopa, Camille S.
Additional Authors: Conway, Michael

Abstract: Prior research has distinguished two facets of pride: authentic, or feeling accomplished, and hubristic, or feeling arrogant. Both are indicated by the same pride display, characterized by the face tilted upward with a slight smile, chest open and out, and arms raised in the air or hands on the hips. Whereas people reliably recognize the pride display, they do not differentiate between authentic and hubristic pride based on the display alone. It may be that this lack of differentiation in prior research is due to people being asked to judge static images as opposed to dynamic motion. The hypothesis in the current research was that people who see an individual demonstrating a slower pride display perceive the individual as feeling more hubristic pride (i.e., superiority). Participants (n = 128) were undergraduate students. Each participant watched one of four actors (two men and two women) who moved from a neutral pose to a pride display at one of four speeds (slow, moderate-slow, moderate-fast, or fast). The expected linear trend was statistically significant, $F(1,60) = 4.44$, $p = .039$, for women participants: slower motion was perceived as communicating more feelings of superiority. In contrast, no differences emerged for men participants, F

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54511 - Printed Poster

Does Medium Matter? Public Perceptions of Physical and Cyber Harassment

Presenting Author: Dufour, Gena K
Additional Authors: Faitakis, Martina E

Abstract: As technology becomes more versatile, so does harassment. Criminal harassment, which used to be defined as in-person, physical acts against someone, has now taken a new form through the use of technology. The purpose of this study is to examine societal perceptions of the seriousness, threat of escalation, and social acceptability of different forms of harassment. Online participants are randomly assigned to read one of four scenarios of either physical stalking, cyber stalking, physical indecent exposure (known as "flashing"), or the sending of unsolicited sexual images (known as "dick pics"). Participants then answer questions assessing their perceptions of severity, risk, and social acceptability. The study will be completed by March 2020. Using factorial ANOVA analyses, we anticipate an interaction such that physical stalking will be

perceived as more serious and pose a greater threat of escalation than cyber-stalking. Further, participants will view the sending of unsolicited sexual images as more socially acceptable than indecent exposure. Our findings demonstrate that although society perceives cyber harassment as less serious, the effects are nonetheless harmful to victims and are becoming increasingly common. A better understanding of the severity of cyber harassment can further inform policy, laws, and treatment, and benefit society as a whole.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54517 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A Critical Review of Social Emotional Learning Measures

Presenting Author: Glouchkow, Amanda
Additional Authors: Leite, Tamara; Santor, Darcy

Abstract: According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), hundreds of studies have been conducted examining the benefits of social-emotional learning and both academic and emotional outcomes. Demonstrating these benefits and assessing individual student, school and district needs depend on the quality of the measures that are used to assess social and emotional skills. The present study reports on the results of a scoping review and analysis of the various measures of social-emotional learning skills with respect to the specific qualities of those scales. More than 150 scales have been identified through this review. The analytic plan included a thematic review of existing measures and a quantitative analysis of the extent to which existing scales fully measure CASEL's five domains. The review results showed that not all scales evaluate all the distinct domains of social and emotional learning identified by CASEL, and not all scales evaluate these domains equally. Although social and emotional learning is identified as a life-long endeavour, the preponderance of scales developed to date favour the assessment of social and emotional learning in children. The results of this research have implications for how researchers, practitioners and policymakers conceptualize and evaluate social-emotional learning.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 54521 - Printed Poster

Mindfulness and Relationship Satisfaction: Can jealousy help explain the link?

Presenting Author: Nichol, Mackenzie
Additional Authors: Bakker, A. Myfanwy

Abstract: Mindfulness can help individuals distance themselves from emotional experiences and this is believed to prevent over-engagement with emotions (Bowlin & Baer, 2012). It can also assist with diminishing one's attachment to thoughts and decreasing rumination (Brown, Ryan, & Creswell, 2007). Mindfulness has been linked with stronger levels of relationship satisfaction (O'Kelley & Collard, 2012); however, research investigating mindfulness in the context of intimate relationships is in its infancy. Based on existing theory, it was hypothesized that individuals with greater dispositional mindfulness would report greater relationship satisfaction, and that lower cognitive, emotional, and behavioural jealousy would mediate this association. A sample of 647 romantically involved young adults completed an online survey consisting of standardized measures of trait mindfulness, relationship satisfaction and a multidimensional scale of jealousy. Both cognitive jealousy b = -.18, 95% CI [-.23, -.14] and behavioural jealousy b = -.17, 95% CI [-.23, -.11] were found to significantly partially mediate the relationship between dispositional mindfulness and greater relationship satisfaction. Present findings offer initial support for mindfulness interventions for relationships with jealousy concerns. Implications and future research directions will be further elaborated.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54524 - Printed Poster

Depression as a public health issue amomg Ebola affected populations

Presenting Author: Noorishad, Pari-Gole
Additional Authors: Kokou-Kpolou, Cyrille K; Derivois, Daniel; Bukaka, Jacqueline; Balayulu-Makila, Oléa; Cénat, Jude M

Abstract: Ebola virus disease (EVD) is associated with mood disorders. Studies on prevalence and risk factors associated with depression among representative samples remain scarce. Conducted 7 months after the end of the 9th outbreak of EVD in the DRC, this study documents the prevalence of depressive symptoms among a representative sample of 1,614 adults (807 women) and their association with exposure level to EVD, stigmatization related to EVD and sociodemographic characteristics of the sample (gender, rural vs urban areas, age, education, marital status, employment status and religion). Results showed that 62.03% of participants were diagnosed with depression. The multivariate logistic regression analyses showed that higher level of exposure to EVD and stigmatization related to EVD, living in rural areas and being unemployed are associated with higher risk of being diagnosed with depression. Results indicated that depression in EVD affected populations is a major public health problem which must be addressed through culturally and community adapted mental health programs.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54599 - Printed Poster

People's Perceptions of Assertiveness on the Basis of Nonverbal Involvement for an Older Individual

Presenting Author: Lemaire, Tehya SH

Abstract: Research in our laboratory has demonstrated that an individual who exhibits either low or high relative to moderate nonverbal involvement in an interaction is perceived as more assertive. Nonverbal involvement was manipulated in these studies by varying the individual's gesturing speed. One limitation is that these studies were based on a video of a dyadic interaction between two young adult men. The present research examined how people perceive the gesturing of an older individual. Hypothesis 1 was of an exact replication of the U-shaped findings, and Hypothesis 2 was that the U-shaped pattern would emerge, but in a range of higher speeds. That is, the slow gesturing of an older man would be construed in terms of the stereotype of older individuals being slower and less assertive. Undergraduate students (n = 121) watched a video that was described as being of a manager (an older man) who was warning an employee (a younger man) about his behaviour. The older man gestured while the younger man hardly moved. The video was cropped and silent so that only hands, arms, and torsos could be seen. Participants were randomly assigned to one of four video speed conditions: slow, moderate-slow, moderate-fast, and fast. The findings for participants' perceptions of the manager's assertiveness, competence, and anger support Hypothesis 2.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54619 - Printed Poster

Sociocultural factors predict appearance overvaluation especially when self-concept clarity is low

Presenting Author: Robinson, Mickayla
Additional Authors: Enouy, Sarah; Tabri, Nassim

Abstract: In the sociocultural theory of eating disorders (Thompson et al., 1999), perceived pressure to attain the appearance ideal fosters eating disorders via internalization of the appearance ideal (i.e., belief that attaining the ideal is indicative of attractiveness and success). We tested whether this indirect relation is moderated by self-concept clarity (i.e., belief that one knows who they are) in two different cultural contexts. We hypothesized that appearance-ideal internalization would be more strongly linked to having a self-concept overly focused on appearance—the core psychopathology of eating disorders (Fairburn, 2008) among those who have low self-concept clarity. In Study 1, we found that people in India (N=205) who perceived greater pressure to have lighter skin (the appearance ideal in India) reported more appearance overvaluation and this association was mediated by greater internalization of the light-skin ideal. Importantly, the mediated relation was larger

among participants with low (vs. high) self-concept clarity. In Study 2, we will replicate and extend Study 1 by examining perceived pressure to be thin and thin-ideal internalization among women in North America. Together, the results will shed light on a novel cross-cultural psychological vulnerability factor among people who perceive pressure to attain the appearance ideal and internalize appearance ideals.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54634 - Printed Poster

What makes someone seem moral? Facial cues of moral character

Presenting Author: Pringle, Victoria
Additional Authors: Carlson, Erika

Abstract: The impressions we form of other people are often influenced by idiosyncratic biases, or the way we tend to see people in general (e.g., overly positive or harsh; Rau et al., in press). Put another way, two people might come away with different impressions of someone because of their biases. What might explain these biases? One untested mechanism might be idiosyncratic stereotypes regarding physical appearance (Kenny, 2004). As such, in two samples (N = 150, N = 75), we examined the degree to which there are individual differences in how people process facial cues when forming impressions of others. Each participant rated up to 100 photos on evaluative and moral traits, and a team of coders independently coded the photos for various cues (e.g., youthful, masculine, religious symbols). This work is ongoing; however, we will use MLM to predict (a) which facial cues people tend to use in general, (b) which facial cues show the most (and least) between-participant variability, and (c) who tends to be particularly sensitive to certain cues. These results will provide important insights into the process of person perception, and they might also inform future interventions designed to reduce bias in contexts where first impressions are especially important (e.g., job interviews).

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54737 - Printed Poster

Qualitative Study Investigating the Social Factors of Smartphone Use Among Young Adults

Presenting Author: Stobbe, Brittney L.P.
Additional Authors: Rusticus , Shayna

Abstract: Since the iPhone was released in 2007 smartphones have become an integral component of daily life for most of the developed world. Smartphones have brought forth many benefits to society such as productivity, communication, and entertainment; all available through the push of a button. This study aims to examine the social factors that contribute young adults' smartphone usage. A total of 23 participants, all under the age of 25, participated in one of six focus groups. Each focus group followed a semi-structured interview format where participants were asked to indicate their motivations behind their smartphone usage and the positive and negitive aspects of it. The data was analyzed using conventional content analysis to identify key social themes of smartphone usage in young adults. Five themes identified though the analysis included: the need for connection, the need for information, anxiety, the fear of missing out, and the utilitarian benefits of the technology as factors contributing to smartphone usage. Gaining understanding of the the social factors contributing to smartphone usage may help to identify and prevent problematic smartphone usage.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54828 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Facial emojis can enhance communication and connectedness between sender and receiver

Presenting Author: LeBlanc, Megan G
Additional Authors: Chamberland, Justin A; Boutet, Isabelle

Abstract: Emojis may serve as proxies for nonverbal cues that are used in face to face (FtF) communication such as tone of voice, body language, and facial expressions (Walther & D'Addario, 2001). To date, there is little research on the impact of facial emojis on the interpretation of text messages and perception of the sender (Jaeger & Ares, 2017). In the present study, we measured perceived emotional state as well as perceived warmth of the sender while participants read text messages accompanied by emojis that were either congruent or incongruent with the affective valence of the verbal message. Behavioural and oculomotor results suggest that incongruent text-emoji pairings had a negative impact on message processing. Moreover, interpretation of the sender's affect was driven by emojis when sentences were positive or neutral, but not when they were negative. With respect to perceived warmth, positive emojis enhanced perceived warmth of the sender irrespective of sentence valence. These results suggest that users should be cautious when using emojis. We suggest the use of positive vs. negative emojis to enhance communication and connectedness on digital platforms.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54863 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Probabilistic Self: A Bayesian Model to Account Who I Am After Everything Has Changed

Presenting Author: Mérineau, Samuel
Additional Authors: Caron-Diotte, Mathieu; Sadykova, Nazgul; de la Sablonnière, Roxane

Abstract: Societies can be as fragile as a house of cards. When a society falls apart, new social norms and way of living may. In these times of change, people have to revaluate how they see themselves in their society and could modify the degree to which they identify to their social group and think of themselves as a member of their society. Several studies have pinpoint facilitators and inhibitors to identification, but the cognitive process leading to identification change remains a mystery. Since identities are learned according to the information we perceive in our environment, a Bayesian model based on models of learning used in neuroscience was proposed to approximate cognitive identification processes. Two questionnaires were answered by 158 Kirgiz individuals one month and one year after the 2005 Tulip Revolution in Kirghizstan. Identification scores (time 1) were entered in the Bayesian model to yield predicted identification scores (time 2). These predicted identification scores were compared to the actual scores reported in the second questionnaire. Correlation tests showed strong and positive correlation between predicted and actual identification scores ($r = .58$, $p < .001$). The present Bayesian model has the potential to help deepen our knowledge of identification mechanisms.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54875 - Printed Poster

Influence of Mood on Conversational Language Use

Presenting Author: Mitchell, John
Additional Authors: Keith, Avery

Abstract: This study investigated how individuals' mood influences changes in spoken language during dyadic social interaction. Twenty-eight female undergraduate students completed mood assessments, a self-monitoring questionnaire, and viewed a short film clip that induced either a positive, negative, or neutral mood. Each dyad was comprised of a participant in a neutral mood and a participant in a positive or negative mood. The dyad engaged in a conversation that was audio-recorded and then transcribed. Emotional language use (use of positive and negative emotional words, overall affect,

emotional tone) was measured using the LIWC 2015 program. Predicate use was measured using the Linguistic Category Model (LCM). Overall affect and participants' use of positive emotional words was associated with corresponding usage by their conversational partner, suggesting that speakers mimicked their partners' language style. Speakers also used higher emotional tone in their first minute of speech after conversing with someone in a positive mood, suggesting participants' mood influenced the emotional valence of their partners' language. The overall results of this study offer an original account of how mood influences language style to shift and transfer to others during face-to-face conversation.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54887 - Printed Poster

False Recognition of Spontaneous Trait Inferences

Presenting Author: Debly, Jillian P.
Additional Authors: Higgins, Nancy C.

Abstract: Spontaneous trait inferences (STIs) are unconsciously activated upon observing a person's behaviour. The present research explored the relationship between false familiarity and STIs using a false recognition procedure. Study 1 consisted of stimulus pre-testing to determine effective trait-implying sentence fragments and rearranged but non-trait implying sentence fragments. Study 2 used sentence fragments with the highest trait-implying consensus ratings and manipulated false familiarity through varying the number of fragments presented that implied a given trait. In a study phase, participants memorized sentence fragments, some of which implied traits, without any instruction to infer traits. In a subsequent test phase (word recall task), more false recognitions of "new" trait words as "old" were expected with greater trait-implying sentence exposure (i.e., greater false familiarity). Results are discussed in relation so the assertion that STIs occur online at encoding, and in relation to expanding the methods used to measure STIs.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54913 - Printed Poster

Are you there? Ghosting tendencies and attitudes in romantic relationships

Presenting Author: Villanueva, Alejandra M
Additional Authors: Perunovic, Mihailo

Abstract: Ghosting refers to when a romantic partner abruptly cuts off all communication with their partner by avoiding them online and offline (Koessler, 2018). Despite its growing popularity as a relationship dissolution strategy, there has been very little research on ghosting in psychology. Our study examines whether different attachment styles predict who ghosts and who gets ghosted. We surveyed 168 undergraduate students about their attachment style, scores on the Big 5 personality variables, experiences ghosting and being ghosted, as well as attitudes toward ghosting. We predicted that avoidantly attached individuals (who are uncomfortable with intimacy and emotions) would be more likely to ghost because of their aversion toward dealing with the others' emotions during breaking up. We also predicted that anxiously attached individuals (who are often viewed as overly needy and possessive) would be likely to be ghosted as their partners would want to avoid a potentially overly-emotional breakup. Results supported our hypotheses, even when controlling for the Big 5 personality traits. Unexpectedly, results also revealed that anxiously attached individuals were also more likely to ghost. Mediation analyses revealed that anxiously attached individuals' tendency to ghost was mediated by their tendency to have been ghosted in the past. Implications of the results will be discussed.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54983 - Printed Poster

A field study on self-disclosure and its association to relationship quality

Presenting Author: Marchand, Gabrielle
Additional Authors: Human, Lauren J

Abstract: Self-disclosure, the act of sharing personal thoughts and feelings with another person (Jourard, 1971), has long been associated with intimacy and relationship satisfaction (Laurenceau, Barrett, & Pietromonaco, 1998). Though self-disclosure has been examined in highly standardized laboratory settings, this phenomenon has rarely been examined in real-world contexts in which people are spontaneously sharing personal information with one another. Taking a field study approach, we recruited 100 participants already in a dyadic interaction (50 dyads), either platonic or romantic, in cafés and bars around Montréal. Dyads engaged in a ten-minute conversation about the topic of their choice and completed a brief questionnaire prior to and following their interaction. We examined whether self-reported self-disclosure related to relationship closeness, satisfaction, and interaction positivity. Results revealed that closeness and satisfaction prior to interacting predicted greater self-disclosure during the interaction. Greater self-disclosure in turn was related to greater post-interaction positivity, as well as relationship closeness and satisfaction, controlling for relationship length and prior relationship closeness and satisfaction. Thus, it appears that in real-world contexts, self-disclosure may represent a process that both promotes and is promoted by relationship quality.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55069 - Printed Poster

Distress tolerance and parenting

Presenting Author: Lachance, Carole-Anne
Additional Authors: Desrosiers, Jade M; Mageau, Geneviève

Abstract: Perspective taking has been shown to be a main predictor of parental autonomy support (i.e., giving choices and rationales, acknowledging child feelings). Yet, when taking children's perspective, parents may at times experience unpleasant emotions, as children often express feelings and thoughts that greatly differ from their own. The ability to tolerate these unpleasant emotions could thus be key in the prediction of parental perspective taking, which in turn has been shown to predict parental autonomy support over a two-year period. The goal of the present study was to test this proposed model in its entirety. Based on a convenience adult sample (N = 495; Mage = 28.95 yrs) who answered self-reported questionnaires, structural equation modelling showed that distress tolerance is positively linked to perspective taking, even when controlling for age, gender and socialization role (parents vs. others). In turn, adults who were more likely to take children's perspective were also more likely to be autonomy-supportive and to avoid controlling behaviours. A direct negative link from distress tolerance to controlling parenting (but not to parental autonomy support) was also observed. These results suggest that distress tolerance could be a potential antecedent of parental perspective taking and autonomy support, which in turn should guide future experimental research on parenting.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 55100 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Literary aesthetics and sociohistorical change: A comparative study of the Chinese wényán and báihuà

Presenting Author: Feng, Zhe
Additional Authors: Wang, Weiyi; Cupchik, Gerald

Abstract: Language is a tool that adapts to the needs of individuals in situational contexts and evolves in response to societal demands. The Chinese language transitioned from the classical wényán to the modern báihuà in the early 20th century, prioritizing efficient information transformation over the expression of semantic and aesthetic depth. We examined the differential characteristics of wényán and báihuà (study 1) and explore their interactions with contexts (Study 2). Study 1 examined the appreciation of classical and modern Chinese poems written in wényán and báihuà from 48 participants' reading experience. Modern Chinese poems were straightforward and easy-to-understand, while classical poems were appreciated for the clean and precise depiction of feelings and meanings, reflecting two nuanced interpretations of the aesthetic and functional purposes of language. In Study 2, using as many of the 6 given wényán and báihuà words as possible, 56 experienced adult Chinese speakers recollected memory episodes (experimental) or wrote a story freely (control). A shorter piece of texts composed in the wényán style was capable of expressing as much if not more content and meaning

than a similar length of texts in báihuà, suggesting better efficiency. Future research may study the characteristics of a language's historical variations as a repertoire of creative and expressive tools.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55126 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Examining the Factor Structure of the Sexual Communication Scale

Presenting Author: Moazami, Sara
Additional Authors: Ashley, Marilyn; Czechowski, Konrad; Shaughnessy, Krystelle

Abstract: The Female Partner's Communication During Sexual Activity Scale (McIntyre-Smith & Fisher, 2011) assesses female-identified people's comfort communicating with partners about their pleasure during sexual activity, and how frequently they do so. However, this scale does not address people's comfort with their partner communicating about their own pleasure and only applies to cis-gender, females. We revised this scale to apply to people of all genders, with partners of any gender, and assess bidirectional frequency and comfort with communication. Using an online survey, 643 undergraduate students completed the 12-item Sexual Communication Scale (SeCS) in the Fall of 2018. After data cleaning, we conducted an exploratory factor analysis (N = 616). The results indicated that the revised scale demonstrated a three factor structure (frequency of bidirectional communication, α = .96; ease of own communication, α = .90; ease of partner's communication, α = .82). To verify the model fit, we will run a confirmatory factor analysis using data collected in the Winter/Spring of 2019 (N = 509). We expect these results will support the 3-factor model. The SeCS will be a gender/sex inclusive tool for future research on sexual communication with partners. We will discuss the theoretical and practical implications for researchers and educators.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55150 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Conflict In A Group Project: A Qualitative Investigation of Emerging Themes

Presenting Author: Feher, Anita
Additional Authors: Harper, Laura

Abstract: Conflict resolution is the process of reducing or eliminating interpersonal conflict. How individuals resolve conflict has important implications for the success and stability of interpersonal relationships and effective conflict outcomes. While numerous studies have performed group-level analyses of conflict resolution, there is a deficit of studies taking an individual-oriented focus. The present qualitative study explored individual reactions to conflict. A sample of university undergraduates (N = 484) provided open-ended responses to a hypothetical conflict scenario asking how they would react to conflict in a group project where their partner only wanted to do the bare minimum required for the project. Qualitative content analysis was used to extract themes relating to how individuals resolve conflict. Seven central themes emerged in the data: Communicating ideas in conflict situation, Conflict Motivations, Conflict Actions, Emotional reactions, Individual differences, Planning ahead, and After effects. Underlying dimensions and interconnections between the themes are discussed. The present study offers novel understanding of the conflict resolution process, and provides a framework future researchers can use to organize the elements which define and influence how people resolve conflict.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55181 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Posting about therapy on a peer-support mobile app for mental health: A thematic analysis

Presenting Author: Gayfer, Brianne L
Additional Authors: Lewis, Stephen P.

Abstract: Youth and emerging adults are often wary about formal help-seeking for mental health difficulties (e.g., reaching out to a doctor or therapist). At least part of this reluctance appears to be due to negative beliefs about these formal sources of support, including fear of stigmatization by professionals. To this end, youth and emerging adults often turn to informal help-seeking (e.g., reaching out online or to a peer). Thus, the current study focused on understanding how individuals talk about their experiences with therapists on a large peer-support mental health mobile app. Specifically, 1200 posts using the word "therapist" were randomly selected across one year of posts and analyzed using thematic analysis. Preliminary analyses suggest that individuals talk about their therapists in terms of their interactions with them and their perceived reliance on them. Others expressed frustration with therapy not working, discussed barriers to accessing therapy, or even asked for advice about therapy. Posts overall appeared to comprise positive attitudes about therapists. This highlights the potential strength that particular online discourses may have in promoting formal help-seeking. Further research should investigate the possible link between informal peer-based online help-seeking and formal help-seeking among youth. Implications of the current study will be presented.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55187 - Printed Poster

Contingent self-worth moderates the impacts of rejection and self-affirmation on women's body image

Presenting Author: O'Driscoll, Lauren M
Additional Authors: Jarry, Josee L

Abstract: Two studies investigated female body image disturbance from the sociometer and contingencies of self-worth theories of self-esteem. Study 1 assessed the prediction that rejected women would defensively self-enhance within domains on which their self-worth is most contingent. Female undergraduates (N = 159) were assigned to either a rejection or control condition and completed measures of body image evaluation. Results revealed that rejected women with higher virtue contingent self-worth reported greater appearance self-esteem than did nonrejected women. Study 2 assessed the prediction that self-affirmation within an intrinsic and relational domain would reduce defensive appearance self-enhancement following rejection. Female undergraduates (N = 105) were exposed to rejection, assigned to either a kindness self-affirmation or control condition, and completed measures of body image evaluation. Results revealed that, relative to those who were rejected but unaffirmed, rejected and self-affirmed women with higher body weight contingent self-worth reported lower shape- and weight-based self-esteem, and those with higher virtue contingent self-worth reported lower appearance self-esteem. These results suggest that the impacts of rejection and self-affirmation on women's body image evaluation depend at least partially upon the domains on which their self-worth is most contingent.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55212 - Printed Poster

An exploration of highly fixated and repetitive media behaviours in children with autism

Presenting Author: Gilliland, Eric D
Additional Authors: Babb, Kimberley A

Abstract: AbstractIn recent years, the potential influences of media use on youth mental health and development have received increasing attention. Emerging research has suggested that youth diagnosed with Autism Spectrum Disorder (ASD) use media in problematic ways. However, few studies have investigated the possibility that the media use shown by these youths may be an extension of the symptoms of ASD into the media context. The current study explored similarities between classical restricted repetitive behaviours (RRBs) and proposed media RRBs in children with ASD. A sample of 36 parents of 4- to 11-year-old children (ASD = 25; non-ASD = 11) completed an online survey on RRBs and media use. Classical RRBs were associated with greater numbers of media RRBs in children with ASD, and media RRBs were also observed in greater frequencies in these children compared with children without ASD. Children with ASD also demonstrated greater frequency, intensity, and duration of distress in response to interrupted or prevented use of media than children without ASD. Findings suggested that the ways children with ASD use media may reflect the underlying symptoms of ASD. Proposed media RRBs have implications for future research and clinical application, considering the incorporation of technology-based behavioural addictions in the current mental health diagnostic systems.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55241 - Printed Poster

Exploring the construction of identity: A case study with Trevor Noah

Presenting Author: Cheng, Michèle P
Additional Authors: Rahimi, Dorna

Abstract: Visible minorities often go through identity denial, a situation in which an individual is not recognized as a member of a valuable in-group (Cheryan & Monin, 2005). In fact, the term "perpetual foreigner syndrome" posits how members of ethnic minorities are perceived as the "other" by the dominant society (Huynh, Devos, & Smalarz, 2011). Growing sociological and psychological literature describes discrimination as both an acute and chronic stressor faced by visible minorities (Mossakowski, 2003). Studying identity in ethnic minorities is challenging since it is multi-faceted, subjective, and influenced by culture, society, and politics. Using a sociocultural linguistics approach, the following case study analyzes a segment of acclaimed societal discourse to explore construction of identity with a social constructionist epistemology. Using discourse obtained from Trevor Noah, a reputed comedian on the topic of identity, the study postulates a shift in the current narrative of identity, as well as a societal push-back on current depictions of visible minorities. The study also provides insight into the fluidity of identity through cultural, societal, and linguistic lenses, thus allowing researchers to better understand an individual's unique experiences.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55255 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Roles and Needs in Romantic Relationships: The Unmet Needs and Relationship Role Scales.

Presenting Author: Gough, Curtis Michael
Additional Authors: Santor, Darcy

Abstract: Background: Much research has examined the factors in romantic relationships that influence psychological outcomes (Rusbult, 2012). Some studies, however, have emphasized that role dynamics (Christopher, Poulsen, & McKenney, 2016) and unmet psychological needs strongly impact relationship quality (Costa, Ntoumanis, & Bartholomew, 2015). This study validates scales measuring unmet needs and role dynamics in romantic relationships. Methods: University students (N=141) completed online surveys measuring their romantic relationship qualities, role dynamics, mental health, and unmet needs, while psychometric analyses were conducted using Statistical Analysis Software on the Unmet Needs and Relationship Role scales. Results: Role dimensions and psychological needs show good internal consistency. Role engagement and expectations predict role outcomes while self and interpersonal needs correlate more with miscellaneous needs than with each other, showing good construct validity. Finally, role outcomes as well as interpersonal and miscellaneous needs predict relationship quality and psychological well-being. Conclusion: The unmet needs and relationship role scales appear valid for

measuring unmet needs and role dynamics. Impact: These scales can be used to examine important factors in interpersonal dynamics that predict romantic relationships qualities and psychological outcomes.

Section: Clinical Psychology / Psychologie clinique
Session ID: 55264 - Printed Poster

An examination on societal and cultural shifts through the use of comedic discourse analysis

Presenting Author: Cheng, Michèle P
Additional Authors: Rahimi, Dorna

Abstract: Societal shifts have been at play in recent years. Push-back on current societal and political practices, such as the youth environmental strike, and the MeToo movement have re-engaged worldwide populations in cultural and identity discourse. Despite a surge in media use for greater conversation on societal identity, research and analysis on this trend seems sparse. The following study seeks to delve into popular culture using discourse analysis of prominent comedians in order to explore the societal shift on perceptions and stereotypes of LGBTQ+ individuals, visible minorities, and the feminism movement. The study provides insight into the use of comedy as a means for conversation on difficult topics, and explores ways in which comedy has shifted to include activism and consciousness.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 55265 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Children's Judgments of Scenario-Peer Behaviors and Potential Trust

Presenting Author: Gerhardt, Elizabeth L
Additional Authors: Aggarwal, Dhruv

Abstract: As children develop, they are exposed to different ideas of what is right or wrong, especially when values like beneficence collide with veracity. Thus, researchers have examined the judgments of children concerning their moral evaluations of lying and truth-telling in relation to trust (Fu et al., 2015). Despite promising results, participants were primarily recruited from a unicultural context in China. Aiming to complement existing research, the current study recruited 90 participants from relatively unicultural elementary schools in Canada, to learn how young Canadian children (K-2) consider moral transactions and trust. Interviewed individually, participants were read stories about children who tell either kind or unkind lies, and kind or unkind truths. They classified the lies/truths and rated how good or bad they were before considering if they would trust a character. We report the early emergence of careful discriminations when making judgment and trust decisions, particularly in situations where values collide. Scenarios of significances include: Kind Lie vs Harsh Truth. While most judged Kind Lies as bad (68%), a number chose to trust those characters; regardless of judging Harsh Truths as bad (64%) or good (22%), participants said they trusted the characters. Moral judgments have important implications for trust and guide decisions children make from an early age.

Section: Developmental Psychology / Psychologie du développement
Session ID: 55272 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Does ASMR work?

Presenting Author: Tiraboschi, Gabriel A
Additional Authors: Seixas, Ivo M; Rocha, Gabriela C; Borges, Poliane E; Fukusima, Sérgio S

Abstract: Autonomous sensory meridian response (ASMR) is an experience characterized by a tingling sensation in response to visual and auditory ordinary stimuli. It is believed that ASMR helps to relax, reduce anxiety and insomnia. This study tries to shed some light on the efficiency of visual and auditory stimuli classified as ASMR in inducing relaxation and reducing anxiety of naive and non-naive participants. We recruited 58 adults. The participants were randomly selected into two groups, one experimental and one control group. Blood Pressure (BP) and the Heart Rate (HR) of the participants were measured in the beginning. Afterwards, an ASMR video was presented to the experimental group and a perfume review was presented to the control group. The BP and HR were measured again and the participants answered a visual analogue scale questionnaire about his experience with ASMR. Analysis of participants' HR and revealed no significant differences among groups and no differences between pre and post-test. The same occurred with the results of Systolic BP and Diastolic BP. Regarding the questionnaire, the experimental group related being significantly more alert (p=0,03) after the video presentation. The control group related being more sleepy (p=0,01). The results yield evidence that ASMR does not produce physiological effects of relaxation.

Section: General Psychology / Psychologie générale
Session ID: 55315 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Review Session

The Effects of Administrative Segregation on Young Adults: Science and Politics

Presenting Author: Nussbaum, David

Abstract: Since the mid-1970s, a concerted and coordinated international effort involving the United Nations has endeavored to eliminate the practice of isolating prisoners in cells because of very harmful effects that allegedly result from this practice. In one Canadian case restricted to inmates aged 18 to 21, the plaintiff's experts asserted that due to the vulnerable nature of still developing young adult brains, more than 14 days of solitary confinement would result in irreversible and catastrophic harm to their fragile brains and consequently violated their Canadian Charter (i.e., Constitutional) Rights. This talk will describe Canadian Administrative Segregation settings, policies and practices, review the early empirical evidence for this claim, critically analyze subsequent empirical literature, proposed mechanisms of the effect, and the developmental neurobiology underlying the claims as advanced in a Charter (Constitutional) Challenge as well as in a resultant Class Action lawsuit in Canada. Next, the talk will present the judges' reasons for their decisions, and the results of the subsequent appeal, if available. Finally, the talk will discuss the politics involved and currently available empirical results of the altered policy in Canadian prisons. The talk concludes with a proposed solution to this emotionally charged issue.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54859 - Review Session

[Presented in CPA 2020 Virtual Series]

Section Chair Address

Soviet Disinformation and its Consequences: From Lenin to Alinsky to Pacepa

Presenting Author: Nussbaum, David

Abstract: Perhaps the best way of understanding human beings scientifically is as information processors. Behaviours typically result from a decision-making process, conscious or covert, utilizing information stored in our brains. We cannot base meaningful behavioural decisions on information we do not possess. Intricate instructions delivered in an unknown foreign language is of no value in decision-making. Worse still, providing "Disinformation" to political adversaries is instrumental in leading them unsuspectingly to make decisions inimical to their own interests but greatly assists the creator and purveyor of such Disinformation. This talk will trace the history of Soviet Disinformation beginning with Lenin and the Frankfort School in the 1920's. Next, it will describe Saul Alinksy, an American Soviet/communist sympathizer, active between

the 1930s and 1970s who lived in Chicago and wrote the Leftist playbook entitled "Rules for Radicals." Lastly, the talk will summarize deceptions generated by General Ion Mihai Pacepa, Chief of the Romanian Securitat (KGB affiliate.) Pacepa defected to the United States in 1978 and spent 3 years disclosing the shocking extent and methods used by the Soviets and their allies to misdirect the West. This talk will help listeners appreciate some of the chaos in today's world.

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 55010 - Section Chair Address

[Presented in CPA 2020 Virtual Series]

Symposium

Understanding the psychology of social norms and their influence in politics

Moderator: French Bourgeois, Laura

Abstract: Individuals' political thoughts and actions are strongly influenced by the social norms present in their environment. In this cross-disciplinary symposium between psychology and political science, we examine how individuals process social norms about politics and how they are influenced by them. First, Hétu and colleagues examine how the political orientations that individuals have, and the values that these orientations hold, can influence the way that norm transgressions are perceived. Their findings show that the more right-wing people are, the more sensitive they will be to norm transgressions. Second, French Bourgeois and colleagues focus on understanding how individuals develop their perception of social norms about voting. Their results suggest that the size of one's social network and the level of disagreement about politics with others directly influences the strength of the perceive social norms about voting. Third, Coulombe and Blais investigate how voting as a visible act can influence the way individuals respond to social norms about voting. Their finding suggests that the combined effect of perceiving voting as a visible act and perceiving strong norms about voting will increase turnout because individuals fear social sanctions. These presentations have direct implications for understanding the psychology of norms, both generally and in the domain of politics.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53018 - Symposium

[Presented in CPA 2020 Virtual Series]

Political orientation is related to Sensitivity to social norms violation

Presenting Author: Hétu, Sébastien
Additional Authors: Désilets, Élise

Abstract: Social norms are implicit models of shared expectations about how people should behave in different social contexts. While humans are generally sensitive to violations and changes in social norms, there are important individual differences in how we process them. One concept that could account for these differences is political orientation. Cognitive flexibility and sensitivity to negative stimuli, two constructs that could be involved in social norms processing, are known to vary with political orientation where lower flexibility and higher sensitivity have been associated with right-wing orientation. We propose a novel approach to characterize social norms processing and study the relation between sensitivity to social norms violations and political orientation. 106 participants completed a questionnaire measuring their political orientation and a task where they rated the appropriateness of various behaviors through scenarios. Using a hierarchical regression and controlling for several demographic variables, we show that political orientation is significantly related to sensitivity to social norms deviations: the further right-wing people are, the more sensitive they are to social norm transgressions. There is mounting evidence showing that political orientation is related to how we process information and our result suggests that this relation includes social information.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55260 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Network size and disagreement influence perceptions of descriptive social norms about voting

Presenting Author: French, Laura
Additional Authors: Harell, Allison

Abstract: Although voting is an important value in most democracies, a large percentage of individuals abstain from voting in their national elections. To understand this phenomenon, it is imperative to study the factors that either encourage or discourage individuals to vote. Most research on voter engagement has focused on personal factors such as political identification and one's sense of civic duty. Yet, increasing evidence points to the fact that social norms have a significant impact on turnout. Research has shown that descriptive norms, that is the norms referencing the actual voting behavior of one's friends and family, significantly increase voting behavior beyond many of the personal factors. Although researchers are beginning to recognize the impact of descriptive norms on turnout, no research has focused on understanding how individuals develop their understanding of the descriptive norms about voting. We do not know how normative perceptions are developed. We hypothesize that the larger one's social network is, the more descriptive norms will be perceived. We also hypothesize that those who have had disagreements with others about politics will decrease their perception of the norm. In a study conducted during the 2019 Canadian Federal elections (N=2384), we confirmed our hypotheses. This study sheds light on the processes by which social norms influence voting.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55274 - Paper within a symposium

What he doesn't know won't hurt me. The effect of voting visibility and sanction avoidance on voting

Presenting Author: Coulombe, Maxime
Additional Authors: Blais, André

Abstract: Adhering to the social norm that voting is a civic duty has a crucial influence on turnout (Blais 2000). Members of the social circle also exert social pressure to make potential abstainers comply with this norm. The Gerber and colleagues (2008) Get-Out-To-Vote experiment and similar studies (Panagopoulos 2010; Rogers et al. 2017) has shown that people can be persuaded to vote if they are threatened with revealing their turnout or abstention to their household or their neighbours. As the subjects cannot hide their abstention, they must choose between the cost of voting or the cost of shame and disapproval from abstention. We don't know, however, how turnout visibility interacts with social pressure to vote in 'real life'; in a context where some members of the social network might know or not whether one will vote or not. This study aims at answering this question. Using survey data from the 2019 Canadian election study (N=1000), I distinguish between descriptive norms and injunctive norms, between pressure exerted by the partner, family, friends and neighbours, and the perceived visibility of one's decision to vote. Results show that social pressure has an impact on turnout when we believe that others know whether we voted or not. This adds to our understanding of the social pressure mechanism and help to contextualise Gerber and colleagues' (2008) results.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55280 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Closing the Gap between Science and Practice: Using Social Media for Effective Knowledge Mobilization

Moderator: Hadjistavropoulos, Thomas

Abstract: While traditional methods of knowledge translation (KT) and mobilization (e.g., workshops, articles for front line health professionals and consumers, webinars etc) increase knowledge of those exposed to them, there is very limited evidence that they have widespread impacts on patient outcomes. In fact, it takes an average of 17-years for research

findings to translate into widespread practices. This is not an acceptable state of affairs for patients who could benefit from the newest research evidence. A recent effort to use social media in the area of children's pain (the #ItDoesntHaveToHurt campaign) has reached over 130,000,000 million people and has provided evidence of behavioural change among those targeted by the campaign. Inspired by the success of #ItDoesntHaveToHurt, we will discuss the development and evaluation of a social media campaign focusing on pain in dementia (#SeePainMoreClearly). We will also present general methods suitable for maximizing the effectiveness and reach social media KT efforts. These methods can be applied to any area of knowledge related to health psychology. The symposium will conclude with a trainee perspective on how to develop a thesis and data collection approach based on KT using social media.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53111 - Symposium

[Presented in CPA 2020 Virtual Series]

Are we Successfully Translating Research Knowledge Into Practice? Successes and Pitfalls of Existing Knowledge Translation Research

Presenting Author: Gagnon, Michelle M.

Abstract: In recent years, programs aimed at increasing access to and use of research findings by end-users – often referred to as knowledge translation (KT) or implementation and dissemination research –have mounted. This presentation will examine the successes and pitfalls of existing KT research. First, findings from our development and implementation of an in-service pain management education program in long-term care will be reviewed. As is typical with such programs, trainee satisfaction with the program was elevated, but widespread and long-term practice changes were not reported. The challenges detected in this program served as the impetus for a series of systematic reviews of KT programs targeting health-care professionals' and parents' management of pediatric pain. Our findings from these reviews will be discussed through a critical examination of knowledge, practice, patient, dissemination, and implementation outcomes across programs. Although a multitude of programs exist, traditional KT approaches are limited in their impact on patient outcomes and do not lead to widespread implementation or sustained change. Recommendations based on the overarching themes emerging from our research will be reviewed, with particular focus on the need for innovative approaches that are tenable, sustainable, and attractive to end-users.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 53126 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

#SeePainMoreClearly: Implementation and Systematic Evaluation of a Social Media Knowledge Mobilization Campaign on Pain in Dementia

Presenting Author: Hadjistavropoulos, Thomas

Abstract: People with moderate to severe Alzheimer's Disease and other dementias have limited ability to communicate the subjective state of pain due to the cognitive impairments that accompany the dementing process. As such, pain is underrecognized, underassessed and undertreated in these populations and many patients suffer in isolation. While evidence-based solutions are available, they are not implemented widely, in part, due to gaps in continuing education and in policies regulating pain assessment in long-term care facilities. Inspired by the highly successful #ItDoesntHaveToHurt knowledge translation (KT) initiative, that focused on the area of children's pain, we launched a campaign to raise awareness about the problem of pain in dementia and to disseminate information about evidence-based practices (systematic observation of pain behaviours) and solutions. Within its first month, the campaign produced approximately 2,700,000 impressions on Twitter, with the hashtag having been used in over 12 countries. Ten media stories covered the campaign in its first month alone. Detailed impact information will be presented. The presentation will also outline recommended steps to be taken in the development of social media KT campaigns, web-based analytics as well as other methods that can be used to evaluate the reach and impact of KT campaigns using social media.

<i>**Section:** Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement</i>
Session ID: 53127 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

A Student Perspective: How to Develop a Thesis Based on a Social Media Knowledge Mobilization Project

Presenting Author: Castillo, Louise

Abstract: Initial research on knowledge mobilization (KM) using social media has shown promising success in circumventing delays inherent in more traditional KM practices. Moreover, there is evidence that social media KM can positively impact stakeholder behaviour. Nonetheless, methodologies for systematically evaluating social media KM initiatives are in their infancy. This presentation will outline challenges that a trainee interested in evaluating social media-based KM may face in developing a thesis and an associated data collection strategy. When it comes to social media dissemination of research knowledge, experimental designs (e.g., randomized trials) are not feasible and traditional methodologies can pose barriers to collecting, analyzing, and interpreting the data. Available data driven approaches for social media KM research will be outlined and described in detail. Such approaches include analytics and software that can be used to evaluate the reach of social media messages, quantifiable questionnaires that are tied to the social media content, mainline media uptake of the KM messaging, and methods of recruiting and interviewing people who have interacted with the social media content. New data based on a thesis evaluating a social media KT effort will be presented.

<i>**Section:** Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement</i>
Session ID: 53128 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Understanding sex and romance: Mental representations of others affect sexuality and relationships

Moderator: Guilbault, Valerie

Abstract: Attachment theories have suggested that mental representations of close others can influence us in a number of ways ranging from our sexuality, mate selection, and interactions with romantic partners. This symposium explores how mental representations of a romantic or sexual partner can affect relational and sexual adjustment. Its novelty and pertinence is displayed in the varied and novel methodological and statistical approaches used to study these phenomenon. Using a newly developed coding scheme to analyze memory narratives, Speaker 1 explores the association between the integration of relational and sexual representations in a significant sexual episodic memory and individuals' sexual adjustment. Speaker 2 uses a priming procedure in a speed-dating to test the effects of the subliminal activation of a significant memory from a past romantic relationship on attraction towards dates and desire for future interactions. Through 3 studies, Speaker 3 examines how attachment representations and romantic passion relate to a wide range of conflict resolution strategies in a romantic relationship cross-sectionally as well as longitudinally. These findings inform about the ways mental representations of others influence our sexual and relational lives, which may be used by social actors to design interventions aimed at supporting individuals' sexual and relational adjustment.

<i>**Section:** Social and Personality Psychology / Psychologie sociale et de la personnalité</i>
Session ID: 53117 - Symposium

Sexual adjustment: Understanding from the integration of sexual and relational representations

Presenting Author: Therriault, Christine
Additional Authors: Philippe, Frederick L

Abstract: Attachment theories suggest that the integration of sexual and relational representations should result in high sexual adjustment, but supporting evidence has remained indirect. This research propose a novel coding scheme to directly measure the cognitive integration of sexual and relational representations in episodic memories and examine how it relates to sexual adjustment (sexual satisfaction, sexual passion, and sociosexuality). Participants (n = 142) answered an online questionnaire assessing their sexuality and in which they were asked to describe a sexual memory. Results showed that a strong integration of sexual and relational representations in a memory was positively related to sexual satisfaction and harmonious sexual passion, and negatively related to obsessive sexual passion and sociosexual desire, thus suggesting that high integration reflects high sexual adjustment. Interestingly, there was no association between sexual and relational integration and sociosexual attitudes or behaviors. This suggests that poor integration isn't necessarily associated with liberal attitudes about sexuality or with an active sexual life, but only with sociosexual desire, a motivational state characterized by sexual interest and arousal. This novel comprehension highlights individual factors implicated in sexual adjustment and shows a more nuanced picture of sociosexuality.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54939 - Paper within a symposium

In search of love: Priming memories of past relationships affects ratings of dates in speed-dating

Presenting Author: Guilbault, Valerie
Additional Authors: Philippe, Frederick L

Abstract: Research shows that memories of meaningful past events can affect people's current well-being in general and in romantic relationships through the satisfaction of three basic psychological needs. Literature also suggests that these memories retain their directive function even after relationship dissolution, but this hypothesis has not yet been tested. This research used a speed-dating methodology to explore the effects of memories from a past romantic relationship on attraction towards dates and desire for future interactions. Participants (n = 62) filled an online questionnaire in which they reported their need satisfaction in a significant memory about a past romantic relationship and associated memories, and then participated in a speed-dating event. During the speed dating, they were either subliminally primed with their own memory or not. After each date, they rated their attraction and desire for future interactions with their date. Using the Social Relations Model, results showed a significant interaction between priming conditions and need satisfaction in the memory network on attraction towards dates and desire for future interactions. For primed participants, memory network need satisfaction predicted attraction and desire for future interactions. These results show that memories of a past romantic relationship can implicitly influence judgment of new dates.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54942 - Paper within a symposium

Lovers' conflicts: The role of attachment styles and romantic passion

Presenting Author: Paquette, Virginie
Additional Authors: Rapaport, Maylys; Vallerand, Robert J

Abstract: Research shows that attachment styles, i.e. mental representations of significant relationships, influence conflict resolution in romantic relationships. Yet, the process explaining this relationship is unclear. Romantic passion, which relates to mental representations of romantic partners and conflict resolution, might explain this relationship. This research explored the role of attachment styles as determinants of romantic passion and investigated the mediating role of romantic passion in the relationship between attachment styles and conflict resolution. Participants, recruited via MTurk, filled an online survey. In Study 1 (n = 295), secure attachment was positively, and avoidant attachment was negatively, related to harmonious romantic passion (HRP). Moreover, both secure and anxious attachment styles were positively related to obsessive romantic passion (ORP). Study 2 (n = 489) replicated and extended these findings by demonstrating that HRP and ORP predicted the use of adaptive and maladaptive conflict resolution strategies, respectively. Using a prospective design, Study 3 (n = 308) replicated these findings over time. These results show that even secure individuals may engage in maladaptive conflict resolution strategies if they are obsessively passionate. This suggests that couples therapists may benefit from focusing on romantic passion as well as attachment.

Imagining all the people: Mental representations of exceptional group members

Moderator: Giacomin, Miranda

Abstract: People develop vivid mental images in their mind's eye when asked to imagine an average group member. These visual representations are often the result of stereotypes that accurately represent most members within a domain. Yet, many groups and group members in the real world do not fit a domain's prescribed mold; what happens when people apply broad stereotypes to exceptional groups and group members? In this symposium, we will explore how people flexibly apply stereotypes and interpersonal judgments when forming impressions of others. The first speaker will consider how stereotypes of social groups change the way traits are construed. The second speaker will discuss how trait-based inferences may affect perceptions of women in typically male-dominated roles. Finally, the third speaker will examine how people integrate and adapt stereotypes to make accurate inferences about a person's social rank from facial cues. Together, the findings presented in this symposium will examine the generalizability and limits of stereotypes that people use when perceiving diverse group members found in the real world.

Stereotypes shift the space of facial impressions across social categories

Presenting Author: Xie, Sally Y
Additional Authors: Flake, Jessica K

Abstract: People form impressions of others from their facial appearance. Modern theoretical models argue that these impressions are universally underpinned by two dimensions: Valence and Dominance. However, research has yet to examine their generalizability to individuals from different race × gender categories. Given that stereotypes about different social groups influence how members of those groups are perceived, we explored this question by fitting 290,641 ratings of 873 diverse faces (from 3,619 participants) on 14 traits demonstrated to emerge spontaneously in facial impressions. Using a structural equation modeling framework, we built confirmatory factor models of the theoretical Valence-Dominance dimensional space, and examined fit across targets' race × gender. Study 1 revealed that these widely-adopted models fit poorly across all groups, and may be vastly oversimplifying the complex space of trait impressions inferred from faces. Study 2 revealed that this 'face-trait space' varied across race × gender categories: impressions of women, and White targets, were more homogeneous overall. These race × gender differences were partially explained by stereotypical associations unique to each group (e.g., dominant White men are trustworthy, whereas dominant Black men are not trustworthy), demonstrating that top-down stereotypes can shift the conceptual space underlying impressions.

Cognitive perceptions of women in male-dominated leader roles

Presenting Author: Brown, Kristen
Additional Authors: Giacomin, Miranda

Abstract: People's conceptions of leaders (e.g., dominant, powerful) contrast their stereotypes about women (e.g., warm, submissive), which impedes the promotion of female leaders in the workplace. Past research has found that people can identify male leaders across multiple leader domains, from facial appearance alone. Here, we investigated people's mental representations of female leaders. In Study 1, we examined people's cognitive representations of female leaders across different domains (i.e., business, military, politics, sports). People could accurately differentiate female business and political leaders from female military and sport leaders. In Study 2, we investigated the trait judgments that contribute to these prototypes. Perceptions of masculinity and competence predicted perceptual differences between leader types. In Study 3,

we found that people's perceptions change when they become aware of a female leader's status. Across three studies, we found that people have distinct mental prototypes about different female leader-types, which change when people become aware of a women's status as a leader.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54016 - Paper within a symposium

Faces Made for Stages: Perceptions of Leadership in Creative Ensembles

Presenting Author: Tian, Laura
Additional Authors: Alaei, Ravin

Abstract: Leaders often stand out from their followers in both their ability and appearance. Whereas appearance cues may affect leader selection in competitive, interpersonal domains, such as politics and business, they may also influence leadership within more pluralistic domains. Here, we investigated whether people could distinguish leaders from followers within various creative ensembles. Participants in Study 1 could discern principal ballet dancers from their lower-ranking counterparts by using accurate stereotypes of unattractiveness, facial maturity, and coldness; in contrast, first-chair musicians of orchestra sections did not look different from other musicians within their section. Participants in Study 2 could also distinguish leaders from followers in indie/folk bands and rock/metal bands by using cues of attractiveness and youthfulness, respectively, suggesting that leaders may exhibit cues that are distinct or unusual within a domain. Last, we also examined whether appointing highly prototypical leaders yielded downstream advantages in Studies 3 and 4: Groups benefited from having prototypical leaders such that ensembles with more prototypical leaders elicited better recall and enjoyed greater commercial success. Taken together, our findings extend theories positing that implicit leader prototypes allow for accurate perceptions of leadership and influence group outcomes.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54018 - Paper within a symposium

Self-Concept Clarity and Interpersonal Processes

Moderator: Tissera, Hasagani; Kubin, Dita

Abstract: Having a clear, well-defined sense of self (i.e., self-concept clarity) relates to many outcomes, including better psychological and physical well-being. Beyond personal well-being, is having a clear self-concept useful for successfully navigating our social world? This symposium focuses on better understanding the ways in which self-concept clarity may benefit interpersonal processes, a burgeoning area of research. The first talk will demonstrate how having a clear self-concept predicts being more accurate about others' impressions of the self. A second talk will describe a series of three studies demonstrating the positive influence of self-concept clarity on empathy for others and helping behavior. A third talk reveals the influence of having a clear self-concept on the evaluation of potential dating partners, using an online experiment employing a novel and ecologically valid dating paradigm. In the last section of the symposium, commentary by the discussant will focus on identifying parallels, as well as differences, across the phenomena presented, toward deriving an integrated understanding of the links between self-concept clarity and interpersonal processes. Together, this symposium highlights the importance of having a clear and stable self-concept across both platonic and romantic relationships, while also setting the stage for future research.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53389 - Symposium

Achieving meta-accuracy: The role of self-concept clarity and self-esteem

Presenting Author: Tissera, Hasagani
Additional Authors: Peters, Megan

Abstract: We often wonder about what others think of us and these beliefs, namely metaperceptions, shape our social worlds. Metaperceptions are especially useful when they are accurate as faulty metaperceptions may lead one astray. But, who is likely to be meta-accurate? Guided by past work, we tested the influence of two factors: self-concept clarity (SCC) and self-esteem (SE). Perhaps those with a clearer self of self and those holding positive self-views are more likely to rely on their self-views to form metaperceptions. Relying on self-views may enhance meta-accuracy as people tend to be seen in line with their self-views, and this is especially the case for those high in SCC and SE. Thus, both SCC and SE may enhance meta-accuracy. To test this idea, participants (N=338) engaged in a round-robin design where previously unacquainted individuals met for 3-minutes. Both SCC and SE predicted greater meta-accuracy. However, the association between SCC and meta-accuracy was no longer significant when controlling for SE, whereas SE continued to predict meta-accuracy when controlling for SCC. Thus, positive self-views predicted forming more accurate metaperceptions, which may have important downstream consequences such as better interpersonal well-being. Overall, this research helps shed light who is more likely to achieve meta-accuracy, a helpful tool in navigating our social world.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53431 - Paper within a symposium

The role of self-concept clarity in guiding dating partner evaluations

Presenting Author: Kubin, Dita
Additional Authors: Lydon, John

Abstract: A great deal of research shows that people are more attracted to similar others and that partner similarity is positively linked to relationship satisfaction. Research also suggests that clearly defined and stable self-beliefs (i.e., self-concept clarity) may help guide decision making. We bridged these two ideas from diverse literatures and tested if being higher in self-concept clarity helps people select better dating partners - those who are similar to them. In an on-line experimental study (N=184) participants first self-reported on self-concept clarity, self-esteem, personality traits, and attitudes, and then evaluated descriptive profiles of ostensible single others in terms of interpersonal attraction and match judgments. Participants' personality and attitude information was used to generate the fictitious profiles which differed in terms of how similar/dissimilar they were to each participant. Controlling for self-esteem and gender, results revealed a stronger positive relationship between self-other similarity and partner evaluations for those who were higher, vs lower, in self-concept clarity. Furthermore, those with lower, vs higher, self-concept clarity liked dissimilar and moderately similar others more, and thought they made for better partner matches. Findings suggest that self-concept clarity helps guide evaluative judgments about potential dating partners.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53659 - Paper within a symposium

Lacking a clear and stable sense of self undermines empathy and helping behavior

Presenting Author: Krol, Sonia

Abstract: Empathy is fundamental to social functioning. While empathy involves sharing the emotional experience of another, research also shows the importance of distinguishing the self from the other for optimal empathic responding. Without adequate self-other distinction, sharing another's emotions can induce personal distress, a self-focused aversive reaction that often leads to withdrawing from the situation, rather than empathic concern, an other-oriented response of care. To date, no work has examined the psychological factors that might facilitate such self-other distinction in empathy. We show that self-concept clarity (SCC) may be important in this respect. In Study 1, we show that low SCC is related to more dispositional empathic personal distress and less empathic concern. In Study 2, using the classic Katie Banks paradigm, we show that these associations hold in an actual empathy-inducing situation. SCC also predicts helping behavior, an effect mediated by personal distress and empathic concern. Finally, in Study 3, we again use the Katie Banks paradigm but in an experimental framework; consistent with Study 2, state SCC predicts personal distress, empathic concern and helping. Our findings highlight the importance of a clear self-concept for empathy and suggest that interventions aimed at increasing empathy may be less effective in the presence of an unclear sense of self.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53660 - Paper within a symposium

Consequences of personal, interpersonal and collective identities for well-being and relationships

Moderator: Mignault, Marie-Catherine

Abstract: A clear, coherent identity, the assortment of characteristics that defines a person or a group, relates to social functioning and stable psychological well-being. Research on identity to date has investigated three distinct dimensions separately: personal, interpersonal, and collective identities. Because these dimensions likely mutually influence one another to foster an integrated sense of self, the proposed symposium aims to examine identity processes across the three dimensions. First, we will investigate identity at the personal level, exploring whether individuals who accurately express their personality also accurately express their emotions in first impression contexts, and how these two types of self-expression relate to well-being. Second, we will focus specifically on the link between accurate emotion expression and depressive symptoms. Then, we will explore the interplay of personal and interpersonal identities in romantic relationship contexts, examining how identity integration promotes the inclusion of romantic partner characteristics into one's sense of self. Finally, we will investigate the influence of collective identity on interpersonal identity in romantic relationships, specifically examining how marginalization against intercultural couples may represent a threat for the couple's identity, and how it in turn relates to lower relationship satisfaction.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 53823 - Symposium

On accurately expressing one's personality and emotions in first impressions: Links to well-being

Presenting Author: Mignault, Marie-Catherine
Additional Authors: Thierry, Sophia

Abstract: Individuals vary in their expressive accuracy, their tendency to be perceived in line with who they are and how they feel (Funder, 1995). Whereas some people are high in expressive accuracy, making their personality or emotions easy to accurately perceive, others are more mysterious, harder to accurately perceive. But are those who express their personality accurately the same individuals who express their emotions accurately? Further, does well-being, one of the strongest predictors of personality expressive accuracy (Human, Mignault, Rogers, & Biesanz, 2018), also relate to accurately expressing one's emotions? In a round-robin paradigm (Ntargets = 547, Ndyads = 3055), participants engaged in getting-acquainted interactions and rated their own as well as one another's personality and emotions. On average, people were seen both in line with their personality and with their emotions, but accurately expressing one's personality did not predict accurately expressing one's emotions. Further, well-being was related to personality accuracy, but not to emotion accuracy.
This suggests that different characteristics may be at play in determining whether people will accurately express who they are and how they feel.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54243 - Paper within a symposium

Effects of target depression on perceiver empathic accuracy

Presenting Author: Gregory, Amy J. P.
Additional Authors: Nitschke, Jonas P.; Human, Lauren J.; Bartz, Jennifer A.

Abstract: Depression is linked to many interpersonal problems, due in part to trouble perceiving and understanding emotions. Depression may also inhibit emotion expression, impacting how well others can read a depressed individual's emotions. The present study examines how a target's depression influences a perceiver's empathic accuracy (EA) for the target's emotions. Targets completed a depression measure before being videotaped describing emotional autobiographical events (N = 75). Targets rated their own emotion valence throughout each video. Perceivers then watched the videos and

also rated targets' emotional valence. EA scores were created for each video by calculating the correlation between target and perceiver ratings. Multi-level model analyses found that perceivers had higher EA when rating positively valanced videos (b = .17, p

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55063 - Paper within a symposium

Marginalization of intercultural couples: Identity integration and relationship quality

Presenting Author: Yampolsky, Maya
Additional Authors: West, Alexandria L.; Muise, Amy; Lalonde, Richard L.

Abstract: Marginalization against intercultural couples sends a message to partners in these couples that they do not belong together, which may reverberate to the level of their identities. Study 1 examined individuals in intercultural couples (N = 242) and Study 2 used a dyadic approach to examine both partners in intercultural couples (N = 516). Results demonstrated that greater perception of relationship marginalization against one's intercultural couple predicted separating the couple identity (e.g., "lover," or "spouse") and the cultural identity, or feeling forced to choose between them, and negatively predicted integrating these identities together (Studies 1 and 2). Integrating these identities predicted greater relationship quality for oneself (Studies 1 and 2) as well as for their partner (Study 2), while separating these identities or choosing one's cultural identity over one's couple predicted lower relationship quality for oneself (Studies 1 and 2) and for one's partner (Study 2). The current studies demonstrated the relevance of perceived marginalization for both partners' experience of connection or division between their cultural and couple identities.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55227 - Paper within a symposium

Inclusion of a partner's identity in the self and identity integration

Presenting Author: Caron-Diotte, Mathieu
Additional Authors: de la Sablonnière, Roxane

Abstract: Common sense says that, given enough time, couples start to act alike. Research on close relationships indicate that a sense of Inclusion of the Other in the Self (IOS) is associated with increased inclusion of a partner's characteristics in one's self. However, studies on social identities demonstrate that multiple identities can be included in an individual's self, but that they differ on their compatibility, coherence, similarity and importance. Identities perceived as not in conflict and of similar importance are qualified of integrated. This study aims to replicate previous studies on IOS as well as to understand how integration is related to the inclusion of a partner's identity in the self. It is predicted that the more individuals perceive their own and their partner's identities as integrated, the more they should include the latter characteristics in their self. Participant (N = 245) answered to a me/not-me task about their current or ex-partner or an imagined one, an IOS measure and an identity integration scale. Results from mixed models suggest that, as expected, higher identity integration is associated with more inclusion of the partner's characteristics in the self. However, contrary to previous findings, IOS itself did not predict this effect. Thus, inclusion of another individual's identity into the self is driven by the perception of coherence and similarity.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55350 - Paper within a symposium

Brief interventions to cultivate wisdom, stronger relationships and school persistence

Moderator: Auger, Emilie

Abstract: In the last decade, social psychology has offered fertile ground for the development of brief social-psychological interventions aimed at cultivating positive change in real-world contexts. Short theory-based interventions that utilize key social psychological processes can help people flourish by altering how they think and approach their personal experiences. This symposium brings together intervention research aimed to foster resilience and growth using a broad range of social psychological perspectives – cognition, close relationships, and group identity. Three talks illustrate the benefits of perspective-based, value-based, strength-based interventions. Dorfman describes the effect of longitudinal perspective-based intervention on wise reasoning in the context of social conflicts. Auger describes how a brief value-affirmation intervention may help college students feel connected to their cherished values and authentically understood by close others. Finally, Debrosse presents a randomized controlled trial showing that the resilient strategies task can reduce academic disengagement among students from a stigmatized minority group. The papers will reveal how to promote wisdom, improve relationships, and motivate academic performance. We will discuss the implications of developing such interventions and how interventions can be brought back into the lab to inform theories.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54015 - Symposium

Training wisdom in daily life – Evidence from diary-based interventions

Presenting Author: Dorfman, Anna
Additional Authors: Grossmann, Igor

Abstract: Social conflicts are a part of life. Yet, the consequences of facing such adversity are unclear, presenting a puzzle. While reflecting on difficult experiences can lead to maladaptive reasoning and worsen mental health, such experiences are often seen as a pathway to growth: Positive changes in the self and in relationships. I will unpack this paradox by suggesting that different ways of approaching social conflicts impact subsequent trajectory of growth vs. decline. Adopting a self-distant perspective can promote a big-picture view of the conflict, allowing for more wisdom (intellectual humility, open-mindedness, consideration and integration of diverse viewpoints). Two studies tested the utility of self-distancing intervention for training wisdom in daily life. In Study 1's month-long intervention, people adopted self-distant (3rd-person) of self-immersed (1st-person) perspective when reflecting on daily experiences. Assessment of spontaneous wise reasoning before vs. after the intervention revealed growth following self-distancing. Study 2 replicated this effect in a week-long intervention–daily self-distant reflection promoted greater gains in wise reasoning after the intervention, as compared to self-immersed and no-instruction control conditions. The present research demonstrates a path to evidence-based training of wisdom via the practice of self-distant reflection.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54901 - Paper within a symposium

A brief affirmation-based intervention targeting feelings of being understood

Presenting Author: Auger, Emilie

Abstract: Students with racial/ethnic minority or low SES backgrounds highly value interdependence: Indeed, they often see their relationships as an important part of who they are. This orientation towards interdependence sometimes conflicts with the mainstream culture established in academic contexts, however. School can also evoke concerns about belonging and performance as they are facing high levels of stress in school. Research shows that a brief value affirmation intervention (writing about personal values) can lift underrepresented students' achievement. Is it possible that affirming values in the context of a relationship is even more effective, for students oriented towards interdependence? Exploratory Study 1 (N=126) suggests that it may be: value-affirmation improved outcomes of at-risk individuals to the extent that they also felt understood. Study 2 directly test this idea in a randomized control trial (N≈240, data collection ends March 2020). Students assigned to our novel intervention reflect on how a close other recognized their most important values. We examine whether this relational-based value-affirmation yields similar benefits as the traditional intervention. Effects on both school performance and belonging will be reported. This research aims to maximize the effects of successful interventions to ensure that students with a wide range of experiences can all thrive.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54904 - Paper within a symposium

Finding strength in connections: Fostering a sense of fit between racial/ethnic and ideal selves

Presenting Author: Debrosse, Régine

Abstract: Perceiving alignments between school and their racial/ethnic community could be pivotal in transforming the paths of stigmatized students. While academic performance is impeded when students do not perceive a link between academic achievement and their community or when they are aware of negative stereotypes about their community in school settings, recent findings indicate that perceiving a high fit between students' racial/ethnic self and their ideal future self is associated with lower academic disengagement. The present randomized controlled trial tested a task designed to foster such a sense of ethnic/ideal fit. Adolescents (n = 380) were assigned to complete no task, a voice task (relevant to ideal and racial/ethnic selves but not promoting fit), or a resilient strategies task (making them aware of Black/Latinx community strategies to surmount work, school, and life obstacles). As hypothesized, the resilient strategies task directly reduced academic disengagement, but only for Black/Latinx students. The resilient strategies task also indirectly reduced academic disengagement for all students, Black/Latin or not, insofar as it increased their sense of ethnic/ideal fit. As it might foster two paths towards school persistence for a wide array of students, the resilient strategies task could be a helpful component to incorporate in future school programs.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54910 - Paper within a symposium

A biopsychosocial exploration of emerging research in cross-cultural psychology

Moderator: Benkirane, Sarah

Abstract: With increased societal attention on issues such as multiculturalism and immigration, the field of cross-cultural psychology continues to expand, and the range of research produced in the field broadens. This symposium presents a variety of novel research in the field. Highlighting the importance of a biopsychosocial approach to cultural psychology, this symposium will showcase research in the domains of psychophysiology, social psychology and linguistics. Furthermore, this symposium emphasizes the unique contributions of both qualitative and quantitative methods to the field of cross-cultural psychology. Themes including acculturation, integration and social norms will be explored using this framework. Specifically, presenters will touch on the role for cardiovascular predictors in determining engagement with mainstream culture (Benkirane et al.), parental autonomy support versus allocentrism (Chan & Young), cross-gender handshaking as a cultural norm (Nazeer et al.) and mispronunciation of international students' names as a predictor or satisfaction with the host society (Zhang & Noels). Finally, this symposium highlights the diversity of our field and the necessity of an interdisciplinary approach to cross-cultural psychology.

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 54080 - Symposium

Behavioural Intentions Towards Cross-Gender Handshaking Predicted by Religiosity and Religious Norms

Presenting Author: Nazeer, Maria M.
Additional Authors: Cila, Jorida ; Mirnajafi, Zahra ; Krakowitz, Leah

Abstract: Handshaking is a normative practice in Western culture, but for certain religious minorities, handshaking is deemed unacceptable as it is a form of physical touch between the sexes that conflicts with interpretations of religious teachings. Our project gains insight into handshaking experiences for young Muslim and Jewish Canadians. We focus on how dimensions of religiosity, religious norms regarding handshaking, acculturation to mainstream Canadian culture, and sexism (hostile and benevolent) relate to general cross-gender attitudes and behavioral intentions across different domains. Study 1(N= 231) showed that higher religious fundamentalism, religious identity, stronger religious norms of cross-gender handshaking

abstinence, and lower acculturation to Canadian culture were associated with less favourable cross-gender handshaking views and intent. No significant relationships were found between measures of sexism and cross-gender handshaking, suggesting the independence of religiosity from sexism. Study 2 (N = 110) revealed similar relationships, three religiosity measures and norms were negatively correlated with favourable cross-gender handshaking views and intent. Findings highlight the role of religion, religious norms on cross-gender handshaking among young Muslim and Jewish Canadians. This research has implications in both social and professional contexts.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54321 - Paper within a symposium

Understanding Acculturation Through the Lens of Psychophysiology

Presenting Author: Benkirane, Sarah
Additional Authors: Doucerain, Marina M.

Abstract: The Canadian population is increasingly multicultural. In fact, according to the 2016 census data, 20% of Canadians are foreign born. This demographic shift has undoubtably generated new interest for the field of international and cross-cultural psychology. However, despite the rise in interest and prevalence of cross-cultural psychology - particularly in integration and acculturation - most of the research in the field focuses on the social and psychological determinants of immigrants' acculturation trajectories. Currently, little is known about the biological determinants of acculturation. This presentation will review novel research at the intersection of psychophysiology and cross-cultural psychology. A psychophysiological study conducted among first generation Maghrebi immigrants (N =118) will be presented. In this study, a hierarchical regression is used to demonstrate the role of respiratory sinus arrhythmia (RSA) in predicting immigrants' engagement with mainstream culture. Furthermore, a second regression demonstrates the influence of vagal flexibility (VF) perceived discrimination. Finally, this presentation will discuss the importance of adopting a biopsychosocial framework in the study of acculturation as well as future directions at the intersection of physiology and cultural psychology.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54713 - Paper within a symposium

Parental Autonomy Support, Allocentrism, and Family Functioning in Second-Generation Immigrants

Presenting Author: Chan, Jacky
Additional Authors: Young, Marta

Abstract: The autonomy-relatedness framework proposes that autonomy and relatedness are two basic human needs for individuals across cultures and the lifespan. Both are especially pertinent to the well-being of second-generation immigrants in the West because they are simultaneously socialized to the value of individualism and collectivism from a young age. Previous studies found that both parental autonomy support and family allocentrism positively predicted parental relationship satisfaction amongst immigrant children and adolescents. Less work has focused on the impact of these two constructs on family domain functioning amongst immigrant emerging adults. The goal of the study was to understand how parental autonomy support and family allocentrism are related to parent-child congruence and parent-child conflict in a sample of second-generation East-Asian immigrant emerging adults. The indirect effects of bicultural identity integration on the above relationships were tested. This study (N=140) found that parental autonomy support positively predicted parent-child congruence and negatively predicted parent-child conflict in this sample. Family allocentrism had no effect on parent-child congruence and positively predicted parent-child conflict. Bicultural identity integration was found to partially explain the relationship between parental autonomy support and parent-child congruence.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54724 - Paper within a symposium

Prevalence and Impacts of Heritage Name Mispronunciation Among International Students

Presenting Author: Zhang, Doris
Additional Authors: Noels, Kimberly A

Abstract: Names carry great personal, familial, and ethno-cultural meanings. Any distortion, such as mispronunciation, may be perceived as a violation of self-image. However, due to dissimilarities between different language systems, mispronunciation of names can be common and upsetting experiences among international students (IS). The current study incorporates the voices of IS to better understand the prevalence and importance of correct pronunciation of their heritage names. Non-native English speaking IS at a Canadian university (n=173) completed an online questionnaire and a thematic analysis was conducted. Consensus was reached among three independent coders. Specifically, IS who were relatively unconcerned about the mispronunciations of their heritage names seemed to 1) acknowledge and understand the pronunciation difficulties among non-native speakers of their heritage language; and 2) perceive the mispronunciation as unintentional/benevolent in nature. On the contrary, IS who regarded correct pronunciation as important believed that 1) one's heritage name is associated with oneself on personal, familial, and ethno-cultural levels; 2) correct pronunciation conveys respect; and 3) accurate pronunciation strengthens host connectedness. In sum, IS in Canada appear generally accepting and understanding toward the mispronunciations of their heritage names.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55348 - Paper within a symposium

Severe sexual violence against women

Moderator: Higgs, Tamsin

Abstract: The target audience for this symposium is those tasked with making recommendations in the complex cases of the perpetrators of severe sexual violence - for whom the available evidence base suffers important shortcomings, as will be demonstrated herein. In this context the research to be presented is of the utmost importance given the gravity of this responsibility; the magnitude of personal and societal harm is arguably greater in these cases than for most other kinds of interpersonal crime. This symposium will bring to the convention some of the latest work to address understudied aspects of forensic psychology. The first paper focuses on a largely neglected topic, namely sexual coercion in intimate relationships. The second paper discusses the trajectories that culminate in sadistic sexual behaviours against women. The third paper proposes a novel theoretical model to understand the typically overlooked heterogeneity among sexual murderers. Each presenter will consider the clinical application of their research within the overarching goal of preventing reoffending among serious sexual offenders.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 54707 - Symposium

[Presented in CPA 2020 Virtual Series]

Sexual coercion in intimate relationships

Presenting Author: Proulx, Jean
Additional Authors: Ouellet, Frédéric

Abstract: According to Basile and Hall (2011), sexual coercion in intimate relationships is a distinct phenomenon, although correlated with forms of non-sexual coercion. Nevertheless, there is a scarcity of studies on marital rape, defined as sexual coercion by a current or former intimate partner. The majority of these studies rely on victim reports only. In a sample of 43 marital rapists, Proulx and Beauregard (2014) found three offending process pathways (i.e. angry, hypersexual, and lonely) that share several factors with types found in maritally violent men (Monson & Langhenrichsen-Rohling, 1998), but that also differ on several features. Consequently, the aim of the current study was to investigate trajectories to sexual and non-sexual coercion in intimate relationships. The total sample included 109 men incarcerated for physical and/or sexual violence against their intimate partner. For each of these aggressors, data were collected as to external (e.g. job loss, divorce) and internal (e.g. cognitive distortions, negative emotions) events during each month of the two years preceding the coercive behaviours

against their intimate partner. On the basis of latent class analysis, three trajectories were identified: the hypersexual path, the control path, and the anger path. Each of these trajectories is characterised by specific precursors and disinhibitors to marital violence.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54716 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Validation of a multifactorial model of sexual sadism

Presenting Author: Gauthier, Alexandre
Additional Authors: Proulx, Jean; Garant, Étienne

Abstract: Longpré, Guay & Knight (2018) developed a multi-trajectory model of childhood, adolescence and adulthood problems and lifestyles in sadistic sexual aggressors. They identified three paths leading to sexual sadism: the schizoid, the disinhibition and the narcissistic-meanness paths. These paths share common ground in early childhood, but diverge later on in life. The current study aimed to replicate and extent their study with a Canadian sample, and additional variables as to the sexual and the general lifestyle of the offenders. The sample consisted of 180 extra-familial sexual aggressors of women. Based on latent class analysis, we identified two developmental paths. The schizoid avoidant path is characterized by severe sexual and physical victimization in childhood and also social isolation, low self-esteem and sexual sadistic fantasies in adulthood. The antisocial path is also characterized by severe victimization in childhood, but also polymorphic criminal behaviours, sensation seeking activities and a partying lifestyle in adolescence and adulthood. These two paths share similarities with Longpré et al. (2018). Our avoidant schizoid path largely corresponded to their schizoid path and the antisocial path shared several features with both the disinhibition and narcissistic path. The theoretical implications of these results will be presented.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54719 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Development of the Multi-Trajectory Model of Sexual Murder

Presenting Author: Higgs, Tamsin

Abstract: A limited body of empirical research has addressed common misconceptions of sexual murder, including the familiar mediatised image of the psychopathic serial killer. Contrary to such misconception, sexual murder encompasses a range of quite different types of fusion of violence and sexual behavior. Yet, theorization has so far entirely neglected this heterogeneity. Thematic of this symposium, a more nuanced understanding of the perpetrators of extreme acts of sexual violence is necessary in order to implement evidence-based risk management policies. In this presentation, findings will be discussed from the internationally largest sample to date of sexual murderers to include both criminal event data and developmental, psychosocial, and criminal trajectory data. A study including 181 sexual murderers, with a comparison group of 72 non-homicide sexual aggressors, will be presented. Results from a multinominal logistic regression analysis suggested three trajectories among perpetrators of fatal and non-fatal sexual aggression, differing based on psychosocial responses to early adversity. Consequently, a new differential motivational model will be described.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 54722 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Extremism & Terrorism: International Perspectives

Moderator: Nussbaum, David

Abstract: Extremism and Terrorism is prevalent across the globe. Extremism comes in many forms including secular and religious ideologies. This symposium will provide perspectives on different strains of Extremism and Terrorism in India, Kenya and Iran, and the roles that psychological science and interventions play in different countries to ameliorate the intrinsic threats and improving the prospects for de-escalation and promoting possible non-violent solutions for ideological differences.

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 54839 - Symposium

[Presented in CPA 2020 Virtual Series]

Group Absorption Processes among Salafi-Jihadists Terrorism in the Middle East: A Qualitative Study

Presenting Author: Karimi, Yusuf

Abstract: This presentation aims to investigate the processes of group assimilation in the Jihadist Salafist in the Middle East. The study includes ordinary Kurdish people, located across the western borders of Iran, with tendency toward the Jihadist Salafist groups. Based on the experience of the participants, the study constructs two important themes each including some other sub-themes; ''conformity with the group'' and the concerns on the ''exclusion from the group'' are two main themes expressed by the participants. The conformity with group includes following sub-themes 1) Idealization of the group and assimilation into the leader 2) Effort to establish a strong tie with the group 3) Direct and non-hierarchical agency in the group 4) The effects of collective empathetic emotions. The exclusion from the group includes two sub-themes; 1) Intra-group exclusion (exclusion from the group mates), 2) The exclusion form the outsiders that is non-Muslims. The results of the study indicate the special importance of a sense of belonging to a group and the exclusion from the group in recruiting people to jihadist groups.

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 54842 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Kenyan Model for the Prevention of Radicalization and Countering Violent Extremism (CVE):

Presenting Author: Mumah, Solomon J

Abstract: This paper aims to present for inspirational purposes, some of the best practices and lessons learned from the Kenyan experiences with preventing and countering violent extremism (CVE). Recognizing that radicalization and violent extremism is a complex challenge that requires responses across sectors and governance levels, the Kenyan approach to CVE is based on systematized multi-agency collaboration between the security sector and various social-service providers on general crime prevention, which have existed since independence in the 1960s. The approach is rooted in years of experience and based on a thorough understanding of criminological risk factors and behaviors. It applies relational and motivational methods, such as mentorship and motivational disengagement, which will be presented during the symposium.

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 54845 - Paper within a symposium

Adult Development and Extremism and Terrorism

Presenting Author: Kohli, Adarsh

Abstract: Extremism is a trait that might become apparent and manifest itself differently across the lifespan. During adolescence and young adulthood, people might have the indomitable spirit to fight against the system or give vent to their aggressive tendencies. Across adulthood, many people mature, become more sober in their judgements, move from oppressive environments, while others continue to harbour these extremist views and remain unsettled all their lives. This

talk focussing on "What follows extremism and terrorism?" First, the talk will describe individual differences in an Indian sample with respect to life after imprisonment, fleeing, impeachment, and reform. The talk will then contextualize these observations in terms of adult development.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 54847 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Techniques of Extremism and Terrorists in a Fractured World

Moderator: Nussbaum, David

Abstract: Reports of extremist ideology of various origins have unfortunately become a staple of newscasts around the world. A principle characteristic of all extremists is an over-focus on a miniscule subset of nodes in very complex and multifaceted systems. Extremists feel threatened by topics and perspectives for which they have no viable logical or empirical rejoinders. Consequently, they have developed methods to silence opposition by a range of techniques spanning psychological machinations (e.g., Political Correctness, and dividing groups of citizens with "identity politics") to legal but insidious infiltration of existing political parties, physical intimidation, selective assassinations, mass violence, or eliminating others by genocidal campaigns. The ultimate goal of extremists is absolute political power, often with the ultimate goal of world domination. Another general feature is playing to emotions rather than cognition because emotions are much easier to manipulate than facts and logic. This symposium will describe in detail three major psychological techniques commonly employed by extremist groups. These include promoting a victimhhod identity to engender hatred for existing systems, recruiting and radicalizing offenders in prisons, and providing disinformation to neutralize an intended target before a physical or political attack.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 54840 - Symposium

[Presented in CPA 2020 Virtual Series]

Radicalization In Prison

Presenting Author: Loza, Wagdy

Abstract: Many reports document that many, if not most, of the heinous terrorism acts committed around the world are perpetrated by offenders radicalized while serving time in prison. During his presentation Dr. Loza will provide a detailed examination of the routes of radicalization in prisons, the psychological process extremists use to radicalize offenders, the reasons for their success and ways to combat it.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 54855 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Construction, maintenance, & promotion of grievance based identities promotes extremism & terrorism

Presenting Author: Erickson, Paul

Abstract: From Black September to ISIS and ANTIFA, throughout history, extremist and terrorist groups have constructed, promoted and maintained grievance centred identities in order to justify their attitudes and actions toward their claimed oppressors. This talk will explore how grievance centred identities are constructed, promoted and maintained, and what some of the implications are for individuals and groups.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 54856 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Thematic Content Analysis Reveals Nonobvious Distinctions Among Extremist Organizations

Presenting Author: Suedfeld, Peter
Additional Authors: Morrison, Bradford H

Abstract: Extremist organizations around the world are operating variously as political parties, pressure groups, social media sources, fund-raisers, recruiters, and terrorist attackers. The current study updates and refines earlier research that looked for psychological differences among extremist organizations that vary in goals and in orientation toward violence in pursuit of those goals. The groups in this study were categorized as non-violent extremist, violence-supporting extremist, and violent extremist organizations, and according to their specific aims: territorial independence, racial or religious domination, environmentalism, or animal rights. Manifestoes, propaganda materials, and communications from the groups' leaders were analyzed for complexity of cognition (integrative complexity) and motivation (motive imagery for achievement, affiliation, and power). Consistent patterns were found that differentiated among the three levels of orientation toward violence.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 55009 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Untangling Links between Acculturation and Psychological Adjustment among Immigrants and Refugees

Moderator: Costigan, Catherine L

Additional Authors: Martínez , Marina

Abstract: Rates of immigration to Canada remain high. In addition, global crises have resulted in unprecedented rates of displacement; in response, nations such as Canada are currently admitting record numbers of refugees. For both immigrants and refugees, settlement in a new country involves complex acculturative changes as individuals are introduced to the behaviors, identities, and values of the new society, while simultaneously retaining important elements of their heritage. Using diverse samples and methods, these three papers address fundamental questions about the relations between acculturation and adjustment. In the first paper, Dr. Saba Safdar and colleagues use samples of Syrian refugees in Canada and Venezuelan refugees in Colombia to explore acculturation processes and positive psychological adjustment. In the second paper, Dr. Ryder and colleagues use longitudinal data to explore the direction of effects between acculturation and adjustment among a sample of immigrants to Canada. Their results suggest that psychological adjustment may be better conceptualized as a predictor of acculturation than an outcome. Finally, Dr. Costigan presents a qualitative study of social relationships among refugees to Canada. These data highlight reciprocal, mutually reinforcing links among acculturation and adjustment and explores the role of the community in promoting positive engagement.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 54844 - Symposium

An Examination of Refugees' Adjustment in the Global North (Canada) and Global South (Colombia)

Presenting Author: Safdar, Saba
Additional Authors: Eguakun, Omorowa ; Martínez , Marina

Abstract: Over the past few decades, use of the term 'refugee crisis' has greatly increased as more and more large groups of people have been displaced from their homes. By the end of 2017, it was estimated that 68.5 million people from around the world have been forcibly displaced (UNHCR, 2018). The refugee crisis dramatically changes the lives of those who are experiencing it and greatly impacts both their physical and mental well-being. In this presentation, the results of two studies are discussed. Study 1 employed a qualitative and longitudinal methodology examining psychological adjustment of a sample of Syrian refugees (N = 23) in Canada. The results of the study are presented within the framework of positive psychology and goal setting perspectives. Study 2 was an examination of the adjustment of Venezuelan refugees (N = 676) in Colombia using quantitative methodology. The results are presented within an acculturation model, Multidimensional Individual Differences Acculturation (MIDA) model, incorporating a range of factors including resilience, identity, and contact. The findings of both studies are discussed within the larger literature on acculturation.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55128 - Paper within a symposium

What Comes First: The Acculturation or the adjustment?

Presenting Author: Ryder, Andrew
Additional Authors: Doucerain, Marina M; Amiot, Catherine

Abstract: The relation between acculturation and adjustment, particularly the positive relation between a mainstream acculturation orientation and healthy adjustment, has been replicated many times. Although the assumption is that acculturation leads to adjustment, that assumption has not to our knowledge been tested directly. International students at Concordia University and UQAM were initially assessed in September, no more than 3-months post-arrival, and then again in November, January, and March. Participants (N=278) who completed at least 2 of 4 assessments were included. These participants completed self-report questionnaires at each time-point, including established measures of acculturation and adjustment. Using multivariate mixed effects modeling, we tested the extent to which (a) acculturation prospectively predicts adjustment and (b) adjustment prospectively predicts acculturation. We replicated the cross-sectional relation between mainstream acculturation and adjustment at each time point. Moreover, baseline adjustment prospectively predicted mainstream acculturation, $\beta(SE)=.22(.05)$, p

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55133 - Paper within a symposium

Reciprocal Relations among Refugee Social Relationships and Adjustment: Community Perspectives

Presenting Author: Costigan, Catherine L
Additional Authors: Longtin, Emilie

Abstract: Refugees who resettle in Canada often struggle to build social ties in their new community. Social exclusion is a risk for poorer adjustment and social support in the new society is recognized as a key social determinant of health for immigrants and refugees. This research reports on a qualitative study of diverse perspectives on how to build genuine social relationships between refugees and long-term residents. Refugee family members, professionals who work with refugees, and long-term community residents were interviewed. Social relationships with Canadians outside of one's cultural community are a key aspect of acculturation. Thematic analysis reported here focus on the perceived benefits of social relationships from these different perspectives, as well as key barriers. Social relationships with Canadians were described as contributing to psychological adjustment (e.g., belonging) as well as advances in other aspects of acculturation (e.g., language abilities). At the same time, psychological adjustment and other aspects of acculturation were also described as barriers that interfered with the development of social relationships. Participants shared diverse perspectives on community mechanisms for encouraging positive relations among social participation, language, and belonging, and for breaking negative cycles of increasing isolation and poor adjustment.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55137 - Paper within a symposium

Problematic Interpersonal Interactions via Technology in Romantic and Sexual Contexts

Moderator: Shaughnessy, Krystelle

Abstract: People use novel, ever-evolving online platforms to form, maintain, and end relationships. We will present new research examining ways people use technology to navigate aspects of romantic and sexual relationships, for better or worse. Popular media has documented some of these phenomena; however, there is little research on each. Each speaker will address one fairly common but understudied form of technology-mediated interaction that has problematic elements. They will present the prevalence of these experiences in young adults – a population known to readily adopt new tech. Speaker 1 will present results of a study examining prevalence and content of aggressive responses to online rejection. The findings suggest that hostility/threat may deter people from rejecting undesired romantic advances, even online. Speaker 2 will present results of a study on people's experiences with sending and receiving non-consensual, tech-mediated sexual messages. The findings point to the importance of consent and relational contexts in online communication. Speaker 3 will present an empirical definition of ghosting and distinguish it from other forms of relationship dissolution–particularly in terms of the importance of tech in young adults' conceptualizations. We will discuss how experiences, rather than technology itself, may create or exacerbate challenges for well-being and mental health.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54930 - Symposium

[Presented in CPA 2020 Virtual Series]

Mean and Cruel: Responses to Online Rejection from Potential Romantic or Sexual Partners

Presenting Author: Czechowski, Konrad
Additional Authors: Courtice , Erin Leigh; Shaughnessy, Krystelle

Abstract: Young adults use online technology to initiate romantic relationships; they also reject or are rejected by prospective romantic/sexual partners online. Feelings of anonymity in online communication may facilitate hostile or aggressive responses to rejection. Despite anecdotal evidence of such experiences, there is little empirical research on people's experiences of responses to rejection from potential romantic or sexual partners online. We examined the prevalence of aggressive and disproportionate reactions to online rejection and the content of those responses. University students (N = 2081) took part in an online survey that included questions about their experiences receiving aggressive and out of proportion responses to online rejection. Of the sample, 50% (88% women) reported a relevant experience. We used a general inductive method to qualitatively analyze participant responses to open-ended questions describing reactions. Themes emerging from these analyses included shaming, insults, unsolicited sexually explicit content, and threats of rape, death, blackmail, and self-harm. Results suggest online romantic interactions can quickly go from seeking romantic or sexual intimacy to threats and insults triggered by rejection. We will discuss the mediating effect technology may have on such expressions of hostility, and implications for its victims, educators, and clinicians.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54948 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Consent and Technology-Mediated Sexual Interactions

Presenting Author: Noorishad, Pari-Gole
Additional Authors: Courtice , Erin Leigh; Shaughnessy, Krystelle

Abstract: Technology-mediated sexual interaction (TMSI) is the exchange of self-created sexual material via technology. An assumption in existing literature is that TMSI experiences are desired & consensual, but some may be unsolicited. Offline, results suggest differences across gender & partner contexts in non-consensual sexual interactions. We explored gender differences in unsolicited TMSI activities across 3 partner contexts: primary partners (PPs), known non-partners (KNPs), &

strangers (Ss). Participants were 355 cis-women & 124 cis-men, who were predominantly heterosexual. They completed an online survey including questions about their experiences with unsolicited TMSI with PPs, KNPs, & Ss. Two 2 (gender) X 3 (partner context) MANOVAs indicated significant multivariate interactions between gender & partner context for sending (p=.03) & receiving (p

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54963 - Paper within a symposium

What is "Ghosting"? Young Adult's Definitions

Presenting Author: Courtice , Erin Leigh
Additional Authors: Kay, Caitlyn

Abstract: The term "ghosting" popularly refers to relationship dissolution situations, wherein one person cuts off all contact with the other without explicitly declaring the end of the relationship. Researchers have assumed that ghosting involves and/or requires technology; yet, none have empirically examined the role of technology in ghosting. We examined young adults' definitions of ghosting to determine the key components that distinguish it from other relationship dissolution strategies. Participants (N = 503) completed an online survey including a ghosting experience measure and two open-ended questions about ghosting definitions. Of our sample, 62% reported being ghosted by someone; 69% reported having ghosting someone. We used inductive qualitative analyses to examine participant definitions of ghosting. Definitions focused on two aspects of ghosting: the behaviours involved, and the context in which it occurs. Ghosting behaviours included ending communication (e.g., by not responding to/ignoring messages) and signaling the end of the relationship (e.g., by blocking/deleting someone from online platforms). Many participants specified that ghosting occurs in specific contexts, such as in dating relationships and relationships developed online. Implications for understanding common dating experiences and their potential well-being & mental health outcomes, will be discussed.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54965 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Social media: A force for ill or good?

Moderator: Leduc, Karissa

Abstract: With the increasing ubiquity of digital media, daily interactions of Canadian youth now take place online (Clement, 2019). This new digital sphere gives rise to new forms through which young people can be victimized (Shapka, 2012), but can also experience positive interactions (Livingstone, et al., 2015). The objective of this symposium is to highlight the negative and positive experiences that may occur on social media, and discuss prevention activities that can maximize positive experiences. Three papers respectively present the ill of effects of social media, its good effects, and preventions that encourage good online. Specifically, the first paper examines the ill effects social media and cybervictimization on youth's mental health outcomes through a problem-behavior perspective. Next, a novel framework which combines both elements of prosocial behaviors and social media is used to present findings on how social media can be used for good (i.e., cyberhelping). The third paper examines how parental prevention practices can increase support for cyberhelping when youth witness cybervictimization. Taken together, these papers inform interventions aimed at minimizing the impact of cybervictimization and maximizing the incidence of prosocial behaviors on social media. Implications for the promotion of responsible behaviors on social media will be discussed.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55208 - Symposium

[Presented in CPA 2020 Virtual Series]

Social Media, cyberbullying, and psychosocial outcomes: A problem-behaviour perspective

Presenting Author: Mayne, Kyla
Additional Authors: Craig, Wendy

Abstract: Previous findings have shown that being cyberbullied may lead to depression and other negative mental health outcomes (Gamez-Guadix et al., 2013). Problematic social media use, the compulsive use of social media platforms resulting in significant impairment to other life domains, has also been linked with negative mental health outcomes (Kirkaburun et al., 2018). Problem-Behaviour Theory (PBT) is a promising psychosocial framework which posits that psychological, social, and behavioural characteristics of a youth may exacerbate their risk of experiencing several interlinked problem behaviours. Through this model, we can examine how problematic social media use becomes a risk factor for cyberbullying involvement, which in turn leads to negative mental health outcomes. The current study used data from the Healthy Behaviour in School-Aged Children survey. Our sample comprised 21753 Canadian students in Grades 6-10. Using Preacher-Hayes regressions, we analyzed the mediating effects of cybervictimization on the relationship between problematic social media use and mental health outcomes. There was a significant effect of problematic social media use on mental health outcomes through cybervictimization. These results may inform future intervention programs aiming to amplify the prosocial functions of technology, to ensure that youth are thriving in their relationships.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55215 - Paper within a symposium

Promoting positive interactions on social media: Youth support for bystander interventions

Presenting Author: Leduc, Karissa
Additional Authors: Talwar, Victoria

Abstract: Prevention activities to increase peer support in cyberbullying may decrease online victimization. Thus, the current study examined youth support of bystander responses to cyberbullying as a function of parents' prevention approaches for their child's use of social media. Children and adolescents evaluated a series of hypothetical cyberbullying events from the perspective of a passive bystander who chose not to engage in cyberhelping. Their support was evaluated as a function of parenting approaches (restrictive or instructive) and the bystander's relationship to the cyberbully (friend or acquaintance). Regardless of the bystander's relationship to the cyberbully, results showed that when parents engaged in instructive approaches (i.e., with an emphasis on critical thinking and conversation around social media), youth were less supportive of a bystander's choice to abstain from cyberhelping. In addition, parents who engaged in restrictive approaches (i.e., with an emphasis on rules and regulations for social media use) had children who supported the bystander's lack of engagement. Restrictive approaches were successful in supporting cyberhelping behaviors only when parents used them in conjunction with instructive approaches. Implications for the promotion of cyberhelping behaviors in the face of victimization on social media will be discussed.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 55230 - Paper within a symposium

Cyberhelping: Understanding prosocial behaviours online

Presenting Author: Connick-Keefer, Sarah Jayne A.
Additional Authors: Hammond, Stuart

Abstract: Can social media be a force for good? Although social media contributes to many negative behaviors such as cyberbullying, nevertheless, prosocial behaviours, voluntary behaviours that assist others, may also be widespread - if we know where to look for them. This paper presents 1) a theoretical framework that integrating interaction modalities of social media and categories of prosocial behaviour, 2) results of Canadian qualitative interview data collected using this framework, and 3) an initial report on ongoing larger-scale quantitative data collection on emerging adults' use of social media to help others. Efforts to examine helping on social media have largely focused on monetary donations (e.g., GoFundMe), overlooking other prosocial behaviours, such as helping (e.g., using social media to assist someone who has lost an object), caring (e.g., offering expressions of concern), and informing (e.g., warning others of a potential hazard). The data presented

also suggest that the affordances of social media (e.g., merely sharing or liking something someone else has created) to some extent support the negative view of social media's impact on human behaviour. The findings presented here will be discussed in terms of possible best practices for helping others online.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 59575 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Psychologists and CPA supporting climate action

Moderator: McCunn, Lindsay; Cohen, Karen

Abstract: Policymakers and allied scientists alike are beginning to recognize the importance of psychological science in both global and local responses to the climate emergency. This growing recognition is the fruit of decades of formal advocacy efforts by many psychologists and their associations. Psychologists can contribute to helping people to adapt to changing conditions, to accept changes in habits in order to mitigate the effects of the climate emergency, and to change behaviours in order to reduce our collective effects on the environment. In this symposium, we will report on the development of a CPA position paper on psychological science and climate change, the proceedings of a November 2019 meeting of psychology leaders from around the world convened to discuss psychology's contributions to redressing climate change, and innovative ways psychologists can contribute to climate change work through participatory action research with local communities.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 58726 - Symposium

THEME: UNDERSTANDING THE MIND AND THE BRAIN / THÈME : COMPRENDRE L'ESPRIT ET LE CERVEAU

Understanding what contributes to how the mind and brain works - or doesn't work.

Comprendre ce qui contribue – et ne contribue pas – au fonctionnement de l'esprit et du cerveau.

12-Minute Talk

Altered functional network activity in bipolar disorder.

Presenting Author: Wong, Samantha Tze Sum
Additional Authors: Goghari, Vina M.; Woodward, Todd S.

Abstract: Bipolar disorder (BD) is characterized by chronic dysregulation of mood and cognitive dysfunction. Efforts in understanding functional connectivity in BD so far has focused on resting state analysis and has limited task-based implications. The current study aimed to investigate functional connectivity in BD in a lexical decision and a perceptual reasoning task. 45 participants (age 20 – 60) with 20 healthy controls (N = 20, M(age) =35.48, SD=7.82) and 25 BD patients (N=25, M(age) =38.16, SD=11.11) participated in this study. Constrained principal component analysis for fMRI data (fMRI-CPCA, www.nitrc.org/projects/fmricpca) was conducted on data from the tasks separately, and together. Patients with BD maintained a higher level of activation in a response and attention network in more difficult conditions in lexical decision (p < .01) and reactivate default mode network quickly in perceptual reasoning (p < .01). Functional connectivity is similar to controls in networks recruited by both tasks, namely attention, response and default mode. Results align with current findings on atypical default mode activity and impaired inhibition in BD. These findings implicate task-based investigation of functional connectivity as an impactful avenue to explore cognitive markers of BD, which points towards a deeper understanding of the disorder.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 52619 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Risky decision-making patterns among daily and non-daily smokers

Presenting Author: Bashkar, Negisa
Additional Authors: Rasouli-Azad, Morad

Abstract: Background/rationale: Non-daily smoking is becoming common, but little is known about decision making impairments. This study aims to evaluate the patterns of risky decision-making in daily (DS) and non-daily smoker (NDS) students using the Iowa Gambling Task (IGT). Methods: The IGT, which reflects somatic marker theory (SMT) were administered to 43 DS, 43 NDS and 89 matched non-smokers (NS) students. According SMT, the IGT is a task that detects and measures decision-making impairments and ventromedial and orbitofrontal cortex functions. NDS were defined as smoking 4–27 days per month; DS as smoking daily, 5–30 cigarettes per day. Three groups were compared in five blocks of the IGT with repeated measure analysis of variance. Results: NDS displayed poor and fluctuated performance on the IGT blocks compared to DS and NS. Decision making in DS is stable but worse than NS and better than NDS. Furthermore, features such as symptoms of anxiety did not influence IGT performance among students. Conclusions: the IGT performance is consistence with smoking patterns in daily life. Given that NDS have a complex smoking pattern that should be compared with DS in personality and another cognitive functions such attention, memory, and executive functions.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 53198 - 12-Minute Talk

Glutamatergic Dysfunction in Pediatric ADHD population

Presenting Author: Hai, Tasmia

Abstract: Previous studies have reported glutamatergic dysfunction in the fronto-striatal pathway (FSP) in attention-deficit/hyperactivity disorder (ADHD). However, there are inconsistencies in the literature regarding the findings. These inconclusive findings are mostly due to the small sample size and changing neuroimaging technology. To address these issues, two neuroimaging studies were conducted at two separate time points to investigate changes in glutamate in ADHD. We hypothesized lower levels of glutamate in our ADHD population. Forty-seven children with ADHD and 40 controls (HC) took part in the study. All participants underwent proton magnetic resonance spectroscopy (1H-MRS), PRESS protocol (TR = 1.8s, TE = 30ms, 96 averages) for glutamate in the right prefrontal cortex (RPFC) and left striatum (LS).No statistically significant differences in glutamate concentration were observed in the ADHD group compared to HC in the RPFC or the LS. While in contrast to the hypotheses, the null findings observed suggest the need to better characterize ADHD pediatric population. This would allow the opportunity to provide targeted treatments and potential biomarkers for diagnosis. In the future, it is essential to conduct large scale neuroimaging studies to investigate neurochemical differences in the pediatric ADHD population to find potential biomarkers.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 53553 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Examining the impact of timbre and response orientation on pitch-space interactions.

Presenting Author: Wilbiks, Jonathan
Additional Authors: Kim, Minji

Abstract: Pitch-space interactions have been studied extensively, with the finding that stimuli located higher in space are associated with higher pitches. In this study, we explored the influence of response device orientation on the perception of pitch, in the presence of an irrelevant visual stimulus. In previous work in our lab, we established the ROMPR effect: Response Orientation Modulates Pitch-space Relationships - which suggests that these pitch-space interactions are further modulated by whether the response device is vertically or horizontally oriented. In seeking to examine additional factors that may modulate pitch-space intercations, the current research manipulates timbre and response orientation across three experiments. Experiment 1 compared piano and flute timbres, Experiment 2 compared human vocals and birdsong, and Experiment 3 combined cello tones with vertical or horizontal responding to examine the effects this might have on pitch-space relationships. Overall, findings suggest that timbre plays a role in the strength of pitch-space relationships only insofar as the timbre can be associated with the spatial orientation of the source of the sound. These findings will be important in design of future audiovisual alerting systems, in addition to providing further understanding of the interactions between auditory and visual perceptual systems.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 53811 - 12-Minute Talk

Un modèle de la cognition sociale : étude des liens entre ses composantes

Presenting Author: Gourlay, Catherine
Additional Authors: Collin, Pascal; Zigrand, Coline; Jacques, Marie; Dahli, Feriel

Abstract: Introduction: La cognition sociale est l'un des six domaines cognitifs principaux évoqués dans le DSM-5, et le NIHM a identifié cinq processus la sous-tendant: perception sociale, reconnaissance émotionnelle, théorie de l'esprit, style/biais attributionnel, connaissances sociales. L'objectif est de décrire les relations entre ces composantes pour mieux expliquer le traitement de l'information sociale. Méthodologie: Une batterie d'épreuves sociocognitives évaluant les composantes identifiées par le NIHM a été validée auprès d'un échantillon de 107 adultes québécois de 18-85 ans. Une analyse de

régression et une analyse acheminatoire ont été effectuées pour établir un modèle de prédicteurs et décrire la force des relations entre les composantes. Résultats: Les postulats en régression ont été satisfaits. La théorie de l'esprit est un prédicteur significatif (Beta=.33, p=.035) expliquant 9.1% de la variance. L'analyse acheminatoire montre des indices satisfaisants d'ajustement du modèle: X2(6)=6.33, p=.387, CFI=.99, TLI=.99, RMSEA= 0.02, SRMR=.06. La reconnaissance des émotions a un effet significatif et large sur la théorie de l'esprit (β=.53, p<.01). Conclusion : L'identification de liens entre les processus sociocognitifs contribue à la compréhension des interactions sociales et permet de créer un groupe de base pour d'éventuelles comparaisons avec des groupes cliniques.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54438 - 12-Minute Talk

Associations entre les processus neurocognitifs et la cognition sociale chez les adultes québécois

Presenting Author: Collin, Pascal
Additional Authors: Gourlay, Catherine; Zigrand, Coline; Dahli, Feriel; Jacques, Marie

Abstract: Introduction: La cognition sociale dépend des fonctions neurocognitives pour leur élaboration dès le développement en enfance. L'objectif est d'examiner le profil qui se dégage des liens entre la neurocognition et la cognition sociale à l'âge adulte. Méthodologie: Cent-sept adultes québécois âgés de 18-85 ans ont complété des tâches cognitives : WAIS-IV (Matrices, Similitudes, Vocabulaire, Séquence de chiffres), Fluence verbale, D-KEFS Stroop; et des tâches sociocognitives évaluant la perception sociale, la reconnaissance des émotions, la théorie de l'esprit (TdE), le biais attributionnel et le jugement social. Résultats: Les analyses montrent des liens significatifs entre la perception sociale et l'inhibition (r=-.31, p=.025), et entre le jugement social et le raisonnement perceptif (r=.21, p=.035). La reconnaissance des émotions est associée au raisonnement verbal (r=.28, p=.004), au vocabulaire (r=.41, p<.001) à la fluence phonologique (r=.40, p=.003), à l'inhibition (r=-.45, p=.001) et à la flexibilité (r=-.34, p=.012) du Stroop. La TdE est associée au raisonnement perceptif (r=.20, p=.046) et verbal (r=.24, p=.017), au vocabulaire, (r=.21, p=.035), à la mémoire de travail (r=.28, p=.024) et à l'inhibition du Stroop (r=-.33, p=.019). Conclusion: Ces associations suggèrent une interdépendance entre les fonctions neurocognitives et la cognition sociale, même à l'âge adulte.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54446 - 12-Minute Talk

Examining original and revised reinforcement sensitivity theory in daily and non-daily smokers

Presenting Author: Rasouli-Azad, Morad
Additional Authors: Bashkar, Negisa

Abstract: Background/rationale: This study compared the profile of factors from the original (o-RST) and revised (r-RST) reinforcement sensitivity theory of personality in daily (DS), non-daily (NDS) smokers, both compared with non-smokers (NS).Methods: 43 DS, 43 NDS patients, and 89 matched NS students completed: Beck Depression Inventory (BDI), BAS/BIS scale (assessing o-RST), and the Jackson-5 scale (assessing r-RST). NDS were defined as smoking 4–27 days per month; DS as smoking daily, 5–30 cigarettes per day. Data were analyzed by analysis of variance (ANOVA) and covariance (ANCOVA).Results: r-RST brain behavioral systems didn't differentiate three groups' members. Three original behavioral approach subsystems (o-BAS) but not behavioral inhibition system (BIS) differed among three groups. DS and NDS had higher BAS-Drive, BAS-Fun seeking, and BAS-Reward responsiveness scores than NS. Depression didn't have significant effect as a covariate variable. Conclusions: DS, NDS, and NS differ on o-BAS subscales but not in r-RST confirms the role of reward deficiency syndrome in the substance use disorder. However, the more researches may be helpful in the mechanism of changes in brain behavioral systems during substance use.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 54618 - 12-Minute Talk

Diffusion kurtosis imaging of white matter tracts in bipolar disorder

Presenting Author: Goghari, Vina M
Additional Authors: De Luca, Alberto; Beasley, Clare ; Szabolcs , David; Leemans, Alexander

Abstract: White matter (WM) microstructural alterations based on white matter imaging metrics have been reported in bipolar disorder (BD). However clinical and methodological heterogeneity confound detection of microstructural alterations. Here we apply the potentially more sensitive technique of diffusion kurtosis imaging (DKI) to investigate WM in BD. Multi-shell diffusion data were acquired in 26 BD patients and 25 community controls. Group differences in DKI parameters: mean diffusivity, fractional anisotropy, axial diffusivity, radial diffusivity, mean kurtosis (MK), axial kurtosis (AK), radial kurtosis and kurtosis anisotropy (KA) were assessed using a WM voxel-based analysis (VBA) and connectivity analysis based on CSD-tractography. Multiple comparisons correction was applied. BD was associated with significantly lower MK than controls in multiple brain regions, including the corona radiata and posterior association bundles. Regional differences in connectivity based on lower mean MK and KA were detected in connections traversing the temporal and occipital lobes, and lower AK was detected in right cerebellar, thalamo-subcortical pathways. DKI may be more sensitive than other white matter measures to detect such differences and hence may represent a useful quantitative biomarker to investigate subtle microstructural differences in BD.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54699 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Multifaceted Prediction of Adolescent Cannabis Use: A Multi-site Super Learning Study

Presenting Author: Afzali, Mohammad Hassan
Additional Authors: Conrod, Patricia

Abstract: Background:Adolescent cannabis use precipitates negative consequences on psychological and brain health and development. Focusing on early-onset cannabis use, this study systematically addressed major issues in prediction modeling of this outcome. Methods: Capitalizing on the data from two large, multi-dimensional, and longitudinal cohorts of Canadian and Australian adolescents, this study examined the predictive performance of machine-learning algorithms with a cross-study scheme in the training-validation-test process. Results: Ensemble (vs. individual) machine-learning algorithms showed the best performance in predicting different levels of cannabis use in both samples. Risk behaviours, personality risk profiles, and then psychopathology, respectively, resulted in the highest prediction accuracy indices. Moreover, the performance of the best prediction model within each sample generalized well to the other sample. Conclusions: The current study promotes interest in the "big data" approach to the adolescent cannabis use domain. Impact: There is a rising interest within the psychiatric community in the applications of machine-learning and prediction modeling. Our findings highlights the potential of computerized screening software that can predict the cannabis use among adolescents.

Section: General Psychology / Psychologie générale
Session ID: 54950 - 12-Minute Talk

Musical memory is associated with autism traits in the general population.

Presenting Author: Wong, Samantha Tze Sum
Additional Authors: Stanutz, Sandy; Stubbert, Emily ; Burack, Jacob A.; Quintin, Eve-Marie

Abstract: Consistent with the Research Domain Criteria (RDoC) initiative, we investigated whether the strength in melodic memory that is found among persons with autism spectrum disorder (ASD) would also be evident among persons not diagnosed with ASD, but who show high levels of autistic symptomatology. To date, 16 TD children (age= 7-13 years) have participated in this study. In a first meeting, they learned to pair a melody and an animal. One week later, they were asked to recall the original melodies. We measured ASD symptomology with the Social Responsiveness Scale (SRS-2) for through the

one of the parents of the participants. Melodic memory was positively correlated with SRS-2 for the TD group (p=.015), indicating that better pitch memory was associated with greater ASD symptoms in the general population. These findings extend the evidence that musical strengths may be associated with ASD traits in the general population. This highlights the benefits of trait-based approach rather than a DSM-based disorder approach in understanding developmental conditions.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 55223 - 12-Minute Talk

Gimme-5

Serial Position Effects are Markers of Alzheimer's Disease-Related Neuropathologies

Presenting Author: Gicas, Kristina

Abstract: Brain changes have been reported nearly two decades prior to the emergence of cognitive symptoms consistent with Alzheimer's disease (AD). Serial position performance in verbal memory (primacy and recency effects) is altered in A and presumed related to neuropathologies that selectively target the hippocampus in the earliest stages of illness. The aim of the current study is to evaluate the primacy effect as a distinct marker of hippocampal-related neuropathologies assessed post-mortem. This study used data from the Rush Memory and Aging Project; a clinical-pathologic study of community-dwelling older adults with up to 21 years of follow-up data. Primacy and recency scores were calculated at baseline using the CERAD Word List Memory scores. 701 participants underwent neuropathological assessment at autopsy to quantify presence of neuritic plaques and tangles (pathologic AD), transactive DNA-binding protein 43 (TDP-43) inclusions, and hippocampal sclerosis. Adjusted logistic regressions were used to evaluate the associations between serial position scores and neuropathological outcomes. Mean time to death was 7 years. Better baseline primacy scores were associated with a reduced likelihood of the presence of all three neuropathologies. Better recency scores were only associated with reduced likelihood of pathologic AD for those with a younger baseline age. Primacy scores may be sensitive cognitive markers of AD-related neuropathologies. This is the first study to link serial position scores to neuropathological outcomes in AD. The differential predictive value of these scores suggests that they offer unique information on disease outcomes beyond the standard total recall scores.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 52770 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Interpersonal Trauma and PTSD Severity: Does Gender Matter?

Presenting Author: Rivest-Beauregard, Marjolaine
Additional Authors: Brunet, Alain

Abstract: Rationale. It has been documented that the type of trauma (e.g., interpersonal vs. non-interpersonal) to which an individual is exposed, and their gender, will affect their likelihood of developing posttraumatic stress disorder (PTSD). However, it is still unclear how these factors interact to affect PTSD severity. We aim to explore how gender mediates the association between trauma type and PTSD severity. Methods. Trauma-exposed individuals with a diagnosis of PTSD (n = 149) were interviewed using the Clinician Administered PTSD Scale for DSM-5 in Montréal, France and Lebanon. Sociodemographic and trauma-related data were also collected. Analyses. Multiple linear regression models were performed to examine the association between type of trauma and PTSD severity; gender was entered as a mediating variable. Results and conclusions. Contrary to our expectations, men had more severe PTSD compared to women. Results further revealed that men exposed to non-interpersonal trauma presented the most severe PTSD, whereas women exposed to similar trauma presented the least severe PTSD. However, there was no difference in PTSD severity between genders when exposed to an interpersonal trauma. To better understand how gender can mediate the association between trauma type and PTSD, future research should examine other factors, such as coping and appraisal.

Influence of Anxiety on Baseline Cognitive Testing and Symptom Reporting in Student Athletes

Presenting Author: Champigny, Claire M
Additional Authors: Rawana, Jennine; Berkner, Paul D; Iverson, Grant L; Wojtowicz, Magdalena

Abstract: Rationale: Anxiety symptoms are commonly endorsed by student athletes. This study examined the influence of anxiety on baseline cognitive testing and symptom reporting in a large sample of student athletes.Methods: Participants were 37,945 adolescent student athletes from the state of Maine who completed baseline testing using ImPACT®. ImPACT® includes an evaluation of cognitive functioning and a questionnaire assessing the presence and severity of common post-concussion symptoms. Participants were divided into high and low anxiety groups based on endorsement of anxiety-like symptoms using diagnostic criteria for generalized anxiety disorder.Results: Athletes in the high anxiety group, compared to those in the low anxiety group, were more likely to be girls; to report a history of treatment for headaches, migraines, and a psychiatric condition; and to have a history of multiple concussions (ps

Musical training improves audiovisual integration capacity under conditions of high perceptual load

Presenting Author: Wilbiks, Jonathan
Additional Authors: O'Brien, Courtney

Abstract: In considering capacity measures of audiovisual integration, it has become apparent that there is a wide degree of variation both within (based on unimodal and multimodal stimulus characteristics) and between participants. Recent work has discussed performance on a number of cognitive tasks that can form a regression model accounting for nearly a quarter of the variation in audiovisual integration capacity. The current study involves an investigation of whether different elements of musicality in participants can contribute to additional variation in capacity. Participants were presented with a series of rapidly changing visual displays, and asked to note which elements of that display changed in synchrony with a tone. Results were fitted to a previously-used model to establish capacity estimates, and these estimates were included in correlational analysis with musical training, musical perceptual abilities, and active engagement in music. We found that audiovisual integration capacity was positively correlated with amount of musical training, and that this correlation was statistically significant under the most difficult perceptual conditions. Results are discussed in the context of the boosting of perceptual abilities due to musical training, even under conditions that have previously found to be overly demanding for participants.

Resting State Functional Connectivity Related to Alcohol and Cannabis Use in University Athletes

Presenting Author: Wilson, Alyssia D
Additional Authors: Gicas, Kristina

Abstract: Background:The effect of alcohol and cannabis use is a growing topic of concern within the university culture, especially given recent changes in drug policy. This pilot study investigated differences in resting state functional connectivity (rsFC) associated with alcohol and cannabis use in female undergraduate student athletes. Method:Resting state functional magnetic resonance imaging (fMRI) scans was collected from 29 female university athletes. Substance use was characterized

by self-reported alcohol and cannabis use, and mental health was assessed using the Personal Health Questionnaire-9, and the Generalized Anxiety Disorder-7. We used these covariates to analyze rsFC scans using independent component analysis within the default mode (DMN), frontoparietal (FPN), dorsal attention (DAN), salience (SN), and sensorimotor (SMN) networks. Results:Alcohol users (n=11) showed differences in FC in the FPN compared to non-users (n=10), and combined alcohol and cannabis users (n=8) showed differences in the SMN. Anxiety, but not depression, was correlated with variation in FC across the DMN, DA, and SMN in combined alcohol and cannabis users (FDR ps

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54341 - Gimme-5

Disclosing Infidelity in Romantic Relationships

Presenting Author: Xie, Elisabeth Bailin
Additional Authors: Salmon , Melissa M; Davis, Christopher G

Abstract: Infidelity is common in romantic relationships and often has harmful implications. When individuals who engage in extra-pair romantic relationships are committed to maintaining their primary relationship, they likely contemplate strategies to minimize the risk of harmful consequences for the latter relationship. The current study considered disclosure and secret-keeping as strategies used to achieve the goal of maintaining a primary relationship. The purpose of this study was to examine if fear of discovery (FoD) – the fear that one's partner will discover the secret through means other than self-disclosure – influences whether one decides to conceal or disclose the infidelity to one's partner. To this end, data were collected from a sample of 274 individuals who reported committing infidelity in their current romantic relationship within the last three months. Approximately half (43%) of participants had disclosed the infidelity. Those who did disclose reported having had a greater FoD prior to disclosure (M = 3.29, SD = .66) compared to the non-disclosers' current reports of FoD (M = 2.84, SD = .86). Results suggest that people may be more motivated to disclose, rather than conceal, their infidelity when they have a greater FoD. However, when FoD is low, they may decide that secret-keeping is the best strategy to minimize the relational consequences of their infidelity.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 54359 - Gimme-5

Words or Symbolic images: How do young adults process Emojis?

Presenting Author: Fernandes, Myra A
Additional Authors: Zhang, Sihan

Abstract: Background: Emojis are ideograms of expressions that are commonly used by people who text and communicate socially using digital mediums. As online communication becomes more prevalent, emojis are becoming a frequently used tool to assist communications. Online communicators are using emojis to disambiguate their expressions. Methods: In this study we use a dual-task paradigm to infer whether emojis are represented, cognitively, in the same way as are words. We compared the magnitude of memory interference (measured as decline in retrieval output) experienced when participants freely recalled a list of studied target words under dual-task conditions with a concurrently performed distracting task. We compared the magnitude of memory interference from 2 different distracting tasks requiring judgement of positive or negative emotion conveyed in visually-presented emojis or words. Results: We found that the word-based distracting task led to a larger interference effect on free recall of target words than the equally resource-demanding emoji-based distracting task. Conclusion: Our results imply that emojis are represented and processed differently than are words, likely as symbols or images. As such they do not interfere with representations of target words, as does a word-based distracting task.Impact: Emojis are cognitively processed and represented differently from words.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54441 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Worry, Attentional Control and Problem Orientation

Presenting Author: Szabo, Judit
Additional Authors: Malivoire, Bailee L

Abstract: Hirsch and Mathews' (2012) cognitive model of pathological worry proposes that worriers have difficulty voluntarily controlling their attention, like disengaging from threat. As such, when faced with an anxiety provoking cue (e.g., a problem), poor attentional control (AC) combined with habitual thought patterns are proposed to maintain representations of threat and worry. One such habitual thought pattern that may interact with AC to maintain worry are negative beliefs about the problem-solving process. We hypothesized that low attentional control would be associated with a stronger positive relationship between negative problem orientation (NPO) and worry. High worriers (n = 87) completed self-report measures of AC, NPO and worry severity online. Moderation analyses revealed a significant interaction (B = -.02, p

Section: Clinical Psychology / Psychologie clinique
Session ID: 54761 - Gimme-5

[Presented in CPA 2020 Virtual Series]

What does trait boredom mean? Is it about how you feel or how you respond to boring situations?

Presenting Author: Bambrah, Veerpal
Additional Authors: Gurovich, Sophia; Eastwood, John D.

Abstract: Trait boredom (TB) has traditionally been defined as the tendency to feel bored more frequently and more intensely, with concomitant negativity, distress, and low arousal. Yet, boredom theorists have now proposed that TB may represent a tendency to maladaptively respond to state boredom, an untested theory that provides a parsimonious account for the myriad relations between TB and negative psychological outcomes. This study examined if TB, as measured by the Short Boredom Proneness Scale (SBPS), moderated the impact of a boring situation on individuals' feelings or motivations to respond in certain ways post-situation. Participants were randomly assigned to watch a boring or a non-boring video. They rated their boredom intensity, valence, arousal, distress, and response motivations before and after the video. Multiple regression analyses found that the situation (boring vs. non-boring) and TB (SBPS) independently predicted participants' affective experiences, however only the SBPS uniquely predicted responses: uncertainty on what to do, difficulties with amotivation/avolition, and the lack of motivation to seek meaning or creativity. The SBPS interacted with the situation in predicting participants' motivation to seek relief and to release frustration, but not participants' affective experiences. The findings, namely the role of TB in affect versus motivation, are discussed.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 55205 - Gimme-5

Self-report vs in vivo: Emotion regulation in NSSI

Presenting Author: Mettler, Jessica
Additional Authors: Stern, Melissa

Abstract: Non-suicidal self-injury (NSSI) has been associated with difficulties in emotion reactivity and regulation of negative emotions (e.g., Gratz & Roemer, 2004; Nock et al., 2008); less is known about positive emotions. This study sought to investigate differences between individuals with and without NSSI for both negative and positive emotions for a) self-reported emotion reactivity, (b) self-reported emotion regulation, and (c) in vivo response to induced emotions. The sample consisted of 36 females (Mage=20.06; SD=1.51) with a history of NSSI and a no-NSSI comparison group (n=34; Mage=20.15; SD=1.54). Participants completed measures of positive and negative reactivity and regulation and underwent a positive and negative mood inducement where experienced affect was monitored. Results from two-way MANOVAs revealed significantly worse self-reported negative reactivity and regulation for the NSSI group than the no-NSSI group; however, no differences emerged for positive emotions. In contrast, repeated measures ANOVAs on data from the emotion inducement task found no

differences in reactivity or regulation for either positive or negative affect. These findings highlight the possibility that although those with NSSI evaluate their ability to manage negative affect as significantly worse than their non-NSSI peers, this may not reflect their actual emotion regulatory processes.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 55307 - Gimme-5

Printed Poster

Exploring Speech Production from a New Perspective: Neuropsychological Evidence from Hindi

Presenting Author: Ramoo, Dinesh K

Abstract: Aphasia research in non-European languages is extremely rare even in the 21st century (Beveridge & Bak, 2011). While languages such as English and Italian boast research and treatment studies in high figures, languages such as Hindi have very few. Such a gap is a major barrier in the development of appropriate diagnostic criteria for language disorders in Hindi as well as a setback for those who are trying to develop rehabilitation procedures. Five aphasic patients were selected for the study. Each testing session lasted approximately one hour. We have attempted to establish whether the error patterns found in Hindi patients was similar to those of European patients. The study found similarities between Hindi and Italian in terms of the proportion of lexical and non-lexical errors made by the patients. We also found similar patterns in consonant/vowel deletions and substitutions. However, there were differences in vowel insertions which may be due to the presence of a central vowel in Hindi which is absent in Italian. Syllable position-based errors showed similar patterns in that core positions were less vulnerable than satellite positions. While cluster errors were rare in the Hindi sample, they demonstrate a greater flexibility to change structure than Italian. Phoneme substitution showed some interesting contrasts in reducing aspirated, back and retroflex consonants into unmarked forms. These differences and similarities may be of use in clinical diagnosis and differentiation between patients with acquired language disorders. It is hoped that this will encourage further research in Hindi and other Indian languages.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 52500 - Printed Poster

Head noun concreteness influences diversity of properties in noun-noun compounds

Presenting Author: Archibald, Katherine J
Additional Authors: Gagne, Christina L.

Abstract: A key feature of the human conceptual system is its productivity; that is, its ability to generate and combine concepts. Common results of productivity are noun-noun compounds; i.e., words consisting of a modifier noun (e.g., snow in snowball) and a head noun (e.g., ball in snowball). To date, research using compounds to study productivity has not focused on properties (i.e., attributes) of compounds. We hypothesize that certain compounds may generate more unique properties of the compound than others. Particularly, we suggest that head noun concreteness; i.e., the degree to which perceptual information about the head noun is available, may affect the diversity of the properties that are generated. Participants (n=61) completed a generation task in which they read 50 compounds distributed across five levels of head noun concreteness, and listed the first five properties they thought of for each compound. Linear regression analyses indicated that the number of unique properties generated per compound increased as compounds' head noun concreteness decreased. Findings demonstrate that head noun concreteness influences the diversity of a compound's properties. These results offer insight into how we can gain an understanding of combined concepts, which can be useful for improving Internet search algorithms and brand-naming approaches.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 52701 - Printed Poster

Social Power, Frontal Alpha Asymmetry, and Experimenter-Blind Procedures

Presenting Author: Kern, Audrey
Additional Authors: Galang, Carl M; Obhi, Sukhvinder S

Abstract: Previous studies using frontal alpha asymmetry (FAA) have shown that feeling powerful and powerless is linked to greater relative left-frontal and right-frontal cortical activity, respectively. These studies induce high and low states of social power via a priming task wherein participants recall and write about a time when they felt powerful or powerless. However, experimenters are not blind to the participants' condition in these studies, possibly leading to confounding effects of experimenter bias. As such, the primary aim of the current study is to determine whether the connection between social power and FAA still holds after blinding experimenters to participant condition. Our results are inconsistent with previous research, as we did not find differences in lateralized cortical activity across social power conditions. However, exploratory analysis correlating ratings of power and emotional valence (of the priming task) with FAA suggests that higher levels of power and positive valence are indeed related to stronger relative left-frontal cortical activity, at least for participants in the high social power condition. We discuss our results in relation to previous FAA research and social power, and encourage the use of more rigorous and sensitive methods in this line of research.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 53079 - Printed Poster

Effects of Mirror Gazing On Body Dissatisfaction: A Mediational Anaylsis

Presenting Author: Shenouda, Imy
Additional Authors: Giraldo O'Meara, Martha

Abstract: Cognitive-behavioural models of Body Dysmorphic Disorder (BDD) posit that mirror gazing can act as a possible trigger leading to a negative evaluation of oneself. Mirror checking, one of the most commonly reported repetitive behaviours among individuals with BDD, has been shown to be related to body dissatisfaction. This present study aims to examine self-focused attention and intrusive thoughts as possible mediators of this relationship. In an experimental design, sixty-six undergraduate students (n = 6 tested to date) will be primed with negative false feedback about their appearance in order to temporarily decrease participants' certainty about their appearance. Duration of mirror gazing is manipulated such that participants are randomly assigned to one of two conditions of mirror checking: one mirror check or ten mirror checks. Measures of body dissatisfaction, self-focused attention, presence, frequency and distress caused by intrusive thoughts are administered. Two separate mediational analyses will be conducted to assess whether self-focused attention and intrusive thoughts may be possible mediators contributing to body dissatisfaction through mirror gazing. We hope that our findings may help explain the possible mechanisms underlying the development and maintenance of BDD symptomatology and therefore be considered as possible targets for treatment.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53210 - Printed Poster

A Meta-analysis of the Effects of Cognitive Remediation Therapy for Depression.

Presenting Author: Therond, Alexandra

Abstract: Depression is a debilitating illness associated with deficits in cognition causing patients to experience impairments in their daily functioning. Cognitive remediation therapies (CRT) have shown promises in improving those deficits, but research is still limited. There is also a great need to find effective and well-defined CRT techniques that could enhance cognitive functioning in depression. Some CRTs incorporate teaching strategies in order to enhance learning during cognitive training. Our study investigates the effect of CRTs on cognition in depressed patients and examine the moderator effect of teaching strategies on outcomes. A systematic literature search was conducted to identify high quality randomized controlled CRT trials as per PRISMA guidelines using PUBMED and PsycINFO. Nine randomized trials for depressed adults met inclusion criteria. Effect sizes were calculated for key outcome measures of cognition. Preliminary analysis (N=9) revealed a significant increase in cognition scores overall (p

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53356 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Alcohol and Cannabis Use in Early Psychosis: Better Cognitive Performance in Moderate to Severe Use

Presenting Author: Mckenzie, Lezlee H
Additional Authors: Tibbo, Phillip G; Pencer, Alissa; Good, Kim P

Abstract: Early phase psychosis (EPP) is often characterized by clinical indicators such as positive and negative symptoms, with less attention paid to marked cognitive dysfunctions common to the disorder. Furthermore, this population displays problematic use of cannabis and alcohol at an increased rate, with both substances also having been shown to impact cognition, though with mixed results. This study analyzed cognition in 81 individuals with early psychosis with either low to no cannabis and alcohol use (L/N; n=14) or moderate to severe use of both substances (M/S; n=67) through a retrospective clinical/research database of individuals with a DSM-IV/V diagnosis of psychosis. Cannabis and alcohol use was measured by the World Health Organization Alcohol, Smoking, and Substance Involvement Screening Test. Cognitive scores were obtained for the Trail Making Task parts A and B (TMT-A/B), International Shopping List Task (ISL), and the One Back Task (ONB). MANOVA results found substance use influenced cognitive scores (p=.036), with TMT A and B and ONB scores differing significantly between groups (p=.028, .032, .005 respectively). Individuals with M/S alcohol and cannabis use performed better on all tasks excluding the ISL compared to those with L/N use. These results underline the value in capturing comprehensive patient information at intake to target the array of concerns presented.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53428 - Printed Poster

Impulsivity & response inhibition: Relationship in trichotillomania & excoriation disorder patients

Presenting Author: MacDonald, Ceilagh
Additional Authors: Ornstein, Tisha

Abstract: Trichotillomania (TTM) and Excoriation Disorder, or Skin Picking Disorder (SPD), are debilitating psychiatric conditions for which impulsive behaviours (i.e., skin picking and repetitive hair pulling) are considered the key feature. These clinical symptoms speak to the multifaceted nature of impulsivity, typically assessed by measures of inhibition of pre-potent responses. There is currently very limited research investigating the relationship between neurocognitive measures of inhibition (Stop Signal Task and Stroop Task) and self-reported levels of impulsivity (Barratt Impulsiveness Scale; BIS-11). We hypothesized that SPD/TTM participants (n=18) would be significantly more impaired on the neurocognitive tasks of inhibition and have higher self-reported ratings of impulsivity compared to healthy controls (n=22), and that there would exist a relationship between self-report ratings and neurocognitive test performance. Findings revealed that the hypotheses were partially supported. A difference emerged for the motor inhibition subscale of the BIS-11, while no other group differences, nor correlations for attentional inhibition or impulsivity were significant. This finding suggests that motor inhibition and impulsive behaviours are related in TTM/SPD participants, while attentional impulsivity may be distinct from the construct of cognitive inhibition.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 53443 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Investigating perceived severity of Infidelity Behaviours based on the Extradyadic Partner's Gender

Presenting Author: Salavati, Sara
Additional Authors: Boon, Susan D.

Abstract: We explored the effect of gender of the extradyadic partner (EDP) on perceived severity of infidelity behaviours. Understanding the factors that influence the perceived severity of infidelity will help us predict the consequences of these behaviours such as emotional distress. We hypothesized that men would perceive sexual infidelity less severe when their partner engages in it with a same- rather than opposite-sex EDP due to pornography influences and the absence of paternity uncertainty. No influence of extradyadic partner gender on women's perceived severity of sexual infidelity was expected because the threat of the partner's resource retraction exists regardless of the gender of the EDP. Two hundred and twenty-six undergraduates rated the severity of 53 infidelity behaviours both if their partner engaged in the behaviour with a same-sex and with an opposite-sex partner. The results of a mixed design ANOVA on severity ratings showed that our main hypotheses were not supported. However, women perceived emotional infidelity more severe than men and overall infidelity behaviours were perceived more severe for opposite sex EDPs. In conclusion, it appears that the threat that participants attach to a partner's infidelity behaviours is lower when their partner engages in such acts with a partner of the same gender. Testing the hypotheses using real life instances is recommended.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 53476 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Alexithymia as a Mediator Between Self-Compassion and Empathy

Presenting Author: Van Landeghem, Chantal
Additional Authors: Jakobson, Lorna

Abstract: Self-compassion (SC) is linked to several indices of psychological well-being and interpersonal functioning. For example, high levels of SC predict strong other-focused empathy skills (perspective taking and empathic concern) and reduced feelings of personal distress in response to others' suffering. Whether SC also relates the ability to empathize with fictional characters (via fantasy) is unclear. We tested relationships between SC and these four aspects of empathy in university students (N= 600), and assessed whether these relationships were fully or partially mediated by alexithymia—a personality trait characterized by difficulty identifying, verbalizing, and analyzing one's emotions (cognitive alexithymic traits) and by emotional blunting and weak fantasizing (affective alexithymic traits). Strong SC was associated with weak cognitive and strong affective alexithymic traits. In addition, cognitive and affective alexithymia partially or fully mediated the relationship between SC and both personal distress and empathic concern; and affective alexithymia partially or fully mediated the relationship between SC and perspective taking and the ability to empathize with a fictional character. These findings suggest that one's alexithymia profile shapes the relationship between the ability to extend compassion to ourselves in trying times and the ability to empathize with others.

Section: Clinical Psychology / Psychologie clinique
Session ID: 53546 - Printed Poster

Are Different Hippocampal-Dependent Abilities Related? Comparing Individual Differences in Pattern Completion/Separation and Spatial Navigation

Presenting Author: Levi, Adina R.
Additional Authors: Belchev, Zorry ; Gilboa, Asaf

Abstract: As of 2017, 50 million people worldwide were living with dementia. At the earliest stages of neurocognitive decline, symptoms manifest in memory and difficulties with navigation (i.e., getting lost in familiar areas). The interaction between

memory and navigation indicate an association between the abilities, which is supported by their overlapping neural underpinnings. Although memory is not limited to one neural structure, decades of research indicate that damage to the hippocampus alone can result in memory impairments. The process of recalling a memory involves two neural procedures: one determines or 'completes' memories from partial cues, and the second discerns or 'separates' between patterns that overlapped at encoding. In addition to memory, numerous studies have associated spatial navigation with the hippocampus. However, although memory (specifically pattern completion and separation) and spatial navigation are both hippocampal-dependent abilities, they are rarely directly compared. To investigate whether these abilities are associated, we conducted a within-subject study of individual differences in memory and spatial navigation abilities. Forty-six healthy participants between the ages of 18 and 30 completed a series of memory and spatial navigation tasks. Our results indicated that pattern separation results can predict performance on spatial navigation tasks. This study adds data to the literature regarding discrete functions and individual differences in hippocampal-dependent abilities, and advances understanding of hippocampal function as a common neural mechanism supporting both memory and navigational ability.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 53732 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Interpreting statements in context.

Presenting Author: Bowman-Smith, Celina K
Additional Authors: Nilsen, Elizabeth S.

Abstract: Successful interactions are facilitated by the ability to comprehend the communicative intentions of social partners. The current study investigated how context and statement type impact participants' interpretations, and whether interpretations differed by participants' level of social anxiety. Undergraduate students, with high (n=77) or low (n=45) social anxiety, read vignettes wherein they imagined being in a certain context and received statements from a speaker. They rated how mean, shy, and funny the speaker was, interest in spending time with the speaker, and how competent they felt about their own abilities. Results were analyzed using mixed ANOVAs. Results indicated that sarcasm was viewed as meaner than literal statements when used in a positive context. Regardless of context, sarcastic statements were judged as funnier than literal statements. High socially anxious individuals were more likely to judge a speaker as outgoing if they used a sarcastic statement in a positive context. Individuals judged their own abilities as worse when receiving a sarcastic statement about a positive event, whereas no such difference emerged in the negative context. Results demonstrate the ways in which context and social anxiety can influence perceptions of statements. When receiving statements from others the muting effect of sarcasm seems to operate only within positive contexts.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 53766 - Printed Poster

The impact of environmental scene perception on psychophysiological affect

Presenting Author: Lacombe, Corina
Additional Authors: Johnson, Aaron

Abstract: Environments have been linked to have an effect on psychophysiological affect. Natural environments have been shown to increase positive affect. Until now, assessing affect in relation to environmental scene perception has been studied in healthy samples, via self-report measures. We present a novel quantitative study that uses frontal EEG asymmetry and eye-tracking to investigate the impact of environmental scenes on affect in sub-clinically anxious adults. 46 participants took part in the study. To determine the psychophysiological predictors of affect, we monitored brain activity and pupil dilation using EEG and eye-tracking, while participants viewed natural and manmade images on a computer screen.Preliminary analysis show that frontal-asymmetry indices were significantly different (p

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 54021 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Separate and Combined Effects of Cannabis and Early Psychosis on Cognition

Presenting Author: Mckenzie, Lezlee H
Additional Authors: Tibbo, Phillip G; Good, Kim P; Pencer, Alissa; Palaniyappan, Lena K

Abstract: Research has shown that cognitive functioning is impaired in individuals with early phase psychosis (EPP). Deficits in EPP are similar to those in regular cannabis users. The combined impact however of cannabis use and EPP is less understood due to discrepancies in the literature. Our current and ongoing study is assessing the impact of cannabis use and EPP separately, and together, on cognition. Four experimental groups are included: healthy controls with no cannabis use disorder (CUD, (HC-; n = 20)), healthy controls with a CUD (HC+; n = 16), and EPP patients with either no CUD (EPP-; n = 4) or with a CUD (EPP+; n = 10). CUD is measured using the Structured Clinical Interview for the DSM-5. Cognitive measures include the California Verbal Learning Test (CVLT-3), Digit Symbol Substitution Task (DSST), and Trail Making Task (TMT). Preliminary MANOVA results show a consistent trend of group impacting cognition ($p = .058$). Tests of between-subjects effects show this to be true for all tasks excluding the TMT part A. For all remaining tasks, HC- show a trend of outperforming HC+, EPP-, and EPP+, and EPP+ show a trend of worse performance. Overall, CUD within the groups negatively impacts cognition. The known link between cannabis use and EPP highlights the importance of assessing how the two interact, particularly in light of the legalization of recreational cannabis in Canada.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54095 - Printed Poster

Adherence to the Quarter-hour Rule for Insomnia: Is Time Perception Affected By Sleep Inertia?

Presenting Author: Laroche, Dave
Additional Authors: Nolin, Patricia; Crawford, Megan; Vallières, Annie

Abstract: Introduction: One component of Cognitive behavioral therapy for insomnia (CBT-I) is the "quarter-hour rule" (QHR), which instructs patients to get out of bed when they have not been able to fall back asleep within approximately 15 minutes. The objective of the present study was to assess differences in time estimation following a wake and sleep condition in good sleepers. Methods: Nine good sleepers, aged 22-54 years (mean=33.2), were required to perform a time estimation task (TET) where they were asked to determine when they believed 15 minutes had passedResults: Participants underestimated time in both the sleep and wake condition. In both conditions participants thought 15 minutes had passed after more time had actually passed, thus underestimating time (sleep: mean=16.56 min. passed, SD=4.40 min.; wake: mean=17.22 min. passed, SD=4.41 min.). A paired-samples t-test revealed that the time estimation did not differ significantly between conditions $t(8) = -.360$, $p > .05$. A repeated-measures ANOVA showed that sleepiness was higher in the sleep condition, $F(2, 16) = 10.295$, $p < .05$. Conclusions: Contrary to our predictions, participants underestimated the 15 minutes target in both the wake and sleep conditions despite sleepiness being higher after waking from sleep. More participants are being recruited for further analyses.

Section: Students in Psychology / Étudiants en psychologie
Session ID: 54115 - Printed Poster

Emotional Processes and Executive Functioning: A Multi-Method Approach

Presenting Author: Neglia, Jarvis
Additional Authors: Smart, Colette M.

Abstract: Research into executive functioning (EF) has revealed a latent structure characterized by dynamic interactions between cognitive, behavioural, and emotional processes. As an indicator of biological sensitivity to context, emotional reactivity may be an important determinant of individual differences in EF. Additionally, emotion regulation may modulate the relationship between emotional reactivity and EF. While longitudinal research has demonstrated that emotional reactivity

may interact with emotion regulation to inform the development of EF in children, researchers have yet to examine interactions between these variables at later developmental stages. Through a multi-method approach, this study will extend prior research on the confluence of emotions and EF by articulating a model within the context of emerging adulthood (n=60), a population in which EF and emotion regulation are approaching the peak of development. Ecological momentary assessments will be collected three times per day for five days as a method of examining emotional reactivity and perceived stress in daily life. Heart rate variability will be collected as a proxy of peripheral emotion regulation. The basic EF abilities of working memory updating, shifting, and inhibition will be assessed through performance on cognitive tasks. All variables will be additionally evaluated using standard self-report measures.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 54205 - Printed Poster

Estradiol and Testosterone are Differentially Associated with Context-Dependent Mating Strategies

Presenting Author: Zugic, Kaitlyn E
Additional Authors: Teatero, Missy L

Abstract: Background: Previous research has rarely examined the role of estradiol and testosterone in subtypes of women's mating strategies across the menstrual cycle. Methods: We examined the relationship between cyclical change in estradiol and testosterone, active/proceptive and passive/receptive mating intentions, and contextual factors (e.g., relationship status, sociosexuality) in 37 pre-menopausal women. Results: Relationship status and sociosexuality moderated the associations between cyclical change in hormones and women's reported mating intentions. In single women, estradiol was negatively correlated with long-term (LT) mating intentions, and testosterone was positively correlated with overall mating intentions. In partnered women, increases in estradiol and testosterone were associated with increases in receptive short-term (ST) intentions and overall ST mating intentions. Stimulatory effects of estradiol and testosterone were observed for mating intentions in unrestricted and restricted women, respectively. Conclusions: Changes in estradiol and testosterone across the cycle may be differentially associated with changes in mating intentions as a function of women's partnership status and sociosexuality. Hormonal change appears to play a role in differences between women's ST and LT mating intentions across the cycle. Actions: Replication with a larger sample is needed.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 54338 - Printed Poster

The Relationship Between Emotional Intelligence and Depressive Symptoms in Children with ADHD

Presenting Author: Ee, Bethany
Additional Authors: Gray, Christina

Abstract: Emotional Intelligence (EI) refers to the ability to recognize and understand emotions, and to use these emotions to solve problems. Ability EI refers to the ability to perceive, integrate, understand, and regulate emotions to promote personal growth while Trait EI refers to one's interpersonal and intrapersonal skills and adaptability to the environment. Across adolescent and adult samples, moderate to strong associations have been found between EI and ADHD symptomology. As individuals with ADHD often have co-occurring depression, it is likely that EI plays a role in the experience of depressive symptoms. Given that emotional regulation, a major aspect of EI, has been found to mediate the association between depressive symptoms and ADHD in youths, there is a possibility that EI mediates this relationship in a similar fashion. Furthermore, this relationship has not yet been explored in a child sample. This study examines the relationship between EI and depressive symptoms in children with ADHD and investigates EI as a mediator of any association between depressive symptoms and ADHD. Participants are 60 children, ages 8 to 12 (M = 10.33, 62% males), with and without ADHD. Results will highlight the differences in levels of EI in children with ADHD with co-occurring depressive symptoms, as well as the mediating role of EI in the relationship between depressive symptoms and ADHD.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54388 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Upset at fidgeters? Investigating Misokinesia

Presenting Author: Jaswal, Sumeet M
Additional Authors: de Bleser, Andreas; Sandhu, Satveer; Handy, Todd C

Abstract: Misokinesia, defined by a strong emotional response to the sight of someone else's small and repetitive movements, is the little-known visual counterpart to the much-researched misophonia – characterized by selective sensitivity to specific sounds accompanied by emotional distress. There are currently no published studies that have investigated participants with misokinesia on a basic behaviour and cognitive level. We examined whether participants with misokinesia had atypical attentional processes by assessing their visual processing while they performed simple visual detection and discrimination tasks. First, we established the prevalence of this visual attentional sensitivity in our sample population. Second, we created a questionnaire that consists of 21 questions about the negative impact of misokinesia on the person's activities, thoughts, and feelings. Third, we created a novel task paradigm in order to test low level visual attentional abnormalities in participants with misokinesia. This paradigm aimed to determine how misokinesia influences detection in low and high perceptual load stimuli. However, the results we obtained show correlation of misokinesia scores on our questionnaire with atypical low level visual attentional results. Nevertheless, the results suggest atypical visual processing in participants with misokinesia.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54397 - Printed Poster

Un modèle de la cognition sociale : étude des liens entre ses composantes

Presenting Author: Gourlay, Catherine
Additional Authors: Collin, Pascal; Zigrand, Coline; Jacques, Marie; Dahli, Feriel

Abstract: Introduction: La cognition sociale est l'un des six domaines cognitifs principaux évoqués dans le DSM-5, et le NIHM a identifié cinq processus la sous-tendant: perception sociale, reconnaissance émotionnelle, théorie de l'esprit, style/biais attributionnel, connaissances sociales. L'objectif est de décrire les relations entre ces composantes pour mieux expliquer le traitement de l'information sociale. Méthodologie: Une batterie d'épreuves sociocognitives évaluant les composantes identifiées par le NIHM a été validée auprès d'un échantillon de 107 adultes québécois de 18-85 ans. Une analyse de régression et une analyse acheminatoire ont été effectuées pour établir un modèle de prédicteurs et décrire la force des relations entre les composantes. Résultats: Les postulats en régression ont été satisfaits. La théorie de l'esprit est un prédicteur significatif (Beta=.33, p=.035) expliquant 9.1% de la variance. L'analyse acheminatoire montre des indices satisfaisants d'ajustement du modèle: X2(6)=6.33, p=.387, CFI=.99, TLI=.99, RMSEA= 0.02, SRMR=.06. La reconnaissance des émotions a un effet significatif et large sur la théorie de l'esprit (β=.53, p<.01). Conclusion : L'identification de liens entre les processus sociocognitifs contribue à la compréhension des interactions sociales et permet de créer un groupe de base pour d'éventuelles comparaisons avec des groupes cliniques.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54437 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Cognition sociale : une étude de la trajectoire des habiletés sociocognitives à travers l'âge adulte

Presenting Author: D'Auteuil, Camille
Additional Authors: Gourlay, Catherine; Jacques, Marie; Dahli, Feriel; Zigrand, Coline

Abstract: Introduction: Les changements cognitifs survenant lors du vieillissement incluent des gains en plusieurs habiletés et connaissances, mais également des déclins. Peu d'études se sont intéressées aux changements des différentes composantes de la cognition sociale au cours des stades adultes. L'objectif est d'explorer les changements à travers ces stades relativement à la reconnaissance des émotions, la théorie de l'esprit, le style/biais attributionnel et le jugement social. Méthodologie: Une batterie de mesures sociocognitives validées a été administrée à 102 adultes non-cliniques âgés de 18-85 ans repartis en trois groupes d'âge: 18-35 ans, n=40; 36-60 ans, n=28; 61-85 ans, n=34. Les performances des groupes ont été comparées au moyen d'ANOVA avec test Tukey. Résultats: Des différences significatives sont obtenues dans la majorité des composantes examinées, notamment en reconnaissance émotionnelle (groupe 1 et 2>groupe 3 (F(2,99)=13.964, pgroupe 2 et 3; F(2,98)=15.041, pgroupes 1 et 2 (F(2,99)=5.966, p

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54439 - Printed Poster

Associations entre les processus neurocognitifs et la cognition sociale chez les adultes québécois

Presenting Author: Collin, Pascal
Additional Authors: Gourlay, Catherine; Zigrand, Coline; Dahli, Feriel; Jacques, Marie

Abstract: Introduction: La cognition sociale dépend des fonctions neurocognitives pour leur élaboration dès le développement en enfance. L'objectif est d'examiner le profil qui se dégage des liens entre la neurocognition et la cognition sociale à l'âge adulte. Méthodologie: Cent-sept adultes québécois âgés de 18-85 ans ont complété des tâches cognitives : WAIS-IV (Matrices, Similitudes, Vocabulaire, Séquence de chiffres), Fluence verbale, D-KEFS Stroop; et des tâches sociocognitives évaluant la perception sociale, la reconnaissance des émotions, la théorie de l'esprit (TdE), le biais attributionnel et le jugement social. Résultats: Les analyses montrent des liens significatifs entre la perception sociale et l'inhibition (r=-.31, p=.025), et entre le jugement social et le raisonnement perceptif (r=.21, p=.035). La reconnaissance des émotions est associée au raisonnement verbal (r=.28, p=.004), au vocabulaire (r=.41, p<.001) à la fluence phonologique (r=.40, p=.003), à l'inhibition (r=-.45, p=.001) et à la flexibilité (r=-.34, p=.012) du Stroop. La TdE est associée au raisonnement perceptif (r=.20, p=.046) et verbal (r=.24, p=.017), au vocabulaire, (r=.21, p=.035), à la mémoire de travail (r=.28, p=.024) et à l'inhibition du Stroop (r=-.33, p=.019). Conclusion: Ces associations suggèrent une interdépendance entre les fonctions neurocognitives et la cognition sociale, même à l'âge adulte.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54444 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Short Mindfulness Inductions Show Positive Effects On Attention And Higher-Order Functions.

Presenting Author: Renault, Robin
Additional Authors: Gill, Louis-Nascan; Rainville, Pierre; Khoury, Bassam

Abstract: It has been hypothesised that mindfulness meditation could benefit a variety of cognitive processes, but evidences for such claim are inconclusive. This study aimed at providing insight on this matter by conducting a systematic review and meta-analysis regarding the effects of short mindfulness induction on cognition.Citations were retrieved from Pubmed, PsycInfo and Web of Science database. Studies were included if they assessed cognitive outcomes immediately following a mindfulness induction on a naïve population. Risk of bias was assessed independently by two authors with the Cochrane risk of bias tool.A total of 50 independent studies (n = 5,095 participants) were included. A small effect was found for overall cognition (k = 50; g = 0.22), with significant effects observed within-domain on attention (k = 14; Hedge g = 0.28) and higher-order cognitive functions involving judgment, decision-making or reasoning (k = 11; Hedge g = 0.33). No significant effects were found on memory and executive functions. There was no evidence of publication bias.Results suggest that mindfulness induction improves cognition in tasks involving attention and higher-order functions. However, the poor methodological quality of the reviewed studies and high heterogeneity limit this interpretation. Experimental research on mindfulness and cognition should follow more rigorous scientific practices.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54473 - Printed Poster

Role of intelligence in the relationship between sensory processing and autistic mannerism

Presenting Author: Lung, Stephanie LM
Additional Authors: Bertone, Armando

Abstract: Children with autism (ASD) show mannerisms including motor stereotypy, and circumscribed interests. These are behavioural responses to which they react to information they receive and interpret, thus are related to their sensory processing and that atypical sensory processing correlates with mannerisms (Boyd, et al., 2009; Gabriels et al., 2008). However, little is known about the generalizability of this relationship to population with mixed IQ profile. Moreover, the specific sensory pattern that predicts mannerism is to be clarified. Thus, this study aims to clarify the role of intelligence in the sensory-mannerism relationship, and specify the sensory pattern that predicts mannerism. 25 children with ASD were recruited. Their intelligence, sensory processing and mannerism were assessed in WASI-II, and two parent-completed questionnaires (i.e., SP-2 & SRS). Four moderation analyses were conducted with each sensory quadrant from SP-2 as predictor, the Mannerism scale from SRS as outcome, with both verbal and perceptual indices from WASI-II as moderators. Only the sensory "registration", p=.046, and its interaction with "verbal reasoning", p=.303, significantly predicts mannerisms. This study adds to the literature by specifying the sensory pattern and highlighting the role of verbal intelligence in predicting mannerism.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54557 - Printed Poster

Sex differences in social functioning, cognitive functioning, and social support in Schizophrenia.

Presenting Author: Abdoul-Raman, Yasmin
Additional Authors: McCarthy-Jones, Simon

Abstract: Schizophrenia is a severe mental disorder, and differences between male and female patients' symptom profiles and outcomes are a matter of increasing interest. The objective was to examine if men and women diagnosed with a schizophrenia spectrum disorder differ in levels of social support, social and cognitive functioning, and to see if social support mediated any effect of sex on social/cognitive functioning. Based on the review of the literature, men with schizophrenia were hypothesized to have lower levels of social support, leading to lower levels of social and cognitive functioning, than women with schizophrenia. This was investigated by analyzing a secondary data set of 203 males and 85 females with a schizophrenia spectrum diagnosis. Mediation analyses were performed using a regression-based approach. No differences were found between male and female patients in levels of social support or social/cognitive functioning, nor was there a mediating effect of social support on sex and social functioning and IQ scores. There was however a mediating effect of social support on sex and Logical Memory I and II scores. These results question the extent of sex differences in social support and social/cognitive functioning in people with a schizophrenia spectrum disorder. Although this mediation effect may have been a Type I error, these results still warrant further investigation.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54667 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Investigating olfactory dysfunction following mild head injury in university students

Presenting Author: Gallant, Caitlyn
Additional Authors: Good, Dawn

Abstract: Research has indicated that olfactory dysfunction is common after traumatic brain injury (TBI) due to the vulnerability of the olfactory system following rapid acceleration/deceleration of the head (Howell et al., 2018). Since TBI can be characterized along a continuum of severity, the current study examined olfactory dysfunction after mild head injury (MHI) among asymptomatic university students and the relationship between olfaction and measures of empathy and executive function. University students with (n = 43), and without (n = 64), a prior MHI completed questionnaires assessing their head injury status/severity, scent sensitivity, and empathy, as well as measures of cognitive flexibility and abstract reasoning. The majority of students with a prior MHI (81.4%) reported that they are not sensitive to scents, p = .02, and rated their scent sensitivity significantly lower than those without a MHI history, t(99.38) = 2.16, p = .03. Further, scent sensitivity and affective empathy were related, p = .05, while sensitivity ratings and executive function were not. Given that olfaction and empathy share similar neural substrates, this observed relationship further emphasizes the vulnerability of the orbitofrontal cortex after TBI and indicates that olfactory dysfunction may serve as a correlate of affective empathy challenges.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54668 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Psychophysiology of obsessive-compulsive disorder

Presenting Author: Desfossés-Vallée, Sarah
Additional Authors: Verschelden, Patrick; O'Connor, Kieron; Lavoie, Marc E.

Abstract: Obsessive-compulsive disorder (OCD) is characterized by compulsions and intrusive thoughts that can be reflected in alteration in brain activation, which we can be assess by measuring event-related potentials (ERP). Many studies have examined ERP components such as N2, P2 and P3 components in people with OCD in an auditory oddball task, but very few have been done in the context of a motor visual oddball task. Several inconsistencies have been observed in the literature, whereas some studies reported a reduced P3, while others showed opposite results. Because of the fluctuating symptomatology in OCD, these studies suggest that an alteration of the P300 could be contingent upon task demand that may be due to attention and motor resources allocations. Therefore, we hypothesised that participants with OCD would be more affected than the control group by showing a decrease in the motor P3. Our sample consisted of 21 OCD and 20 controls. The N2, P2 and P3 amplitudes were measured during a motor oddball task. Results showed a decrease in the amplitude of the P300 in the centro-parietal regions while the N2 and P2 were not affected. This study supports previously obtained results according to which there is underactivation of the motor P300 in OCD, which confirms that there are impairments in some of the cognitive and motor processes in this disorder.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54670 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The role of orthographic knowledge and print vocabulary in Spanish reading fluency

Presenting Author: Romero Carreon, Sandra

Abstract: Several studies have shown strong contributions of orthographic knowledge and vocabulary to word and passage reading fluency. However, most of the studies come from English-speaking countries; thus, the effect on transparent writing systems is relatively unknown. In this study, we examined the role of orthographic knowledge and print vocabulary as

concurrent predictors of text reading fluency. The sample included ninety-three children (56 females, 37 males; mean age = 7.5 years) in Grade 2 and 102 children (58 females, 44 males; mean age = 8.8 years) in Grade 3 from a Mexican elementary school in the metropolitan area of Guadalajara city. Children were tested in phonological decoding, orthographic knowledge, print vocabulary, and text reading fluency. Hierarchical regression analysis showed that after controlling for decoding skills, orthographic knowledge explained an additional 25% of unique variance in reading fluency in Grade 2 and 17% of unique variance in Grade 3. Print vocabulary explained an additional 7% and 8% of the variance in reading fluency after controlling for decoding and orthographic knowledge. Our findings suggest that orthographic and vocabulary knowledge influence reading fluency also in transparent orthographies but earlier than expected based on the findings of English studies. Implications for reading fluency assessment and intervention are considered.

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 54693 - Printed Poster

Are Judgments of Others Affected by Perfectionism?

Presenting Author: Gardam, Olivia D
Additional Authors: Ferguson, Ryan J

Abstract: Research suggests that people with social anxiety also report higher Socially Prescribed and Self-Oriented Perfectionism, which increase negative self-evaluations. Few studies have explored social anxiety's link with Other-Oriented Perfectionism (OOP; i.e., high standards for other people's behaviour). Given some evidence that people with social anxiety evaluate others' visible anxiety negatively, we aimed to test if people with higher OOP would evaluate an anxious other more negatively, regardless of the type of evaluation instructions they received. Undergraduate students (N = 86; Anticipated N = 180 by May 2020) completed the Multidimensional Perfectionism Scale-Short Form, and were randomly assigned to give no-, lenient-, or harsh-evaluation of a video recorded visibly anxious person, using the Public Speaking Performance Measure-Other Version. Moderation analyses indicated the overall model was not statistically significant, $F(3,82) = 1.49$, $p = 0.22$, and the interaction between feedback condition and OOP score did not have a statistically significant effect on evaluations, $t(82) = -1.41$, $p = 0.16$. However, means were in the hypothesized direction. Our analyses are currently underpowered; we anticipate similar yet statistically significant findings with our full sample. We will discuss our findings in terms of implications for cognitive models of social anxiety.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54749 - Printed Poster

[Presented in CPA 2020 Virtual Series]

PRISM ADAPTATION EFFECTS IN HEALTHY YOUNG ADULTS AND CHILDREN

Presenting Author: Smith, Laura
Additional Authors: Fougere, Brianna; Stirling, Kathryn; MacPhee, Catrina; Champod, Anne Sophie

Abstract: Background. Prism adaptation (PA) is a promising treatment for spatial neglect which is an attentional disorder common after stroke in children and adults. The goal of the present studies was to assess the effects of a new home-friendly and game-like PA procedure (Peg-the-Mole, PTM) in healthy adults (Study 1) and in a preliminary sample of healthy children (Study 2). Methods. Forty adults (Study 1) and 10 children (Study 2) alternated between using PTM with prism and sham goggles. In Study 1, participants were assigned to one of two conditions (use of PTM with 5 or 15-degree rightward deviating goggles) to manipulate the magnitude of after-effects induced by the procedure. After-effects were measured before and after PTM using standard proprioceptive and visual pointing outcome tasks. Results. Using PTM with 15-degree goggles induced significant after-effects on both outcome tasks in adults and children ($p < 0.05$). In contrast, adults using PTM with 5-degree goggles showed significant after-effects on the visual outcome task ($p < 0.05$), but not on the proprioceptive task ($p > 0.05$). Conclusions. PTM can be used to induce significant after-effects in children and adults. Action/Impact. PTM may be a potential treatment for spatial neglect that could be used across the lifespan. The use of 15-degree goggles may be necessary for significant after-effects to develop.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 54753 - Printed Poster

SPN Priming Across Classes of Regularity: Examining Reflection and Rotation Symmetry

Presenting Author: Hsieh, Jessica
Additional Authors: Makin, Alexis

Abstract: Symmetrical images elicit a consistent, automatic drop in posterior ERP amplitude (termed Sustained Posterior Negativity, SPN). When presented with symmetrical images within the same regularity, SPN amplitude increases with each subsequent presentation. Examining whether this priming effect generalizes across regularities will offer insight into whether the neural coding of those regularities (in this study, reflection and rotation) is independent. Participants (N = 28; 3 males) connected to an EEG apparatus completed a pattern discrimination task with alternating and consistent regularity sequences. It was expected that reflection and rotation regularities were coded by independent neural groups. SPN priming would only occur in the Consistent Regularity Type sequences, as it would not survive changes in regularity. To test this hypothesis, a 2(Sequence Type: Consistent, Changing) x 3(Sequence Position: 1, 2, 3) ANOVA was conducted. SPN priming occurred in both Sequence Type conditions, demonstrating that SPN priming generalized across rotation and reflection regularities. This indicated that representations in reflection and rotation are functionally linked. Neural populations responsible for processing reflection symmetry overlap with those of rotation symmetry. This research suggests that there may be universal symmetry neurons that process all symmetry types.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 54846 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Linking reading frequency to pragmatic inference-making during narrative comprehension

Presenting Author: Rowe, Meredith
Additional Authors: Tiv, Mehrgol

Abstract: Reading may strengthen perspective taking skills, which are crucial for aspects of language that require pragmatic inferences, such as irony (Kidd & Castano, 2019). However, little work has directly assessed this link. We investigated whether the amount people read affects pragmatic inference-making across two narrative sets: (1) literal vs. ironic statements made under different contexts (e.g., negative statements in positive situations, ironic compliments, are more difficult than positive statements in negative situations, ironic criticisms), (2) stories requiring logical vs. mentalizing inferences to be understood. Forty-seven first-language English adults read and assessed aspects of the narratives. Preliminary analysis of the ironic narratives indicates that all participants rated ironic compliments as less natural, appropriate, and ironic than ironic criticisms. However, frequent readers responded to all probes more quickly, and attributed less irony to ironic compliments and literal criticisms (suggesting that they have a more precise definition of irony, through reading experience), than low frequency readers (who may generally associate negativity with irony). Ongoing work will examine these effects across both narrative sets in a continuous manner, controlling for factors such as language experience and cognitive control.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 54876 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Es-Scents of Attention: Examining the Relation Between Essential Oils and Attention.

Presenting Author: Caron , Emilie E.
Additional Authors: Martinez, Carolina

Abstract: While we know maintaining attention is difficult, and that inattention in everyday life is associated with a host of negative outcomes – ranging from trivial to disastrous – we do not yet understand the full nature of inattention or what we can do about it. Given the importance of attention to most tasks, this study was designed with the primary goal of further exploring ways to reduce inattention. Here, we examined whether scent could be used to promote and prolong sustained attention. We used a relatively new sustained attention task where participants were asked to pay attention to a slow-moving analog clock face and press a button every time the hand pointed to 12 o'clock. Participants were periodically probed to determine whether they were mind wandering. Once per rotation of the clock, a scent (either peppermint or water) was released. Results from preliminary data of 147 participants suggests that, overall, the scent of peppermint does not significantly improve performance on the clock task. However, individuals do report different levels of mind wandering depending on where they are in the clock, therefore examining the differences in release time of the scent might help understand the true effect of peppermint on performance. In all, these findings offer insight on the experience of inattention and the maintenance of attention in order to reduce errors on common tasks.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54882 - Printed Poster

Social cognition, executive skills, and behaviour in youth with Tourette's Syndrome

Presenting Author: Vera-Estay, Evelyn
Additional Authors: Duchesne, Geneviève ; Beauchamp , Miriam H.

Abstract: Introduction: Tourette's Syndrome (TS) is a neurodevelopmental motor disorder frequently accompanied by social difficulties. Although tic severity and comorbidity may explain social problems in some individuals with TS, studies in adults suggest that TS may also be associated with impaired social cognition. This study documented social cognition, executive functioning (EF), adaptive social skills and behaviour in youth with TS. Participants and method: Thirty children and adolescents (8-18 years, M = 13.8, SD = 2.3 years, 6 females) with TS were matched on sex, age, and IQ with 30 typically developing youth. Participants completed measures of intellectual functioning, EF and social cognition (moral reasoning and Theory of Mind). Parents completed questionnaires documenting everyday EF, adaptive social skills and behaviour.Results: No group differences were found for social cognition and performance-based EF. However, parents reported poorer everyday EF and more behavior problems in youth with TS than in controls. Tic severity, Theory of Mind and adaptive social skills were independent predictors of behavior in youth with TS.Conclusion: The findings suggest that youth with TS do not show marked deficits in social cognition, but that where present these, along with more severe tics and poor adaptive skills may be associated with behavior difficulties.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 54903 - Printed Poster

Working Memory Moderates the Use of Lips and Context During Speech Perception in Noise in Bilinguals

Presenting Author: Chauvin, Alexandre
Additional Authors: Pellerin, Sophie; René, Jean-Louis ; Phillips, Natalie

Abstract: Lip movements and sentence context typically improve speech perception in noise for native listeners. However, little is known for non-native listeners and especially for older bilinguals who may be particularly susceptible to background

noise. We examined the extent to which French-English/English-French bilinguals in Montreal benefit from lip movements and sentence context in their first (L1) and second language (L2). Participants (n = 65 to date) were divided between young adults (YA; 18-35 years), older adults (OA; 60+). All were presented with audio-video recorded sentences in noise; they had to repeat the terminal word of each sentence. Half of the sentences offered moderate levels of context (e.g., "In the mail, he received a letter."; MC), while 50% offered little context (LC). The sentences were presented in three modalities: visual, auditory, and audiovisual.Preliminary results show greater accuracy in L1 vs. L2, and MC vs. LC. OAs outperformed YAs in the auditory condition. All participants benefited from the combination of lip movements and sentence context. However, this was differentially associated with visual working memory capacity (VWM) in YAs compared to OAs. This suggests that VWM plays a role in the extent to which bilinguals benefit from the combination of lip movements and sentence context, and that this relationship changes across the lifespan.

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 54906 - Printed Poster

Correlates of Overgeneral Memory in Depression

Presenting Author: Courtenay, Kesia
Additional Authors: King, Matthew; Benjamin, Aaron; Girard, Todd

Abstract: A prevailing theory in depression proposes that autobiographical memory is "overgeneral" (OGM) in the disorder. Despite interventions targeting OGM in depression, its underlying mechanisms are not yet fully understood. Importantly, depression also relates to poorer memory for episodic details; it is therefore possible that OGM in depression is not a phenomenon specific to autobiographical memory. This study examined whether OGM might reflect more extensive episodic memory deficits and weakened memory traces with the passage of time. We employed the Autobiographical Interview and a prose-reading episodic memory task with undergraduate students with varying degrees of dysphoria. Both tasks assessed immediate and delayed memory. Preliminary results show no associations between depression and immediate memory in either domain (no evidence of OGM). After a delay, however, greater depression related to OGM for both autobiographical and episodic memory details. Additional analyses incorporating other clinical and cognitive measures indicated that these relations are largely unique to symptoms of depression. These findings suggest that OGM is not specific to autobiographical memory, but rather, that it reflects impoverished memory more generally. This informs our understanding of a prevailing theory on the topic.

Section: Clinical Psychology / Psychologie clinique
Session ID: 54919 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Social Anxiety and Post-Event Processing: Timing of Self-Compassion Inductions

Presenting Author: Hytman, Lauren
Additional Authors: Kocovski, Nancy

Abstract: Individuals with high levels of social anxiety often post-event process from a negative and critical perspective. Inducing self-compassion can mitigate the negative effects of social anxiety, and post-event processing. Past research has demonstrated that self-compassion is effective in reducing levels of social anxiety when induced before an anxiety provoking event. Self- compassion has also shown to be effective in reducing levels of post-event processing when induced after an anxiety provoking event. However, to date, the timing of self-compassion inductions on levels of post-event processing has not been examined. In the present study, undergraduate participants (n=92 thus far; total N=160 to be recruited by March, 2020) completed an anxiety provoking speech task. They were randomly assigned to one of four conditions: self-compassion induction before the speech, self-compassion induction after the speech, self-compassion induction both before and after the speech, or control. The following day, participants completed a measure of post-event processing. It was hypothesized that individuals in the condition in which self-compassion was induced both before and after the speech task will report the lowest levels of post-event processing at the one day follow up. This research has implications for the treatment of social anxiety.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 54953 - Printed Poster

[Presented in CPA 2020 Virtual Series]

La Relation Parent-Enfant Affectée Chez Les Enfants Nés Prématurés d'Âge Préscolaire

Presenting Author: Vona, Mélissa
Additional Authors: Marleau , Isabelle; Luu, Thuy Mai; Beauchamp , Miriam H

Abstract: Les enfants nés prématurés présentent des complications médicales, des difficultés cognitives et sociales, telles que des difficultés interpersonnelles et une diminution de leur compétence sociale. Ces difficultés sociales sont inquiétantes puisque les habiletés sociales contribuent à établir et maintenir les relations sociales de qualité et à l'adaptation en société tout au long de la vie. À l'âge préscolaire, le développement de la compétence sociale est en pleine émergence et se forme principalement au cœur des interactions parent-enfant. L'objectif de cette étude était d'explorer la qualité des relations parents-enfants chez des enfants de 4-5 ans prématurés. 30 enfants nés à < 28 semaines de gestation et 30 enfants nés à terme ont été observés en situation d'interaction parent-enfant (partage d'une collation) et la qualité de leurs relations à été codifiée avec l'échelle Mutually Responsive Orientation (Aksan, Kochanska, et Ortmann, 2006). Les dyades d'enfants prématurés ont eu des résultats plus faibles aux sous-échelles de communication (t = 3,78, p = 0,001) et de coopération (t = 2,53, p = 0,017) comparativement aux dyades d'enfants nés à terme. Ces résultats suggèrent des difficultés relationnelles des dyades d'enfants prématurés d'âge préscolaire et reflètent l'importance d'investiguer la sphère sociale de ces enfants.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 55077 - Printed Poster

[Presented in CPA 2020 Virtual Series]

High anxiety moderates mood response to a stressor following attentional retraining

Presenting Author: Aberback, Ryan
Additional Authors: Trespalacios, Florencia

Abstract: Some studies find that retraining attentional biases improve stress coping, but others have not. Here, we attempt to replicate previous research and assess whether high anxiety levels at baseline moderates the relationship between attentional retraining and the mood response to a psychosocial stressor. Participants (N=40) were assigned to attentional retraining (shifting attention from angry to happy faces) or a control task (viewing faces). The Beck Anxiety Inventory was administered at baseline. After retraining, participants underwent a psychosocial stressor. Mood change scores were obtained by subtracting pre-stressor ratings (T1) from those post-stressor (T2). No main effect of retraining condition on mood change was found. High anxiety moderated the relationship between condition and the mood response to the psychosocial stressor (Condition X Anxiety; $F_{(1, 36)}=5.47$, p=.025). Analysis of conditional effects revealed significantly more depressed mood in response to the stressor for those in the retraining condition, compared to the control condition, when anxiety symptoms were high ($t(1)=2.72$, p=.01). Attention retraining did not change the mood reactivity in response to stress. Moreover, the training appeared to be harmful to those having high levels of anxiety. Thus, attention retraining appears to be ineffective at dampening stress reactivity.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 55125 - Printed Poster

Investigating Cannabis Use on the Relationship Between Mild Head Injury and Reported Life Stressors

Presenting Author: Luczon, Rachel
Additional Authors: Patel, Smit; Good, Dawn

Abstract: Mild head injury (MHI) is a life changing event that can impact one's ability to cope with life stressors. Previous research has shown that individuals with a history of MHI report experiencing a greater number of stressors in comparison to their noninjured cohort (Ponsford, Willmott, Rothwell, & Cameron, 2000). A factor that may dictate one's ability to anticipate and cope with life stress is autonomic physiological arousal which has been shown to be dampened in individuals with a history of MHI (Baker & Good, 2014). Another factor shown to dampen arousal is the magnitude of cannabis use (Cuttler, Spradlin, Nausbaum, Whitney, & McLaughlin, 2017). This study investigated the possible moderating effect cannabis use has on the relationship between severity of MHI and life stressors. It was found that the more severe the injury, the greater the number of reported total life stressors ($r(25) = 0.42$, $p < .05$) and, moreover, the magnitude of cannabis use significantly moderated the effect ($F(2,15) = 12.4$, $p < .05$, $R2 = 0.62$). Given their predisposition to engage in risk-taking behaviour and increased substance use (James, Strom, & Leskela, 2014), these findings have implications for persons with a reported MHI.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 55152 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Social Cognition in Aging: Age Differences & Underlying Mechanisms Linked with Fraud Susceptibility

Presenting Author: Walzak, Laura C
Additional Authors: Thornton, Wendy Loken; Braley, McKenzie

Abstract: Background: Using a contemporary model of cognitive and affective Theory of Mind (ToM), we piloted a novel measure of real world social decision-making by examining whether age-related social cognitive declines are associated with one's ability to detect fraudulent information.Methods: 38 younger (14 males; M=23 years) and 35 older adults (13 males; M=72 years) completed a set of standardized tests (Strange Stories, Reading the Mind in the Eyes, Edinburgh Social Cognition Test; ESCoT, Everyday Social Decisions Task; ESD). We used correlational analysis and hierarchical regression to identify fraud susceptibility predictors.Results: Contrary to past data, older adults were significantly more accurate in discerning fraudulent ads (deceit detection; t71=-2.95, p=.000) and more confident than younger adults (t71=-4.30, p=.000). Better performance on the ESCoT-cognitive was linked to stronger deceit detection (r=.35, p=.05) in a sample subset. Poorer affective ToM increased participants' likelihood to participate in scams (β=.28, 95% CI=[.13, 1.18], p=.02).Conclusions: Preliminary findings from this ongoing study highlight the importance of ToM in predicting crucial everyday outcomes.Action/Impact: Given initial results suggesting a potential age advantage in anti-fraud decision-making, a better understanding of the role of ToM in everyday life is clinically and societally relevant.

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 55179 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The Developmental Sequelae of Psychological Symptoms Exhibited by Children Exposed to Trauma

Presenting Author: Yang, Annie
Additional Authors: Rodger, Susan; Stewart, Shannon

Abstract: Children who experience chronic trauma often exhibit a myriad of symptoms beyond the criteria outlined in a PTSD diagnosis. A separate diagnosis of Developmental Trauma Disorder (DTD) has been proposed to account for the diverse clinical presentations found among children who have experienced complex trauma. The proposed diagnosis includes dysregulation in affect, physiology, behaviour, attention, and cognition, disturbances in self-concept, attachment difficulties, and post-traumatic spectrum symptoms. Further research on how trauma reactions present in children across different ages is necessary to provide the empirical foundation to support the theoretical framework of a developmental trauma diagnosis. The present study will explore whether children who are exposed to complex trauma will exhibit impairments that reflect the theoretical framework of DTD in early childhood, late childhood, and adolescence. Data from the interRAI ChYMH has been obtained from mental health agencies across Ontario for an estimated 9,000 children who have a history of trauma. ChYMH items will be factor analyzed by age group to determine how symptoms cluster. Understanding how trauma symptoms manifest in children at different stages of development will inform the establishment of developmentally appropriate interventions for children and adolescents accessing mental health services across Canada.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 55259 - Printed Poster

Cognitive Fatigue Associated with Mild Head Injury

Presenting Author: LaRiviere, Blake
Additional Authors: Good, Daley

Abstract: Following mild head injury (MHI), neural connections are disrupted, decreasing functionality. Further, individuals who have sustained a MHI produce lower baseline autonomic physiological arousal (i.e., electrodermal activation [EDA] - van Noordt & Good, 2011; Baker & Good, 2014). Sustained effort has been shown to be a determinant of fatigue by exhaustion of resources (Johansson et al., 2015). The Coping Hypothesis purports that following a head injury, the brain has reduced resources and less efficient processing (Kohl et al., 2009); tasks can be more draining due to sustained concentration. In this study, self-reported measures of fatigue and concentration difficulties (including intensity, duration, and frequency) were obtained from university students with, and without, reported MHI (n = 259). Analyses demonstrated a significant effect of MHI status on both fatigue (F(1, 258) = 4.956, p's

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 55271 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Personality traits and psychosocial functioning in parents with bipolar disorder and their partners

Presenting Author: Trespalacios, Florencia
Additional Authors: Serravalle, Lisa; Ellenbogen, Mark

Abstract: Individuals with bipolar disorder (BD) often present with maladaptive traits and poor psychosocial functioning. However, little is known about their intimate partners. Fifty-five parents with BD and their partners were recruited. All completed diagnostic interviews, and questionnaires describing personality traits, negative life events, coping skills, social support, marital adjustment and inter-partner verbal aggression. Intimate partners of adults with BD, relative to healthy control partners, presented with more mental disorders, higher neuroticism, lower extraversion, more emotion-focused coping, smaller social networks, less satisfaction with their social networks, and little, satisfying social contact. They also reported less consensus and satisfaction in their marital relationships, and engaged in more verbal aggression towards their partners. Participants with BD showed similar, more extreme, characteristics. These findings suggest that both parents with BD and their intimate partners exhibit high levels of mental illness, maladaptive personality traits and psychosocial difficulties, thus limiting their partners' ability to provide support and stability within the home. Moreover, bothindividuals with BD and their partners could benefit from interventions aimed at lowering emotionality and verbal aggression, and increasing social support and effective coping skills.

Disengagement and Avoidance in Response to Cognitive Challenge in Major Depressive Disorder

Presenting Author: Wood-Ross, Chelsea
Additional Authors: Simourd, Lindsay; Milanovic, Melissa; Bowie, Christopher R

Abstract: Depression is associated with cognitive impairments, which are robust predictors of everyday functioning. Avoidance of and disengagement from cognitive effort may impede the use of cognitive skills in everyday life. The present study examined how individuals with depression engage with challenge on a cognitive task. Twenty-eight individuals with depression and 24 healthy comparisons (HC) completed a cognitive task. After each level of the task, participants were asked to adjust difficulty level and report self-perceived performance accuracy. EEG data was recorded continuously. Objective performance accuracy did not differ between individuals with depression and HC ($p = .84$, partial $\eta2 = .001$). At low difficulty level, individuals with depression and HC did not differ in either perception of performance accuracy ($p = .13$, partial $\eta2 = .044$), nor adjustment of difficulty level ($p = .45$, partial $\eta2 = .01$). At high difficulty level, individuals with depression tended to percieve their peformance to be worse than HC ($p = .052$, partial $\eta2 = .073$), decrease task difficulty significantly more than HC ($p < .001$, partial $\eta2 = .23$), and had significantly higher alpha power than HC ($p = .044$, partial $\eta2 = .19$), indicating increased task disengagement. Avoidance of cognitive effort may contribute to cognitive impairment in depression, and may be an important treatment target.

Utilisation de benzodiazépines lors d'une TCC-transdiagnostique pour l'anxiété:une étude qualitative

Presenting Author: durand, camilla
Additional Authors: Dubois, Marie-France; Norton, Peter J; Roberge, Pasquale

Abstract: La thérapie cognitive comportementale (TCC) est reconnue comme étant efficace dans le traitement des troubles anxieux (TA), troubles de santé mentale parmi les plus fréquents. La TCC de groupe pour l'ensemble des TA (TCC-t) permet notamment aux cliniciens de traiter un plus grand nombre de patients. Les benzodiazépines (BZD), une médication reconnue dans le traitement des TA, combinée à la TCC pourraient altérer l'efficacité de celle-ci, notamment au niveau de l'acquisition et du traitement des apprentissages. Cette étude a pour but d'explorer la perception des patients face à leur utilisation de BZD pendant et après une TCC-t. Elle s'inscrit dans un volet secondaire de l'essai contrôlé randomisé ayant pour but d'évaluer l'efficacité d'une TCC-t pour les TA en comparaison aux soins usuels (Roberge et al., 2018). Le groupe expérimental a reçu la TCC-t (n=119) tandis que le groupe contrôle a reçu les traitements usuels (n=114). Parmi le groupe expérimental se trouvent 36 utilisateurs de BZD. Pour se faire, 12 à 15 de ces participants seront recrutés pour réaliser des entrevues individuelles semi-dirigées concernant leur utilisation de BZD pendant la thérapie. Il est souhaité que les résultats de cette étude puissent sensibiliser les patients et les thérapeutes aux effets potentiels des BZD sur la TCC-t et ses composantes d'intervention.

Cortical Maturation of the Anterior Cingulate Cortex and Executive Functions in Pediatric ADHD

Presenting Author: Hai, Tasmia

Abstract: Attention-deficit/hyperactivity disorder (ADHD) is a debilitating neurodevelopmental disorder with deficits in executive functions (EF). Previous studies have found reduced cortical thickness in the frontal-striatal pathway (FSP), specifically in the anterior cingulate cortex (ACC). However, no study to date has investigated the relationship between EF and cortical thickness. To address this, 30 children with ADHD and 30 control children (HC; 8-16 years old) completed two neuroimaging studies. The participants underwent T1-weighted sequence Magnetic Resonance Imaging. Cortical surface reconstruction was conducted using FreeSurfer software. Both groups also completed the Continuous Performance Task (CPT) and DKEFS Inhibition Task. The current study found no significant group difference between the ADHD participant group compared to the HC. Pearson Correlations found significant positive correlations between CPT Omission errors and Inhibition task performance with the thickness of ACC in the ADHD group only. The findings from the current study indicate that while there were no significant structural differences in our participant group compared HC in the ACC, the cortical maturation of ACC might play a role in EF. Given the significant role of EF in the academic and social functioning of children with ADHD, the ACC could be a potential treatment target.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 55331 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Symposium

The formation of musical representations

Moderator: Cui, Anja-Xiaoxing

Abstract: Music is a fundamental human capacity. Along with language it is a uniquely human trait, thus, understanding how we perceive music can inform us about human perception in general (Rebuschat, Rohrmeier, Hawkins, & Cross, 2012). The use of musical stimuli in perception and cognition research is advantageous because of two quantifiable factors: 1) Musical stimuli can be quantified by their acoustic parameters and are ecologically valid. 2) Previous knowledge and experience of listeners can be quantified, where musicians form a natural expert group. This symposium presents research to illustrate the operation of fundamental principles of perception and cognition in forming musical representations, namely, the interactions of bottom-up and top-down processes. The first paper shows that the perceptual distance between physically equally distant pairs of tones is influenced by the musical context in which they are presented. The second paper shows that previous schematic knowledge interacts with the use of physical surface cues such as duration and frequency of occurrence in organizing auditory into coherent, usable structures. Lastly, in the third paper, musical representations are investigated using EEG and fMRI to reveal that bottom-up and top-down processes are active across processing stages of the auditory system.

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 54103 - Symposium

[Presented in CPA 2020 Virtual Series]

Tonal schemata and acoustic relationships

Presenting Author: Cui, Anja-Xiaoxing
Additional Authors: Neto, Pedro A.S.O.; Cuddy, Lola L.

Abstract: Is our perception of physical relationships constant or can it be modulated by the perceiving individuals' experience? Research on listeners' physiology and behavior has revealed that we are sensitive to complex musical regularities (see Zatorre, 2001; Koelsch, 2000; Krumhansl & Cuddy, 2010). In the present work, we show that the perception of low level acoustic stimuli is modulated by knowledge of musical constructs such as scale and tonality. Participants (N = 60) were asked to estimate the subjective distance between pairs of tones, whose acoustical relationship to each other was identical, but which varied regarding their musical implications. For example, the acoustical distance between tones C and E and tones G # and C can both be expressed as the same fundamental frequency (FF) ratio of 5:4. In musical terms, however, the scale-step distance between the same pairs of tones in the context of the melodic A minor scale, a scale used in Western music, is different: 2 and 3 scale steps, respectively. Our results indicate that, regardless of music training and culture (Canada vs.

Brazil), knowledge of tonal schemata explained the influence of the musical scale context on the perceived distance between pairs of tones. We thereby support proposals that musical stimuli can be profitably used to study the interaction of physical and psychological constructs on our perception.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54105 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Bottom-up and top-down processes in ordering auditory input

Presenting Author: Cui, Anja-Xiaoxing
Additional Authors: Lantz, Michael E.

Abstract: In order to orient ourselves in our environment, we need to organize perceptual input into coherent, usable structures. Research has demonstrated our sensitivity to durational and frequency of occurrence cues (Park, 2017; Trainor & Adams, 2000), and our use of longer durations and higher frequency of occurrence as signifiers of importance in ordering auditory input (Smith & Schmuckler, 2004). Our prior knowledge may also influence us (Krumhansl, 1990). Here, we tested the importance of the two surface cues against each other, as well as the influence of prior knowledge. The goodness-of-fit of a probe tone to an experimentally constructed melody was rated in a standard probe-tone paradigm (N= 96 listeners, half of whom were musically trained). We manipulated the tones contained in each melody, their durations and their frequency of occurrence. In tone sequences with longer tones and others occurring more frequently, the longer tones perceptually dominated the more frequent tones. However, previous schematic knowledge interacted with these surface cues: Musical representations were clearer when duration cues supported a more stable schematic structure within the tone sequence compared to when frequency-of-occurrence cues supported the same structure. Thus we show that the organization of perceptual input into usable structures is driven by both bottom-up and top-down processes.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54106 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Music representations across neuronal space and time

Presenting Author: Herholz, Peer
Additional Authors: Schneider, Mirjam; Frerich, Marie; Poline, Jean-Baptiste

Abstract: How are incoming sound waves transformed into abstract cortical music representations along the auditory system and what role do music features, concepts, and music training play in this cascade-like processing? We investigated this question in a multimodal, multistage project where participants were exposed to a broad range of music genres and their brain activity recorded using fMRI (n=15) and EEG (n=11), as well as tasked with arranging the respective excerpts in a behavioral setting where the influence of musical training was also examined (n=20). A versatile model space, including music features (e.g., pitch, tempo, etc.) and conceptual models (e.g., genre descriptions) was tested regarding how well it predicts the observed spatial and temporal neural, and behavioral patterns. Results indicate that spatial patterns are highly stable across processing stages in the auditory system, while diverging drastically across time. Behavioral representations were remarkably comparable across participants and project stages, but not influenced by music training. First evidence for an interaction between music features and concepts was found. Thus bottom-up and top-down processes seem to influence the computation of music representations along the auditory system. These are based on holistic percepts achieved over long time scales and are not modified by musical training.

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 54107 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Neuropsychological and Psychopathological Consequences of Adolescent Substance Use

Moderator: Afzali, Mohammad Hassan

Abstract: Background: Adolescent substance use precipitates negative consequences on psychological and brain health and development. Focusing early-onset on cannabis and alcohol use, this symposium systematically addresses neuro-biological/cognitive and psychopathological consequences of the adolescent substance use. Methods: Using multi-modal longitudinal neuro-behavioral data from early to late adolescence, we will focus on modeling trajectories of substance use and subsequent psychopathology/neuro-cognitive impairment. Results: Adolescent substance use is linked with impairments and alterations in neuro-cognitive development as well as psychopathological outcomes such as psychotic like experiences. Results also highlighted sex-specific aspect of these links. Early onset substance is linked with altered trajectories of neuro-cognitive development and vulnerability to psychopathology in general. Our findings also highlight the gender specific nature of these associations, which is a critically under-investigated area. These findings will highlight the importance of early intervention strategies aimed at preventing substance use in at-risk youth and inform potential gender specific aspects of early interventions efforts.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54712 - Symposium

Sex-specific effects of adolescent substance use on brain substrates of working memory

Presenting Author: Navarri, Xavier
Additional Authors: Afzali, Mohammad Hassan

Abstract: Background: Cross-sectional studies highlight the link between early-onset substance use and imparment in neuro-cogntivie functions. However, there is a gap in the literature on the sex-specific impact of alcohol and cannabis use on brain substrates of working memory.Methods: The Neuroventure cohort (n = 155) were recruited at 12 years old and followed up for 5 years. Alcohol and cannabis use were assessed using the DEP-ADO questionnaire. The 2- and 3-Back versions of the N-back task was used to evaluate the working memory. Subcortical volumes were extracted using the longitudinal FreeSurfer pipeline.Results: Several sex-by-cannabis and sex-by-time interaction terms were associated with the working memory for different subcortical volumes. Marginally significant association were found between early onset alcohol use, subcortical regions (hippocampus) and working memory.Conclusions: These preliminary results give some insight on the impact of cannabis use on the cognition in adolescence. Impact: A better understanding of the cognitive impact of cannabis use could lead to the development of optimized approaches in adolescents for the prevention and intervention of substance use.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54730 - Paper within a symposium

Sex-specific effects of adolescent substance use on neurocognitive functioning

Presenting Author: Noorbakhsh, Sima
Additional Authors: Afzali, Mohammad Hassan

Abstract: BackgroundAlthough there is a strong body of work on the association between substance use and neurocognitive function, surprisingly little is known about the sex-specific cognitive impairments as risk factors and consequences of early exposure to alcohol and cannabis. Recent findings suggest that there is a sex-specific longitudinal associations between neurocognitive functioning and alcohol and cannabis use during adolescence. The present study aims to compare the neruocognitive functioning of male and female adolescents and trajectories of cannabis/alcohol use with a longitudinal design. MethodsParticipants of the current study were the Neuroventure cohort. Adolescents were assessed three times from 12 to 17 years old, using a battery of cognitive assessments (Memory, inhibition, attention, etc.). Multi-group cross-lagged panel models were used to examine sex-specific associations between consumption and neuro-cognitive functioning.ResultsPreliminary results suggest increased neuro-toxicity and higher imapirment in working memory among females.Conclusions:Our findings are in line with the current literature suggesting the higher levels of neuro-developmenal

vulnerability among females. ImpactThe results from this project will improve our understanding of the gender differences in consequences of substance use, which is recognised as being critically under-investigated.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 54733 - Paper within a symposium

Motivations for cannabis and alcohol use in adolescents prone to psychosis

Presenting Author: Livet, Audrey
Additional Authors: Bourque, Josiane; Conrod, Patricia

Abstract: Background/rationale: Substance use is overrepresented in the extended psychosis phenotype despite evidence that misuse negatively interfere with positive and depressive symptoms, suicidal ideations, and social functioning. Here, we investigated whether specific motives to initiate cannabis, and alcohol, use could differentiate at-risk from low risk youths. We further explored whether these motives predict a broader vulnerability to psychopathology. Methods: High school students from two large community cohorts were assessed prospectively with the Drinking Motives Questionnaire and the Cannabis Motives Questionnaire. Risk for psychosis was evaluated with the Adolescent Psychotic-Like Symptoms Screener. We used generalized mixed and linear models to evaluate the association between motives and the at-risk status. Results: In both samples, among the different motives to use cannabis and alcohol, coping for depression was the single motive that helped differentiate at-risk from low risk adolescents. Conclusions: Using cannabis or alcohol to cope with depression is a prominent risky motivational pathway leading to psychosis vulnerability and to a broader vulnerability to psychopathology. Impact: Findings will inform new intervention strategies aimed at preventing substance use in at-risk youth on the less risky ways to deal with depression feelings.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 59506 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Workshop

What is Neurototherapy? An exploration of the state of current practice and treatment.

Presenting Author: Swingle, Mari K

Abstract: Neurotherapy has arguably been around since the 1970's. Stemming from Dr. Sterman's seminal work a decade before showing that cats and then humans could effectively alter their own brainwaves and therefore states and traits of brain function--a whole discipline evolved. Since then, however, much has been convoluted; expounded by great advances in technology wherein computer graphics appear to have superseded the science behind them. This presentation will explore what Neurotherapy / Brainwave Biofeedback is, and what it is not, based upon proficiency standards recently accepted by the APA. The extreme power and potential of proper regulated practice as well as the misuse of the modality will be presented though both case studies and empirical studies as well as three tiers of professional practice and equipment standards /qualifications.

Section: Quantitative Electrophysiology / Électrophysiologie quantitative
Session ID: 55322 - Workshop

[Presented in CPA 2020 Virtual Series]

THEME: COVID-19 AND PANDEMICS / THÈME : COVID-19 ET PANDÉMIES

Examining the biopsychosocial impacts of COVID-19 and pandemics.

Examen des répercussions biopsychosociales de la COVID-19 et des pandémies.

12-Minute Talk

Substance use and related harms in the context of COVID-19: A conceptual model

Presenting Author: Enns, Aganeta
Additional Authors: Orpana, Heather

Abstract: As the effects of the COVID-19 pandemic have been unfolding, there has been growing attention on the intersection of the pandemic and substance use and related harms. However, there is little available theory and empirical evidence to guide research in this area. To progress this novel area of inquiry, we have proposed a conceptual model that synthesizes the available evidence and offers a visual representation of the intersection between the pandemic and substance use and related harms. Methods: The conceptual model was developed through an iterative process of literature review, research team discussion, and consultation to identify relevant variables and potential relationships between them. Results: Connections between the pandemic and substance use and related harms are presented as five interrelated domains within the model: substance use as a means of coping, changes in social support and networks, availability and accessibility of services, populations at elevated risk of COVID-19 transmission and infection, and increased risk of severe outcomes. Conclusions: This conceptual model synthesizes emerging evidence and illustrates the connections between the pandemic and substance use and related harms to offer directions for future research. Impact: The model may guide future investigations and help to identify potential areas where research could support interventions.

Section: COVID-19 and Pandemics
Session ID: 59483 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Adherence to social distancing during COVID-19: A descriptive study of motivations and behaviours

Presenting Author: Moran, Chelsea
Additional Authors: Coroiu, Adina; Geller, Alan

Abstract: Adherence to social distancing during the COVID-19 pandemic is crucial given that there is not yet an effective vaccine. This study aims to describe rates of motivations for social distancing and to describe rates of adherence to social distancing behaviours. A cross-sectional study was conducted online with a convenience sample of English-speaking adults. The survey was administered between March 30 and April 16, 2020. Descriptive statistics were used to describe various motivations and rates of adherence to social distancing recommendations. Data were collected from 2013 adults living primarily in North America and Europe (mean. age=42.91±15.15 years, 84% female). Most frequently endorsed motivations to engage in social distancing included I want to protect others (86%), I want to protect myself (84%), and I feel a sense of responsibility to protect our community (84%). The most frequently endorsed motivations against social distancing included There are many people walking on the streets in my area (31%). Adherence to social distancing recommendations ranged from 45%-90% depending on the behaviour. Most frequently endorsed motivations for social distancing involved protecting the self, others and the community. Adherence to social distancing varied, with no behaviours showing perfect adherence. Future studies should focus on vulnerable groups most affected by COVID-19.

Section: *COVID-19 and Pandemics*
Session ID: 59502 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The impact of the COVID-19 pandemic on wellbeing and work productivity of Canadian academic faculty

Presenting Author: Gordon, Jennifer L
Additional Authors: Presseau, Justin

Abstract: Background: The COVID-19 pandemic has brought about enormous changes to all aspects of academic life in Canada.Methods: We recruited faculty from Canadian universities who were asked to complete a survey about the perceived impact of the pandemic on aspects of wellbeing and work productivity.Results: 862 academics responded. In rating the impact from -5 (very negative) to +5 (very positive), the impact on their mental health and work satisfaction was M(SD) = -1.5(1.8) and -1.7(2.1), respectively. The impact on publications, grants, and data collection were rated at M(SD) = -1.6(2.2), -1.2(2.4), and -3.0(2.3). Weekly work hours dropped by 26% compared to pre-pandemic levels. Several outcomes were affected by having young children at home: parents of preschool-aged children reported a greater drop in mental health, work satisfaction, and publications (ps < .05), but not grants or data collection (ps >.05), compared to parents of older children or non-parents. Although parents of preschool-aged children reported similar change in total work hours as others (p > .05), they reported fewer uninterrupted work hours (ps < .05).Conclusions: The COVID-19 pandemic has had a considerable negative impact on wellbeing and work productivity among Canadian academics, even more so among parents of young children. Findings can inform institutional expectations of their faculty members.

Section: *COVID-19 and Pandemics*
Session ID: 59526 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The Impact of The COVID-19 Pandemic on Nurses' Health And Well-Being in A Border City

Presenting Author: Chang, Yiu-Yin
Additional Authors: Menard, Dana; Freeman, Laurie ; Ralph, Jody

Abstract: Previous research has established significant mental health impacts for nurses working during pandemics (Maunder, 2004; Su et al., 2007; Tzeng & Yin, 2006). Research on health care workers in countries devastated by the COVID-19 pandemic has identified a variety of stressors (e.g., Cai et al., 2020; Lapolla et al., 2020). This study aimed to explore experience, mental health and coping responses of Canadian nurses working in Windsor or Detroit hospitals using a qualitative, phenomenologically-oriented approach. Semi-structured interviews were conducted with 36 nurses through an online Microsoft Team platform. Interviews were transcribed and analyzed from a phenomenological perspective to identify themes that are common across both groups and issues that were specific to American versus Canadian healthcare settings. Preliminary findings suggest that nurses working in Detroit were more concerned about the adequacy of PPE and a lack of support from their hospitals and community. Nurses working in Windsor hospitals focused on changes in how they cared for patients. Nurses working from both sides reported isolation from families and mental health concerns. Both groups also reported changes in their perspectives on their profession. The results of this study will help to inform the mental health supports made available by healthcare systems on both sides of the border.

Section: *COVID-19 and Pandemics*
Session ID: 59537 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Predictors of adherence to social distancing recommendations during COVID-19

Presenting Author: Coroiu, Adina
Additional Authors: Moran, Chelsea; Geller, Alan

Abstract: Social distancing measures are the primary strategies used to prevent transmission of COVID-19. The aim of this study was to identify predictors of adherence to social distancing behaviours. This cross-sectional survey was conducted online with a convenience sample of English-speaking adults. Data was collected during a period of strict social distancing measures (March 30-April 16 2020). Participants completed measures assessing sociodemographics, motivations, prosocial attitudes, distress, and social distancing behaviors. Logistics regressions were used to describe predictors of adherence to social distancing. Participants were 2013 adults living primarily in North America and Europe (mean age=42.91±15.15 years, 84% female). Men and individuals 18–24 years old showed lower adherence to social distancing behaviours. Wanting to protect the self, protect the community, and being able to work/study remotely were the strongest predictors for adherence to social distancing, while having friends/family who needed help with errands, socializing to avoid feeling lonely, and seeing many people in the streets were the strongest barriers. Other variables were not associated with social distancing behaviors. The study identified key modifiable and non-modifiable predictors of social distancing. Tailored interventions may be required for groups at higher risk for non-adherence.

Section: COVID-19 and Pandemics
Session ID: 59588 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

"Do What You Can" Parenting: Parenting Changes, Stress, and Family Growth due to COVID-19

Presenting Author: Cummings, Jorden A.
Additional Authors: Toews, Kelsi; Knowles, Laura; Willcott-Benoit, Whitney

Abstract: Trauma has a substantial impact on parenting practices and parents, in turn, are significant modulators of children's reactions to trauma. In this qualitative study, we assessed parenting experiences during the unfolding COVID-19 pandemic and compared those experiences to existing models of parenting after trauma. Fifteen parents completed open-ended interviews about their experiences during the coronavirus pandemic. In addition, parents were asked about their experiences with communication, parenting strategies, and discipline. We conducted a thematic analysis using Braun and Clarke's 6-step process for thematic analysis in psychology. Overall, parents described: 1) "doing what you can," to manage the rapid onset of COVID-19 social changes, 2) evaluating their priorities and choosing which ones to maintain versus modify or abandon, 3) substantial stress, including the exacerbation of existing stress, 4) worry about the future, and 5) growth, increased family intimacy, and plans for the future. Our results are consistent with previous models of family exposure to trauma (e.g., Cummings, 2018; Peek et al., 2011). We also discuss the main points of difference between the pandemic and other traumas. Our results indicate that families need varied supports during this pandemic and current approaches are ill-equipped to meet many parents' needs. Specific recommendations are provided.

Section: COVID-19 and Pandemics
Session ID: 59601 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

The Mental Health Consequences of the Covid-19 Pandemic on Adult Population: A Review

Presenting Author: Raihan, Mohammad Mojammel Hussain

Abstract: Introduction: The spread of the novel coronavirus (COVID-19) has been affecting people's psychological well-being. One such unaddressed area is the mental health status of adult population influences by the pandemicMaterials and

methods: This paper aimed to review the literature about mental health problems faced by adult people during the COVID-19 pandemic. The searching for the research was conducted using the PubMed database. A total of eight journal articles published in 2020 were selected in the final review.Results: The review of all the eight articles showed that current research focused on assessing several aspects of mental health affected in general people due to COVID-19. Several sociodemographic variables like gender, existing health, and age were associated with increased stress, anxiety, depressive symptoms, and insomnia among general people. There is increasing evidence that suggests that COVID-19 can be an objective risk factor for mental distress among the adult population. Result also shows that physical exercise, support from family and friends, shared feelings with family and others, financial and practical support protect the participants from being mentally depressed. Conclusion: More psychological and social support should be provided to adults to protect their mental health.

Section: *COVID-19 and Pandemics*
Session ID: 59631 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Exploring the relationship between self-compassion and posttraumatic growth during a pandemic

Presenting Author: Barbeau, Kheana
Additional Authors: Boileau, Kayla

Abstract: Due to the growing concern of long-term psychological impacts of Covid-19 and the inability to adequately deliver mental health services during the pandemic, research is needed on personal resilience factors that may lead to positive psychological changes as a result of facing adversity to mitigate the development of trauma-related mental illnesses. Self-compassion is a personal resiliency factor that has been shown to help individuals adaptively cope with negative life events and trauma and has been shown to lead to posttraumatic growth by promoting adaptive coping strategies and optimism. The objective of this study was to examine if and how self-compassion leads to posttraumatic growth in Canadians during the Covid-19 pandemic and if this relationship is mediated by specific coping behaviors and optimism about the future. Males and females across Canada (N = 174, Mage = 28.39, SD = 12.64) completed an online survey that was facilitated through social media. Path analysis was employed to examine the cross-sectional relationships between the variables. Results suggest that self-compassion is indirectly positively associated with posttraumatic growth by increasing active coping, positive reframing, and optimism about the future. Interventions targeting self-compassion may be useful to promote posttraumatic growth for those who have endured collective trauma.

Section: *COVID-19 and Pandemics*
Session ID: 59640 - 12-Minute Talk

[Presented in CPA 2020 Virtual Series]

Gimme-5

COVID-19 Cultivates Hope in Preservice Counsellors

Presenting Author: Surette, Tanya
Additional Authors: Brenton, Kelly

Abstract: Graduage students in high pressure and demanding programs, such as counselling, experience an education that requries substantial personal and professional growth and discovery, which can be both elightening and distressing. Managing these challenges are difficult at the best times, yet alone during a worldwide pandemic. While the current landscape of COVID-19 is causing many disruptions, there is also research capturing the incredible resilience and adaptability of individuals in times of change. This research captured the complexities of the experiences of preservice counsellors during this unprecedented time. Narrative interviews were conducted with 20 preservice M.Ed. in Counselling students at a Canadian University exploring the current impacts of COVID-19, personally and professionally. Thematic analysis of these

interviews revealed a pervasive and consistent theme of experienced hope. Three subthemes organized the consistently identified contributors to hope: stability and support of their cohort, increased awareness of and gratitude towards social positioning and privilege; and perceived opportunities for transformative action post-graduation. Findings pertaining to this theme of hope offer insights for graduate educators and counselling supervisors in the co-construction of meaning and possibiilties during times of transition, such as the current pandemic.

Section: COVID-19 and Pandemics
Session ID: 59460 - Gimme-5

[Presented in CPA 2020 Virtual Series]

COVID-19 Polarization on Twitter: Networks Propogating Misinformation are Denser and More Negative

Presenting Author: Godard, Rebecca
Additional Authors: Holtzman, Susan

Abstract: Background/rationale: Studies from past pandemics indicate that Twitter can be used to disseminate misinformation and conspiracy theories. This is concerning because 1) it typically happens within polarized networks, where users are not exposed to opposing viewpoints, and 2) it can lead to poorer health behaviours.Methods: We examined tweets containing the hashtag #pLandemic (which asserts that the pandemic is a hoax) and tweets containing the hashtag #StayHome (which encourages compliance with public health recommendations). We used content analysis, sentiment analysis, and social network analysis to compare the tweets and users from each group.Results: #pLandemic tweets were more negative and focused on US President Trump, Bill Gates, anti-vaccination, and medical conspiracy theories. #StayHome tweets were more positive and focused on caring for others. The network of users that used #pLandemic was more dense and tightly connected compared to users tweeting #StayHome.Conclusions: #pLandemic users are tightly connected, sharing and expressing homogenous views within an insular network. This is likely to contribute to polarization and poorer compliance with health recommendations, which is especially concerning during an infectious disease pandemic like COVID-19. Action/impact: Public health response to COVID-19 should target misinformation on social media.

Section: COVID-19 and Pandemics
Session ID: 59465 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Social connections via technology during COVID-19 may not benefit mental health.

Presenting Author: Liepmann, Alexandra
Additional Authors: Shaughnessy, Krystelle; Laverty, Erin

Abstract: Background: The COVID-19 pandemic prevented people from interacting face-to-face with others outside of their household. This change led many people to turn to technology to maintain connections. This study examined how people's use of new technologies to connect with their family, friends, and people at work was associated with their mental health.Methods: Participants 18 years or older, who read English well/very well (current N = 196, study ends June 30) completed an online survey with questions about using new technologies and old technologies in new ways with others while physical distancing and the General Health Questionnaire-12.Results: Preliminary descriptive statistics and bivariate correlations suggest that although people reported greater use of technologies with family, friends, and people at work, this use did not coincide with greater mental health. Only greater use of old technologies in new ways to connect for work was significantly associated with worse mental health (r = .159, p = .032). We also will explore whether background variables related to greater technology use.Conclusions and Impact: Findings suggest that using technologies to connect with others during physical distancing may not have widespread benefits for mental health as assumed. Thus, it is important to temper messages about the benefits of connecting via technology in public health campaigns.

Section: *COVID-19 and Pandemics*
Session ID: 59471 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Exploring Wellbeing and Adjustment of Returning Turkish-Cypriot Int'l Students in COVID19 Quarantine

Presenting Author: Pacheco, Emily-Marie
Additional Authors: Zaimagaoglu, Mustafa

Abstract: The psychological challenges presented by COVID-19 to the Turkish-Cypriot (TC) community are notable given the already exceptional and dynamic conditions of life in an internationally unrecognized state. This qualitative exploration may provide insight into the unique case of stateless persons during a global pandemic by exploring the psychological wellbeing and adjustment of returning TC international students during mandatory, government-facilitated quarantine. A multimethod approach to data collection is currently underway, initially through submissions of daily audio-diaries from participants, followed-up with semi-structured interviews. Overall, this project is focused on gathering insights into how this community has experienced the adjustment to life under uncertain and uniquely strenuous COVID-19 conditions in the Turkish Republic of North Cyprus. Through an interpretative phenomenological approach, we hope to gain an understanding of the experiences of this cohort, not only as 'stateless' Turkish-Cypriots, or international students, but also as individual social beings. This work will significantly contribute to the field's call for insights on the international effects of the pandemic by amplifying the experience of an under-researched (and fairly inaccessible) group during a significant time for their community and the world.

Section: *COVID-19 and Pandemics*
Session ID: 59488 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Teaching during the COVID-19 pandemic: Active learning keeps students engaged in distance learning

Presenting Author: Kim, Alice S. N.
Additional Authors: Park, Lillian

Abstract: In response to the COVID-19 pandemic, educators had to pivot their courses to emergency remote delivery. In this study, we investigated how students experienced this sudden shift to distance learning. Students enrolled in a psychology course taught at an American small liberal arts college completed a guided reflection every two weeks after the start of the remote delivery. More specifically, students completed the Critical Incident Questionnaire (Brookfield, 1995), which is typically used by educators to assess and critically reflect on their classroom dynamics through student feedback. Taking a constructivist perspective and a phenomenological approach, we conducted a thematic analysis on students' reflections to investigate what they identified as most engaging and distancing about the course. Our results show that students consistently identified active learning practices and learning in a face-to-face context as most engaging. In contrast, students identified the transition to remote delivery, uncertainty about how classes would resume, and personal circumstances as factors that distanced them the most from the course. These results highlight our students' preference for learning in a face-to-face context, and the importance of implementing active learning strategies to promote student engagement when courses are delivered remotely.

Section: *COVID-19 and Pandemics*
Session ID: 59498 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Stress and Coping During the COVID-19 Pandemic:Preliminary Results from a Canadian Cohort Study

Presenting Author: El-Gabalawy, Renée
Additional Authors: Reynolds, Kristin ; Sommer, Jordana L.; Logan, Gabrielle; Roy, Rachel; Shamblaw, Amanda; Blaney, Caitlin

Abstract: Background: COVID-19 is unprecedented and the mental health impacts are unknown. We aimed to understand preliminary mental health impacts and methods of coping among Canadians, and to disseminate early findings from vulnerable groups. Methods: Canadians aged 18 years and older participated in an online survey. Participants completed a number of validated health and coping measures, and self-identified as essential service workers. Health risk groups were defined as those endorsing particular high risk health conditions and/or ages 60+ with a health condition. Early results are presented descriptively. Results: Between May 15 and May 29 2020, 870 Canadians participated. Results indicate that ¾ endorsed moderate to high stress, 27% and 21% endorsed clinically significant anxiety and depressive symptoms, respectively. Participants endorsed a range of coping methods. Essential service workers endorsed employment concerns including over 65% experiencing elevated stress at work and fears of passing COVID-19 to others. More than 40% of those with health risk endorsed impacted access to necessary healthcare. Conclusion: Canadians are experiencing elevated mental health symptoms related to unique challenges across groups, and are utilizing both adaptive and maladaptive coping strategies. Impact: These data support the identification of at risk groups for targeted interventions.

Section: COVID-19 and Pandemics
Session ID: 59566 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Generational Impacts of COVID-19 on Canadians

Presenting Author: Sommer, Jordana L
Additional Authors: El-Gabalawy, Renée

Abstract: The COVID-19 pandemic has greatly impacted Canadians. This study examined generational trends in behavioural and emotional responses to the pandemic. We analyzed data from the Canadian Perspective Survey Series: Impact of COVID-19 (N=4,627). Participants self-reported changes in behaviours and concerns related to COVID-19. Across generations, over ¾ of participants avoided leaving the house (85-92%) and large crowds (76-89%), and washed their hands more regularly (90-93%) to reduce the risk of COVID-19. In general, engagement in health activities (e.g., meditation, exercise) was similar across generations; however, a greater proportion of Millennials and Generation Xers endorsed increased consumption of alcohol (19% vs 3-7%), tobacco (4-5% vs 0-2%), cannabis (7-12% vs 0-2%), and junk food (30-43% vs 2-14%) compared to older generations. While the Matures more commonly endorsed concerns about their own health (52%), their family's health (61%), and the health of Canadians (79%), Millennials more commonly endorsed concerns about vulnerable people's health (88%) and civil disorder (49%). The pandemic appears to have varying impacts on Canadians according to generation. Millennials could be at risk of engaging in problematic health behaviours to cope with COVID-related stress. Results may inform targeted screening and interventions to mitigate further health risks to Canadians.

Section: COVID-19 and Pandemics
Session ID: 59568 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Well-being of adolescents in the context of COVID-19 and physical distancing measures.

Presenting Author: Herba, Catherine M.
Additional Authors: Gingras, Marie-Pier; Brendgen, Mara; Beauchamp, Miriam; Ben-Amor, Leila

Abstract: Background: COVID-19 physical distancing measures have led to significant life changes, which can impact the well-being of adolescents. We examined adolescents' concerns related to COVID-19 and physical distancing measures, and associations with depression and anxiety symptoms. Methods: Adolescents from a longitudinal study (N = 166, age 16 years) completed an online questionnaire about COVID-19-related stress, depression and anxiety symptoms. Results: More adolescents reported being very/extremely (V/E) worried about the impact of COVID-19 on their mental health (21.1%) than physical health (6.0%). Cancellation of important events was V/E difficult for 36%. While 21.2% said their friendship quality was worse, 17.2% reported positive impacts. Changes in friendship quality were V/E stressful for 11.5% and 21.8% reported that following physical distancing measures was V/E difficult. Linear regression tested COVID-19-related stress in relation to depression and anxiety symptoms, controlling for pre-pandemic symptoms (2 years earlier). Stress due to changes in social interactions was associated with more depression (β=0.20, p=0.01) and anxiety (β=0.30, p

Section: *COVID-19 and Pandemics*
Session ID: 59570 - Gimme-5

[Presented in CPA 2020 Virtual Series]

The Mental Health Epidemic of the COVID-19 Crisis: Adjustment Disorder

Presenting Author: Rivest-Beauregard, Marjolaine
Additional Authors: Lonergan, Michelle; Kojok, Lara; Bove, Cristina; Guo, Connie; Kasparian, Roubina; Brunet, Alain; Hassan Omar, Romain

Abstract: Background. The COVID-19 pandemic has devastating psychological consequences for many, which can include posttraumatic stress disorder (PTSD). Previous studies reported a high prevalence of PTSD due to the pandemic but failed to consider the life-threat criterion, which may have led to inaccurate prevalence estimates. This study addressed this gap and by exploring COVID-related traumatic-stress responses in four countries: Italy, France, the United States and Canada. Methods. A convenience sample of adults (N = 5,590) completed an online survey including the Peritraumatic Distress Inventory (measure of trauma exposure) and the Impact of Event Scale-6 (measure of traumatic stress). Trauma- and stressor-related 'caseness' was determined by evaluating life-threat and severity of stress symptoms (e.g., scores above IES-6 clinical cut-off). Results. While 6.80% of participants met criteria for probable PTSD, 51.50% of participants corresponded to cases of adjustment disorder (AD), represented by traumatic stress symptoms above clinical cut-offs in response to a non-life-threatening stressor. Conclusion. Contrarily to what previous literature suggest, it is AD that is most prevalent amongst the general population, rather than PTSD. Impact. The findings of this study highlight the importance of developing appropriate mental health services adapted to AD.

Section: *COVID-19 and Pandemics*
Session ID: 59571 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Behavioural adherence and perception of risk at the outset of the COVID-19 pandemic

Presenting Author: Law, Moira
Additional Authors: Best, Lisa; Wilbiks, Jonathan

Abstract: Although pandemic responses concern physical well-being, population-level adherence to public health also depends on psychological and informational factors. Canadian participants (n = 1381) were surveyed during the beginning of the COVID-19 pandemic (31/3 - 15/4) measuring risk perception, perceptions of government performance, and behavioural adherence to public health directives. We found that Canadians were generally satisfied with government performance, with virtually all participants following public health directives in those early days. However, adherence in social distancing was only weakly associated with perceived government performance and there was no association between perceived government performance and adherence to personal hygiene guidelines. Participants reported significantly lower personal risk perceptions compared to perception of risk for family members, while perceived risk to the general public was even higher. Interestingly, the perception of risk to the public remained consistently high throughout the data collection period while perceived personal and family risks declined. Furthermore, increased risk perceptions regarding personal and

family safety were positively correlated with social avoidance measures, e.g., avoiding crowded places, not shaking hands. Implications for public health directives in future outbreaks are discussed.

Section: COVID-19 and Pandemics
Session ID: 59578 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Understanding the Impact of COVID-19 on Clinical Psychologists in Manitoba

Presenting Author: Dyck, Karen
Additional Authors: Reynolds, Kristin A.; Piotrowski, Andrea; Psychological Society, Manitoba

Abstract: Background: The COVID-19 pandemic is having an immense impact on the mental health of Canadians. Measures put in place to manage the spread of the virus have caused a rapid change to the ways in which Canadian clinical psychologists practice. Method: Members of the Manitoba Psychological Society were invited to participate in an online survey (May 7-22, 2020) investigating the impact of the COVID-19 pandemic on psychologists and their practice. Results: Full-members (88.5%; Clinical Psychologists) comprised the largest proportion of our sample The majority of respondents reported working in private practice (57.7%), followed by both private and public (22.3%), and public settings (13.9%). A small number of participants (2.3%) reported offering in-person appointments to all clients during the pandemic and 72.1% were not offering any in-person services. For respondents offering virtual services, the majority were conducting sessions via telephone (42.9%) followed by videoconference (39.3%). The majority of respondents reported reduced workloads (56.9%) and income (52.5%). Many reported being at least "somewhat" concerned by their financial situation (41.0%) and rated their self-care as less than average (41.3%), Conclusions and Impact: Findings of this research contribute to the dearth of research examining the impact of COVID-19 on the practice of clinical psychologists.

Section: COVID-19 and Pandemics
Session ID: 59584 - Gimme-5

[Presented in CPA 2020 Virtual Series]

STEP: Self-care traumatic episode protocol for mental health clinicians and medical staff

Presenting Author: Moench, Judy N

Abstract: Individuals across the globe are coping with the COVID-19 pandemic, a life-threatening and life-altering event that has the potential to lead to psycholocial issues that outlast the event. Early intervention with front-line workers is crucial to help avoid burnout, mental exhaustion and increased mental health issues (Fiorillo & Gorwood, 2020). Presently, no univeral protocol exists for early psychological intervention following a crisis (Ornell et al., 2020). Developing a protocol to support individuals and bolster their mental health is critical at this time. The Self-Care Traumatic Episode Protocol (STEP) was designed for use with mental health professionals and medical staff. STEP is a series of videos based on early EMDR intervention which includes stabilization, self-regulation, and processing. It was developed using early EMDR interventions with a focus on the Group Traumatic Episode Protocol (G-TEP) (Shapiro, 2007). The current study was comprised of 3 designs: 2 repeated measures and 1 between groups design. For the between-groups design, participants were randomly assigned to either treatment or waitlist groups. Significant pre- and post intervention score differences and significant between-group score differences were found on the DASS-21 and GSE in both designs, thereby suggesting STEP is likely effective in reducing stress and increasing self-efficacy.

Section: COVID-19 and Pandemics
Session ID: 59591 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Loneliness among adolescents in the context of the COVID-19 pandemic.

Presenting Author: Herba, Catherine M.
Additional Authors: Gingras, Marie-Pier; Booij, Linda; Beauchamp, Miriam; Ben-Amor, Leila

Abstract: Background: COVID-19 physical distancing measures have significantly altered daily social interactions. We studied adolescent reports of loneliness pertaining to peers versus parents, and examined the role of gender, COVID-19 distress and social media use. Methods: Adolescents from a longitudinal study (N=166; age 16 years) completed an online questionnaire about COVID-19-related stress, social media use and loneliness. Using linear regression, we studied the contribution of gender, presence of siblings, stress linked to changes in social interactions, difficulty following physical distancing measures, perceived difficulty of the cancellation of events, and levels of active and passive social media use in association with peer-related and parent-related loneliness. Results: Stress related to changes in contact with friends (β=0.25, p

Section: COVID-19 and Pandemics
Session ID: 59593 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Effect on social regression in elementary-age children during the COVID-19 Quarantine period

Presenting Author: Johnson, John Christy
Additional Authors: Johnson, Peter Anto

Abstract: Background: The COVID-19 pandemic has subjected elementary school-age children to acute periods of staying indoors and remote learning. From a pedagogy perspective, this age overlaps with critical and sensitive periods of learning.Methods: We conducted a literature review using PubMed/MEDLINE, EMBASE, and Google Scholar databases to collect and synthesize evidence of mental health indicators in children aged 6 to 11 from quarantine onset to present.Results: Preliminary evidence suggests an association between acute social isolation and school closures with risk factors for anxiety, mild stress levels, and social withdrawal. Indicators of negative mental health impacts, social and family support, and mental health-related lifestyle changes in pediatric populations appear to have regressed.Conclusions: We reviewed the psychological effects of quarantine on children aged between 6 and 11 to elucidate risk factors for this pediatric population during quarantine. While results are mixed, the majority of studies suggest a regressing effect for the child's development in quarantine. However, a better characterization of safe practices and pedagogical techniques can help.Action/Impact: Psycho-education, child development during acute isolation, understanding factors causing regression, and response to prevent abnormal psycho-social development during the pandemic.

Section: COVID-19 and Pandemics
Session ID: 59609 - Gimme-5

[Presented in CPA 2020 Virtual Series]

"And then came COVID-19": Manitoban Reflections on the Emergence of the Pandemic

Presenting Author: Reynolds, Kristin
Additional Authors: Perera, Essence; El-Gabalawy, Renée ; Mota, Natalie; Roos, Leslie

Abstract: Background: Manitoba's first cases of COVID-19 were identified on March 13, 2020. Public health restrictions were swiftly put in place by the Manitoba Government to slow the spread of the virus. There is an absence of research, told through the unique voices of the public, on their early pandemic-related experiences.Method: The Winnipeg Free Press sent out a public call through their print and online journal for personal reflections related to COVID-19 starting on March 22, 2020. A total of 44 reflections were published in this column (March 28 - April 24, 2020). We de-identified and compiled reflections for qualitative analysis using Interpretive Description (Thorne, 2008).Findings: Reflections were written by a range

of Manitobans, including healthcare workers (nurses, doctors), teachers, childcare workers, business owners, grandparents, mothers, fathers, daughters, sisters, travelers, veterans, teenagers, young adults, and older adults. Several common storylines emerged across writers' early experiences of COVID-19. These storylines include: "And then came COVID-19;" Longing for normalcy; Layers of uncertainty; "Do I have COVID-19?"; "Hello neighbor?" How to act in public; Lack of support; and "Hardy Winnipeggers" Ways of coping.Conclusions/Impact: Findings contribute to a gap in our understanding of early COVID-19 experiences and offer insight regarding support needs.

Section: *COVID-19 and Pandemics*
Session ID: 59613 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Working during COVID-19

Presenting Author: Mantler, Janet
Additional Authors: Tulk, Christine

Abstract: According to a Nanos survey, in April 2020 twice as many Canadians were experiencing extreme stress levels relative to before the COVID-19 pandemic. The purpose of our research was to examine whether working could be a positive mechanism to help people cope with this stress at a time when new COVID-19 cases were increasing rapidly and there was a great deal of uncertainty. Using a sample from Amazon's MTurk, 380 working Americans (58% men; 73% working from home) responded to surveys on April 17 – 18, 2020 and two weeks later. There were no differences in general mental health, anxiety, or stress between men and women or between participants who were and who were not working from home. After taking work-family conflict, perceived productivity, and intolerance to uncertainty into account, we found the more that people reported that working gave them a sense of personal control over their life at Time 1, the less stress and the better mental health they reported at Time 2. However, there was no positive effect of working on their level of anxiety. Therefore, having a sense that working provides a sense of control may help people focus on familiar tasks and manage their stress, but not necessarily their anxiety, during uncertain times. We often consider work as a stressor, but in extraordinary times, if work provides a sense of control, it may help people weather the storm.

Section: *COVID-19 and Pandemics*
Session ID: 59615 - Gimme-5

[Presented in CPA 2020 Virtual Series]

Printed Poster

The Impact of Iterative Time Management Training on Students During Covid-19

Presenting Author: Tabvuma, Vurain
Additional Authors: Smith, Steven M; Carter-Rogers, Katelynn; Sutherland, Sheila

Abstract: This presentation aims to understand how iterative time management training has affected student attitudes, behaviours and performance during the COVID-19 pandemic. We argue that iterative time management training can help develop students' self-control, which helps students spend less time on leisure activities and more time on activities that lead to higher academic performance. The COVID-19 pandemic resulted in an increase in unstructured time and the removal of time norms for students. Using an experimental study design, we found that once learning became virtual due to the COVID-19 pandemic, students increased the amount of time they spent on leisure activities. Interestingly, when compared to the control group, students that receive time management training show evidence of higher self-control through spending more time on activities that are associated with higher academic performance, such as studying and eating, and less time on activities that are associated with poor academic performance, such as video gaming and running errands. We found that students that receive time management training also have higher academic performance than their control group counterparts.

Section: COVID-19 and Pandemics
Session ID: 59462 - Printed Poster

[Presented in CPA 2020 Virtual Series]

"Stuck in, can't come out": Physical distancing and virtual spaces for LGBTQ adolescents' wellbeing

Presenting Author: Leung, Enoch

Abstract: High schools serve social purposes such as club engagement and fostering connections with supportive adults and peers, which fosters a sense of school belonging, safety, and reductions in mental health risks (e.g. anxiety). The closure of physical high school spaces results in a loss of physical supportive systems to support their identity exploration and self-isolation at home. For many LGBTQ youth, their home can be considered harmful/unsupportive, with only 1/3 of LGBTQ youth experiencing parental acceptance, resulting in negative outcomes (e.g. mental health, wellbeing). As contemporary youth utilize social media platforms, LGBTQ influencers can promote a sense of belongingness and connection through content creation to interact and connect with their community. The purpose of the study is to 1) review unique mental health concerns and 2) analyze online systems present that can act as support systems for LGBTQ youth to minimize mental health risks and promote relevant supportive systems. Four LGBTQ YouTube influencers' videos related to the COVID-19 pandemic were chosen to analyze the video's comments from their community through content analysis (95% CI). Results from this study can better understand the presence of online LGBTQ social support systems as virtual safe spaces to explore their identity and connect with the online LGBTQ community, akin to the offline spaces.

Section: COVID-19 and Pandemics
Session ID: 59493 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Child and family outcomes following pandemics: A systematic review and recommendations on policies

Presenting Author: Fong, Vanessa C.
Additional Authors: Iarocci, Grace

Abstract: Background: There has been a recent shift in focus on the psychosocial impacts of COVID-19 especially in vulnerable groups. Parents are an at-risk group during emergency crisis situations, such as pandemics, given the high demands placed on them such as ensuring a safe environment for their children, balancing work and caregiving responsibilities, and supporting their child's at home learning. A systematic review was conducted to determine the most prevalent mental health outcomes as a result of previous pandemics and measures taken to mitigate negative outcomes and enhance both child and family resilience and well-being.Methods: A systematic review following Preferred Reporting Items for Systematic Review and Meta-Analysis (PRISMA) guidelines was conducted (Moher, Liberati, Tetzlaff, & Altman, 2009) and registered in advance on PROSPERO (Record ID 179437). The eligibility criteria was designed to be inclusive of any study providing descriptions of child and/or parent mental health outcomes and their information needs during pandemics specifically COVID-19, SARS, H1N1, and H5N. Depending on the database and database-appropriate syntax, the following MeSH terms or keywords included: "child" OR "infant" OR "adol*" OR "youth" OR "pediatric" OR "paediatric" combination with "parent" OR "caregiver" OR "mother" OR "father" OR "famil*" OR "household" AND "infectious disease outbreak" OR "pandemic" OR "epidemic" OR "COVID-19" OR "H1N1" OR "swine flu" OR "H5N9" OR "coronavirus" OR "avian flu" OR "MERS-CoV" OR "Middle East Respiratory Syndrome" OR "SARS" OR "severe acute respiratory syndrome" OR "coronavirus". The Mixed Methods Appraisal Tool, version 2018 (MMAT; Hong, Gonzalez-Reyes, & Pluye, 2018) was used to evaluate and assess the quality of each study included in the review.Results: The PsycInfo database yielded 1,111 articles, from which 22 articles were assessed and 5 included in the review based on inclusion criteria. Searching the PubMed, Scopus, and Web of Science yielded an additional 1,618 articles, from which 14 articles were assessed and 6 met eligibility criteria for the review. An additional 1 article was identified through hand searches of reference sections during the data extraction phase. A total of 12 studies included in the review examined mental health outcomes and information needs during the SARS, H1N1, AND H5N1 pandemics. There were 7 quantitative, 3 qualitative, and 2 mixed methods studies that were included in the review. The combined sample size of

children and parents was 2,516. Overall, the quality of the studies included was rated high (85%).Studies reporting on children's anxiety, PTSD, and fear symptoms following previous pandemics indicated a significant negative impact of social isolation and quarantining. Mitigating factors, such as how threatening information about infectious disease outbreaks were communicated to a child, was identified and determined to impact adjustment. Other factors, such as the age and gender of the child, were found to influence a child's level of fear and anxiety with younger children and females being at a greater risk. Studies on parental and family outcomes reported that parents and caregivers experience high stress, anxiety, and financial burden during pandemics. Results revealed that parents experience excessive fear over the physical and mental health of their child but also, concerns about losing their jobs and finding childcare exacerbate their anxiety. These worries have a negative impact on their well-being.Conclusions: The findings from this review indicate that children experiencing social isolation are at an elevated risk for developing PTSD and anxiety-related symptoms. Policies must be implemented to reduce barriers that impede access to parent and child mental health services. A significant source of stress for parents is the financial impact of having to miss work and concerns over losing their job. To address this, policies such as universal paid sick leave are needed to allow parents to stay home if they become infected with the virus without worrying about finances or loss of employment.Impact: While the closure of schools and social distancing policies have helped flatten the curve, other unanticipated consequences of social isolation policies, such as the shutdown of supportive services, have left vulnerable groups at risk. Government action and federal policies are needed to address the psychosocial effects of COVID-19. In particular, individuals and families at risk need immediate attention. Specifically, shelters for women and children escaping domestic violence, outreach and counselling for those with addiction and mental health difficulties and specialized support for those living with disabilities are urgently needed.ReferencesHong, Q. N., Gonzalez-Reyes, A., & Pluye, P. (2018). Improving the usefulness of a tool for appraising the quality of qualitative, quantitative and mixed methods studies, the Mixed Methods Appraisal Tool (MMAT). Journal of Evaluation in Clinical Practice, 24(3), 459–467. https://doi.org/10.1111/jep.12884Moher, D., Liberati, A., Tetzlaff, J., & Altman, D. G. (2009). Preferred reporting items for systematic reviews and meta-analyses: the PRISMA statement. Annals of Internal Medicine, 151(4), 264. https://doi.org/10.7326/0003-4819-151-4-200908180-00135

Section: COVID-19 and Pandemics
Session ID: 59501 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Weathering the COVID-19 Storm: Undergraduates With or Without Pre-existing Mental Health Concerns

Presenting Author: Rose , Alison L
Additional Authors: McComb, Sarah E; Goldberg, Joel O

Abstract: Background: With the rapid onset of the COVID-19 pandemic, little is known about how undergraduates are coping. This study compares students who self-disclose pre-existing mental illness versus those who do not in relation to psychological vulnerability.   Methods: Participants (N=174) completed an online study in June, 2020. Independent t-tests assessed whether students self-disclosing mental illness (N=36) report comparatively greater detriments to psychological health and fewer psychological resources. This research also tested a newly developed scale of having self-compassion in response to loneliness. Results: Those self-disclosing mental illness reported significantly higher levels of COVID-19 state anxiety (t(172)=3.73, p≤ .01), trait loneliness (t(172)=4.13, p≤ .01), automatic thoughts of loneliness (t(172)=4.41, p≤ .01), intrusive thoughts (t(172)=3.39, p≤ .01), hopelessness (t(172)=3.84, p≤ .01) and lower levels of mattering to others, (t(172)= -2.19, p= .03). Other results provide psychometric support for the loneliness self-compassion scale (LSCS). Conclusions: Students self-disclosing mental illness are experiencing heightened psychological distress amidst COVID-19 concerns. Findings also suggest the need to bolster the psychological resources of these students.Impact: Findings help inform mental health initiatives and provide insights for clinical practice.

Section: COVID-19 and Pandemics
Session ID: 59505 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Children's perspectives on socialization during the COVID-19 pandemic: A qualitative approach

Presenting Author: Larivière-Bastien, Danaë
Additional Authors: Aubuchon, Olivier; Dupont, Dominique; Libenstein, Jamie; Séguin, Florence; Herba, Catherine; Beauchamp, Miriam

Abstract: Background. Optimal social development is critical to developing lasting relationships and predicts academic success and mental health. COVID-19 has introduced strict isolation rules, with the social lives of children reduced to the family environment and virtual contacts. We documented the impact of the pandemic on children's social perceptions. Methods. Children (n=64, M=8.42, SD=2.54) participated in semi-structured interviews, which were transcribed verbatim and coded (NVivo). Qualitative and thematic content analysis highlighted central themes. Results. Responses revealed a clear impact of confinement on children's perspectives of i) advantages/limitations of virtual communication, ii) appreciation of school, and iii) daily activities. Participants' attitudes reflected the importance of physical contact, limits of virtual socializing, and peer relations. Conclusions. Children value face-to-face friendships and school-based social opportunities. The consequences of the pandemic on socialization are already visible in the way they relate their experience. Impact. Considering children's perspectives during this unprecedented time is critical to identifying their priorities and concerns and to furthering knowledge about social development. Ongoing analyses are establishing associations between interview themes, family functioning, and child mental health and behavior.

Section: *COVID-19 and Pandemics*
Session ID: 59520 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Impact of COVID-19 Pandemic on Educational Services in Pediatric ADHD

Presenting Author: Hai, Tasmia
Additional Authors: Lemay, Jean-Francois; MacMaster, Frank

Abstract: Background: The COVID-19 pandemic led to school closures and a rapid transition to online classes. The objective of the study was to understand the impact of COVID-19 pandemic in children with ADHD regarding receiving educational support and services. Methods: A survey, created on Qualtrics, was distributed to families across Canada. Data collection was conducted for a total of five weeks. We reviewed 587 surveys completed by caregivers of children with ADHD (Mean age = 10.01 years old). Survey questions focused on hours of schoolwork completed and whether the learning needs of children with ADHD were met during school closures. Results: Results indicated 89% of parents receiving web-based learning instructions from teachers. Parents (41%) reported < 5 hours of schoolwork per week, and 35% indicating between 5 and 10 hours of schoolwork per week. Of the parents who said their child had a modified curriculum (68%), 40% reported receiving learning materials that met their learning goals during online classes. Parents (59%) found it "very challenging" adjusting to online classes. Conclusions: Results indicated parents of children with ADHD faced significant challenges adjusting to online learning during the pandemic. Impact: Long-term consequences of these challenges will need to be determined to ensure children with ADHD are able to meet their academic demands.

Section: *COVID-19 and Pandemics*
Session ID: 59525 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Living in uncertain times: Intolerance of uncertainty and mental health problems during the pandemic

Presenting Author: Bell, Kathryn
Additional Authors: Norris, Erin

Abstract: The world is facing uncertain times due to the COVID-19 pandemic. Difficulties tolerating uncertainty may increase vulnerability to mental health problems in the face of pandemic uncertainty, as intolerance of uncertainty (IU) is associated generally with anxiety and worry. This study examined the extent to which IU predicted mental health problems over a two-month period during the early stages of the COVID-19 pandemic. Participants (N=187) from the United States who had participated in a study on relationships through Amazon's Mechanical Turk (MTurk) in December 2019/early January 2020 were invited to complete four follow-up online surveys, two weeks apart from April through May, assessing posttraumatic stress symptoms (PTSS) related to the pandemic, COVID-19 fears, and excessive worry. Pre-pandemic IU scores were positively correlated with PTSS, COVID-19 fears, and excessive worry at all timepoints. Pre-pandemic IU scores predicted PTSS, COVID-19 fears, and excessive worry across all four timepoints, and these relationships appeared stable across time. Findings highlight the important role that IU may play in increasing vulnerability to mental health problems during the pandemic. Psychological interventions designed to increase tolerance of uncertainty may be particularly beneficial in helping people cope with pandemic uncertainty and reduce risk of mental health problems.

Section: *COVID-19 and Pandemics*
Session ID: 59530 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Tragedy during COVID-19: A qualitative study of coping with a spree shooting during a pandemic.

Presenting Author: de la Roche, Laura
Additional Authors: Hoskin, Rhea Ashley

Abstract: Few previous studies have had the ability to qualitatively understand how the general public copes during a pandemic, and none have studied how individuals cope when faced with a spree shooting in the midst of a pandemic. Previous research articulates the importance of available coping strategies to manage traumatic experiences and identify the availability of social support as key to well-being. The current study explored the impact of the spree shooting that began in Portapique, NS on April 18, 2020, on individuals' ability to cope with the ongoing COVID-19 pandemic and vice versa. Recruitment through social media platforms resulted in 360 participants completing the online survey within one to four weeks of the shooting, 312 of whom provided open-ended responses. Participants were asked how the shooting influenced their ability to cope with the pandemic and how the pandemic shaped their experiences of responding to the shooting. Preliminary findings suggest three overarching themes: exacerbation of existing emotions related to COVID-19, barriers to interpersonal coping strategies due to COVID-19, and post-shooting perceptions of COVID-19 regulations. Results from this study further the understanding of how individuals cope when faced with concurrent overwhelming traumas and may support the development of mental health aid for the general public for future traumatic events.

Section: *COVID-19 and Pandemics*
Session ID: 59531 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Social integration and anxiety during the COVID-19 pandemic: A moderating effect of age

Presenting Author: Ross, Kharah M
Additional Authors: Lowe, Catherine; Gilbert, Trevor H.; Ng, Cheuk F

Abstract: Background: Social distancing policies disrupt social integration, which could adversely affect mental health (anxiety). Older age is associated with higher social integration and lower pandemic-related anxiety. Purpose: To test associations between pandemic-induced social integration change and anxiety, as moderated by age. Methods: The sample consisted of 264 Canadian adults who reported age, anxiety (OASIS), and pre- and post-pandemic social integration, which was used to calculate social integration change. Linear regression models tested associations between post-COVID social integration change, age and their interaction. Covariates were time since pandemic onset, race, sex, living alone; household income and exercise (pre- and post-COVID change); self-isolating, family/friends diagnosed with COVID, and pre-COVID social

integration.Results: Mean age was 38+12 yrs (18-74 yrs). Social integration decreased post-COVID, Mn(SD)=-5.5(4.5). The interaction term was significant, b(SE)=-.69(.27), p=.01. When age was higher (>47 yrs), smaller social integration change was associated with lower anxiety, b(SE)=-.734(.373), p

Section: COVID-19 and Pandemics
Session ID: 59535 - Printed Poster

[Presented in CPA 2020 Virtual Series]

COVID-19: The impact of perceived threat and loneliness on social behaviour during the pandemic

Presenting Author: Higgison, Kate
Additional Authors: Thai, Helen

Abstract: The COVID-19 pandemic is unreservedly peculiar from prior events in recent history. Its potentially harmful impact on our health has elicited government-mandated protocols that have made us re-evaluate our social behaviours. Before this pandemic, social engagements such as visiting friends and family were considered prosocial acts; however, epidemiological regulations, such as "social distancing", would deem former prosocial acts as irresponsible due to the possibility of becoming ill and/or infecting others with the virus. As such, the definitions of pro- and antisocial behaviours have deviated from its conventional characterizations to adapt to the current outbreak. Thus, during this precarious time where we have been forced to reconsider how to manoeuvre socially, a qualitative study was conducted on the general public to examine the effects of perceived threat (concerning the virus) and loneliness (due to self-isolation) on pro- and antisocial behaviours. At its current development, the study has completed data collection and will proceed to conduct statistical analyses where results will be reported to assess pro- and antisocial behaviours specific to COVID-19. Ultimately, we believe this pandemic may have overarching impacts on how we interact socially with others, which could impart long lasting consequences on various facets of social behaviour and psychological health.

Section: COVID-19 and Pandemics
Session ID: 59536 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Loneliness in the time of COVID-19: analysing pandemic related changes in an elderly population

Presenting Author: Heidinger, Theresa

Abstract: Background: Loneliness among the elderly is a global problem and has been hypothesized to be aggravated during COVID-19 and its associated social isolation measures. To our knowledge, we are the first to directly compare reported loneliness before and during the pandemic, providing scientific basis for statements on changes in loneliness scores. Methods: Using 1:1 propensity score matching, a pre- (0) and a peri-pandemic (1) sample of elderly individuals (60+) from Lower Austria were matched, using well-established covariates of loneliness as predictors. Differences on a loneliness index computed from the short De Jong Gierveld-scale (range 1-4), were compared and tested for significance using an independent t-test. Results: Matching resulted in a sample of n= 888 participants, of which n= 856 were used in comparative testing. The groups mean loneliness scores differed significantly: 1.61 (.57) (0) and 1.73 (.60) (1), t(854)= -3.07, p = .002), with higher scores depicting more loneliness. Conclusions: Statistical testing proved that loneliness had risen slightly in the elderly population during the COVID-19 pandemic. Impact: This work validates the, previously only speculated, increase in loneliness in the elderly population during COVID-19. As loneliness is a risk factor for physical and mental illness, this result is important in planning the future handling of the pandemic.

Section: COVID-19 and Pandemics
Session ID: 59558 - Printed Poster

[Presented in CPA 2020 Virtual Series]

"Stay the Blazes Home": Pandemic Partner Aggression Rates Vary by Gender and Sexual Minority Status

Presenting Author: Miller, Abbey G.
Additional Authors: Cadman, Kim; Holmberg, Diane; Blair, Karen L.

Abstract: "Stay the blazes home" was promoted by public health and government officials as a response to the COVID-19 pandemic in Nova Scotia. However, stay-at-home restrictions may have placed some at greater risk for experiencing intimate partner aggression (IPA), particularly amongst those with heightened pre-pandemic IPA risk. This study examined IPA rates (perpetration and victimization) during the COVID-19 pandemic, including the experiences of sexual and gender minorities. As part of a larger project, 951 individuals in romantic relationships completed an online survey assessing psychological, sexual, and physical IPA experiences. Psychological IPA perpetration was highest for those identifying as women or bisexual. Rates of psychological IPA victimization did not differ by sexual or gender identity. Non-binary and genderqueer individuals reported higher rates of sexual IPA victimization; no sexual identity differences were found for sexual IPA victimization. Few participants reported physical IPA experiences (n = 15); thus, comparisons by sexual and gender identity were not made. Results suggest that some sexual and gender identities may be more vulnerable to IPA during the pandemic than others. Further research is needed to clarify how the pandemic, including stay-at-home restrictions, might influence IPA risk within these groups.

Section: *COVID-19 and Pandemics*
Session ID: 59559 - Printed Poster

[Presented in CPA 2020 Virtual Series]

The perceived mental health impact of fertility treatment suspensions during the COVID-19 pandemic

Presenting Author: Balsom, Ashley A
Additional Authors: Gordon, Jennifer L

Abstract: Background: With the onset of the COVID-19 pandemic, all fertility treatments have been suspended across Canada and the U.S. The current study examined the perceived psychological impact of these suspensions. Methods: We recruited 96 women whose fertility treatments had been cancelled, via social media, to complete an online survey about coping and the perceived psychological impact of treatment suspensions. Results: Quality of life ratings from before to after the onset of treatment suspensions dropped 25%. Furthermore, 50% of participants reported clinically significant depressive symptoms based on the Patient History Questionnaire-9. Using a rating scale from -5 (very negative) to +5 (very positive), the perceived mental health impact of suspensions was M(SD) = -2.1(2.0). With regards to coping strategies, women endorsing more avoidant coping reported a greater mental health impact of treatment suspensions β(SE) = -1.0(0.4), p < .01. Conversely, social support seeking was associated with a less pronounced impact β(SE) = 0.8(0.3), p < .01. Women with children reported a greater mental health impact β(SE) = -1.0(0.4), p = .02 while age and duration of infertility were not significant predictors (ps >.05). Conclusion: The psychological impact of fertility treatment suspensions is considerable. These findings highlight the need for mental health resources in this population.

Section: *COVID-19 and Pandemics*
Session ID: 59560 - Printed Poster

[Presented in CPA 2020 Virtual Series]

A Little Good News: Perceived Positive Effects of the Pandemic on Relationships Outweigh Negative

Presenting Author: Holmberg, Diane
Additional Authors: Bell, Kathryn M.

Abstract: There has been much attention on negative effects of the pandemic on romantic relationships (e.g., increased intimate partner aggression). However, might there also be positive effects? MTurk participants from a pre-Covid study on interpersonal aggression (N=150) were recruited to participate in a four-wave longitudinal follow-up, with data collected every two weeks from mid-April to late May. As part of this study, participants completed an 8-item scale assessing perceived negative and positive effects of the pandemic on their romantic relationship. Surprisingly, perceived negative effects were low and stable across time (means

Section: COVID-19 and Pandemics
Session ID: 59562 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Parenting behaviour before and after COVID-19-related school closures

Presenting Author: Manoiu, Roxana
Additional Authors: Montazeralsedgh, Pooneh

Abstract: The COVID-19 outbreak is a significant public health crisis and has created substantial challenges. These increased stressors include mental health concerns among families, which may have been exacerbated by school closures due to physical distancing requirements. Research demonstrates that positive and negative parenting behaviors are important dimensions associated with parent and child difficulties. However, there is a need to understand how parenting behavior may have changed before and after school closures. Twenty-six parents of children completed online questionnaires before and after school closures in Quebec and Ontario. The Alabama Parenting Questionnaire (Frick, 1991) assessed parenting involvement, positive parenting, inconsistent discipline, and poor monitoring. Bivariate correlations showed that these parenting dimensions were positively correlated between Time 1 and Time 2, r = .65, p < .001 for parenting involvement, r = .79, p < .001 for positive parenting, r = .57, p < .01 for inconsistent discipline. Paired samples t-tests demonstrated that positive parenting at Time 1 was close to significantly higher than positive parenting at Time 2, t(25) = 2.05, p = .05. associated with parenting behavior at Time 2, and that positive parenting may have decreased potentially due to the COVID-19 crisis. Future studies should examine this question with a larger sample.

Section: COVID-19 and Pandemics
Session ID: 59563 - Printed Poster

[Presented in CPA 2020 Virtual Series]

What news is good news? An experimental study of psychological impacts of COVID-19 media coverage

Presenting Author: McComb, Sarah E.
Additional Authors: Rose, Alison L.; Flett, Gordon L.

Abstract: COVID-19 is a global pandemic and is receiving around the clock news coverage worldwide. The current study examined experimentally the impact that COVID-19 positive versus negative news coverage has on mental health. Participants were 189 undergraduate students who were randomly assigned to view either positive or negative COVID-19 news stories conditions. All participants completed pre- and post-exposure measures of mood and feelings about COVID-19. Results showed that those exposed to negative COVID-19 news experienced increased COVID-19 anxiety, isolation, negative affect, and decreased happiness and relief. Those who viewed positive COVID-19 news experienced reduced levels of COVID-19 anxiety, isolation, depression, worry, loneliness, hopelessness, and negative affect, and increased feelings of relief.

Findings show that the valence of COVID-19 news stories matters; negative news had negative impacts on mental health, but positive news can have strong immediate effects on improving mental health. The findings offer societal and clinical implications for how to manage mental health during COVID-19 by recognizing the demoralizing impact of exclusive focus on negative COVID-19 news, and potential benefits of uplifting positive news stories. Media outlets that include positive COVID-19 news coverage likely raise morale amidst continuing public health concerns.

Section: COVID-19 and Pandemics
Session ID: 59567 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Notes from an Uncertain Time: Messages to Past and Future Selves During the Coronavirus Pandemic

Presenting Author: Gosselin, Courtney A.
Additional Authors: Holmberg, Diane

Abstract: The COVID-19 pandemic has significantly impacted life in Canada, contributing to higher rates of anxiety, depression, and substance misuse. While quantitative findings give a quick picture of how Canadians are coping with the stress of the pandemic, numbers offer limited insight into individuals' subjective experiences. As part of a large-scale on-line diary study on coping with the coronavirus pandemic (n = 1458 at time of abstract submission, 71% Canadian), participants were asked two open-ended questions: 1) What message would they send to themselves before the pandemic began?, and 2) What question would they ask themselves a week from today? Qualitative analysis is ongoing, but preliminary findings suggest common themes. Messages to past selves featured warnings to prepare, notes of moral encouragement, and advice to notice opportunity amidst challenges. Looking to the future, participants tended to ask themselves how they were coping, how the pandemic was progressing, if they could expect more normalcy, what their work situation was, what they accomplished or did to improve their life, and how they made someone's day better. The messages point to essential human concerns and values in the face of social isolation and uncertainty: deep appreciation of freedom, valuing close relationships, reminders to appreciate what one has, and a tendency towards hope and optimism.

Section: COVID-19 and Pandemics
Session ID: 59576 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Perceptions of the Benefits and Pitfalls of Social Media Use during COVID-19

Presenting Author: Desjarlais, Malinda
Additional Authors: Herceg, Lucijana

Abstract: In response to social distancing associated with COVID-19, people may have turned to social media for socialization. The current study sought to identify how social media use changed following social distancing requirements, as well as individuals' perceptions of how social media use affected aspects of their social and emotional well-being. In total, 68 Canadian adults completed an online survey from April 25 to June 12 regarding their social media use during the past week as well as before the pandemic. Qualitative and quantitative questions assessed their perceptions of the effects of their social media use. The data was analyzed using ANOVAs, t-tests, and thematic analysis. Overall, there was little change in social media use after the initiation of the pandemic. Participants did report an increase in passively browsing social media and were more likely to use it for communication and entertainment purposes. Social media was regarded as being somewhat positive for social well-being and entertainment with little negative impact to sleep and stress/anxiety. Although social media use changed very little, it played a minor role in maintaining social well-being. Overall, what people got out of their same online behaviours appeared to change during the pandemic. This study offers insight regarding areas affected by social media use that require empirical and societal attention.

Section: COVID-19 and Pandemics
Session ID: 59592 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Investigating the effectiveness of virutal CBT-P and supporting outpatients during COVID-19

Presenting Author: Simioni, Olivia
Additional Authors: Marinos, Julia; Robertson, Carrie; Wright, Nicola

Abstract: COVID-19 has disproportionally brought on challenges for those with existing severe and persistent mental health conditions. Specifically, individuals with psychosis who are already marginalized by their mental health status, have been significantly affected by the pandemic and are facing greater isolation than ever before. Access to vital mental health services that were once offered, including outpatient group therapy, were cancelled, which left many without access to care. In order to adapt to support patients during a time when they experienced worsening symptoms, we facilitated a virtual cognitive behavioural therapy group for individuals with psychosis which focused on supporting outpatients during COVID-19. Participants were 8 outpatients at the Royal Ottawa Mental Health Hospital. Sessions focused on isolation, psychoeducation around COVID-19, and related suspicious thoughts. Pre-group quantitative and qualitative data on factors such as anxiety, depression, and view of their recovery was collected. Post measures will be completed in July. A participatory action model was utilised; preliminary results suggest that the group fosters a sense of community and connectedness among the outpatients who attended the group. This study demonstrates the ability for healthcare to adapt to meet the needs of outpatients who are at high risk of suicide and experience psychosis.

Section: COVID-19 and Pandemics
Session ID: 59630 - Printed Poster

[Presented in CPA 2020 Virtual Series]

Review Session

Using AEDP during the global pandemic to decrease patient aloneness and increase resilience.

Presenting Author: McBride, Hillary L
Additional Authors: Joseph, Andrew J

Abstract: The coronavirus (COVID-19) pandemic created an unprecedented physical and mental health crisis on an international scale. Clients and therapists alike navigated the fears and uncertainty surrounding the virus, often in an environment of social isolation. The following paper presents a brief overview of the unique stressors and psychosocial factors impacting therapeutic work in the time of the coronavirus pandemic, including fears of the virus and social transmission, relational stressors due to isolation, grieving in isolation, fear of death, financial challenges, and the transition to telehealth. In addition, this paper aims to provide specific interventions and helpful approaches for psychotherapists navigating the novel challenges and demands to their clinical work through an AEDP (Accelerated Experiential Dynamic Psychotherapy) perceptive. This includes finding an entry point for accessing the pain: undoing aloneness; moving through the pain: dyadic affect regulation; and paying close attention to vitality within suffering: searching for transformance. Recommendations for the health and care of the clinician are also discussed, such as attuning to self-needs, anticipating and detecting dysregulation, staying with the good, meaning-making, identifying and responding to burnout, and the importance of receiving personal therapy and clinical supervision

Section: COVID-19 and Pandemics
Session ID: 59532 - Review Session

[Presented in CPA 2020 Virtual Series]

Global Perspectives on Family and Covid-19: Lessons from a 16-Article JCFS Special Issue

Presenting Author: Perlman, Daniel

Abstract: This presentation will synthesize and reflect on 16 papers submitted for a special Covid-19 issue of the Journal of Comparative Family Studies. Authors, asked to address the situation in one country, were given a short submission deadline (June 1, 2020) and a set of possible aspects of the pandemic to address including: Family interaction, social distancing, and isolationMental health and anxietyEthnic, cultural, and social class variations.Papers focused on 16 countries from five world regions. Some authors collected original data but most relied on available sources. The articles illustrated commonalities and differences in the impact of the pandemic. The pandemic was stressful globally and substantially changed people's daily lives. The family became a major context in which adaptation occurred. Social distancing was common as were reports of anxiety and depression. Yet the impact of the pandemic varied as a function of the political and economic context, social class, gender, etc.Beyond highlighting conclusions from the articles, this presentation will briefly discuss the use of theory in understanding family life in the pandemic, the "research" methods cum pros and cons of accelerated publication, psychologists' roles, clues for effectively dealing with this pandemic, and how the pandemic may be part of changing the nature of family life in some societies.

Section: COVID-19 and Pandemics
Session ID: 59550 - Review Session

[Presented in CPA 2020 Virtual Series]

Pioneering Digital Health Innovation within a Dynamic Public Health Care System During COVID-19

Presenting Author: Simms, Deanne C
Additional Authors: Schumann, Lyndall A

Abstract: The Ontario Structured Psychotherapy (OSP) program aims to make high quality mental health care accessible to all Ontarians. The only community-based lead partner in the program, The Canadian Mental Health Association (CMHA-YSS), serves as a demonstration site enacting the assessment, triage, and treatment functions of the OSP program; Our program is the template upon which other community-based organizations will build and scale future services. Our workforce (overseen by Clinical Psychology Directors) has provided treatment through two services (i.e., Bounce Back, CBT-based content and coaching; Bibliotherapy, clinician-assisted, CBT treatment) to thousands of Ontarians. Faced with operational, workforce, and clinical challenges triggered by the COVID-19 pandemic, our team of Psychologist Directors and other leaders quickly developed and implemented new operations and systems of delivery, including: transitioning our workforce (150+ staff) to a work-from-home model; expansion of service hours for our remote-delivered programs; novel HR and IMIT practices to facilitate remote recruitment, hiring, and training 20 clinicians and 2 clinical psychologists. Results included increased service utilization, and no service disruptions. Our flexible remote-service model illustrates how innovative solutions can expand support to individuals in need of services in a dynamic landscape.

Section: COVID-19 and Pandemics
Session ID: 59646 - Review Session

[Presented in CPA 2020 Virtual Series]

Taking care of ourselves and others: The Canadian Psychological Association's (CPA) response to the COVID-19 Pandemic

Presenting Author: Cohen, Karen

Abstract: In this session, Dr. Karen Cohen, CEO of the Canadian Psychological Association, provides an overview of the CPA's response to the COVID-19 pandemic since mid-March, noting activities undertaken for the profession, public, and health professionals. She speaks to the mental health challenges for health care providers on the front lines and to the role of psychology in a pandemic response.

Section: COVID-19 and Pandemics
Session ID: 59934 - Review Session

[Presented in CPA 2020 Virtual Series]

Symposium

The Better Nights, Better Days Pandemic Study: Child and parent sleep in the context of COVID-19

Moderator: Corkum, Penny

Abstract: Background: Social and economic distress, reduced mental health, increased media consumption, and routine disruptions may be pronounced in the time of COVID-19. Combined with the known relationship between anxiety, fear, and sleep problems, the COVID-19 pandemic may significantly increase or exacerbate sleep problems in children and their parents. Methods: We conducted a mixed methods follow-up study of 525 participants from the Better Days, Better Nights trial to understand how the sleep of Canadian children and their parents is being affected by COVID-19, and determine what supports could promote parental and children's psychosocial well-being through improving sleep. Results: In this session, we describe quantitative and qualitative changes in child and parental sleep during COVID-19, and how these changes are associated with psychosocial health and quality of life. We also describe the perceived need and potential impact of a self-guided online pediatric sleep program during and after COVID-19. Conclusions Recommendations from parents about mobilizing pediatric sleep interventions during and after COVID-19 will be discussed. Action/Impact: This session will help researchers and clinicians understand how COVID-19 is affecting children's sleep to identify what short- and long-term supports may be needed to promote parental and children's well-being through sleep.

Section: COVID-19 and Pandemics
Session ID: 59475 - Symposium

[Presented in CPA 2020 Virtual Series]

Sleep and psychosocial wellbeing in children and their parents during COVID-19

Presenting Author: Keys, Elizabeth Morgan

Abstract: Background: Prior COVID-19, sleep problems were a well-documented, highly prevalent, and impactful problem in children, affecting nearly 1 in 4 children. The aim of this research was to describe the sleep and psychosocial wellbeing of children with previous behavioral sleep problems and their parents in the context of COVID-19.Methods: We conducted an online follow-up survey of parents who previously enrolled in the pan-Canadian Better Nights, Better Days RCT to collect data on the impact of COVID-19 on child and parental sleep, child physical and emotional functioning, parental distress and fatigue, and household chaos. Results: To date, 109 parents of children (4 to 14 years) consented and 82 parents completed the survey. 60% of parents and 43% of children have experienced changes, for the worse, to their sleep since the onset of COVID-19. More than 40% of parents believed their child's sleep at least moderately influenced their child's stress and coping. Conclusions: Both children and their parents are experiencing increased sleeping difficulties since the emergence of COVID-19, which could influence capacity to cope with increased psychosocial stressors associated with the COVID-19 crisis.Action: Without additional supports to promote sleep health during the COVID-19 crisis, parental ability to shield their children from the psychosocial effects of COVID-19 may be limited.

Section: COVID-19 and Pandemics
Session ID: 59610 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Interplay between Daily Routines and Children's Sleep during COVID-19

Presenting Author: MacKenzie, Nicole

Abstract: Background: COVID-19 has been highly disruptive to families' daily routines. There are many consequences of disrupted sleep in children, however the impact of inconsistent routines due to COVID-19 and outcomes for sleep and well-being is not well understood.Methods: Parents of children aged 3 to 13 years were interviewed to understand children's sleep and psychosocial functioning related to family circumstances during to COVID-19. Interviews were recorded, transcribed, and analyzed with reflexive thematic analysis (inductive approach).Results: To date, a total of 15 parents (93% mothers) participated. Analyses generated three themes that describe the impact of COVID-19 on children's sleep: (1) Sleep as a priority and concern; (2) Perceived influence of employment and flexibility on routines; and (3) The impact of socialization on sleep and well-being.Conclusions: While parents discussed the importance of maintaining good sleep habits and routines for children, balancing employment, schooling, and household responsibilities may interfere with maintaining routines. Parents described that children's sleep is often influenced by limited opportunities to socialize.Action: Parents discussed needing assistance with implementing routines. Programs to help parents with implementing routines, especially those in support of sleep, are needed to enhance sleep during and after COVID-19.

Section: COVID-19 and Pandemics
Session ID: 59611 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Using eHealth to meet the sleep needs of families during and after COVID-19

Presenting Author: Corkum, Penny

Abstract: Background: Innovative models, such as eHealth and transdiagnostic interventions, can be leveraged as short- and long-term supports during and after COVID-19. Better Nights, Better Days (BNBD) is an evidence-informed, web-based behavioural sleep program which was previously found in a Canadian-wide RCT to be effective in improving sleep and psychosocial outcomes in children aged 1-10 years who have sleep problems.Methods: The BNBD Pandemic Study was used to distinguish parents' expressed needs and preferences for how sleep interventions should be mobilized to mitigate concurrent and subsequent psychosocial impacts of COVID-19.Results: Nearly 2 of 3 parents who previously used the BNBD program reported they have continued to use BNBD strategies during the COVID-19 pandemic. Nearly 50% of parents stated they would like to have access again to BNBD during COVID-19 and 94% believed other families who had not previously accessed BNBD would benefit from accessing the program during the COVID-19 pandemic. The need for minor modifications were noted.Conclusions: Implementing BNBD should support the sleep and psychosocial wellbeing in children and parents who are experiencing insomnia during the ongoing COVID-19 crisis.Action: Ensuring BNBD remains sustainable as a scaled-up and fully implemented evidence-based intervention will help families during the COVID-19 crisis and recovery.

Section: COVID-19 and Pandemics
Session ID: 59612 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Mental health impacts of living with chronic pain during the COVID-19 pandemic

Moderator: Choinière, Manon

Abstract: About one Canadian out of five live with chronic pain (CP). It is well known that CP affects various aspects of the sufferers' daily living including their emotional well-being and social life. The COVID-19 pandemic has had devastating consequences around the world and constitutes an important source of stress for many people including persons who live with CP. The extent to which the pandemic affects the condition of Canadians who suffer from CP warrants further

investigation if one wants to provide them with helpful coping strategies. The symposium will provide an overview of the impacts of the COVID-19 pandemic and restriction measures on Canadians living with CP in terms of their pain experience, various aspects of daily living (work, family, social life, quality of life), psychological well-being and treatment. This goal will be achieved by presenting results of a recent cross-sectional convergent mixed methods study that included a pan-Canadian survey (3,159 CP participants) and semi-structured interviews. Quantitative data were collected between April and May 2020 while qualitative interviews were conducted in May and June 2020. Symposium attendees will learn about how the COVID-19 pandemic impacts persons who live with CP. A better understanding of their needs and the challenges they encounter will be most useful to develop relevant intervention strategies.

Section: *COVID-19 and Pandemics*
Session ID: 59496 - Symposium

[Presented in CPA 2020 Virtual Series]

Determinants of chronic pain deterioration and psychological distress during the COVID-19 pandemic

Presenting Author: Pagé, M. Gabrielle

Abstract: Considering the COVID-19 pandemic, there are multiple reasons why individuals with chronic pain (CP) might be experiencing worsening of their pain condition and/or psychological status, such as temporary closures of pain clinics and exacerbation of social isolation. The study objectives were 1) to document the impact of the COVID-19 pandemic on pain severity and psychological distress, and 2) to identify factors associated with exacerbation of pain condition and psychological distress among individuals with CP. Participants were adults with CP pain from across Canada who were recruited in April and May 2020 using patient organisations and social media. More than 90% of participants (N=2,880) completed survey questions related to their chronic pain experience, COVID-19 pandemic beliefs and knowledge, and their psychosocial condition. Preliminary results show that 69% reported worsened pain since the beginning of the pandemic and 43% experienced moderate to severe psychological distress. This presentation will focus on the identification of key factors associated with pain severity and psychological distress among CP patients. Results will provide important information regarding the mental health care needs of individuals living with CP during the pandemic and help inform future health care policies for subsequent waves of the COVID-19 pandemic.

Section: *COVID-19 and Pandemics*
Session ID: 59518 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Psychological distress among people suffering from chronic pain during the COVID-19 pandemic

Presenting Author: Dassieu, Lise

Abstract: During the COVID-19 pandemic, people who live with chronic pain (CP) had their daily living and caring routines disrupted. Using online in-depth interviews, this qualitative study aimed at better understanding the impact of the pandemic on the daily experience of people who live with CP, including their psychological well-being and pain-related quality of life. A total of 25 participants who took part in our quantitative survey were interviewed between May and end of June 2020. Data analysis took place concomitantly with data collection, using a thematic framework. Preliminary findings suggest significant worsening of participants' psychological condition due to the pandemic and the consequent lockdown. This adds up to their existing pain-related psychological distress. Several participants reported growing suicidal ideation, a finding which is particularly worrisome. The elderly, as well as those experiencing socio-economic precarity, reported additional problems. Participants' CP management also appears to be impaired due to lack of access to treatments and reduced social support from family and friends. This qualitative study suggests that psychosocial interventions need to be tailored to the specific needs of people who live with CV during a pandemic such as the COVID-19 one.

Section: *COVID-19 and Pandemics*
Session ID: 59519 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Impact of the COVID-19 pandemic on chronic pain management

Presenting Author: Lacasse, Anais

Abstract: Multimodal treatment is recognized as the best paradigm for chronic pain (CP) management. Careful balance between pharmacological and non-pharmacological approaches is thus desirable, but can be hard to achieve and easily disrupted. The objective of this study was to explore the impact of the COVID-19 pandemic on pharmacological and non-pharmacological management of CP. In the context of the cross-sectional pan-Canadian survey, participants were asked about changes in their pain treatment because of the COVID-10 pandemic, in addition to reasons for such changes. Among participants who used non-pharmacological approaches (n=2,471), 68.19% reported that they modified their treatment because of the pandemic. Common reasons reported by participants were lack of access to clinics/installations or the need to compensate for stopping another non-pharmacological treatment. In fact, participants reported the impacts of closed fitness centres, cancellations of psychologist appointments and pain support groups. This presentation will also explore clinical and sociodemographic factors associated with such disruptions in pain treatment. Our study underlines the negative impacts of the COVID-19 pandemic on access to pain relief, which is considered a fundamental human right. Results will inform the development of interventions in order to be better prepared for future crises.

Section: COVID-19 and Pandemics
Session ID: 59557 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

SUBSTANCE USE TO COPE WITH THE PANDEMIC: INDIVIDUAL DIFFERENCE AND CONTEXTUAL PREDICTORS

Moderator: Bartel, Sara

Abstract: Research shows that Canadians and Americans increased their substance use during the COVID-19 pandemic. Concerningly, increases in substance use that begin during a pandemic may result in longer-term substance use problems. This symposium involves a set of 3 cutting-edge studies on this topic followed by an integrative discussion (Stewart). Study 1 (Rodriguez et al.) examined relations of COVID-19 psychological distress with 4 indices of alcohol use during the pandemic in adults. Increased distress to COVID-19 was consistently associated with increased alcohol use during the pandemic, with these effects magnified in women. Study 2 (Minaya et al.) investigated relations of several COVID-19 stress indices to problematic alcohol use during the pandemic in essential healthcare workers vs. the general population. They identified both common and unique COVID-19 stress predictors of problematic alcohol use in the two samples. Longitudinal Study 3 (Bartel et al.) identified predictors (i.e., self-isolation, coping motives) of increases in cannabis use quantity x frequency from pre-to-during COVID-19 in emerging adults. These studies collectively help us understand which individuals, under what circumstances, were most susceptible to increases in alcohol and cannabis use during COVID-19. This knowledge will be helpful for targeting scarce intervention resources during pandemic times.

Section: COVID-19 and Pandemics
Session ID: 59527 - Symposium

[Presented in CPA 2020 Virtual Series]

COVID-19-Related Psychological Distress and Drinking Behaviors in American Men and Women

Presenting Author: Rodriguez, Lindsey M.
Additional Authors: Litt, Dana M

Abstract: The Coronavirus pandemic has produced significant and unprecedented changes to the modern world, including stay-at-home orders, high rates of unemployment, and > 120,000 deaths across the United States. Derived from the self-medication hypothesis, this research explored how perceived threat and psychological distress related to the COVID-19

pandemic are associated with drinking behavior among an American sample of adults. We also evaluated whether links between COVID-19-related psychological distress and perceived threat with drinking behavior are different for men and women. Participants (N=754; 50% women) completed an online Qualtrics Panels study between April 17th and 23rd, 2020. Results from negative binomial regression models suggested that psychological distress related to the COVID-19 pandemic was consistently related to alcohol use indices, and moderation results demonstrated this association was only significant among women for number of drinks consumed during the recent heaviest drinking occasion and number of drinks consumed on a typical evening. Further, having children at home was related to heavier drinking. Our results suggest that continued monitoring, particularly among women and individuals with children, should be conducted as this pandemic continues to evolve to identify the long-term public health impacts of drinking to cope with COVID-19 distress.

Section: *COVID-19 and Pandemics*
Session ID: 59585 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Substance Use and COVID-19 Stress: Survey Results from Healthcare Workers and the General Population

Presenting Author: Minaya , Charlene
Additional Authors: McKay, Dean; Landry, Caeleigh; Paluszek, Michelle

Abstract: COVID-19 has led to widespread mental health consequences. Research from prior pandemics show that stress leads to increased substance use in the general population, and that healthcare workers face unique and more intense stress. It was recently demonstrated that there is a COVID-19 Stress Syndrome comprised of five factors that may account for mental health problems: danger & contamination, social & economic stress, xenophobia, traumatic stress symptoms, and compulsive checking. Samples from the general population (N=834) and healthcare workers (N=210) in Canada and the US completed a survey with the COVID Stress Scales (CSS), the PROMIS alcohol expectancies scales, a COVID-19 version of the Alcohol Use Disorders Identification Test (AUDIT), and the Depression Anxiety Stress Scales (DASS). Preliminary analyses show different patterns across samples of stress response in predicting substance use. Specifically, xenophobia, social & economic stress, and alcohol expectancies predicted AUDIT scores in the general population. In contrast, in healthcare workers, xenophobia, compulsive checking, traumatic stress, and alcohol expectancies predicted AUDIT scores. Moderator analyses will be conducted for the final presentation. The results can inform treatment decisions for those at elevated risk of infection due to their employment, as well as for the general population.

Section: *COVID-19 and Pandemics*
Session ID: 59586 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Self-isolation and coping motives during the COVID-19 pandemic predict increased cannabis use

Presenting Author: Bartel, Sara
Additional Authors: Sherry, Simon

Abstract: Background: The COVID-19 pandemic has resulted in increases in isolation and loneliness in the majority of the population. This is concerning given that isolation and loneliness are associated with increased substance use and using substances to cope with negative affect. Objective: We investigated if substance use to cope with depression and self-isolation due to COVID-19 were unique predictors of alcohol and cannabis use during the pandemic, after controlling for pre-pandemic substance use levels. Method: 70 emerging adults who use alcohol and cannabis completed measures of substance use, substance use motives, and a novel questionnaire on COVID-19 (e.g., self-isolation) between March 13-June 15th, 2020. Pre-pandemic substance use levels had been collected 4 months earlier. Results: Linear regressions indicated that self-isolation and coping with depression motives during the pandemic were significant predictors of pandemic cannabis use after accounting for baseline use but were not significant predictors of pandemic alcohol use. Conclusions: Self-isolation predicted changes in cannabis use patterns during the pandemic, but not alcohol use patterns possibly because individuals who use multiple substances tend to use one substance to cope. Our results suggest self-isolation may inadvertently produce additional public health consequences in the form of increased cannabis use.

Section: *COVID-19 and Pandemics*
Session ID: 59587 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

The Hidden Pandemic - How EHN Canada is Elevating Mental Health and Addiction Treatment in a Crisis

Moderator: Wong, Suanne

Abstract: It is unquestionable that COVID-19 has had an unprecedented impact on global economies and businesses. What is also becoming abundantly clear is that a more sinister pandemic of mental health and substance use disorders is magnifying. While safety measures are put in place to contain spread of the virus (i.e. social distancing and mask-wearing), these same measures require the most vulnerable persons to refrain from doing what is a critical aspect of treatment and recovery – finding comfort and support in the company of others. As the leading nation-wide mental health and addiction treatment network, EHN Canada has had first-hand experience in adapting our programs and services in these challenging times. Our panelists will be sharing their insights on how EHN Canada is meeting the needs of our communities in the midst of this crisis, from adapting inpatient treatment to expansion of virtual programs to supporting those at risk of relapse in a high stress environment. Panelists:Lanie Schachter-Snipper, current National Director of Outpatient Services and previously Clinical Director of Bellwood Health Services Rochelle Hildebrand, Business and Operations Manager of Wagon Joel Hughes, Clinical Director of Edgewood Treatment Centre

Section: *COVID-19 and Pandemics*
Session ID: 59590 - Symposium

[Presented in CPA 2020 Virtual Series]

Adapting Residential Treatment Programs to Pandemic-Related Safety Measures

Presenting Author: Schachter-Snipper, Lanie

Abstract: As an essential service, EHN Canada residential treatment facilities have faced unique challenges in staying open throughout the pandemic to serve our communities in need. From admissions to occupancy and therapy logistics to sanitization procedures, Bellwood has undergone extensive measures to protect the health and safety of our staff and patients, while remaining committed to the excellence in treatment that we are known for.Panelist: Lanie Schachter-Snipper, current National Director of Outpatient Services and previously Clinical Director of Bellwood Health ServicesWhat you will learn:Physical and procedural challenges of adhering to pandemic-related safety measuresHow to maintain a strong therapeutic community while social distancingSpecial considerations in discharge planning and relapse prevention

Section: *COVID-19 and Pandemics*
Session ID: 59627 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Virtual Treatment for Mental Health and Addictions While Social Distancing

Presenting Author: Hildebrand, Rochelle

Abstract: One outcome of COVID-19 has been the acceleration of technology and digital readiness across multiple industries, including healthcare. While in-person treatment remains the preferred and ideal option in many settings, virtual care has emerged as an invaluable means of delivering outpatient care to appropriate persons in challenging circumstances. At EHN Canada, our online treatment platform WAGON has been pivotal in our continued ability to serve our national community of patients, providing high quality mental health and addiction outpatient care to those with limited access and under social distancing.Panelist: Rochelle Hildebrand, Business and Operations Manager of WagonWhat you will learn:Key features and

benefits of the Wagon mobile application and online counselling platformThe importance of counsellors specially trained in online therapy to provide the most effective careHow to achieve the same quality as in-person care

Section: *COVID-19 and Pandemics*
Session ID: 59628 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

Comeback Program for People Who Have Relapsed or Fear They Will Relapse

Presenting Author: Hughes, Joel

Abstract: The continuing COVID-19 pandemic and related safety measures are placing Canada's most vulnerable people at risk. Turning to friends and family for comfort and reassurance is a pillar of treatment and recovery for those diagnosed with substance use disorders, as is maintaining structured daily routines and practicing coping strategies for stressful situations. A patient who may have been successful in managing their addiction in the community pre-pandemic is now facing potentially serious implications of disruptions caused by COVID-19. To help those who have relapsed or fear they will relapse, EHN Canada has been rolling out a "Comeback Program" across all our facilities.Panelist: Joel Hughes, Clinical Director of Edgewood Treatment CentreWhat you will learn:Risk of relapse in the midst of a pandemicKey features of the Comeback ProgramWhy full residential treatment is not always the answer

Section: *COVID-19 and Pandemics*
Session ID: 59629 - Paper within a symposium

[Presented in CPA 2020 Virtual Series]

PROFESSIONAL DEVELOPMENT WORKSHOPS / ATELIERS DE PERFECTIONNEMENT PROFESSIONNEL

Mindfulness-integrated CBT: A Four Stage Transdiagnostic Treatment Approach

Presenting Author: Offman, Alia
Additional Authors: Grabovac, Andrea

Abstract: Mindfulness involves paying attention to what is being experienced in the present moment, with a non-judgmental, unbiased and non-reactive attitude. Careful research continues to show that integrating mindfulness training with cognitive and behavioural interventions is a potent contribution to the treatment of a wide range of disorders. Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an evidence-based sophisticated integration of mindfulness core principles and traditional CBT. MiCBT consists of a four-stage transdiagnostic treatment approach, i.e., it is applicable with a wide range of conditions and ages. It is based on the integration of traditional establishment of mindfulness with well-established principles and methods from cognitive and behavioural traditions. The aim of this workshop is to introduce you to MiCBT to assist your work with acute and chronic conditions, and improve the prevention of relapse in a wide range of psychological disorders. It will describe the important theoretical framework underlying MiCBT and introduce participants to the use of these skills across a wide range of chronic and acute conditions. Importantly, this workshop will expand your common understanding of operant conditioning and provide a strong neurobehavioural basis for integrating mindfulness training with traditional CBT.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 52834 - Pre-Convention PD Workshop - Full Day - (6 CE Credits)

[Presented in CPA 2020 Virtual Series]

Mediation analysis

Presenting Author: Miočević , Milica
Additional Authors: Falk, Carl

Abstract: Statistical mediation analysis is used in thousands of studies in psychology every year, and the seminal paper by Baron and Kenny (1986) is among the 33 most cited scientific articles across fields. Methods for mediation analysis have been an active area of research. This workshop will cover theoretical underpinnings of mediation analysis, optimal methods for testing for mediation in single and multiple-mediator models, implementations of methods for mediation analysis in R, and templates for reporting results from mediation analyses for single- and multiple-mediator models. After the workshop, participants will be able to identify the optimal method for testing their mediation hypotheses, select an effect size measure for the mediated effect(s) that suits their research question, and describe their findings in a format that is appropriate for journal articles in psychology. Furthermore, participants will learn the basics of R and how to conduct mediation analysis in R.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 53796 - Pre-Convention PD Workshop - Full Day - (6 CE Credits)

[Presented in CPA 2020 Virtual Series]

Better (and Quicker) Data Cleaning using R and the Tidyverse

Presenting Author: Adkins, Mark C
Additional Authors: Cribbie, Robert

Abstract: Data cleaning is a time consuming and often error-prone process which every researcher will experience. It is said that 80% of data analysis time is spent on the process of cleaning and preparing the data (Dasu & Johnson, 2003), but this time spent cleaning and preparing data can be dramatically reduced by using the right tools/techniques for the job. The workshop will begin with a foundational discussion on data structures within R and general coding practices. The focus will

then shift to the more practical topics of using a variety of packages to import/export data, inspect and manipulate specific types of data (including categorical, dates, and character type), reformat data, and produce quality graphics to showcase your data. A publicly available dataset will be used as a running example throughout the workshop to provide hands-on experience using each of the techniques discussed. Periodic interactive exercises will be presented to allow attendees an opportunity to work collaboratively to solve common data cleaning dilemmas. Attendees are encouraged to bring data from their own research to apply the techniques covered throughout the workshop.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 52683 - Pre-Convention PD Workshop - Half Day - (3 CE Credits)

[Presented in CPA 2020 Virtual Series]

Developing Intercultural Resiliency and Healing Narratives through Nature and Culture

Presenting Author: Ginter, Joanne

Abstract: The changing multicultural landscape is compelling therapists to address greater diversity within client populations, including a broader spectrum of client narratives and cultural practices. While there is an acknowledgement for culturally fused counselling, many therapists continue to struggle to intervene with client populations of differing cultural beliefs and worldviews. These struggles are historically due to a lack of research in this area and training programs to support developing a pluralist worldview. This workshop emphasizes ways that healing practices found within nature and culture can be integrated into the therapeutic context through the promotion of intercultural resiliency. Interculturalism allows for relationship building and learning from each other while taking the therapist deeper than multicultural or cross-cultural communication. Resiliency allows for creating new meanings to unfortunate life events based on developing the self through mentorship and community, the building blocks of resiliency. In the development of intercultural resiliency all resources are respected and included while fostering a more diversified narrative. Intercultural resiliency recognizes cultural diversity found in nature and one's own worldview to guide therapists to becoming more pluralistic in practice.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 55325 - Pre-Convention PD Workshop - Half Day - (3 CE Credits)

[Presented in CPA 2020 Virtual Series]

Exploring screen-addiction, excessive or otherwise non-integrated use of screen-based technologies.

Presenting Author: Swingle, Mari K

Abstract: The Elephant in the Treatment Chair / Addiction in the 21st century Screen-based technologies (computers, tablets, gaming consoles, phones, pads and pods) are fully assimilated in modern life (scholastics, work, research and play). Interactive technology is in every workplace, school and home, car, purse and pocket. But what is this doing to our brains and behavior; to our base neurophysiology? Much use is innocuous and just a reflection of modern times. But in clinical populations (and broadening sections of non-clinical populations), there appears to be a direct correlation between excessive and inappropriate screen usage and aliments or symptoms for which individuals are seeking psychological services (anxiety, depression, OCD, ICD, learning disabilities and ADHD, behavior disorders, conduct disorders, sexual dysfunction, marital/partner conflict and discord, anger management, and insomnia. Screen-Addiction is one of the most misunderstood and complex emergent addictions. This talk will go far beyond the questions of 'is it real?' exploring the biological/neurophysiological bases of content addiction (e.g., pornography), process addiction (e.g., communication/texting) combined (e.g., gaming) and compounding crossover -and most importantly what to do about it!

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 55346 - Pre-Convention PD Workshop - Half Day - (3 CE Credits)

[Presented in CPA 2020 Virtual Series]

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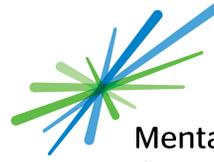
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