

PERK

2019



38th Annual Meeting of the
Association for Psychological and Educational Research in Kansas

Baker University
November 1st & 2nd



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WELCOME TO PERK 2019!

We are so excited to welcome you to PERK at Baker University! As always, the conference this year will highlight excellence in psychological and educational research with presentations by undergraduate students, graduate students and faculty from around Kansas. We are so fortunate that two beautiful locations will serve as the backdrop upon which we will discuss this exciting research. On Friday, PERK begins in Lawrence at the Baker University Wetlands. Voted the Most Beautiful Place in Kansas by *House Beautiful* magazine in 2016, the Wetlands is an area of natural beauty. Consider coming early to wander some of the walking paths, do some bird watching, or just enjoy the serenity and quiet. Or, if the sky is clear, stay late and do some star-gazing. Inside the Discovery Center, you can learn more about the history and development of the Wetlands, as well as about some of the almost 400 vertebrate species that call the Wetlands home. On Friday, the Discovery Center will open its doors for Day 1 of our conference. There, the presentations begin with the first poster session, and current graduate students will share their advice on How to Be a Rock Star in Psychology. We are then in for a treat as Baker alum, Dr. Molly Ireland, shares her research on language use and well-being in our first Keynote Address. At the conclusion of her talk, we look forward to enjoying some Pink Bottom BBQ for dinner.

On Saturday, the conference moves 15 miles south of Lawrence to the Baker University Undergraduate campus in Baldwin City. Known for its annual Maple Leaf festival which attracts over 30,000 visitors each year, Baldwin City is home to an abundance of maple trees. The Baker CAS campus itself has over 114 species of trees in its arboretum and the campus has been recognized by the Arbor Day Foundation multiple times as a Tree Campus USA. Home to approximately 800 undergraduate students, Baker is a Methodist-affiliated university that prides itself on educating confident, competent contributors to society. Another interesting feature of our quaint campus is our chapel. The chapel was brought stone by stone from its original home in Sproxtton, England in 1996. Lady Margaret Thatcher presided over the dedication of the chapel in its new home, which was especially meaningful because her father had preached in the chapel in England. We are excited to continue Day 2 of the conference with oral presentations of research, our second poster presentation session, and roundtables with each of our keynote speakers. We will then have the pleasure of hearing from our second Keynote Speaker, Dr. Kathryn Holland, who will discuss her research on the effect of compelled disclosure policies on college campuses. We will then gather together for lunch and an awards celebration to recognize the winners of our empirical and non-empirical paper competitions.

Having the opportunity to learn about the research interests and findings of our students and peers is always such a joy. We at Baker hope that this conference offers you the chance to learn something new, gain new skills, make new friends, and most of all to become inspired by the research. Thank you for being a part of the conference. We're so happy that you're here.

Sincerely,

Sara A. Crump, PhD
PERK President

PERK's mission is to promote, improve and disseminate psychological and education research, to encourage collaboration between faculty and students, and to enhance collegiality among college faculty and students in Kansas and other Midwestern states.



PARTICIPATING INSTITUTIONS

Baker University
Benedictine College
Bethel College
Emporia State University
Friends University
Fort Hays State University
Kansas Wesleyan College
MidAmerica Nazarene University
Missouri State University
Newman University
University of Kansas
University of Missouri – Kansas City
Washburn University

We're so happy that you're here!



CONFERENCE OVERVIEW

PERK Preconference *Baker Wetlands, Lawrence, KS* Friday, November 1st

Time	Event	Location
3:00 – 5:00	Registration	Foyer
3:30 – 4:20	Poster Session 1	Atrium
4:30 – 5:20	Graduate Discussion Panel: <i>How to Be a Rock Star in Psychology</i>	Classroom
4:30 – 5:20	PERK Business Meeting	Atrium
5:30 – 6:30	Keynote Address: Dr. Molly Ireland <i>The role of language in social processes underlying mental and physical health</i>	Atrium
6:30 – 7:30	Dinner	Atrium

PERK Conference
Baker University, Baldwin City, KS
 Saturday, November 2nd

Time	Event	Location
7:30 – 10:45	Registration & Refreshments	Boyd Center, 4 th Floor
8:00 – 11:00	Graduate School Table	Boyd Center, 4 th Floor
8:00 – 8:35	Oral Presentations - Session 1 ~ Presentations start at 8:00 & 8:20	Boyd 114, 211, 401
9:10 – 9:45	Oral Presentations - Session 2 ~ Presentations start at 9:10 & 9:30	Boyd 114, 211, 401
10:00 – 10:30	Roundtables	Boyd 114, 401
10:45 – 11:45	Poster Session 2	Boyd 409
12:00 – 1:00	Keynote Address: Dr. Kathryn Holland <i>Compelled Disclosure of Sexual Assault in Higher Education</i>	Rice Auditorium
1:00 – 2:00	Lunch & Awards	Long Student Center

* Boyd 409 is available from 8:00 – 10:00 as a practice room

MAPS AND GETTING AROUND

Conference Hotel

Holiday Inn Express and Suites

3411 IOWA STREET, LAWRENCE, KS 66046 | (785) 749-7555

Approximately 5-minute drive from the Baker Wetlands

The Baker Wetlands (Friday, November 1st)

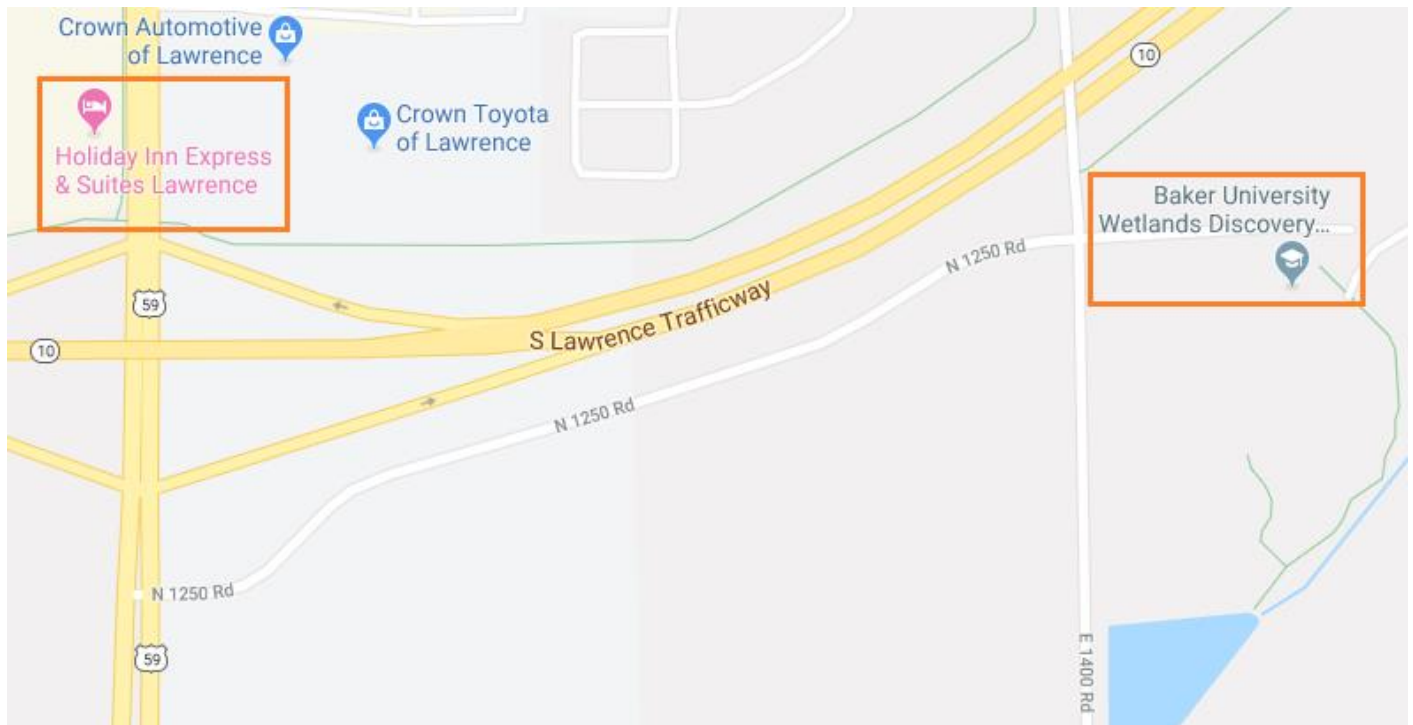
DISCOVERY CENTER | 1365 N. 1250 ROAD, LAWRENCE, KS 66046

All Friday events will be held at the scenic Baker Wetlands Discovery Center. Spanning 927 acres, and home to over 200 bird species and over 400 plant species, the Wetlands is a haven for nature-lovers.

The Baker Wetlands is located on the south side of Lawrence in Douglas County in northeastern Kansas, approximately 5 minutes away from the Holiday Inn Express & Suites.

From US 59 on the south side of the South Lawrence Trafficway and K10 interchange, turn east on N. 1250 Road and go 0.7 miles to the parking lot of the Discovery Center. Follow signs to the entrance.

From 31st Street come south on a new road called Michigan (opposite the Menards Store) to N 1250 Road, turn left (east) 0.2 mi to the Discovery Center parking lot.



Baker University (Saturday, November 2nd)

UNDERGRADUATE CAMPUS | 618 8TH ST., BALDWIN CITY, KS 66006

Saturday's events will take place on Baker University's Baldwin City Campus (see the map that follows, with important locations outlined in orange). Conference registration will begin at 7:30 am in the Boyd Center (#4 on the map) with oral presentations beginning at 8:00am in the same building. Roundtables with our Keynote Speakers will happen at 10:00 and then our second poster session of the conference will begin at 10:45am. The second Keynote Address will then begin in Rice Auditorium (#39 on the map) at noon. The keynote will be followed up by lunch and our awards ceremony at 1:00 pm in the Long Student Center (#29 on the map).

Our wonderful Baker University psychology majors have kindly volunteered their time to assist in the smooth running of the conference. If you have any questions (or if you're lost!), please do not hesitate to ask them for help. They will be wearing bright orange name tags.

Baker University

Baldwin City | Campus Map



BUILDING LOCATOR

- | | | | | |
|--|--------------------------------------|---|---------------------------------------|---|
| 1 Alpha Chi Omega | 10 Collins House (president's house) | 21 Hartley Plaza | 31 New Living Center (residence hall) | 42 Spencer Library Wing |
| 2 Alumni Center | 11 Collins Library | 22 Horn and Markham Apartments (student living) | 32 North Park Soccer Fields | 43 Iaft Bridge |
| 3 Bennett Art Building | 12 Constant Hall | 23 Irwin Hall (residence hall) | 33 Old Castle Museum | 44 Welcome Center |
| 4 Boyd Center (Ivan L. Boyd Center for Collaborative Science Education, formerly Mulvane Hall) | 13 Counseling Center | 24 Joffe Hall | 34 Owens Musical Arts Building | Office of Admissions
785.594.8325 admission@bakeru.edu |
| 5 Case Hall | 14 Delta Delta Delta | 25 Kappa Sigma | 35 Palmyra Post Office | |
| 6 Cavaness Softball Field | 15 Delta Tau Delta | 26 Kibbee Cabin | 36 Parmenter Hall | 45 Zeta Chi |
| 7 Charlie Richard Outdoor Sports Complex | 16 Ferrell Green | 27 Laury Tennis Courts | 37 Pulliam Hall | 46 Zeta Tau Alpha |
| 8 Clarice L. Osborne Memorial Chapel | 17 First United Methodist Church | 28 Liston Stadium and Metzger Hey Track | 38 Rice Auditorium | |
| 9 Collins Center (George F. Collins Jr. Sports and Convention Center) | 18 Fleming Pavilion | 29 Long Student Center | 39 Sander Baseball Field | |
| | 19 Gessner Hall (residence hall) | 30 Mabae Memorial Hall | 40 Sigma Phi Epsilon | |
| | 20 Grape Arbor | | | |

Map is not shown to scale.

UPDATED 2019

Things to Do

Lawrence

Go see a movie @ Regal Southwind
3433 Iowa St, Lawrence, KS 66046

Go see an independent movie @ Liberty Hall
644 Massachusetts St, Lawrence, KS 66044

Go bowling @ Royal Crest Lanes
933 Iowa St, Lawrence, KS 66044

Go get some ice cream @ Syllas and Maddy's
1014 Massachusetts St, Lawrence, KS 66044

Do a breakout room @ Breakout Lawrence
727 Massachusetts St, Lawrence, KS 66044

Go get some fine chocolates @ Au Marche
931 Massachusetts St, Lawrence, KS 66044

Or pop next door for some imported British goods @ Brits
929 Massachusetts St, Lawrence, KS 66044

Baldwin City

Go see some art by students, local artists, national artists and international artists @
The Holt-Russell Gallery
706 Dearborn St, Baldwin City, KS 66006

Go see some more art @ The Lumberyard Arts Center
718 High St, Baldwin City, KS 66006

Play some mini golf @ The Lodge
502 Ames St, Baldwin City, KS 66006

Visit the Quayle Bible Collection @ Collins Library
Just inside the front door of the Spencer Wing on the Baker University campus
518 Eighth St, Baldwin City, KS 66006

Friday, November 1st

Keynote Speaker
Dr. Molly Ireland
Texas Tech University



Baker University Wetlands
5:30 – 6:30pm

The role of language in social processes underlying mental and physical health

Language is the delivery system through which social processes influence mental and physical health. This talk will summarize a few separate but intertwined lines of research linking individual and dyadic language variables, including pronoun use and language style matching, with various aspects of well-being, such as depression symptoms and relationship stability. The findings will illustrate the importance and complexities of analyzing everyday language use in psychology.

Dr. Molly Ireland is an Assistant Professor of Psychological Sciences at Texas Tech University, where she directs the Language Use and Social Interaction ([LUSI](#)) lab. She graduated from Baker University with a BA in Psychology and Philosophy in 2006 and earned her PhD in Social-Personality Psychology from the University of Texas at Austin in 2011. Her lab uses computerized text analysis to study how everyday conversations can help or harm relationships and mental health.

FRIDAY PRECONFERENCE

POSTER SESSION 1

BAKER WETLANDS ATRIUM

3:30 – 4:20

POSTER 1 *Long-Term Impact of Adverse Childhood Experiences (ACES)*

Grace Mitchell, *Friends University*
Clinical & Counseling

Adverse Childhood Experiences (ACEs) research encompasses all types of abuse, neglect and traumatic experiences for anyone under the age of 18. Numerous studies have been completed researching ACEs and the impact these experiences have on individuals. The purpose of this research poster is to provide a summary of the long-term impact and adverse health outcomes that are commonly associated with ACEs. This includes, but not limited to, cancer, cardiovascular problems, and pulmonary disease. The research summary also includes protective mechanisms that can provide support, intervention and promote resiliency for those that have experienced ACEs.

POSTER 2 *The Effect of Fidget Spinners on Concentration and Anxiety*

Taylor Kirby, *Washburn University*
Clinical & Counseling

Over the past 2 years, the most popular toy on the market has been the “fidget spinner” (Libassi, 2017). Advertisements for this toy claim that fidget spinners can help with hyperactivity and concentration (Libassi, 2017). This literature review examines research regarding the effect of fidgeting on concentration and anxiety. The findings to date suggest that fidgeting in general is detrimental to a typically developing child’s ability to concentrate but that it is helpful in reducing anxiety. However, only one study has been published to date examining fidget spinners specifically, and that study was restricted to children with ADHD who participated in a classroom evaluation (Graziano, Garcia & Landis, 2018). The results suggested that fidget spinners negatively influence young children with ADHD’s attentional functioning. Limitations of the literature and future directions for research will be discussed.

POSTER 3 *Lesser-Known Risk Factors of Attention-Deficit/Hyperactivity Disorder*

Christine Hargrove, *Friends University*
Clinical & Counseling

The traditional understanding and diagnosis of Attention Deficit/Hyperactivity Disorder (ADHD) has focused on maladaptive behavior that leads to academic and occupational impairment. However, the risk factors associated with ADHD are far wider reaching with potentially life-threatening consequences. These risk factors include but are not limited to accidental poisonings, hospitalizations for accidental injury, dangerous driving, substance use disorder, nicotine use, arrests and incarceration, risky sexual behavior, obesity, and early mortality. An increased awareness of risk factors associated with ADHD enables individuals, families, and clinicians to assess for symptoms of ADHD when encountering these lesser-known risk factors.

POSTER 4 *How Individuals with Anorexia Nervosa Regulate Emotions*

Aubrey Dauber, Washburn University
Clinical & Counseling

Anorexia nervosa (AN) is the restriction of caloric intake to achieve a less than normal weight due to fear of gaining weight (American Psychiatric Association, 2013). While research has shown that AN individuals prefer different types of food compared to healthy controls (HC) at an implicit level, the cause behind this pattern is speculated to be difficulties with emotion regulation in AN clients (Haynos, Roberto, & Attia, 2015; Racine et al., 2016). Research by Racine et al. (2016) has used an emotion-modulated startle paradigm (EMSP) to better understand voluntary emotion regulation in AN population when viewing negative, positive, and neutral images.

POSTER 5 *Evidence-Based Research for Culturally Adapted Parent Training Programs*

Elaine Level, Friends University
Clinical & Counseling

Parent Training Programs are considered evidence-based approaches for externalized child behavior diagnoses, which includes oppositional defiant disorder and conduct disorder. Racial minority children are just as likely as white children to be diagnosed with mental health diagnoses but less likely to seek and receive treatment. Research indicates that culturally adapted interventions can improve retention and outcomes.

POSTER 6 *The Effects of Self-Efficacy and Motivation on Fluid Intelligence and its Impact on IQ Scores*

Stephany Graham, Emporia State University
Clinical & Counseling

The purpose of this study is to discover if self-efficacy and motivation effects fluid intelligence tasks on the Wechsler Adult Intelligence Scale- fourth edition (WAIS-IV) that influences the overall IQ score. The present study explores the relationship between self-efficacy and motivation and its overall effect on IQ scores to determine if an administrator can alter IQ scores by manipulating perceived self-efficacy during a task and enhancing motivation. Participants will be selected by graduate students from Emporia State University in the Assessment of Intelligence course. The participants will be given four instruments: The General Self-Efficacy Scale, a Motivation Questionnaire, a background questionnaire, and the WAIS-IV. The research design will have two randomized groups - 1) control group: WAIS-IV without modifications and 2) Experimental group: WAIS-IV paired with positive affirmations to boost self-efficacy and incentives to maximize motivation. The study will use a Factorial Analysis of Variance to analyze the results. It is proposed that self-efficacy and motivation may be a direct influence on IQ scores because of their impact on fluid intelligence tasks.

POSTER 7 *How Agency, Identity, and Community Shape Safe Zone Allies' Institutional Experiences*

Rebecca Livgren, Washburn University
Experimental

The purpose of the current multi-method research was to elaborate upon feminist philosopher María Lugones' (2003) theories of agency and identity by qualitatively (through interviews) and quantitatively (through self-reports) assessing the Safe Zone program on two Midwest universities campuses. Research examined individuals' interactions with/within academic institutional structures to contribute to each program's strengths, weaknesses, and improvements. Qualitative analyses revealed six aggregate theoretical dimensions underlying relationships among Safe Zone administrators' identity, agency, community, and institution. Quantitative analyses revealed affiliation feelings, average training uses, and humanitarianism-egalitarianism predicted Safe Zone Allies' identity, agency, and community. Implications and future direction will be discussed.

POSTER 8 *Team and Coach Gender: The Effectiveness of the F*ing Halftime Speech***

Carrington Ream, Baker University
Experimental

Coaches have often been thought of as great motivators and one of the most common ways coaches motivate their players is through their language. The aim of this study was to evaluate whether or not expletives alter the effectiveness of speeches given by coaches across gender. Participants read a vignette of a halftime speech in which the gender of the coach and gender of the team varied, as well as the language used in the speech: expletives or no expletives. After reading the vignette participants completed a Speech Assessment where they rated the perceived effectiveness of the speech. Results suggest that expletives are less effective in all conditions, but deeper analyses on individual questions of the Speech Assessment indicate that female coaches are viewed as being more effective across all conditions when they do not use expletives. Male coaches were viewed as being equally effective across expletive conditions.

POSTER 9 *College Students' Perception of Male or Female Sexual Assault as Serious Crime*

Madison Roth & Taylor Stohs, Emporia State University
Social/Forensic

People perceive sexual assault differently depending on whether a male or female commits the act. This study investigated the effects of perpetrator gender on sexual assault perception by college students. Participants in this study were 31 undergraduate students enrolled in psychology courses at Emporia State University. In this two-independent group experiment, both groups completed a survey. Some participants read a description of sexual assault containing a female perpetrator, while the others read a description of sexual assault with a male perpetrator. All participants completed the same survey regarding their perception of the sexual assault. We expected to find that participants would view the male perpetrator more negatively than the female perpetrator. However, our results did not prove any significance on whether the gender of the perpetrator affected the seriousness of assault. Findings from this study could have important implications for how people view sexual assault. With sexual assault being such an important subject, it is vital to understand how different variables may influence how people perceive a sexual assault situation.

GRADUATE DISCUSSION PANEL

BAKER WETLANDS CLASSROOM

4:30 – 5:20

How to be a Rock Star in Psychology

Brittney Harmon, University of Missouri-Kansas City, **Rebecca Livgren**, Washburn University;

Rebecca Randall, MidAmerica Nazarene University; **Sydney Shoemaker**, Missouri State University

Wondering what graduate school is like? Baker University alums will share their experiences as graduate students and discuss issues such as 1) what life as a graduate student is like, 2) the undergraduate experiences that contributed to their success in graduate school, 3) how to afford graduate school, 4) conducting research, 5) teaching responsibilities, 6) internships and practicums, 7) next steps. After sharing brief introductions, the panelists are excited to answer your questions!

PERK BUSINESS MEETING

BAKER WETLANDS ATRIUM

4:30 – 5:20

We will be discussing PERK-related business, including next year's joint PERK/NPS conference, the budget, future conferences, etc. All are welcome!

KEYNOTE ADDRESS

BAKER WETLANDS ATRIUM

5:30 – 6:30



Dr. Molly Ireland

The role of language in social processes underlying mental and physical health

DINNER IS *SERVED!*

BAKER WETLANDS ATRIUM

6:30 – 7:30

Dinner will be provided by Pink Bottom BBQ. *Bon Appetit!*

SATURDAY, NOVEMBER 2ND

Keynote Speaker

Dr. Kathryn Holland

University of Nebraska-Lincoln



Baker University College of Arts & Sciences

Rice Auditorium

12:00 – 1:00pm

Compelled Disclosure of Sexual Assault in Higher Education

What happens when a student tells a university employee that they have experienced sexual assault? In many institutions, the employee would be required to report the assault to university officials—such as the Title IX Office—even if the student did not want to make a report. These “mandatory reporting” policies that compel sexual assault disclosures have been shaped by federal mandates and guidelines, state laws, and institutional decisions. This talk will outline the landscape of mandatory reporting policies in higher education, the assumptions driving these policies, and empirical evidence from several recent studies examining the potential effects of these policies on sexual assault survivors, employees, and campus communities.

Dr. Holland is an Assistant Professor in Psychology and Women’s & Gender Studies at the University of Nebraska-Lincoln. She earned her BA in Applied Psychology from the University of Illinois at Chicago and her PhD in Psychology and Women’s Studies from the University of Michigan.

SATURDAY CONFERENCE

ORAL PRESENTATIONS SESSION 1

BOYD CENTER

8:00 – 8:55

8:00 – 8:15

Boyd 114 *Positive Psychology and the Applications of Technology*

Abigale Welch, *Emporia State University*

Clinical/Counseling

Positive Psychology is defined as the scientific study of ideal human flourishing, functioning, and wellbeing. An area that has become increasingly important to acknowledge is how the role of technology can influence factors that enable both individuals and communities to thrive in their environment, otherwise known as Positive Technology. Online counseling services, video games, and virtual reality are a few of the ways technology is currently being utilized to promote optimal human functioning. This presentation will explore how the application of technology in combination with Positive Psychology are impacting individuals' wellbeing in today's society.

Boyd 211 *The Heavy Crown of Perfection: Perfectionism and Loneliness at Benedictine College*

Angelica Nguyen & Grace Stotzer, *Benedictine College*

Social/Forensic

This study is intended to test the correlation between perfectionism and loneliness among undergraduate students of Benedictine College with the assumption that perfectionism may come at the price of loneliness. To test this effect, we administered the Revised UCLA Loneliness Scale. Participants also completed the Multidimensional Perfectionism Scale. The goal of our data analysis was to gain insight on the experience of loneliness as it relates to perfectionism, granting a better understanding of the loneliness experience overall. Other-oriented and socially-prescribed perfectionism were found to be positively correlated with loneliness. Future research should focus on this relationship in specific life domains.

Boyd 401 *A Place for the Arts & Humanities in an Increasingly STEM-Focused Culture: Establishing Balance on the K-12 and Collegiate Levels*

Mary "Caroline" Birt, *Baker University*

Educational

In order to combat the pervasive stigma surrounding the humanities and reestablish their relevancy in modern culture, change must be implemented on two levels of the American education system. State education boards must adopt a curriculum that establishes a balance between STEM and the arts in K-12 classrooms in terms of both emphasis and funding. On the collegiate level, meanwhile, institutions must incorporate the humanities more significantly into their general education requirements, as well as offer degree tracks that put STEM and the humanities in conversation with one another, rather than pitting them against each other.

Boyd 114 *Cultural Consideration of Mental Health Stigma*

Bobbie Call, *Fort Hays State University*
Clinical/Counseling

Mental health stigma and stereotypes negatively impact perception and treatment of individuals with a mental illness and prevents individuals from engaging in typical life routines (Lucksted & Drapalski, 2015; Corrigan, 2004). Stigma and discrimination are closely related, and stigmatic interventions rarely include minority groups (Knifton et al., 2010). Individuals of minority groups face discrimination for their identity, and discrimination is multiplied if they experience a mental illness, referred to as double stigma (Faye, 2009). Double stigma has detrimental sociological and psychological impacts for those individuals. The proposed study will explore cultural influences of mental illness stigma among the undergraduate students.

Boyd 211 *Detecting Deception from Non-Native Speakers versus Native Speakers: A Systematic Review*

Keith Wylie & Michelle Pena, *Emporia State University*
Social/Forensic

As immigration and homeland security become of greater concern both at a global and national level, it is imperative to review existing research on observers' ability to accurately detect deception in non-native speakers. Thus, it is important to summarize exiting research on accuracy for detecting lies told by non-native speakers. In general, discrimination between truth and lies is higher when judging native speakers rather than non-native speakers. Most studies found support for a lie bias when judging non-native speakers, but there were mixed results for a truth bias when judging native speakers. Recommendations for future research are noted.

Boyd 401 *Refining Emotional Support and Service Animal Policies to Ensure Educational Justice*

Madison Franklin, *Baker University*
Educational

Emotional support animals have gained popularity in our society among the media and professional literature, (Younggren, Boness, Bryant, & Koocher, 2019). Baker University's policy states that it is made to provide safe and healthy work and learning environments, animals are prohibited except for service animals and working animals, and they define what these are. The policy is to limit disturbances and distractions in the classroom. The policy at Baker should add emotional support animals (ESAs) as they are gaining popularity, along with expanding where service animals and ESAs are allowed on campus. Implications of these policies will be discussed.

BREAK

8:35 – 9:10

Grab some refreshments...meet some new friends...discuss the research!

ORAL PRESENTATIONS SESSION 2

BOYD CENTER

9:10 – 9:45

9:10 – 9:25

Boyd 114 *Prevalence of Mental Health Disorders in College Athletes*

Regan Braun, *Washburn University*

Other

Consistent with recent directives from the NCAA which encourage university athletics departments to become more proactively engaged in addressing mental health concerns among student athletes, this project analyzed data collected from varsity athletes at a Division II midwestern university. The DSM-5 Level 1 and Level 2 Cross-cut self-report questionnaires that function as broad screening tools were employed to identify the presence and severity of symptoms of common psychological disorders such as anxiety, depression, anger, and substance use. Using the data collected from over 300 student athletes over a two-year period, Chi-square, t-test and correlational analyses were used in comparisons of prevalence and severity of symptoms across gender, class year, and individual vs. team sports. The five-year collaborative effort between the athletics and psychology departments that made this project possible will also be discussed, including how this data will be used to develop programming designed to enhance mechanisms for addressing mental health concerns among student athletes.

Boyd 211 *Individual Liberty Violations in Child Sex Trafficking: A Policy Reform*

Rachel Vogelmeier, *Baker University*

Social/Forensic

In February 2017, a study done by an activist organization found that over 248,000 children had been married over the past decade, primarily to adult men (“Girls”). State legislation does little to protect this from happening, with loopholes existing for religious practices, as well as for pregnancy and parental consent (Koski & Heymann, 2018). To protect the physical and mental welfare of the child, a policy to protect children from sex trafficking is necessary. To accomplish this, interdepartmental cooperation at all levels and stricter punishment for offenders of child sex trafficking, as well as rehabilitation programs for survivors should be implemented.

Boyd 401 *The relationship between implicit and explicit moral thought in moral-self development*

Kelly McEnerney, *Emporia State University*

Experimental; Developmental

In recent decades, researchers have shifted their focus from explicit forms of moral understanding (Kohlberg, 1976b; Gilligan, 1978) to more implicit forms of moral understanding (Haidt, et al. 1997) as well as to how these understandings become integrated with self-conceptions (Narvaez and Lapsley, 2004). This presentation will focus on the merits of using the implicit association test (Greenwald, McGhee, & Schwartz, 1998) in conjunction with an explicit measure (i.e., Measure of Moral Orientations; Liddell, 1990) to investigate the relationship between these dual thought mechanisms as they inform the study of moral development.

Boyd 114 *The Ineffectiveness of Enhanced Interrogations and a Need for Rapport-Based Approaches*

Richard Bakiaj, *Baker University*
Social/Forensic

Although not supported by research, after 9/11, the use of enhanced, or revenge-based, interrogations has skyrocketed by employing tortures of any kind. However, enhanced interrogations have proved to be ineffective for investigators, in obtaining valuable information, and physically and psychologically detrimental for interviewees. A more empathetic and rapport-based approach have suggested to be less distressing, harmful, and more effective in creating trust in interviewees, which become more willing to cooperate. Therefore, such more humane practice needs further reconsideration in having a position of prominence when conducting interrogations. Implications on the implementation of rapport-based interrogations are discussed.

Boyd 211 *The Affects of MAOA-L and Unhealthy Attachment Styles on Aggression Levels in Adolescents*

Zachary Fasig, *Emporia State University*
Social/Forensic; Biological/Neuroscience

Monoamine Oxidase A (MAOA) is an enzyme responsible for the regulation of monoamines in the brain. Low expression of the MAOA gene (MAOA-L) is associated with changes in activation and or morphometrics of certain brain regions associated with prosocial behavior. MAOA-L is suspected to play a role in aggressive behavior in humans. Coupled with unhealthy attachment styles, MAOA-L is thought to present as antisocial behavior. Further studies must be done in order to further explore the extent of social factors on aggression levels in humans with MAOA-L.

Boyd 401 *Ethics of Care in Popular Culture*

Kristiaan Edwards, *Baker University*
Social/Forensic

Following the college admissions/SAT scandal in spring 2019, Lori Loughlin and others implicated faced tremendous backlash from the public at-large, as well as criminal charges. From the lens of ethics-of-care, however, Ms. Loughlin's behaviors can be better understood as motivated by a devotion to her daughters. This author's position is that Ms. Loughlin, and others implicated in these relationally-motivated crimes, should be viewed either with compassion, or judged solely on the merits of their work, not on behaviors related to their interpersonal relationships. Indeed, other public figures, who have committed crimes that are far more destructive, continue to profit from their creative endeavors.

BREAK

9:45 – 10:00

ROUNDTABLES

BOYD CENTER

10:00 – 10:30

These informal roundtables are your chance to learn more about the exciting research being conducted by our two Keynote Speakers! Dr. Ireland will be in **Boyd 114** and Dr. Holland will be in **Boyd 401**.

BREAK

10:30 – 10:45

POSTER SESSION 2

BOYD 409

10:45 – 11:45

POSTER 1 *College Students' Coloring of a Mandala Prior to an Anxiety Inducing Test*

Meagan Hunt & Julia Gardner, *Emporia State University*

Experimental

We were interested in how coloring influences anxiety levels. One group colored a mandala before completing a math test with 20 multiplication problems, a second group colored the mandala after the math test, and the control group took the math test without coloring. Subsequently, all groups completed the State version of the STAI. Supporting our hypothesis, both groups that colored had significantly lower scores than the control group.

POSTER 2 *Positive Writing Effects on Emotional Intelligence*

Cailtyn Nation, *Washburn University*

Clinical/Counseling; Experimental

Higher emotional intelligence (EQ) can enhance empathy, cooperation, and reduce stress. Positive writing and poetry have been linked to increased EQ. This study's purpose is to determine if positive poetry will promote EQ more than non-poetry, positive writing and a control. Participants wrote three positive poems or positive journal entries or about their plans (the control condition) and answered EQ questionnaires over three days. It is expected that the positive poetry group will have the highest EQ scores and the control the lowest. Findings may expand on the benefits of positive poetry writing and emotional intelligence.

POSTER 3 *Attachment Anxiety, Relationships, and Sexual Behavior in Emerging Adulthood*

Benjamin Hoffhines, Fort Hays State University

Developmental

Adult attachment anxiety is a desperate desire for closeness within a romantic relationship, while demonstrating insecurities (Hyde, 2019). Some individuals with attachment anxiety enjoy touch in relationships, but not sexual behaviors (Cassidy, 2018). However, females may engage in non-traditional sexual acts such as voyeurism and exhibitionism, whereas males may be sexually reticent. Additionally, relationship insecurities may alter the preferred relationship style (e.g, asexual, alternative relationships) of young adults with attachment anxiety. Therefore, attachment anxiety, engagement in risky sexual behavior, and relationship styles may be connected because of the desire for comforting touch and security that overrides sexual dissatisfaction.

POSTER 4 *Universal Design for Learning: An Alternative to “Learning Styles” Frameworks*

Jennifer Moss, Emporia State University

Educational

Limited evidence exists supporting learning styles, such as the “auditory, visual, or kinesthetic learner” framework. Despite the lack of evidence, pre-service teachers in many colleges across the United States are taught to ensure their lesson plans address all learning styles. Students in K-12 settings are often assessed and informed about their own style of learning. Educational psychologists have long sought an evidence-based alternative to learning styles and I propose that we consider Universal Design for Learning (UDL) to help teachers reach all students. Research suggests UDL can help promote teacher self-efficacy and student learning.

POSTER 5 *A Longitudinal Examination of Restricted Environmental Stimulation Therapy*

Rachel Ledbetter, Sophia Sabala & Linzi Gibson, Washburn University

Experimental

The purpose of the current study was to investigate the psychological benefits of Restricted Environmental Stimulation Therapy (REST). REST is a technique designed to minimize all sensory experiences and allow the participant to relax over the course of a 60 minute session. Participants completed stress and irritability scales over the course of four weekly experimental sessions to assess the effectiveness of REST.

POSTER 6 *Brain plasticity: Its role throughout a lifetime*

Grace Wasinger, Fort Hays State University

Biological/Neuroscience

Among the most riveting of topics in neuroscience concerns the brain’s ability to adapt its organization and function throughout the duration of an individual’s life. This ability is called brain plasticity (Kolb, Gibb, & Robinson, 2003). In response to experience, the brain may undergo certain changes. These changes may include an alteration in synapse strength or a change in functioning to a new location in response to trauma or injury (Lledo, Alonso, & Grubb, 2006). Because of its implications, it is important to examine brain plasticity from the viewpoint of the entire lifetime.

BREAK

11:45 – 12:00

It's time to head to Rice Auditorium for our second Keynote Address!

KEYNOTE ADDRESS

RICE AUDITORIUM

12:00 – 1:00



Dr. Kathryn Holland

Compelled Disclosure of Sexual Assault in Higher Education

LUNCHEON & AWARDS CEREMONY

LONG STUDENT CENTER

1:00 – 2:00

We will conclude the conference at the Long Student Center. While there we will enjoy lunch and we will reveal the winners of the Empirical and Non-Empirical Paper Competitions. This will be another fine opportunity to make connections and to discuss the fascinating research that was shared throughout the day.

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Interested in Forensic Psychology? Interested in studying abroad?
Interested in doing an international internship?

You can do all three in the same place, Summer 2020!

Dr. Robyn Long, of Baker University, will be teaching PSYC205/405: Forensic Psychology, in Summer 2020 at Harlaxton College in Grantham, England. The course includes a visit to the British Psychological Society's annual meeting for the Division of Forensic Psychology! Harlaxton College, a destination in its own right, is one-hour from London by rail, and affords students the opportunity to have an excellent academic experience while traveling in Europe.

Beginning 2020, students will also have the opportunity to add on a four-week internship experience for three credit hours, completing their internship in the English Midlands. The Harlaxton College summer program is open to students from any college or university, and federal financial aid can be used for these academic expenses.

Want to learn more? Visit www.harlaxton.ac.uk and click on Prospective Students, then Five-Week Summer, or contact rlong@bakeru.edu!

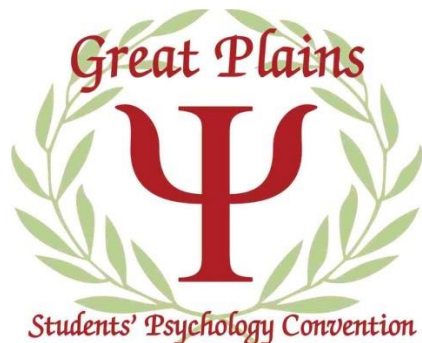
FUTURE CONFERENCE INFORMATION

The joint meeting of PERK/NPS will be held at Bellevue University in 2020.



The 40th Annual Great Plains Students' Psychological Convention will be held March 6 -7, 2020 at Missouri Western State University (St. Joseph, MO).

Visit <https://griff.vn/greatplains> for more information.



PERK 2021 will be held at Benedictine College.



ACKNOWLEDGEMENTS

The PERK president would like to sincerely thank the following people for their help with the organization and smooth running of this conference. PERK 2019 would not have been as successful without their tireless efforts.

Dr. Robyn Long (PERK Treasurer)

Dr. Rand Ziegler

Dr. Tony Brown

Our Wonderful Baker University Psychology Majors

Dr. Jim Persinger

Dr. Amy Posey

Dr. Steve Hoekstra

Dr. Rachel Messer

Dr. Kylea Shoemaker

Dr. John Wade

Andrea Peterson Howell

Dr. Robert Schukei

Dr. Chris Todden

Nicholas Goodman

Annette Pierce

Toby Ebel

Irene Unger

Pink Bottom BBQ

American Dining Creations

Baker Security

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