Psi Chi

Psi Chi is the international honor society in Psychology. As a Psi Chi member, you can gain access to numerous awards and grants, as well as research and career opportunities. If you are interested in joining the UVic Psi Chi Chapter, please contact psichi@uvic.ca for more information. If you are interested in starting a Psi Chi chapter at your own university, please see psichi.org

Thanks to:

Our Faculty Advisor, Dr. Louise Chim, for all of her help and support. Thanks to our executive team for all of their hard work in the months leading up to the conference. Thanks to the faculty and students on the review committee who dedicated their time to reviewing conference abstracts. Thanks to all of our volunteers for helping to make this event happen. Thanks to Dr. Lindsay for all his advice and for being our keynote speaker. Thanks to all the presenters and attendees for supporting undergraduate and graduate research in psychology. Finally, a special thanks to Psi Chi, who made this conference possible through generous grant funding.

2015
UVic Psi Chi Presents:
Making Waves in Psychology Conference
February 20-21, University of Victoria
Welcome

Dear attendees,

It is a great honour for us to personally welcome each of you to the inaugural Psi Chi: Making Waves in Psychology Conference at the University of Victoria. The aims of the conference are to encourage and support undergraduate and graduate research and professional growth in the field of psychology in the Western United States of America and Canada, as well as spread awareness of Psi Chi in this region. Undergraduate and graduate student researchers are the future of research in Psychology and we would like to continue to bring researchers together at events such as this, so spark inspirations and evoke further passions for Psychology as we advance the field. Psi Chi has a long-standing history of “building relationships that advance psychology” and we would like to continue fostering academic relationships across the west coast, so that we can share our insights and develop psychological research further.

We would like to thank each of you for your time and efforts in attending this conference. You each bring with you unique perspectives on psychological research and we invite you to share these ideas throughout the conference.

Sincerely,

Anna Braunizer and Kelsi-Lee Cooper
Co-Directors of the Psi Chi: Making Waves in Psychology Conference at the University of Victoria

Getting Here

The best way to get here is to turn right off McKenzie onto McGill Road, and park in the parking lot by the UVic Centennial Stadium. David Turpin Building is directly across ring road from the Stadium Parking lot. The keynote and paper presentations will take place in David Turpin Building A110. The poster presentations will take place in the lobby of the David Turpin Building.
Program Outline

**Friday, February 20th, 2015 – David Turpin Building A120**

12:00-5:00 PM Event Registration Open
4:00-5:00 PM Poster session 1: Cognitive and Neuropsychology Posters
5:00-5:05 PM Opening Remarks
5:05-6:05 PM Keynote Oral Presentation by Dr. D. Stephen Lindsay
7:00 PM: Dinner at Spinnaker’s

**Saturday, February 21st, 2015 – David Turpin Building A120**

10:30 AM Paper Session 1: Cognitive and Neuropsychology  
   Chair: Meredith Blinkhorn
11:30 AM Poster session 2: Social, Health, and Cultural Psychology & Pizza Lunch
12:30 PM Paper Session 2: Cultural and Health Psychology  
   Chair: Anna Braunizer
1:45 PM Snack Break
2:00 PM Paper Session 3: Social Psychology  
   Chair: Kelsi-Lee Cooper
3:00 PM Closing Remarks

Keynote Speaker

**Dr. Stephen Lindsay, Making Waves 2015**

For the inaugural UVic Psi Chi: Making Waves in Psychology Conference, Dr. Stephen Lindsay will be the keynote speaker. Starting with a BA Psychology from Reed College, Dr. Lindsay went on to get an MA and PhD from Princeton University. He joined the University of Victoria Department of Psychology in 1991. With over 80 papers published in areas of memory and cognition, Dr. Lindsay has a particular research interest in the determinants of the subjective experience of remembering, source monitoring, age-related memory changes, and the application of theories concerning these processes to everyday experiences. He became a fellow of the Association of Psychological Science in 2005, and won the APA Young Investigator Award in Experimental Psychology (1995): Human perception & performance, and the University of Victoria’s Faculty of Social Sciences Teaching Excellence Award (2006). His presentation will focus on false memories. Dr. Lindsay is also currently the acting chair for the Department of Psychology at the University of Victoria.
Detailed Program Outline

Friday, February 20th, 2015 – David Turpin Building A120

12:00-5:00 PM Registration Open

4:00-5:00 PM Poster session 1: Cognitive and Neuropsychology Posters
   Whodunit? Individual proclivity to choose (PTC) for face recognition predicts PTC for lineups
   Meredith Blinkhorn, Mario Baldassari, David Drohan, Justin Kantner, & Stephen Lindsay

   Can music improve athleticism?
   Christian Levesque, Brian Christie, Kristina Kowalski, & Olav Krigolson

   Detecting mild traumatic brain injuring in young athletes: The Neurotracker
   Laila Drabkin & Brian Christie

   Changes in hippocampal neurogenesis following RNA interference in a mouse model of Huntington’s Disease
   Carlye Meisburger, Sydney Weber, & Mark Pitzer

5:00-5:05 PM Opening Remarks
   Anna Braunizer and Kelsi-Lee Cooper, Co-Directors of Making Waves Conference

5:05-6:05 PM Keynote Oral Presentation by Dr. D. Stephen Lindsay
   On the topic of false memories

7:00 PM: Dinner at Spinnaker’s Brewpub and Guesthouses
   308 Catherine Street

Saturday, February 21st, 2015 – David Turpin Building A120

10:30 AM Paper Session 1: Cognitive and Neuropsychology
   Delay discounting and ethical decision-making: An experimental analysis
   Sydney Volkerts & Andrew Downs

   Current understanding of the nature of psychopathy and the role of executive function as a protective factor
   Mily Mumford & Mauricio A. Garcia-Barrera

11:15 AM Poster session 2: Social, Health, and Cultural Psychology & On-Site Pizza Lunch

   The role of parental support in relation to childhood sexual abuse and later substance abuse
   Alexandra Scallion, Carolyn Mirotchnick, & Marsha G. Runtz

   Parenting styles and the relationships between parents
   Dana Ronaghan & Frederick Grouzet

   The effects of psychological and individual factors on physically active adults
   Julia Fonk, Marissa Viramontes, Katherine Maus, Carlye Meisberger, Jenny Labrousse, & Andrew Downs

   Mental benefits of physical activity as a sole motivator
   Marissa Viramontes, Katherine Maus, Julia Fonk, Jenny Labrousse, Carlye Meisburger, & Andrew Downs
The extent to which personal identity affects physical activity
Katherine Maus, Julia Fonk, Marissa Viramontes, Jenny Labrousse, Carlye Meisburger, & Andrew Downs

Investigating perceptions of their parents’ and other romantic relationships of young women with a history of parental divorce
Fanie Collardeau & Marion Ehrenberg

12:30 PM Paper Session 2: Cultural and Health Psychology
The effect of coping strategies on sojourner and immigrant students’ psychological adaptation
Meng Qi Wu, Louise Chim, & Randal G. Tonks

Identity formation, stress, and acculturation of immigrant young adults
Steven Lowe & Randal G. Tonks

Does victimization in adolescence predict higher BMI in young adulthood?
Clea Sturgess, Megan Ames, & Bonnie Leadbeater

1:45 PM Snack Break

2:00 PM Paper Session 3: Social Psychology
Childhood psychological maltreatment and subsequent sexual risk behavior
Hannah Caird

Peer Coaching at University
Michele Spencer, Frederick Grouzet, & Anthony Fast

Self-Regulation of Eating and the dual valuing process model (Grouzet 2013)
Kelly Moen & Frederick Grouzet

3:00 PM Closing Remarks
Anna Braunizer and Kelsi-Lee Cooper, Co-Directors of Making Waves Conference

Conference Banquet Details
Earl’s Restaurant
1199 Government Street
Victoria, BC

For menu details, please see:
https://earls.ca/locations/victoria/menu/kitchen

If you have not already done so, please register online at makingwavesatuvic.weebly.com and indicate whether you will be attending the gala banquet so that we can make a reservation.
1. Whodunit? Individual proclivity to choose (PTC) for face recognition predicts PTC for lineups.

Mario Baldassari, David Drohan, Justin Kantner, & D. Stephen Lindsay
Presented by: Meredith Blinkhorn & David Drohan, University of Victoria

When a witness falsely identifies a suspect from a lineup where the true criminal is absent, the outcome can be tragic. This study follows up on previous efforts to estimate witnesses’ susceptibility to making such errors (proclivity to choose, or PTC). In our Lineup Skills Test, students study 30 photos of faces then take a test in which 50% of trials contain one studied face and one non-studied face (Old/New pairs) and 50% of trials contain two non-studied faces (New/New pairs), with instructions to respond ‘Right’, ‘Left’ or ‘Neither’ to each pair. Facial expressions in the photos varied between study and test phases on the Lineup Skills Test to encourage identity recognition rather than photo recognition. In two online studies, an individual’s PTC on the New/New pairs postdicted their PTC on five culprit absent lineups. In the current study, we looked to replicate this finding and to test postdictive utility of Old/New pairs for culprit present lineups. We also hypothesized that confidence and ID latency would postdict accuracy.

2. Is sleep disturbance in midlife a risk factor for accelerated cognitive decline in later life?: Evidence from the White Hall and Midlife in the United States Studies

Janyn Mercado & Andrea Piccinin, University of Victoria

Although evidence from research in sleep suggests that sleep is associated with cognition, little has been studied on the association between subjective sleep parameters and cognition amongst midlife individuals. Using the White Hall II and Midlife in the United States II studies, the present, on-going research examines self-reported sleep disturbance as a predictor of cognitive function. It is hypothesized that increased self-reported sleep disturbance will be associated with lower scores on cognitive measures. Sleep disturbance (defined as difficulty sleeping, difficulty falling asleep, and waking up during the night and having trouble retuning to sleep) was measured in self-report questionnaires asking participants to reflect over a month and on a daily level. Cognition was measured on a variety of cognitive batteries. Results from the present study will be beneficial to intervention programs targeted to maintain cognition in individuals as sleep, an important aspect of daily life, is a modifiable factor.

3. Can music improve athleticism?

Christian Levesque, Brian Christie, Kristina Kowalski, & Olav Krigolson, University of Victoria

Research Objective: Musical training has been shown to improve general intelligence and school performance in children and improve performance on cognitive tests for memory, language, mathematical, and visuospatial abilities. The objective was to test the correlation between musically and non-musically trained individuals by measuring their perceptual-cognitive abilities with a Neurotracker.

Methodology: Initial surveys assessed individuals as either musically trained or non-musically trained. Participants performed two blocks of 10 trials of the Neurotracker - a video game- that requires participants to track four of eight systematically moving balls on a computer screen. Scores at the end of each trial were based upon one’s ability to correctly identify the four labeled balls.

Results: Musically trained participants could track more balls with increasing trial difficulty than non-musically trained individuals. As such, musically trained individuals could perform better as athletes, and thus reduce their incidence of sports related concussions.

Implications: Currently no training exists for athletes regarding improving perceptual cognitive abilities. Music could be the answer. Regarding athletic performance, improved perceptual cognitive abilities from musical training could reduce in attentional demand and speed required to assess the location of teammates and opposition during dynamic sport scenarios while being able to understand the direction of the game in order to initiate a correct pass, shot, avoid a potentially harmful or concussion-producing tackle or hit. Improved ability to perceive and understand the movements of teammates in a wider field of vision improved tactical awareness and reduced attentional demand resources to be used in-game so concentration could be better utilized in more vital areas.

Laila Drabkin & Brian Christie, University of Victoria

Mild Traumatic Brain Injury (mTBI), otherwise known as a concussion, is diagnosed when an observable physical impact directed to the head or to the body is followed by subjectively reported physical, behavioural, cognitive, or emotional symptom expression. Sustaining a mTBI has been demonstrated to induce long term changes in neurological functioning in measures such as: visual processing, attention, concentration, and high school academic performance. In addition, athletes who have a history of mTBI have an increased likelihood of sustained another mTBI, have increased recovery time following a new mTBI, and have increased symptom expression. A tool that serves as an objective measurement for detecting mTBI is thus desirable, as this would increase the detection of mTBI, standardize management of recovery and return to play, and decrease the risk of an athlete continuing to play, or sustaining an additional mTBI during their recovery. In this study, the use of The Neurotracker as an objective measurement for detecting mTBI in youth athletes ages 7-18 will be evaluated. The Neurotracker is a Multiple Object Tracking (MOT) video game style software program produced by CogniSens Technology that is designed to measure skills and cognitive sets such as: visual tracking, sustained and selective attention, peripheral focus, and working memory. In this study I will compare post mTBI scores on The Neurotracker to baseline scores, to evaluate whether The Neurotracker can be used as a tool for detecting mTBI in youth athletes.

6. Changes in BrdU Detected Hippocampal Neurogenesis Following RNA Interference in a Mouse Model of Huntington’s Disease

Carlye Meisburger, Sydney Weber, & Mark Pitzer, University of Portland

Huntington’s Disease is an autosomal-dominant neurodegenerative disorder characterized by loss of motor control, cognitive dysfunction and psychological changes, the most common being depression. These depressive symptoms frequently manifest themselves in the prodromal stage, before the onset of the motor dysfunctions and, importantly, before patients are aware that they carry the fatal mutant gene. Research has shown that humans suffering from depression and transgenic Huntington’s mice frequently exhibit significant changes in neurogenesis in the dentate gyrus. In this study, we attempt to reduce the accumulation of the toxic, mutant huntingtin protein in the hippocampus using RNA interference (RNAi). Our RNAi construct was encapsulated in adeno-associated virus and delivered by direct brain injections into the dentate gyrus. We hypothesized that the RNAi, developed to target and eliminate mutant huntingtin mRNA, would reduce the levels of mutant huntingtin protein in hippocampal cells and, as a result, improve neurogenesis and the survival of new cells in the dentate. Additionally, if neurogenesis plays a role in depressive symptoms, then we would expect to see a reduction in depressive-like behaviors. Results revealed no reductions in depressive-like behaviors in the treated animals as compared to the control animals. However, a small, yet statistically significant improvement was observed in the hole board memory task. Finally, ongoing analysis of hippocampal neurogenesis suggests that the RNAi treatment altered the rate of neurogenesis, suggesting that RNAi therapies may prove to be beneficial in behaviors related to hippocampal neurogenesis. Complete analyses will be presented at the conference.
1. Delay discounting and ethical decision-making: An experimental analysis

Sydney Volkerts & Andrew Downs, University of Portland

Ethicality is arguably more salient in today’s capitalist society than ever before. The attrition of ethical conduct, evidenced by countless corporate scandals, demonstrates an increasing need for ethical interventions at both the organizational and individual level. Prior ethics research often focuses on business settings, drawing from dominant moral theoretical traditions while psychological components are largely overlooked. Unlike morality, which is highly subjective and relatively resistant to change, a cognitive-behavioral approach to individual ethical decision-making may offer more practical insight since it implies a potential to change one’s behavior to become more ethical. The aim of this study was to see whether the cognitive and behavioral bias known as delay discounting “the tendency to devalue rewards as the time to receive them increases” was predictive of ethical decision-making and behavior. Varying in age, ethnicity, and education level, participants electronically completed a delay discounting task, a modified version of the Multidimensional Ethics Scale, and reported their purported behavior in five vignettes depicting ethical dilemmas. Results indicated that delay discounting was predictive of ethical judgment, but not purported ethical behavior. Follow-up analyses revealed that gender and age were both more strongly related to ethical decision-making and behavior, with females and older individuals scoring higher in both domains. These results suggest that although delay discounting may exert some influence on ethical decision-making, the impact is likely not as significant as other factors such as morality, which may serve as a barrier to acting on one’s impulses when facing an ethical dilemma.

2. Current understandings of the nature of psychopathy and the role of executive function as a protective factor

Mily Mumford & Mauricio A. Garcia-Barrera, University of Victoria

An expanding area of research in forensic neuropsychology is the structural and functional neurological deficits in psychopaths and how these deficits often occur in neural correlates of executive function. However, more research is required to determine how these deficits present in “successful” or non-incarcerated psychopaths versus “unsuccessful” ones. In the present study a literature review was conducted to determine the current understanding of these deficits based on imaging and neuropsychological task data. It was found that emotionally valenced processes were negatively affected across psychopathic subtypes but “cold” executive functions were often preserved. This preservation was linked to both “success” but also general intelligence and high functionality of the psychopathic individual. Using these results, new classification criteria for psychopaths was proposed based on intact executive functioning which allows for the masking of emotional dysregulation. This would provide an alternative to the “successful” versus “unsuccessful” criteria. This new criteria could aid in identification of psychopaths in the community as well as in diagnosis of psychopaths already in custody.
2. The role of parental support in relation to child sexual abuse and later substance abuse

Alexandra Scallion, Carolyn Mirotchnick, & Marsha G. Runtz, University of Victoria

The long-term sequelae of childhood sexual abuse have been extensively researched; however, the protective factor of parental support has not received the same attention. Although women who have experienced CSA have a higher risk of substance abuse problems, the underlying mechanisms that explain this relationship have yet to be determined. This study examines the role of childhood parental support in women who have experienced CSA, and their drug and alcohol use. It was expected that CSA survivors would have received less childhood parental support and would engage in greater substance use than women with no CSA history. A comparison of parental support among women with and without a history of CSA showed that women who experienced CSA reported receiving less parental support (M = 91.5, SD = 22.5) than those who reported no CSA (M=99.1, SD= 19.8); t(158.2) = 3.2, p= .002. CSA survivors also had higher levels of drug use (M=1.7, SD= 1.8) than women without CSA (M= 1.0, SD= 1.2); t(163.1)= -3.701, p<.001. CSA was not associated with alcohol use. Multiple regression showed no interaction between parental support and CSA in predicting drug use. This study contributes to the research on CSA and substance abuse and may provide information to clinicians about potential risk factors present in CSA survivors.

3. Parenting styles and the relationship between parents

Dana Ronaghan & Frederick Grouzet, University of Victoria

The objective of the research was to examine the agreement between parents related to parenting and the types of goals that they promote to their children. Previous literature on the topics of parenting and couple relationships has been reviewed to examine this question. We were specifically interested in two parenting styles, parental autonomy support (PAS), which is linked to research in self-determination theory (SDT), and parental conditional regard, which was examined by Carl Rogers. PAS is characterized by supporting the child’s efforts to be self-initiating and autonomous, often by providing rational behind expectations, acknowledging the child’s feelings and opinions, and offering choices. PCR involves giving the child love and affection when they meet behavioural expectations and withholding love and affection when they do not. Researchers have previously found that PAS is associated with more positive outcomes compared PCR. We are also interested in the relationship between parents, as it may influence parenting practices. SDT offers an interesting perspective for examining relationships. Research on parenting and relationships may inform the development of resources to help first-time parents learn about optimal parenting practices and support each other.
4. The effects of psychological and individual factors on physically active adults.
Julia Fonk, Marissa Viramontes, Katherine Maus, Carlye Meisberger, Jenny Labrousse, & Andrew Downs, University of Portland

Physical activity (PA) is known to be very important in maintaining good physical and mental health. Current research on physical activity levels takes a problem-focused approach, studying those who are inactive by attempting to increase PA levels, however, these efforts only lead to transient improvements in PA. Our study uses a strength-based approach by targeting adults over the age of 24 who are consistently physically active (by meeting the national standards for physical activity, which are 150 minutes per week of moderate to vigorous aerobic activity, or 75 minutes per week of vigorous aerobic activity). After a pre-screening process in which we qualified participants as meeting the national standards for PA, we administered a survey aimed at identifying specific correlates and/or determinants associated with PA. We found a significant relationship between adequate levels of physical activity and several psychological and individual factors such as motivation, self-concept, level of control, and value among others. Specifically, it seems that several psychological/individual factors either directly increase or decrease PA levels among adults who engage in adequate levels of PA. These findings will be useful in informing and implementing intervention efforts targeted towards those adults who are not meeting PA standards.

5. Mental benefits of physical activity as a sole motivator
Marissa Viramontes, Katherine Maus, Julia Fonk, Jenny Labrousse, Carlye Meisburger, & Andrew Downs, University of Portland

Due to the increasing levels of obesity within the United States, inactivity has been identified as a major health issue in recent decades. For this reason, current research on physical activity levels takes a problem-focused approach, studying those who are inactive by attempting to increase physical activity (PA) levels. However, these efforts only lead to transient improvements in PA. This study uses a strength-based approach by targeting adults over the age of 24 who are consistently physically active (identified by meeting the national standards of physical activity). After a pre-screening process, participants completed a survey aimed at identifying specific correlates and/or determinants associated with PA. Participants were also given the option to be interviewed to provide supplemental and qualitative material to the quantitative data collected from the surveys. In analyzing the interview responses, a reoccurring theme appeared: those who are consistently physically active identify their physical activity as a core value to their self-concept, not only physically, but mentally. The mental health benefits received from PA appear to be a sole motivator among those who are physically active. This finding can be used to both educate and inform those who are inactive, as well as aiding in implementing intervention programs.

6. The extent to which personal identity affects physical activity
Katherine Maus, Julia Fonk, Marissa Viramontes, Jenny Labrousse, Carlye Meisburger, & Andrew Downs, University of Portland

Physical inactivity has increasingly been recognized as a significant risk factor linked to poor physical and mental health. Most research efforts addressing physical inactivity take a problem-focused approach by studying those who are not physically active. The goal of such efforts is to identify ways to increase physical activity levels, but these efforts almost always only lead to transient improvements. This study, conversely, used a strength-based approach by targeting adults who are adequately physically active as determined by the U.S. national standards for physical activity. A pre-screening process identified individuals in community settings who were engaging in adequate physical activity. Qualified participants (n = 101) completed surveys asking them to identify which of the psychological, physical, and public health factors linked with physical activity in previous research influenced their own personal activity level. The results identified several psychological factors that significantly increased physical activity levels and several public health factors that served as barriers to physical activity for participants. One particularly strong psychological predictor of physical activity was the extent to which engaging in physical activity was an integral component of the individual’s personal identity. Interestingly, identity as a physically active person was a
7. Investigating perceptions of their parents’ and other romantic relationships of young women with a history of parental divorce

Fanie Collardeau & Marion Ehrenberg, University of Victoria

The study aims to understand how young women, from divorced families, conceptualize and talk about their parents’ romantic relationship. It will explore if and, if yes, how they use the knowledge gained about their parents’ romantic relationship in order to derive expectations and hypotheses on what are romantic relationships, what makes them work, and especially on expectations about commitment and communal strength (sacrifice and willingness to give to the partner without expecting repayment). It is based on a mixed method design combining open-ended interview questions and self-report questionnaires. Participants will be 20 young women (18 to 25 years old) studying at the University of Victoria and having experienced parental divorce. The results will be analyzed in two steps. First, the interviews will be analyzed qualitatively using Charmaz's Grounded Theory approach. Second, the qualitative results will be complemented by the descriptive statistics derived from participants’ answers to the questionnaires and will be used to give insight into the ways in which existing questionnaire can be used to understand how young women conceptualized their parents’ couple unit. The current study will allow us to explore how young women conceptualize their parents’ romantic relationship, and especially how they feel commitment and sacrifice played into their parents’ romantic relationship. It will also allow for the development of a more in-depth follow-up study and potentially the creation of a measure allowing to capture what young women feel is most important in defining their parents’ romantic relationship. Please note that the current study will still be in the data collection phase and while the analysis will be started concurrently with the interviews, only partial results will be available at the time of the conference.

1. The effects of coping strategies on sojourner and immigrant student’s psychological adaptation

Meng Qi Wu, Louise Chim, & Randal G. Tonks, University of Victoria

The purpose of this study is to investigate the effects of coping strategies on international and immigrant students’ psychological adaptation in Canada. In addition, acculturation strategies and self-construals may have moderating effects on coping styles. As a result, understanding the different coping strategies in which migrants respond to stressful situations in a new cultural context will be important because it may help educators, policy makers and counselors assist international students and immigrants better adapt to the new cultural contexts.

2. Identity formation, stress and acculturation of immigrant young adults

Steven Lowe & Randal G. Tonks, University of Victoria

This study discusses a qualitative analysis of ego-identity statuses and acculturative styles for immigrant adults between the ages of 19 and 48. Using a revised Ego-Identity Status Interview (Marcia, 1966, 1993), each participant immigrating for a variety of home nations (Egypt, Germany, Korea, China, Russia & Nigeria) were interviewed in a one on one format. In addition to assessing identity through Marcia’s traditional domains (occupation, religion, politics, gender roles & sexuality) the domain of ethnocultural identity was added to identify the pathways and current ego-identity statuses (diffusion, foreclosure, moratorium & achievement) and styles of acculturation (marginalization, separation, assimilation & integration). Participants were also asked a number of questions regarding acculturative stress and health beginning upon their arrival to Canada, through their most stressful periods and up to present times. Results indicate that participants in
this study have demonstrated a variety of styles and patterns of dealing with acculturative stress depending on which style. These patterns will be demonstrated by detailed excerpts from the interviews to exemplify typical and atypical experiences of these immigrant Canadians. Results also indicated the levels of stress were higher in participants that scored separation versus integration had higher levels of acculturative stress.

3. Does victimization in adolescence predict higher BMI in young adulthood?

Clea Sturgess, Megan Ames, & Bonnie Leadbeater, University of Victoria

In the past 30 years, rates of obesity and overweight in Canada have increased substantially. Among adolescents ages 12-17, rates rose from 14% in 1978 (Shields, 2006) to 20.7% in 2013, and in older youth (ages 18-34), 39% are overweight or obese (Statistics Canada, 2013). Obesity is typically measured as Body Mass Index (BMI), which is calculated by dividing weight in kilograms by height in meters squared. In adults, overweight is defined as a BMI between 25 and 29, while obesity is defined as a BMI of 30 or higher. Weight-based bullying is one of the most common forms of peer victimization (Puhl, Luedicke, & Heuer, 2011), meaning that being visibly overweight or obese makes one a more likely target for physical or relational aggression. Recent research has identified relationships between peer victimization in childhood and adolescence and high BMI later in life. This research will analyze data from the Victoria Healthy Youth Survey, a six-wave multicohort study conducted biennially between 2003 and 2013 (N = 662) to look at whether experiencing relational and physical peer victimization in adolescence predicts higher BMI in young adulthood, and whether this differs for males and females. Findings will highlight the health-related harmful effects of victimization on youth.

1. Childhood psychological maltreatment and subsequent sexual risk behaviour

Hannah Caird & Marsha G. Runtz, University of Victoria

Childhood psychological maltreatment may produce a wide range of negative effects across the lifespan, carrying on into adulthood. Sexual risk-taking behaviour can cause adverse health effects, such as unwanted pregnancy and STIs. While many studies have investigated the relationship between child sexual abuse and sexual risk taking, few have queried if this relationship exists when looking at other types of abuse. The present study aimed to examine the potential link between emotional abuse and sexual risk behaviour in adulthood. Participants were 768 undergraduate students from the University of Victoria, 72% female and 28% male. Individuals completed a questionnaire as part of the larger Life Events, Health and Relationships (LEHR) study. Specific measures that were analyzed include the Psychological Maltreatment Review (PMR) and the Sexual Risk Survey (SRS). Preliminary results suggest a modest correlation between childhood psychological maltreatment and later sexual risk behaviour, with more analyses forthcoming. This research has important implications for the prevention of poor health outcomes in those who have experienced psychological abuse.

2. Peer Coaching at University

Michele Spencer, Frederick Grouzet, & Anthony Fast, University of Victoria

Research studies have indicated that first year students are dealing with a great transition when entering university. In a survey of four major Canadian universities some of the listed challenges reported were social, such as making friends, and feeling connected to the university in general. This transition can be overwhelming for some, causing them to leave before graduating. In a report for Statistics Canada it was stated that more than one third of the students that dropped out felt an inability to fit in. Further investigation points to both social and academic needs as ways to connect the students to the campus as well as enhancing problem solving skills for personal empowerment. One way to assist students was to pair up new students with a peer-coach to enhance their personal and academic development. Based on research in motivation, self-regulation, and mindfulness, a peer-coaching program has been developed and implemented.
Paper Session 3: Social Psychology

at University of Victoria: Peer2Peer Coaching at UVic. The aim of this presentation is to discuss the core components of this program, which are goal setting, goal striving, mindset in using feedback, and mindfulness. We believe that these components are transferable skills and thus can be way to provide mutual support.

3. Self-regulation of eating and the dual valuing process model (Grouzet, 2013)

Kelly Moen & Frederick Grouzet, University of Victoria

Today's North American society is growing heavier with the growing rate of obesity. Wanting to understand causal mechanisms of obesity through the framework of self-regulation of eating, due to the rising obesity epidemic in North America, we started reviewing studies looking into the same question. After a review of many articles a trend started to emerge. Overall, working to understand the obesity epidemic, it seems that social influence and modeling effects have a greater impact on overeating and negating organismic cues such as hunger and satiety. The underlying trend to this observation is congruent with a recent theoretical framework: the dual valuing process model (Grouzet, 2013). For example, some research have indicated that regardless of being a normative eater or a disordered eater the sizable restraint a person would place on themselves would dictate their disinhibition. A person wanting to lose weight would find greater success with an approach of grace to self, stop dieting, and get in touch with their organismic needs. However, listen to one’s organismic valuing process is harder than ever in some sociocultural environments such as North America. However, it is the key to health, wellbeing, and longevity.