

Abbey Philbin

The Impact of Loss during the COVID-19 Pandemic: Academics, and Occupation

Abstract

The COVID-19 pandemic has left individuals wondering what the long-term effects will be on their well-being. With isolation and lockdowns, the number of opportunities lost by individuals are endless. Notably, an important population to focus on is undergraduate university students, as these individuals are the future generation obtaining an education to prepare themselves to enter the workforce, but with the series of challenges presented throughout the pandemic, where do they stand? This study examined whether COVID-19 related loss of opportunities i.e., (academics, occupation), were related to depression and anxiety and specific coping strategies. A sample of 70 undergraduate university students completed measures assessing job loss, online learning, depression and anxiety, and coping strategies. The results revealed that participants who reported job loss throughout the pandemic reported an increase in feelings of depression and anxiety. Moreover, to cope with the heightened symptoms of anxiety and depression due to job loss, participants reported a greater reliance on substances. Additionally, the results revealed throughout the pandemic participants were more efficacious in online learning when they engaged in active coping, use of emotional support, and positive reframing. Notably, these findings reveal the impact on undergraduate students' overall well-being, and how these young adults used various coping strategies to adapt throughout the COVID-19 pandemic.

Alyssa Sperduti

Self-Esteem and Public Speaking Anxiety Post Covid-19

Abstract

This study examined whether self-esteem's effect on public speaking anxiety changed since covid-19 and whether there was any difference in the correlation found between self-esteem and public speaking anxiety. Public speaking anxiety plays a major role in the success of university students' education as presentations are required throughout many years of university. Participants completed a demographic questionnaire and two scales online that asked them about their personal rating of self-esteem and public speaking anxiety before and after the pandemic. It was hypothesized that self-esteem had a larger impact on public speaking anxiety after covid-19. Changes were significant with self-esteem from before covid to after covid, with increased self-esteem. However, there was no significant difference between public speaking anxiety before and after covid. A negative correlation was found between self-esteem and public speaking anxiety before covid, which means that the higher the scores on the scale for self-esteem (indicating lower self-esteem), the lower the public speaking anxiety. A positive correlation was found with self-esteem and public speaking anxiety after covid, meaning the higher the scores for self-esteem (low self-esteem), the higher the public speaking anxiety. There was a significant change between self-esteem's effect on public speaking anxiety post covid-19.

Alyssa Woodbridge

The Body Positivity Movement and Conforming to Social Norms: Investigating the New Social Norm of Toxic Body Positivity

Abstract

The body positivity movement, which aims to promote acceptance and compassion for all types of bodies, has been criticized in recent literature as unintentionally promoting a potential new social norm of “toxic body positivity.” Toxic body positivity highlights the experience of women who feel pressured to love and have compassion for their body. The present study utilized an online, factorial experimental design to assess whether the body positivity movement differentially influences publicly versus privately reported body satisfaction. Participants consisted of 78 cis-women students who were randomly assigned to reflect on either a body positivity message or a travel message, and then were asked to respond to a set of questionnaires after being instructed that they would either be sharing and discussing their responses with alleged peers or that their responses would be kept private. Although hypotheses were unsupported, findings suggest that the social and normative themes of the body positivity movement may encourage women to report higher body satisfaction, whether it is true satisfaction or the concealment of dissatisfaction; however, body appreciation scores obtained prior to the manipulation closely map the end results, and therefore may account for the results above and beyond the manipulation. The findings of this study encourage future research to continue assessing the potential norm of toxic body positivity and the consequences that may ensue by obtaining qualitative data and larger sample sizes.

Ava Flanagan

A Factor Analytic Study of the WISC-V In Children Referred for Psychological Assessment Due to Persistent Academic Difficulty

Abstract

The Wechsler Intelligence Scale for Children (WISC) has been used as a tool for the assessment and quantification of children's abilities for almost 75 years. The cognitive domain structure was built based on factor analysis, performed on large normative samples, which presented a five-factor model of intelligence including the Visual Spatial, Fluid Reasoning, Vocabulary, Working Memory, and Processing Speed Indexes. This factor model was formulated based on normative data samples, even though the test is most commonly used for assessment in clinical settings. This fact has raised some questions regarding the replicability of its factor structure in clinical samples. Two different research teams had previously conducted studies analyzing this idea, but results remain inconclusive. For this reason, we performed confirmatory factor analyses on a series of five different models (one-factor, two factor, three-factor, four-factor, and five-factor). Results of these analyses provide support for the robust nature of the five-factor model of the WISC-V and support its validity and continued use in clinical samples. Notwithstanding, there may be occasions when conceptualizing assessment findings using the four-factor model might be preferable.

Briana Rahovean

Psychosocial Predictors of Substance Use in University Students

Abstract

The purpose of this study is to examine how different psychosocial factors influence substance use in university students—, specifically attachment, stress, and self-esteem—, and whether parenting styles moderate these associations. Parenting styles experienced in the past can affect psychosocial factors that lead to an increased risk of substance use. To examine these relations I will use an online study design in which self-report measures will be used to collect data on the variables. Measures will be used to assess perceived substance use, close relationships, self-esteem, stress, and parents/caregivers' parental behaviours. Data will be analyzed using correlations to examine the relation between each of the independent variables (attachment, stress, self-esteem, and parenting styles) and the dependent variable (substance use). Two-way ANOVAs will be used to assess whether there are moderating effects of parenting styles on the other relations (substance use and attachment, substance use and self-esteem, and substance use and stress).

Brianna Grandi

Medical Gaslighting in Young Women

Abstract

Previous research has demonstrated that women received lower-quality care in medical settings (Angus et al., 2013). The term medical gaslighting has recently been popularized to describe the experience of patients when healthcare professionals downplay the severity of, or dismiss entirely, mental and/or physical health symptoms (Sebring, 2021). This study aims to provide insight into factors that may increase the prevalence and severity of medical gaslighting within a sample of women, aged 18 to 25. 80 participants who identified as women were recruited from University of Windsor's Psychology Participant Pool. The participants answered a series of questions including the 15-item Picker Patient Experience Questionnaire (PPE-15), Medical Gaslighting Experience Questionnaire (MGEQ), and an open-response question about negative healthcare experiences. Quantitative analysis was completed on mean PPE-15 and MGEQ scores based on demographic factors (ethnicity, mental health status, and age). Results suggested medical gaslighting/negative healthcare experiences do not increase with respect to those factors. Qualitative analysis using inductive content analysis was run on the open-response question. Medical gaslighting was endorsed in n=69 (86.25%) of participants. Of those, the most frequently reported type of medical gaslighting was having symptoms downplayed or dismissed (57.97%). The presence of multiple risk factors did not increase the presence/severity of medical gaslighting.

Brynn Bondy

Exploring Psychological Closure: A Comparison of Resolved and Unresolved Events

Abstract

Psychological closure, or the sense that an event is fully resolved, can have positive impacts on people's mood and overall functioning, yet the attainment of closure remains poorly understood. Using a within-subjects design and mixed-methods approach, this study: (1) investigated subjective determinants of and barriers to closure; and (2) compared resolved and unresolved events on ratings of closure, affect, memory characteristics, event centrality, and personal impact. A total of 74 undergraduates recalled and described resolved and unresolved events in a counterbalanced order. For each event, participants responded to a series of open-ended questions pertaining to closure and all dependent measures: Psychological Closure Scale (Boucher et al., 2023), Positive and Negative Affect Scale (Watson et al., 1988), memory characteristics (e.g., Johnson et al., 1988), Centrality of Events Scale (Berntsen & Rubin, 2006), and the Subjective Impact and Personal Significance Scale (Wood & Conway, 2006). As expected, the resolved event condition reported significantly greater closure, positive affect, temporal distance, and lower negative affect and emotional intensity, compared to the unresolved event condition. Thematic analyses revealed various categories, including 'self-growth' as a common determinant of closure, and 'internal struggle' as a common barrier to closure. This research offers greater insight about psychological closure and implications for psychotherapy.

Charlotte McLean

Students' Responses to Hypothetical Rape Myth Conversations with Friends

Abstract

Post-secondary-aged people and women experience sexual violence at disproportionate rates; this elevated risk of victimization is partly due to rape culture, which enables, supports, and upholds high levels of sexual assault. Rape culture exists at every level of the social ecological model, with rape myth acceptance at the individual level (Terry, 2014). Rape myths maintain beliefs and values that excuse perpetrators and blame victims. This study used hypothetical scenarios and open-ended questions with a content analysis to understand how men and women respond to victim-blaming and perpetrator-excusing rape myths in conversations with friends. Most participants reported that they would respond in a way that would challenge (as opposed to ignore or agree with) the rape myth, including reprimanding the speaker, referring to personal or victims' experiences, contradicting the speaker, defining and nuancing consent or sexual violence, alluding to the speaker not having all the information about the rape, encouraging the speaker to reflect on his own life, pointing to the perpetrator's fault in the rape, and pointing to the victim's trauma as a result of the rape. The most common responses to the victim-blame myth were defining or nuancing consent or sexual violence for women and reprimanding the speaker for men, while the most common responses to the perpetrator-excusing myth were reprimanding the speaker for women and pointing to the perpetrator's fault in the rape for men.

Claire Jackson

Grey Matter: Your Brain on Art

Abstract

Many museums and art galleries are shifting towards virtual outreach programs due to accessibility issues and the changes brought about by the COVID-19 pandemic (Burke et al., 2020; Markopoulos et al., 2021). The current study partnered with the Art Gallery of Windsor (AGW) to determine how an online context versus an in-person context affects the emotions evoked by viewing pieces of art. A word generation task was used to contrast the emotions evoked by pieces of art across the two groups where the number of unique words generated by each group served as a proxy for emotions evoked. A measure of emotional arousal derived from the work of Warriner et al. (2013) was also used to measure the emotional arousal scores of the responses obtained from each group. Not only did the in-person group generate more unique words on average compared to the online group, but their responses also scored higher on ratings of arousal. These findings suggest that there are differences in emotional experience between physically attending an art gallery versus attending a virtual exhibit or looking at artwork on a screen. These findings may have implications for how art galleries manage their exhibits in the aftermath of COVID-19 and as technological advancement drives digitization worldwide.

Danielle Dewar

Emotional Displays: Beyond the Binary

Abstract

This study examined the perceived acceptability of emotional displays between cisgender and transgender males and females across various scenarios that would provoke emotional experiences and warrant emotional expressions. The level of gender equality was assessed, and female and male transgender attitudes were assessed to determine if they affected their perceived acceptability for emotional displays of anger, disgust, fear, happiness, surprise, contempt, and sadness across three scenarios by eighty undergraduate students. Based on past literature, it was hypothesized that more gender egalitarian beliefs and positive transgender attitudes would be related to more significant acceptability of emotional displays regardless of the gender identity and the situation that elicits the display. However, it was found that differences in the perceived acceptability of emotional displays did occur between males and females, primarily in displays of fear, disgust, and anger. Contrary to the hypotheses, these differences were rarely related to the level of gender egalitarianism; most of the time, they were more significant for participants with more dominant female beliefs. Additionally, there were some differences in the perceived acceptability of emotional displays between cisgender and transgender individuals; however, these differences showed no relation to their negative, moderate, or positive transgender beliefs.

Elaria Hissy

The Broad Association of Perfectionism with Psychopathology

Abstract

Prior research implicated perfectionism in the risk for multiple psychological disorders, poorer psychological treatment outcomes, and overall greater psychosocial distress. Perfectionism has also been associated with a wide range of psychopathology (e.g., depressive, anxiety, eating & personality disorders). Using Hewitt & Flett's (1991) model of multidimensional perfectionism, the present study evaluated the association of each perfectionism dimension with several internalizing and externalizing disorders, as well as the DSM-5 personality trait domains. No recent studies have assessed how broadly perfectionism is associated with these variables in one sample of post-secondary students. Only one prior study assessed the role of perfectionism in the DSM-5 personality trait domains. 80 undergraduate students were recruited through the University of Windsor Psychology Participant Pool. Participants were asked to complete a series of self-report measures that ask about psychological disorder symptomology and perfectionism. Results indicate that self-oriented perfectionism demonstrated a limited number of associations with multidimensional perfectionism. Meanwhile, socially prescribed perfectionism was consistently broadly associated with the psychological disorders and personality trait domains. Other oriented perfectionism presented unique associations with alcohol use and antagonism that should be explored further.

Ildemaro Ponnambalam

A Measurement of Meaning: Subjective Rating of Semantic Richness

Abstract

The term "semantic richness" refers to the amount of meaning a word or concept possesses. In the past, researchers looked at various word-related variables to estimate its semantic richness. A new method for measuring it has been devised based on how people rate the meaningfulness of the word. People tend to recognize a word more quickly when it has greater semantic richness. Researchers have found that when people were given a task in which they had to figure out if a given word was a real word or just a string of letters, they recognized words with higher estimated semantic richness faster. The goal of this study was to see if there was a relationship between how meaningful people thought a word was and how fast they recognized it, in order to determine whether this new method was a valid measure of semantic richness. It was found that there was indeed a weak but significant correlation between how meaningful people thought a word was and how fast they recognized it. This means that people's subjective ratings of meaningfulness can be informative measure of a word's semantic richness. Overall, this study helps us understand how the meaning of a word affects the way we process and understand language.

Irfa Jamani

Challenges and Triumphs of Living with POTS

Abstract

Individuals with Postural Orthostatic Tachycardia Syndrome (POTS) face many challenges including symptom management, diagnostic delays, and psychosocial challenges. POTS is characterized by the dysfunction of the autonomic nervous system and several debilitating symptoms including increased heart rate, pain, and dizziness among others. Individuals with POTS experience a decrease in their quality of life (QOL) which can lead to loneliness and isolation. Currently, deficit-based models dominate the biomedical literature. In our approach, we identify challenges while amplifying coping and resiliency. Coping is critical for symptom management, as stress can further exacerbate this condition. This qualitative study captures experiences of individuals living with POTS across multiple life domains, including healthcare, relationships, school or work, and coping. We collected 101 written narratives of the lived experiences of individuals diagnosed with POTS (age range 18-55, 92 females, 7 males). Data were analyzed using Braun and Clarke's (2019) reflexive thematic analysis guidelines, and three themes were constructed: impacts and barriers of living with POTS (medical barriers, physiological barriers, and emotional toll), Adjustments and Advocacy (adjustments, acceptance, advocacy), and Finding Meaning (self-growth, cherishing relationships, transcending self). These Results forge a new avenue for study which amplifies strengths and resilience in individuals with this syndrome.

Jade Powers

Broad Associations of Perceived Distress Tolerance and Psychopathology

Abstract

Perceived distress tolerance (DT) may be a transdiagnostic process. It has been implicated in many psychiatric and psychological syndromes. However, little research has directly investigated potential broad associations of DT with multiple syndromes within the same sample. The present study sought to clarify how broadly perceived DT is associated with psychopathology conceptualized dimensionally and categorically. Within a larger project, 350 undergraduate students reported on DT and psychopathology symptoms. When examined individually, even after adjustment for age and sex, perceived DT was associated with widespread categorical psychopathology risk and dimensional severity of many syndromes. In final models of multiple syndromes, perceived DT was uniquely associated with risk for a current major depressive episode, $\beta=-0.13$, $p=0.05$, a prior panic attack, $\beta=-0.14$, $p=0.02$, agoraphobia, $\beta=-0.14$, $p=0.04$, generalized anxiety disorder, $\beta=-0.15$, $p=0.02$, irritability symptoms, $\beta=-0.24$, $p=0.01$, and cannabis use, $\beta=-0.23$, $p=0.01$. The present findings suggest that perceived DT may be broadly associated with psychopathology and related distress to support future research into the broad implications of DT for myriad psychiatric and psychological syndromes. Future research is needed as irritability may be an important component in the relationship between perceived DT and psychopathology.

Jasmine Kobrosli

“I always knew who I was...but now I’ve embraced who I am” Construction of Identity in Individuals with Inflammatory Bowel Disease

Abstract

Inflammatory bowel disease (IBD) is a chronic illness that affects 10 million individuals worldwide; however, Canada has the highest rates of IBD per capita compared to any other country in the world. Presently, 0.7% of Canadians are diagnosed with IBD, which is expected to rise to 1% by 2030. Symptoms include diarrhea with blood loss, weight loss, abdominal pain, and cognitive symptoms. Disease onset is typically between the ages of 15-45 years old. This is a crucial period for identity development and growth; however, IBD symptoms often disrupt these processes and cause individuals to abandon or reconstruct parts of their identity. As a result, changes in individuals’ life plans/trajectories and health status may cause them to grieve their former pre-IBD identities. In this qualitative narrative study, we capture the lived experiences of IBD, with a focus on what individuals have lost, gained, or accomplished across various avenues. Reflections also capture the role of resiliency and advocacy as individuals’ piece together key scenes from their IBD story. To date, 15 participants have constructed IBD narratives, and this study is currently undergoing data analysis. Results from this study intentionally center the lived experiences of individuals with IBD from a lifespan developmental biopsychosocial framework that recognizes that IBD is complex and multifaceted and influences people's life stories in many ways.

Jonathan Agapito

Positive Experiences: Gender and Sexual Minority Individuals in Healthcare

Abstract

Recent literature on health outcomes amongst sexual and/or gender minority individuals (SGMs) has concentrated mainly on identifying adverse outcomes. This qualitative study aimed to complement this research by detailing critical aspects of positive experiences in healthcare from the perspective of SGM individuals to guide current healthcare practice toward facilitating more positive health outcomes. The sample included 10 SGM students from the University of Windsor between the ages of eighteen and twenty-five years. Responses were collected through an online self-report questionnaire; developed for this study; the Positive Experiences Questionnaire: Healthcare (PEQ-H) was used to gather narrative accounts of participants' interpretations of a positive experience of theirs in healthcare. Interpretive phenomenological analysis (IPA) was used to analyze responses, indicating that healthcare providers (HCPs) who: attend to emotional needs; are educated on unique needs and care delivery for diverse identities; hold a multicultural disposition; and foster environments as well as practice methods that validate diverse needs, may be more likely to facilitate positive experiences in healthcare for SGMs. The findings support prior postulations concerning the needs of SGM individuals in healthcare while giving insight into the nuances of such needs based on lived experiences. Ultimately, findings provide clinical recommendations that may help HCPs interact more effectively with SGMs.

Julia Rivait

Body Image Investment as a Predictor of Quality of Interpersonal Relationships and Life Satisfaction

Abstract

Extensive psychological literature has demonstrated that the degree to which an individual invests in their appearance is associated with their quality of life. However, the impact of maladaptive relationship behaviour on this interplay remains largely unexplored. The term body image investment is used to describe appearance schemas, which are the behavioural (Motivational Salience) and the pathological (Self-evaluative Salience) ways that people invest in and define themselves based on their physical appearance (Cash et al., 2004). Research on these dimensions has shown that self-evaluative salience (SES) and motivational salience (MS) are both predictive of adverse body-image thought processes (Cash et al., 2004), with SES being a significantly stronger predictor of psychological dysfunction and lower quality of life (Jakatdar et al., 2006). The present study examined 78 Canadian university students' responses to online self-report instruments evaluating body image investment, the quality of interpersonal relationships, and subjective life satisfaction. Mediation analysis was completed using the PROCESS macro for SPSS (Hayes, 2013). Findings revealed the direct negative effect of self-evaluative salience on life satisfaction was reduced after accounting for maladaptive interpersonal relationships, suggesting that chronic relationship adversities effectively mediated the relationship between self-evaluative salience and quality of life.

Kayla Coates

An Exploration of 2SLGBTQ+ Student Experiences with Substances

Abstract

Substance use disorder (SUD) disproportionately affects members of the 2SLGBTQ+ community and, as a result, these individuals face several harmful physical, behavioural, and psychological consequences. There is a lack of substance use support services that are specifically tailored to accommodate the needs of this marginalized group due to the limited knowledge and training on what constitutes a culturally competent intervention. Participants were recruited from students at the University of Windsor to explore their experiences with substances as members of the 2SLGBTQ+ community. An interpretative phenomenological analysis (IPA) was used to determine what their experiences are with substances, how substance use intersects with 2SLGBTQ+ identity, and what potential barriers may exist to accessing support and recovery services. Three main themes were derived: (i) fostering understanding and connection through community, (ii) using substances to cope, and (iii) reducing barriers to accessing support and recovery services. These themes outline the ways in which recovery services in Canada can better meet the needs of 2SLGBTQ+ individuals by amplifying queer voices and empowering them as they explore their relationships with substances.

Keyanna Lewis

Examining the Effects of Attachment Orientation on Recovery Capital among Women in Recovery from Substance Use Disorder

Abstract

The study examined how women's attachment style affects their ability to recover from alcohol or substance use disorder by assessing their recovery capital. Recovery capital refers to all the resources that a person has to help them recover, including personal, social, and community resources. It was expected that people with insecure attachment styles would have lower recovery capital. The study used a correlational analysis and multiple linear regressions to examine the relationships between attachment styles and recovery capital. This study found that people with avoidant or anxious attachment styles had less recovery capital than those with secure attachment styles. Moreover, those with both high anxious and high avoidant attachment orientations had the lowest recovery capital. The findings from this study can help individuals who are recovering from substance use disorder by identifying key factors that affect their recovery. By improving recovery capital, individuals may have a greater chance of successfully recovering from substance use disorder. Overall, this study contributes to a theoretical framework for understanding recovery and highlights the importance of addressing attachment styles in treatment for recovery from substance use disorder.

Lily Whitehead

Risk, Mixed, and Promotive Effects of Items Comprising the DASH Strengths Assessment Tool in Justice-Involved Youth

Abstract

Current approaches to risk assessment of justice-involved youth and adolescents who sexually offend have concentrated on the identification of factors that predict future reoffending or risk factors, rather than factors that predict desistance from offending, referred to as promotive factors. However, research on protective factors and the development of strengths-based assessment tools is emerging and could fill evident gaps in literature. The current study aims to assess the predictive validity of the Desistance for Adolescents who Sexually Harm (DASH-13), a strengths-based assessment tool. An investigation into each DASH-13 assessment item will provide evidence as to whether the item acts as a risk, protective, or mixed factor. A subset of 100 from a sample of 273 male adolescents who sexually harmed one or more others between 2003 and 2014 was used in this investigation of the DASH-13. The assessment relied upon archival files that contained reports up to the date of release or date of final assessment for each youth. After a three-year reintegration follow up period, four sources of information were used to generate a measure of official recidivism. The results of this study suggest that of the 13 DASH items, four displayed promotive effects, while three displayed risk effects for NVNS recidivism, and one displayed a promotive effect while one displayed a risk effect for sexual recidivism.

Madison Jamieson

Exercise as A Moderator for Stress and Burnout

Abstract

University students juggle multiple demands in their life. Students balance their academic work, social life, and jobs. Due to the demands students face, they often experience stress for a prolonged period, which puts them at risk of experiencing burnout (Portoghese et al., 2018). Exercise can play a significant role in students' daily lives as a healthy way for students to decrease and/or manage their stress (Stults-Kolehmainen et al., 2013). This current study aimed to advance literature surrounding employed undergraduate university students and the role exercise has in moderating the relationship between occupational stress, academic stress, and burnout. A sample of employed undergraduate students (n = 158) from a Canadian University completed five questionnaires online which included a demographic questionnaire, the Perceptions of Academic Stress Scale (PAS), an exercise questionnaire, the Perceived Occupational Stress Scale (POS), and the University of Windsor Employed Student Burnout Survey (UW-ESBS). Regression analysis and moderation tests analyzed the significance of exercise in moderating the relationship between stress and burnout. Results showed that occupational stress and exercise are related to burnout in opposite directions, with exercise having no significant moderation effect on the relationship.

Mary Henderson

Student Perceptions of Online and In-Class Learning

Abstract

As universities in Canada make the transition back to primarily in-class course delivery after the initial shift to online learning at the beginning of the COVID-19 pandemic, there is a need to examine student perceptions of these learning transitions and the availability of academic support through their institutions. Data has been collected from University of Windsor (UOW) undergraduate students (N = 80) enrolled in psychology courses through an online survey administered on Qualtrics. This study primarily aimed to explore the attitudes undergraduate student populations have towards these learning transitions (OLAS), student belongingness, perceptions of online learning and exams (POLE), and available academic support (SPUSS). The findings of the study demonstrate a significant positive correlation between student perceptions of academic support, course quality and student belongingness and a significant negative correlation between academic support and student stress. Although the hypotheses were not supported, this study revealed that student belongingness and perceived course quality are more significant to the perception of academic support than method of course delivery, supported further by the content analysis performed on participants' qualitative responses. Therefore, this study can form a basis to enhance institutional decision-making about available course delivery methods and accessibility of academic support to meet student needs more adequately.

Michael Fair

Confident or Cut-Throat

Abstract

Conflict is often described as one of the most stressful elements of one's job, while also acting as a significant predictor of several variables related to stress, well-being, and productivity (Pruitt et al., 2004; Barbuto et al., 2010). These findings have resulted in researchers devoting much effort to finding ways to mitigate this strain, with lines of inquiry often leading to studies investigating antisocial personality traits. Machiavellianism, a personality construct described through terms such as manipulative and cut-throat, is often the subject of these investigations (Dahling et al., 2009; Paulhus et al., 2021). While some highlight their scheming and dishonest tendencies, others praise them for their logical and confident demeanour (Belschak et al., 2015, 2018). The present study uses hierarchical multiple regressions on an existing data set of 379 adults to examine these competing beliefs, identifying how Machiavellians conflict and what the implications of these conflicts are. Results suggest that Machiavellians are largely detrimental to an organisation, relying on disruptive and damaging styles of conflict. Outwardly aggressive and dominating tendencies were most prevalent, although manipulative and avoidant styles were also identified.

Michelle Park

What's better than being paid to be at home? An exploration of methods used to introduce, encourage, or pressure women into selling sexual services online

Abstract

The present study examined the prevalence of self-identified women aged 18-25 years attending a Canadian university with experience selling sexual services or content online, as well as their perceptions of the factors that helped introduce, encourage, and/or pressure/coerce them to participate. Participants were recruited from a pool of students who take part in research while earning bonus points in their university courses. Recruitment emails were sent to twenty-four (3.2%) of the 752 participants enrolled in the research participant pool. Three overall themes were constructed – *Existence of Online Sex Work Platforms and Demand*, *Might as Well*, and *Women Influencing Women*, suggesting that women are introduced, encouraged, and/or pressured into the online sex industry by existing online platforms, demand for the industry, social expectations of women as sexualized beings (including by peers and family members), and media often created by women who often have prior experience in the industry, including female friends. The findings provide valuable understanding of the prevalence and socialization processes that lead women to their first experience selling sexual services or content online, consistent with radical feminist theories. Further, results can be used by professionals to better understand and address the unique needs of individuals who may experience negative repercussions from their first experience. Online platforms are called to create safer environments in which sex work can be carried out in the digital age.

Nathanael Penner

Psychological Correlates of Goal Directed Behaviour

Abstract

This study examined goal-directed vs. activity-oriented motivational styles and how these motivational tendencies influence students' academic experiences and well-being. This study explored this topic using reversal theory's metamotivational constructs (Apter, 1989) in relation to anxiety, test anxiety, and procrastination. The current study focused on the telic (goal-directed) vs. paratelic (activity-oriented) states, and examined which states are the most beneficial for students to succeed in their academic career and overall well-being. In addition, this study hoped to broaden the perspective of reversal theory, by exploring different variations of scoring metamotivational states, as opposed to interpreting the states in the traditional dichotomous way. This study obtained 82 participants from an undergraduate population. It was hypothesised that individuals who are telic dominant would have higher anxiety and general anxiety scores, individuals who are paratelic dominant would have higher procrastination scores, and that individuals would experience a reversal from a telic to a paratelic metamotivational state over the course of the study. Unfortunately, the data did not support any of the three main hypotheses. However, active procrastination was found to be significantly correlated with measures of well-being and paratelic dominance.

Nicholas Armstrong

Post-Secondary Student Resilience During the Transition from Online to In- person Learning

Abstract

First-year university students are normally vulnerable to stress associated with the new social and academic environment; these expected challenges have increased significantly for students beginning university in September 2022, which marked a shift back to in-person learning for students who completed most of their high school education online. The aim of this study was to assess first-year students' experience of the transition to university. At the time of this study, there had not been any studies on the transition from online to in-person learning "post-pandemic". First-year students were recruited to complete measures of optimism, self-efficacy, resilience, life satisfaction, and academic performance. On average, the students in the present study reported mid-level resilience, situational optimism, self-efficacy, and life satisfaction, and low dispositional optimism. There was no significant relationship between resilience and situational or dispositional optimism. Situational optimism was the most significantly associated with grade-point average, and dispositional was most significantly associated with life satisfaction. The results indicated that students entering university in the 2022-23 academic year possessed the same or similar levels of dispositional optimism, resilience, self-efficacy, and life satisfaction compared to pre pandemic (2019) student samples.

Oghenekevwe Omonode

The Effect of Emotional Valence on Metamemory Judgments and Objective Memory Performance

Abstract

Emotions are primary features of human experiences and are suspected to play a role in subjective judgments we make about our memory processes and abilities (i.e., metamemory). Yet, it remains unclear whether these effects on metamemory processes influence our actual memory performance. We investigated the effect of emotional valence on predictions made about our future memory performance and how these predictions compared to our objective memory performance. It was hypothesized that participants would overestimate their predictions of future memory performance for emotionally positive events, and underestimate their predictions of future memory performance for emotionally negative events, compared to their actual memory performance. 48 undergraduate students at the University of Windsor were presented with 15 video clips extracted from foreign films. Their judgment of learning (JOL) predictions about future memory performances were obtained, and their free recall of details about the clips' contents were scored for accuracy. Two repeated measures ANOVAs were conducted, and emotional valence was found to significantly affect JOL predictions - with positively and negatively perceived events generating higher JOL predictions than neutral events. However, emotional valence did not significantly affect objective memory performance. The results offered partial support to previous findings. People believe they will remember positive and negative events more than neutral ones, even though their memories don't turn out better. The findings suggest useful applications in assessing eyewitness testimonies.

Rim Chahine

Practice What You Preach: The Relation Between Child-Rearing Values and Tolerance

Abstract

As an investigation into the relation between tolerance and child-rearing values, the present study evaluated whether Canadian and American respondents appraise the value of tolerance for children, and whether they endorse similar values in their tolerance of undesirable neighbours (e.g., heavy drinkers). Wave-7 of the World Values Survey (2017-2022) was analyzed based on the responses of 4,018 Canadian and 2,596 American adults. An independent samples t-test supported the hypothesis that individuals who were more tolerant towards the marginalized neighbours also considered tolerance and respect as important child qualities. Females and childless participants held more tolerant views, and greater educational attainment suggested greater tolerance towards outgroups. Age group acted as a moderator only when interacting with parental status, wherein the youngest childless respondents were most tolerant. Females as well as the oldest age group extoled tolerance and respect in children the most. Intolerance was greatest towards heavy drinkers and drug addicts, and the least towards individuals of a different language, race, and unmarried couples cohabitating. Directions for future research are discussed.

Sabrina Cerroni

What Make's an ASMRtist's Perfect Canvas?

Abstract

Autonomous Sensory Meridian Response (ASMR) is a perceptual process that often results in sensations experienced in response to a specific stimulus (Barratt & Davis, 2015). People are drawn to this phenomenon for a variety of different psycho-physiological reasons that researchers have been looking to investigate in recent years. This study aimed to explore the relationships between personality traits, anxiety, and ASMR. Personality traits, as theorized by the Big Five Factor Model, include extraversion, agreeableness, openness, conscientiousness, and neuroticism and are used to explore relationships with many life indicators (John & Srivastava, 1999). Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physiological changes (Spielberger, 1983). The existing literature suggests correlations exist between positive responses to ASMR and high levels of openness and neuroticism, as well as a calming response in those who experience anxiety. Thus, the purpose of this study was to examine further these relationships to add to what, at this time, is a limited body of knowledge about ASMR. Results indicated that viewing ASMR stimuli reduces state anxiety. Correlations were found between response to ASMR and greater levels of openness. The study highlights the potential role of ASMR in managing anxiety symptoms as an adjunctive therapy. The findings contribute to the existing literature on ASMR and provide new insights for future research in the field.

Sara Pratt

Frequency of Thinking About Meaning in Life

Abstract

The present study investigated how age and sex predict one's search for meaning across a couple decades of analysis. We reviewed archival data from over 6000 American adults as respondents in the World Values Survey (Waves 3 to 6, 1995-2014). In addition to sex differences, we tested our hypotheses relating to the frequency of contemplating life's meaning with advancing years. Our results indicated there was a significant sex difference in frequency of contemplation, yet age was not a significant predictor of it. Over time the mean frequency of searching for meaning did fluctuate significantly. On average Wave 4 (1999-2004) was significantly higher than the previous wave (1995-1998), and the following two waves (2005-2009, 2010-2014) had the lowest mean frequency of searching for meaning. Finally, all interactions among the three factors (sex, age group, and wave) were nonsignificant. Overall most of our hypotheses were not confirmed, but we offer informed directions for future research.

Sarah Unis

The Bases of Trust Between Parents and their Daughters

Abstract

Trust is an important part of the parent child relationship. This study contributed to existing literature by examining the influence of culture and parenting styles on trust. The participants of this study included 82 female undergraduate students from the University of Windsor. Trust was classified into six categories: support, modeling, honesty, reliability, role of relationship, and emotional bonding. Through quantitative analysis, participants perceptions of trust based on cultural orientation and perceived parenting styles were analyzed. The results indicated that Individualism was significantly negatively related to trust toward the mother, whereas culture did not predict trust toward the father. Furthermore, authoritative parenting had an additional and stronger impact on the bases of trust for both the mother and father. Findings are align with past research which suggests that parents who behave in ways associated with authoritative parenting are most likely to develop a trusting relationship with their daughters. Understanding the cultural and parental influences on trust may help parents and their daughters in developing effective strategies to build and maintain trust within their relationships.

Smaranda Leu

What Impacts Event Memory? The Effects of Subjective Memory Ratings and Vividness on Objective Memory Performance

Abstract

Metamemory judgments, or perceptions about one's own memory, may be important for predicting one's objective memory ability. The current body of research on this topic has mostly focused on changes in metamemory and cognition as a result of aging. The present study investigated the extent to which subjective reports of everyday prospective and retrospective memory and vividness predicted the objective memory performance of undergraduate students on recall tasks. A sample of 48 students from the University of Windsor completed an event-memory task as well as the Multifactorial Memory Questionnaire's ability scale (MMQ-A) and the Prospective-Retrospective Memory Questionnaire (PRMQ). It was determined that the predictor variables (MMQ total scores, PRMQ total scores, and average vividness) were not significantly associated with recall performance. However, trial-by-trial vividness was found to have a significantly positive correlation with recall performance. This suggests that averaged vividness scores lose important information related to recall and that it is important to consider the memory for each encoded stimulus, which can be perceived and subsequently recalled differently by each participant.