Abstract Book – CPA 2021 Virtual Event

Canadian Psychological Association

June 7 – 25, 2021

Contents

INTRODUCTION

On the recommendation of the CPA's Convention Committee, the CPA's Board had taken the decision to cancel our in-person 82nd CPA Annual National Convention, scheduled for June 4th – 6th, 2021, in Ottawa, ON, and pivot, once again, to a virtual event in June.

Spanning the three weeks of June 7th – 25th, 2021, the CPA's 2021 Virtual Event featured the CPA's Annual General Meeting and Awards Ceremony, familiar and new presentation types, numerous professional development workshops, section annual meetings, an exciting line up of speakers, and various opportunities to, virtually, network and engage.

We made this decision based on the guidance and directives of experts and governments, and out of concern for the safety and well-being of our members and affiliates, attendees, staff, public and the various teams that support the annual convention.

Presentation Types

Snapshots (5-minutes)

A Snapshot is a 5-minute individual presentation for sharing information in a spoken/visual format in a succinct manner, creating interest in a project/program, and promoting networking amongst delegates. This format is encouraged for attendees interested in presenting their research as a talk rather than a poster.

Each Snapshot is permitted a maximum of 3 slides and will be grouped together into sessions. Effective Snapshots focus on what is critical and are delivered in a stimulating and thought-provoking manner.

12-Minute Talk (12-minutes)

The 12-Minute Talk format is intended for delivering a detailed presentation about a series (more than 2) of empirical studies or a complex program or intervention.

Each 12-minute Talk is allocated 10-minutes for presentation and 3-minutes for questions. This format is reserved for sharing information about a complex issue, series of studies or an involved program or intervention.

Review Session (25-minutes)

Review Sessions are intended for the review of one or more theoretical perspective(s)/methods/analyses or for the synthesis of different theoretical perspectives/methods/analyses. This type of submission is not for presenting new empirical research. The presenter is normally a senior expert in the area; submissions by a novice just entering the area will not be accepted. Three presentations may be grouped together in a single session, with a moderator for keeping the session on schedule.

Conversation Sessions (25-minutes)

A Conversation Session is intended for sharing, exploring and stimulating thoughts and ideas about an issue/topic/case, a program or intervention, or for brainstorming alternative approaches to research, practice, education, and/or policies.

Panel Discussion (55-minutes)

A Panel Discussion is the or virtual discussion of a specific topic amongst a selected group of panelists who share differing perspectives. It includes a brief introduction and then discussion amongst the panelists and the audience.

The panel is typically facilitated by a "moderator" who guides the panel and the audience through the discussion. It typically involves 3-4 experts in the field, who share facts, offer opinions and respond to audience questions either through questions curated by the moderator or taken from the audience directly.

Printed Poster (55-minutes)

Posters are individual, free-standing research presentations that allow for one-on-one interaction and discussion of one's research with convention attendees. Posters — in print format — are the most appropriate and efficient method for presenting empirical research.

Posters should make use of pictures and diagrams, and they should use words/text sparingly.

A poster title should reflect the results of a study/studies or the effectiveness or impact of a policy/program/intervention.

Symposium (55-minutes)

A Symposium is a format for delivering a series of Spoken Presentations that focus on the same topic. Each symposium is expected to include a moderator/convenor (10 minutes); overall title and abstract; and 3 papers (10 minutes each) each with an accompanying title and abstract. Symposium convenors have the option of including a Discussant.

Workshop (85 minutes)

Workshops, 85-minutes in duration, are presented by an individual or a group with widely acknowledged expertise and experience in the topic area.

Workshops are intended to have a clearly defined practical, experiential, and/or demonstrational component; they are also intended to be participatory events where delegates engage and interact with each other. Each workshop should focus on ensuring that participants leave the workshop with at least 3 tangible new skills, tools, and/or techniques (i.e., learning outcomes). Thus, good Workshops are innovative, interactive, inclusive, integrative, developmental, provocative, logistically sound, and provide both novice and experienced psychologists with an opportunity to continue their professional development.

CE Credits may be available if applicable. Conversion to CPD may also be possible.

THEME: GENERAL PSYCHOLOGY

Conversation Session

CPA Working on your behalf: Advocacy Update

Presenting Authors: Cohen, Karen ; Brimacombe, Glenn

Abstract: *In this session, CPA's CEO and Director of Policy and Public Affairs will review the basics of organizational and grass roots advocacy covering such topics as how to prepare and talk to funders and decision-makers, how to develop a message and ask and how to follow up. We will also highlight CPA's ongoing advocacy efforts and achievements.*

Section: *General Psychology / Psychologie générale*
Session ID: 66911 - Conversation Session

Watch your practice blossom with eClaims

Presenting Author: Charbonneau , Michel

Abstract: * *Description: Did you know that 3 out of 4 insured Canadians are more likely to visit a healthcare professional that offers direct billing? Patients agree that direct billing significantly improves their experience when visiting a healthcare professional. Discover how eClaims, the free direct billing service from TELUS Health, can help you simplify the claims process for your patients, improve patient satisfaction and help your practice blossom. In this presentation, you will learn more about direct billing, the benefits for psychologists and their patients, and the different ways to use it.*

Section: *General Psychology / Psychologie générale*
Session ID: 67166 - Conversation Session

Social-Emotional Health at the Ottawa Catholic School Board (OCSB) during COVID and the Roadmap to Recovery

Presenting Author: Bolduc, Richard

Abstract: *At the OCSB, #Be Well is one of three strategic commitments which has been amplified since the beginning of our global pandemic. We are compelled to bring hope to our students, therefore our primary mental health focus this year is an active and involved approach to encourage emotional wellness in the context of the pandemic. Educators, youth and parents were encouraged to recognize the importance of leading and promoting a hopeful beginning to the new year. Together, we all have an impact on emotional well-being. It was important to begin this new year without the pressure of setting resolutions and "must dos" which were traditionally so popular. Creating unrealistic resolutions based on unaccomplished goals from the previous year and high expectations for 2021 would add more stress and anxiety, especially during this already difficult time. Prioritizing time to model and promote self-care, bridging connections, emotional awareness, relationships, and empathy were paramount. Mental health and emotional well-being were enhanced by parents and educators who ultimately modelled positive behaviours, wellness and coping strategies to their youth. We focused on strategies which served both students who participated in brick and mortar as well as remote learning. Based on what we continue to learn from this pandemic, patience, flexibility, listening skills, and resilience were key strategies for all. The #Be Well initiatives brought hope to our students, educators and families!*

Section: *General Psychology / Psychologie générale*
Session ID: 67229 - Conversation Session

Careers Update and Mentoring Session

Presenting Author: Votta-Bleeker, Lisa

Additional Authors: Winer, Shahnaz ; Botia , Alejandra

Abstract: *In May 2019, the CPA co-hosted a summit with the Canadian Consortium for Research (CCR) on careers for researchers inside and outside of the academic setting; the Summit ended with a half-day meeting of psychology attendees only. Amongst the many recommendations coming out of the Summit was the need for information on how to find/pursue a career outside of academia, career resources, and mentoring. Join us in the session to discuss career-related issues for psychology graduates, and hear three members of the CPA's Scientific Affairs Committee speak to the following: 1. CPA's work over the last year on career development including an inaugural career fair held in November 2020, launch of a Career Hub on the CPA's website, and three webinars delivered by members of the CPA's Industrial/Organizational Section on preparing one's CV, preparing for an interview, and negotiating an employment agreement 2. how to meet, engage with, and work with a mentor. 3. the CPA's Student-led mentoring program*

Section: *General Psychology / Psychologie générale*
Session ID: 67255 - Conversation Session

A Conversation with Baycrest and a University of Toronto Scarborough Arts & Science Co-op Student

Presenting Authors: Levine, Brian ; Faromika, Toluwanimi; Irshad, Maryam

Abstract: *Join our session to hear more about the realities and benefits of employing an Arts and Science co-op student _from_ an Arts and Science co-op student and their employer! Tolu Faromika, Specialist Psychology Co-op, Bachelor of Science Candidate is currently spending the Summer 2021 work term working at the Rotman Research Institute at Baycrest under Senior Scientist and Professor of Psychology and Medicine, Dr. Brian Levine. During the session, Tolu will touch on the duties and responsibilities of a co-op student in a research facility, how her studies and previous work terms prepared her for the placement, and the skills she brought to the role as well as the skills she has learned _from_ the role. Dr. Levine will provide the employer perspective with regards to the hiring process, the benefits of having a co-op student, and what to know when creating student roles. Our Business Development Coordinator, Maryam Irshad, will facilitate the conversation and provide insight into the department's internal processes and resources. Stop by to hear about Tolu's and Dr. Levine's experience!*

Section: *General Psychology / Psychologie générale*
Session ID: 68034 - Conversation Session

CPA Humanitarian Award Keynote

Spirit Bear's Plan for Equity for First Nations Children

Presenting Author: Blackstock, Cindy

Abstract: *Cindy Blackstock, Executive Director of FirstNations Child & Family Caring Society of Canada and this year's CPAHumanitarian Award Winner speaks about Spirit Bear's Plan for Equity for FirstNations Children.*

Section: *General Psychology / Psychologie générale*
Session ID: 67227 - CPA Humanitarian Award Keynote

CPA Keynote

Rationality: What It Is, Why It Seems Scarce, Why It Matters

Presenting Author: Pinker, Steven

Section: *General Psychology / Psychologie générale*
Session ID: 66904 - CPA Keynote

Healing from Canada's LGBT Purge

Presenting Author: Douglas, Michelle

Abstract: *Michelle will chronicle her journey from being fired by the military in 1989 as part of Canadas LGBT Purge. Her landmark lawsuit in 1992 ended the formal policy of discrimination against LGBT people in the military. This experience launched a lifetime of activism and now Michelle is leading a reconciliation in support of hundreds of other LGBT Purge survivors that were profoundly impacted by the governments policies. Michelle shares a powerful story that highlights justice, activism, dignity, reconciliation and healing.*

Section: *General Psychology / Psychologie générale*
Session ID: 66910 - CPA Keynote

Indigenous Research: What is Wrong and What is Right?

Presenting Author: Stewart, Suzanne

Section: *General Psychology / Psychologie générale*
Session ID: 66916 - CPA Keynote

A Conversation with Canada's CPHO

Presenting Author: Tam, Theresa

Abstract: *A Conversation with Canada's CPHO*

Section: *General Psychology / Psychologie générale*
Session ID: 66918 - CPA Keynote

The Psychology of Pandemics

Presenting Author: Taylor, Steven

Abstract: *This presentation presents an overview of the increasingly complex current state of knowledge and promising new directions concerning the psychology of pandemics. Pandemics are disease outbreaks that spread globally. Historically, psychological factors have been neglected by researchers and health authorities despite evidence that pandemics are, to a large extent, psychological phenomena, where beliefs and behaviors influence the spreading versus containment of infection. Psychological factors are important in determining (a) adherence to pandemic-mitigation methods (e.g., adherence to social distancing), (b) pandemic-related social disruption*

(e.g., panic-buying, racism, anti-lockdown protests), and (c) pandemic-related distress and related problems (e.g., anxiety, depression, posttraumatic stress disorder, prolonged grief disorder). The psychology of pandemics has emerged as a major field of research and practice during COVID-19. As a scholarly discipline, the psychology of pandemics is fragmented and diverse, encompassing various psychological subspecialties and allied disciplines, but is vital for shaping clinical practice and public health guidelines for COVID-19 and future pandemics.

Section: *General Psychology / Psychologie générale*
Session ID: 66919 - CPA Keynote

CPA Presidential Keynote Address

Leading Change in the Mental Health Addiction System Through Innovation

Presenting Author: Corace, Kimberly

Abstract: *There are numerous barriers and silos that make it difficult for people with substance use and mental health problems to access the care they need. The COVID-19 pandemic has exacerbated these chasms. Dr Corace will discuss her work in developing and evaluating innovative care models to reduce barriers and improve mental health and substance use outcomes. She will emphasize how collaborative partnerships, including with people with lived experience, are crucial to driving system change.*

Section: *General Psychology / Psychologie générale*
Session ID: 66905 - CPA Presidential Keynote Address

Symposium

CPA President's New Researcher Award Presentation

Moderator: Corace, Kim

Section: *General Psychology / Psychologie générale*
Session ID: 66906, Presenting Papers: 68054, 68055, 68058 - Symposium

One Path to Becoming A CPA President's New Researcher

Presenting Author: Rash, Joshua

Abstract: *I am a Clinical, Health and Rehabilitation Psychologist. The ultimate goal of my research is to improve the lives of individuals who suffer with chronic disease, such as cardiovascular disease, obesity, pain and cancer. The clinician-scientist that I am today is a direct result of the training and mentorship received from international experts. This presentation will depict the path that I took to becoming a CPA President's New Researcher, and conclude with an overview of focal research projects being conducted in my laboratory.*

Section: *General Psychology / Psychologie générale*
Session ID: 68054 - Paper within a symposium (Symposium ID: 66906)

Resilience and Recovery Following Early Adversity: Evidence from a Longitudinal Study of Youth Raised in Romanian Orphanages

Presenting Author: Wade, Mark

Abstract: *Early life adversity poses a significant threat to the health and well-being of children and adolescents. Psychosocial deprivation is a nefarious form of early adversity that is often experienced among those raised in institutional or orphanage care, and which has been shown to have negative long-term consequences for mental health, social-emotional development, and neurocognitive functioning. In this talk I will provide a survey of recent findings from the Bucharest Early Intervention Project, the first and only randomized controlled trial of family-based foster care as an alternative to institutional care. It is shown that social enrichment in the form of family care following early adversity helps to both promote recovery and facilitate resilience against later stress in multiple domains of health and well-being. Adolescence is highlighted as a sensitive period in which the effects of early adversity might be [at least partially] reversed in the context of high-quality caregiving environments, and thus a "second chance in the second decade" for those exposed to significant early life adversity.*

Section: *General Psychology / Psychologie générale*
Session ID: 68055 - Paper within a symposium (Symposium ID: 66906)

Childhood Adversity and Resilience: Connecting Science and Practice through Community Partnership

Presenting Author: Racine, Nicole

Abstract: *Exposure to child maltreatment, including physical, sexual, and emotional abuse, neglect, and exposure to interpersonal violence, is a major threat to child well-being in Canada. According to nationally representative data, more than one third (32.1%) of Canadian children experience child maltreatment prior to 18 years of age. This is particularly concerning as child maltreatment is associated with a host of health and mental health difficulties across the lifespan. Yet not all children exposed to maltreatment experience deleterious outcomes, and many go on to adapt in the face of significant adversity. Thus, the goal of the current project was to elucidate risk and protective factors associated with resilience following exposure to childhood maltreatment. Using community-based participatory research as a guiding framework, we partnered with the Child Abuse Service, a mental health treatment clinic within the Calgary and Area Child Advocacy Centre (CACAC) to undertake this project. Findings from this project demonstrate that protective factors, such as emotional support from caregivers, strong interpersonal skills, and educational support, can mitigate the role of maltreatment on children*

Section: *General Psychology / Psychologie générale*
Session ID: 68058 - Paper within a symposium (Symposium ID: 66906)

Workshop

Self-care in professional psychology training

Presenting Authors: Maranzan, K. Amanda ; Ritchie, Kerri

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61271 - Workshop

THEME: CREATING A HEALTHY(IER) PLANET

Working to change human behavior to restore our environment.

12-Minute Talk

Sustainability during the COVID-19 pandemic in student samples

Presenting Author: Desrochers, Jessica E

Additional Authors: Zelenksi, M John; Nisbet, Elizabeth K

Abstract: *The COVID-19 pandemic has impacted our sustainability efforts. Since climate change is a problem directly caused by human activity, the way we act to protect the environment is essential to mitigate its effects. Across two studies, we examined the differences in environmentalism during the 2020 COVID-19 pandemic in student samples. Study 1 assessed pro-environmental behaviours before the pandemic (February) and during the pandemic (July). Although participants did not feel like they were doing more or less for the environment during the pandemic, quantitatively, they reported they were doing significantly fewer sustainable behaviours post-pandemic than prior. In Study 2, participants recruited during the second wave (i.e., Fall) felt they were doing significantly more for the environment during the pandemic overall. However, when examining specific environmental categories, participants reported doing significantly more unsustainable acts, such as increased consumption of single-use plastics, energy and water; participants reported significantly more pro-environmental behaviours, including lifestyle choices, less transportation, and more social advocacy. Together, these results suggest that, during the COVID-19 pandemic, students reported both negative and positive changes in sustainability. However, these behaviour changes may be due to momentary or contextual constraints of the pandemic instead of permanent sustainability. Future direction should examine whether meaningful changes in environmental attitudes may have been sparked by circumstances linked to environmental problems.*

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 64845 - 12-Minute Talk

Energy Efficiency in Real Estate Listings: A Series of Controlled Experiments

Presenting Author: Sussman, Reuven

Abstract: *Background: Energy efficiency labels are a policy tool that can shift consumer behavior, but questions remain around whether they could work for real estate listings, and how they could be best designed to influence consumer decision-making for this type of product. Policy makers interested in promoting "green" building sales would benefit from experimental evidence that labels affect purchase decisions and, more importantly, that specific elements should be included in labels to maximize their effectiveness. Message framing literature suggests that context and comparison information is critical to consumer decision-making. The presence (or absence) of this information can affect the persuasiveness of product labels. Furthermore, the fluency of information processing is affected by the familiarity of consumers with the metrics in the labels and the relevance of the information to their personal motivations and interests. Method: A descriptive study of real estate websites and home photos was followed by two experiments on home energy efficiency labels (one in the US and one in Canada). Each energy efficiency label experiment employed a nationally representative sample of residents planning to purchase homes within five years (N > 1,500 for each study). We used a simulated a real estate website to experimentally test theory-driven efficiency labels on homes and employed a disguised discrete choice task as the dependent variable. The home energy labels varied in the degree of comparison information and context they provided to home buyers. Using home buyers' clicking behavior on the mock website, the authors calculated the likelihood of clicking on efficient listings and willingness to pay for efficiency. Results: Efficiency labels using a score along a line provided the most vivid comparison information of all labels. It was the best way to encourage home buyers to select efficient listings and place a high monetary value on efficiency.*

Presenting efficiency information for only the most efficient homes (voluntary labeling) reduced comparison informatin and was least effective. Including estimated annual energy costs on labels was marginally effective for influencing home selections. Conclusion: Energy efficiency labels can shift consumer decision-making in a critical real-world situation, especially if they provide rich context and comparison information. Action/Impact: This is the first experimental evidence demonstrating that voluntary energy labeling policies (in which only efficient homes are labeled) are less effective than mandatory policies (in which all homes are labeled). Thus, policy makers interested in incentivizing home energy upgrades should work toward implementing mandatory policies if possible. Furthermore, labels should include rich context and comparison information in order to maximize their persuasiveness. The novel research methodology, which employs willingness to pay (calculated from a discrete choice model) as the dependent variable in a randomized control study, is a unique contribution to the literature that can also impact research by providing a new tool for answering research questions.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 65528 - 12-Minute Talk

Conversation Session

Coping Strategies for Eco-Anxiety in Adults and Teenagers

Presenting Author: Lopes, Inês

Abstract: *Climate Change (CC) is considered one of the most important public health issues of the 21st century, and finding ways to deal with it is now our biggest challenge. While the impacts of CC on our physical health have been more widely documented, its impact on our psychological health is also more recently becoming a real concern. A whole range of low-efficiency reactions can occur (e.g. avoidance, denial, learned helplessness, paralysis, catastrophic thinking, overconfidence in solutions to come), as can a wealth of adaptive strategies (e.g. focusing on eco-responsible actions, engaging socially, developing tolerance for uncertainty, anxiety management strategies, mindfulness, joining groups that validate and support one's values and goals). In a context where different health sectors seem to be going green, what is the psychologist's role? How can we take care of the planet while taking care of ourselves? Firstly, this conversation will briefly summarize some eco-anxiety coping strategies frequently mentioned in literature, and will then promote discussion among participants on such strategies and the role of the psychologist. Methods to be used include a general question for the group on strategies, followed by more specific questions. Participants will also be provided with a brief eco-anxiety intervention guide.*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 61494 - Conversation Session

Printed Poster

Emotions and Actions: Eco-anxiety and Pro-environmental Behaviours

Presenting Author: Ballman, Carla J

Additional Author: Arbuthnott, D. Katherine

Abstract: *In 2017, the APA published a guide describing the mental health issues associated with climate change, including rising rates of stress, depression, and anxiety. The guide highlighted ways that psychologists can support individuals and communities in dealing with these issues. Research in climate change communication indicates that people are better able to tolerate challenges if they are aware of actions they can take to improve their situation (e.g., Pelletier and Sharp, 2008; Whitmarsh et al., 2011). In this vein, many environmentalists believe that eco-anxiety is reduced by engaging in pro-environmental behaviour (PEB). The*

current study examined this possibility by assessing the association between eco-anxiety and PEB. Eco-anxiety was measured using an adaptation of Helm et al.'s (2018) Perceived Environmental Stress scale. To measure PEB we developed a scale based on Stern's (2000) categories of private (e.g., consumption) and public (e.g., citizenship, activism) environmentalism. Nature relatedness and generalized trust were also measured to examine potential attitudinal differences influencing eco-anxiety. The results indicated that PEB and eco-anxiety are significantly associated, but in opposite directions for private and public PEBs. Private PEB such as recycling was negatively associated with eco-anxiety, whereas public PEB such as membership in environmental groups was positively associated with eco-anxiety. This indicates important differences between specific PEBs highlighting the importance of contextual factors in dealing with eco-anxiety.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 64974 - Printed Poster

The Portrayal of Climate Change in Canadian Print Media

Presenting Author: Zinck, Reagan

Additional Author: Szostak, Carolyn

Abstract: *Despite scientific evidence of climate change, Canadians' beliefs are not unanimous and vary regionally. Attitudes are strongly influenced by the media, and research has identified aspects of print media reports that shape perceptions of climate change. However, research on Canadian media coverage of climate change is limited. To determine the potential role of the Canadian print press in this discourse, a content analysis was conducted on articles published before and after the UN Climate Summit in three national Canadian newspapers. Assessing multiple dimensions of tone and emphasis, articles published in the more conservative-leaning newspaper were more likely to undermine the issue and criticize the climate strike movement. In contrast, articles in newspapers with a more liberal perspective were more likely to emphasize necessary action to mitigate climate change and criticize complacency in government positions. Additionally, the more conservative-leaning newspaper was unique in publishing explicitly skeptical or denialist articles. The results suggest that the Canadian print press participates in the politicization of anthropogenic climate change, which may ultimately impede efforts to mitigate the issue. Given previous research, the different stances of these newspapers likely contribute to the variation in how readers conceptualize this issue and subsequently behave.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65580 - Printed Poster

THEME: EXAMINING WHAT, WHERE, WHEN, WHY, AND HOW WE LEARN AND PERFORM

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

12-Minute Talk

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

Presenting Author: Tze, Virginia

Additional Authors: Li, Johnson; Parker, Patti

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

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61232 - 12-Minute Talk

"I didn't know I was cheating!" Students' Perceptions of Academically Dishonest Behaviours

Presenting Author: Goegan, Lauren D.

Additional Authors: Del Colle, Raeann; Tulloch, Sierra; Daniels, Lia M.

Abstract: *Rates of student academic misconduct are increasing (Edwardson, 2020). In a world where most information can be "Googled" or found easily online, students may not understand what academic dishonesty is. Therefore, we were interested in how students rated various behaviours on a scale from 1 (not at all) to 7 (very much so) in terms of being a form of academic dishonesty. Students were recruited from a mid-sized university in Western Canada. In total, 166 students completed the survey and rated 21 different behaviours. Overall, most items did not have agreement from students as to whether it was academically dishonest or not. Some items were related lower (e.g., re-submitting your own work to a different class), some were related in the middle (e.g., lying to get an extension on a due date), and some were highly rated as academically dishonest (e.g., submitting*

someone else's work as your own). In conclusion, students' perceptions of what behaviours constitute academic dishonesty are highly diverse. Moreover, the range of responses from students suggests that more information is needed to ensure students do not engage in academic misconduct. These results will be utilized to make recommendations for how to discuss academic dishonesty with students and supports that could be implemented at postsecondary institutions to reduce this behaviour.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61463 - 12-Minute Talk

Now What? An Examination of Students Decision-Making for Life After High School

Presenting Author: Goegan, Lauren D.

Additional Authors: Chazan, J. Devon; Daniels, Lia M.

Abstract: *Each year, millions of students graduate from high school and make important decisions for their futures. As such, we examined what students' plans are and how they make those decisions. We utilized Cognitive Orientation Theory (COT) to examine three potential motivational orientations (a) autonomy orientation, behaviour oriented towards personal interests (b) controlled orientation, when constraints or prompts regulate an individual's behaviour, and (c) impersonal orientation, when an individual perceives a lack of control over an outcome (Ryan and Deci, 2017). We surveyed 237 grade 12 students from various high schools in a mid-sized Canadian city. Of these students, 79% were planning to attend some form of postsecondary education, and most (88%) planned to attend a local institution. Moreover, we thematically coded responses to the question: How did you decide on your plans for after high school? Their responses aligned with the COT domains of autonomy, control, and impersonal. Moreover, we deductively coded the control theme to determine specific constraints that influence students' decisions. Four additional themes emerged: (a) perceived competence, (b) relationships, (c) external factors the student was currently experiencing, and (d) future considerations. The results highlight the complexities involved for students when making these decisions. These results will be discussed in terms of how to support high school students making their decisions for after graduation.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61464 - 12-Minute Talk

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

Presenting Authors: Tze, Virginia ; Tze, Virginia

Additional Authors: Li, Johnson; Li, Johnson

Abstract: *Science education involves conceptual understanding and mastery of factual knowledge on various science topics, such as earth structure and ecosystems. This creates an impression that learning science should be a rational and cold journey and that science is perceived as an emotionless discipline (Sinatra et al. 2014). While, the control-value theory of achievement emotions has been widely used to examine the relationship between cognitive antecedents (i.e., perceived control and value), academic emotions and achievement, little is known about the mediating roles of two frequently experienced emotions—enjoyment and boredom—played in elementary science education and across different education systems. Hence, the primary purpose of this study is to examine how enjoyment and boredom can mediate the relationship between perceived control and value and 4th graders' performance on 2015 Trends in International Mathematics and Science Study (TIMSS) in 53 education systems. As expected, boredom significantly mediates the relationship between the perceived control and TIMSS scores in 32 education systems. However, the mediating role of boredom played between perceived value and science scores is contradictory to our hypothesis. More interestingly, enjoyment negatively mediates*

both paths. This could possibly be due to enjoyment being negatively related to students' science performance in 37 education systems (e.g., Cyprus, Germany, Poland, Singapore, and United States). While these results reveal the complex role boredom played between the relationship between antecedents and performance, they also indicate that being emotionally neutral may enhance students rational thinking to perform well in science learning.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61858 - 12-Minute Talk

The Benefits of Incorporating Reflective Learning Journals into Psychology Courses

Presenting Author: Waggoner Denton, Ashley

Abstract: *One of our most important goals as teachers is to help our students develop into lifelong learners. According to Fink's (2013) taxonomy of significant learning, learning how to learn takes a number of different forms, including learning how to be a better student, learning how to construct new knowledge, and learning how to become a "self-directing learner"- one who is able to recognize gaps in their understanding and formulate plans for filling those gaps. These different forms of learning how to learn are emphasized to different degrees depending on the particular course I am teaching (e.g., intro vs. stats vs. social lab); but in all cases, the use of a reflective learning journal is a critical part of learning how to learn. When students are encouraged to reflect on their learning it can improve their self-monitoring and goal-setting capabilities as well as lead to changes in study habits and other skills. It encourages students to focus more on the _how_ and _why_ of their learning, rather than simply on _what_ they are learning. I will provide evidence for how this low-stakes assessment strategy can promote transformative changes in student learning (e.g., Waggoner Denton, 2018). I will also provide concrete strategies for how these journals can be incorporated into any psychology course, regardless of content, format, or size.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65242 - 12-Minute Talk

Learner Modeling for Intelligent Tutoring Systems: A Comparison of BKT and DKT

Presenting Author: Lu, Chang

Additional Author: Cutumisu, Maria

Abstract: *BACKGROUND: Large volumes of data about students' activities are generated daily from Intelligent Tutoring Systems (ITS), but few tools can be used to understand knowledge acquisition in these environments. METHODS: This study proposes two learner models: a probabilistic approach, Bayesian Knowledge Tracing (BKT), and a deep learning approach (Deep Knowledge Tracing (DKT), to track students' learning progression in an ITS, estimate their real-time knowledge component (KC) mastery states, and predict their future performance. Specifically, we implemented the two algorithms on three datasets extracted from different ITSs (ASSISTments 09-19, Algebra I 05-06, and OLI Fall 2011) and compared the characteristics of the two approaches regarding their prediction accuracy, interpretability, and applicability. RESULTS: The findings show that (1) DKT outperformed BKT in the larger datasets, whereas BKT yielded the best accuracy in the small dataset, and (2) BKT produces output that summarizes learners' mastery probability of each KC, while DKT better exploits the temporal information of the data and models learners' knowledge learning. CONCLUSIONS: Both BKTs and DKTs may be used to predict students' mastery. IMPACT: This study informs future research on knowledge acquisition in digital learning systems.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65346 - 12-Minute Talk

Experiences of families surrounding children and youth with special education needs: Learning and living at home during the pandemic

Presenting Authors: Whitley, Jess ; Matheson, Ian; MacCormack, Jeffrey; Specht, Jacqueline

Abstract: *As a result of the COVID-19 pandemic, restricted access to schools and community-based services has been, and for some jurisdictions, continues to be a reality. The needs of students with special educational needs (SEN) in particular have raised concerns around equity and inclusion in the delivery of distance learning as well as the broad supports often provided in school and community-based contexts. In order to explore the experiences of parents of students with SEN, we conducted a sequential mixed methods study, surveying 244 Canadian parents and interviewing 35. A pattern emerged throughout the quantitative and qualitative findings that reflected a higher level of concern among parents regarding their child's social and emotional development, supports and services in comparison to more academic priorities. Results indicated that approximately 25% of the participants were experiencing high levels of stress and stress was highest among those who perceived their child(ren) as struggling with their social and emotional wellbeing. Specific themes identified within the qualitative data included the importance of parent support and respite and the need for stronger partnerships between parents and school. Implications from our findings apply to the education of students with SEN during and beyond the pandemic, with respect to re-considering the essential goals of education and concrete efforts to build authentic collaborations to support children and families.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65390 - 12-Minute Talk

Open Access to Education: A Pilot study on Course Design and the Integration of Open Educational Resources (OERs) in Three Online Introductory Psychology Courses Reveals Benefits to Student Learning Experience

Presenting Author: Antoniadis, Elena A

Additional Authors: Antoniadis, Elena; Antoniadis, Elena

Abstract: *As governments across the world have reduced per capita funding in post-secondary education, and higher education has become increasingly expensive, two new trends arise in the landscape of higher education. Firstly, in Canada, online registrations have been growing at approximately 10% per year, while face-to-face registrations have remained the same. Driven in part by the continuous pressures of the labour market, requiring more basic training, higher-level credentials, and frequent upgrading of skills, post-secondary institutions have expanded online and flexible learning as a strategic response to demand for access to education. Secondly, as higher education becomes increasingly expensive, institutions, educators, and government broaden access to education through the adoption and use of Open Educational Resource (OER) textbooks and materials. This presentation describes the planning and implementation of pilot project involving the design of instructional material in conjunction with Open Educational Resources (OERs) for an Introductory Psychology in an online delivery format. A collection of thematic modules mirroring the chapters that are common to all introductory psychology textbooks, was integrated within the course's Learning Management System (LMS) - Blackboard. The backward design informed the formulation of learning outcomes specific to each module. Both theoretical content and practical applications were included in the curriculum to address those learning outcomes. Synchronous/live sessions were scheduled at a set time and weekly, to facilitate the formation of an online learning community with opportunity for interaction with the professor and the class. With the goal of flexibility in the access of learning resources, the synchronous sessions were recorded and the recordings were posted for later viewing. Consistent with the effort of maximizing the application of available online technologies to cater to a variety of individual differences and student timetables, the live sessions were recorded and posted to the LMS for later viewing. Asynchronous activities included the analysis of case-based studies posted as videos. Students participated in the practice of self-reflection by relating the content of the video to elements of the curriculum specific to the relevant module. The use of case-based strategies requires*

that the student explores his/her understanding of the basic concepts by viewing the narrative of the application video through the lens of the related course curriculum. Compositions were posted on a discussion board, and students had access to the postings of other students upon entry of their own posting, thus allowing each student to explore his/her own understanding before he/she internalizes their peers' perspectives on the same topic. This assignment achieved two learning functions: 1) a formative assessment - aimed at improving learning progress; and 2) a summative assessment - aimed at establishing learning achievements. This feedback provided direction and guidance on the achievement of the course-related outcome connected to the discussion posting, as well as the quality of the composition. Students also completed low-stakes, for-credit, assignments in the form of quizzes. These two forms of assignment present students with additional and targeted practice that supplements the online in-class experience and allows for student-directed study. Overall, this course design draws on evidence-based pedagogical scholarship which includes a committment to building learning spaces that maximize participation, engagement, and exploration. Grounded in theories of Universal Design for Learning (UDL) , the design seeks to increase the availability of learning resources and the activities with which the learning aptitudes can be reached on an analytical level. Students were surveyed on their experience with the online instruction, materials, and resources, within the course. The quantitative and qualitative data captured from the survey suggested that students perceived that the aforementioned elements of the online course and the integration of Open Educational Resources (OERs) positively impacted their learning experience. Now in its second phase, the pilot study is used in two sections of Introductory Psychology where more data will be collected on student experience with the course instruction, materials, resources, and the use of Open Educational Resources (OERs).

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65529 - 12-Minute Talk

Conversation Session

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

Presenting Author: Bowering, Elizabeth

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

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 61724 - Conversation Session

Panel Discussion

Disseminating inclusive teaching practices: Findings from the Passion-Driven Statistics project

Moderator: Kovacic, Bonnie

Panelists: Oppenlander, Jane ; Kehrberg, Jason ; Flaming, Kristin

Abstract: *This NSF-funded model is a multidisciplinary, project-based curriculum that supports students in conducting original research, asking original questions, and communicating methods and results using the language of statistics. From existing data, students pose questions of interest and then use statistical software to turn raw data into useful information. The course attracts higher rates of under-represented minority (URM) students compared to a traditional math statistics course (Dierker et al., 2015) and higher rates of female and URM students compared to an introductory programming course (Cooper and Dierker, 2017). URM students were found to be twice as likely to report that their interest in conducting research increased (Dierker et al., 2016). Students reported the course more rewarding, were more likely to accomplish more than expected, found the course more useful than other courses, increased confidence in working with data, increased interest in pursuing advanced statistics courses, and received more individualized support than other courses (Dierker et al., 2018a). In anonymous student evaluations, 73.9% of students rated their work as rewarding or very rewarding and more than a third of students rated the experience as more useful than other courses they have taken. 80.0% reported that they would recommend the course to others (Dierker, unpublished data).*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65086 - Panel Discussion

Printed Poster

Exploring the Influence of Competitive Sport Participation on Achievement Goals and Indicators of Academic Success

Presenting Author: Parker, Patti C.

Additional Authors: Perry, Raymond; Chipperfield, Judith; Hamm, Jeremy; Dryden, Robert; Daniels, Lia; Goegan, Lauren

Abstract: *Background: In post-secondary settings, student athletes are required to balance achievement goals and pursue success in two different domains (academic, sport). Although student athlete achievement goals have received much attention in sport settings, this does not appear to be the case in _academic_settings._ Methods: Our longitudinal study examined how competitive sport participation impacts achievement goals and other academic learning outcomes. Participants (_N_ = 1308) were enrolled in a two-semester university course and the study procedure involved them completing two online surveys (one per semester) which included demographic and psychosocial measures. Results: Linear regression tests revealed students who recently participated in competitive sport indicated lower perceived control and success in the course, lower test satisfaction but higher performance-approach goals. Regardless of sport participation, students' mastery and performance-approach goals declined across semesters. Conclusions: The results suggest the more recently students participate in competitive sport, the more cognitively taxing it is for their academic experience (e.g., lower control, success, and test satisfaction). Impact: Findings are useful for sport-specific practitioners or mentors interested in how sport participation influences achievement motivation.*

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 61286 - Printed Poster

Editing Assistance Tool Validation for English Language Learners

Presenting Author: Lamond, Bronwyn

Additional Author: Cunningham, Todd

Abstract: *Editing assistance software programs are computer-based tools that check and make suggestions for the grammar, spelling, and style of a piece of writing. These tools are becoming more popular as recommendations for students who struggle with written expression, such as English Language Learners (ELLs).*

The purpose of the present study was to evaluate the performance of four different programs with embedded editing assistance tools (i.e., Grammarly, Ginger, Microsoft Word, Google Docs) in their ability to identify errors in the writing of ELLs compared to human raters. The results of the repeated measures ANOVAs indicated that the four programs did not differ in their identification of spelling errors, Grammarly and Ginger identified the most grammar errors, Grammarly identified the most punctuation errors, and Ginger made the most errors in editing. None of the editing assistance programs identified as many errors as the human raters, therefore editing assistance cannot yet replace effective human editing for ELLs. This research adds to the existing literature assistive technology and can guide recommendations by Educational and School Psychologists to support students with writing challenges in the classroom.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61308 - Printed Poster

Teachers' Training Experiences and Knowledge of Assistive Technology

Presenting Authors: Lamond, Bronwyn ; Mo, Shimin

Additional Author: Cunningham, Todd

Abstract: *Assistive technology (AT) is any piece of equipment, product, or system that assists with the increase or maintenance of the functional capabilities of an individual with a disability (Edyburn, 2000). Although the benefits of AT are widely recognized (e.g., Chantry and Dunford, 2010), some factors, such as teacher training on AT (Copley and Ziviani, 2005; Lamond and Cunningham, 2020), have been identified as barriers to students' use of AT in the classroom. However, little information currently exists in the research literature that focuses on how teachers are trained on AT or the impacts of that training. Thus, the present study will aim to answer the following research question: how is AT training related to teacher AT knowledge? This research will examine Grade 6–10 Ontario Certified Teachers' (n = 111) AT knowledge and training experiences using a mixed methods design that will include a survey consisting of open- and closed-ended items. A one-way ANCOVA will be used to investigate the research question. A thematic analysis will also be conducted focusing on teachers' experiences of AT training pre- and in-service. The present study will provide psychologists and researchers with an understanding of the current state of AT training for Ontario teachers and how this training impacts teacher knowledge of AT.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61321 - Printed Poster

Teacher Mental Health Literacy and Their Recognition of Emerging Mental Health Disorders in Students

Presenting Author: Page, Damian

Additional Author: Cunningham, Todd

Abstract: *For children who experience mental health problems, teacher recognition is often the first step in service provision. This study explored individual differences in teachers, including teaching experience and mental health literacy, as determinants of their ability to accurately identify behaviors indicative of emerging psychopathologies in students. Mental health literacy refers to knowledge and attitudes that aid in the recognition of mental health disorders. It was hypothesized that mental health literacy would explain a significant proportion of the variance in participants' ability to accurately rate behaviors representative of emerging psychopathologies. Certified Canadian elementary school teachers (N=101) completed a self report survey online which included a novel vignette measure, a mental health literacy scale and demographic questions. Initial data analysis using hierarchical regression indicates that mental health literacy accounts for a significant proportion of variance in participant vignette ratings, over and above their teaching experience.*

Further analysis using a generalized estimating equation will parse the variance in vignette ratings according to the gender and behavioral presentation differences across each vignette item. The initial results indicate that teachers' mental health literacy is more closely related to the accurate identification of emerging psychopathologies in students than years of teaching experience. Findings from this study may be used to inform the implementation of school board professional development programs for educators.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61638 - Printed Poster

Systematic Review of Executive- and Social-Cognitive Effects on Emerging Adults' Social Adjustment

Presenting Author: Mintah, Kojo

Additional Author: Desrocher, E. Mary

Abstract: *A systematic review was conducted to assess the effects of executive functioning (EF) and theory of mind (ToM) on emerging adults' peer, occupational, and romantic adjustment. The goal was to establish a research-based model of executive- and social-cognitive effects on emerging adult social adjustment. The research protocol was registered with PRISMA (Moher et al. 2009). Qualitative synthesis of 38 studies revealed small to moderate effects of survey measures of self- regulation EF difficulties on peer or romantic adjustment, with larger effects on externalizing/aggression-based peer or dating variables. ADHD symptoms moderately predicted impairment in all domains. Both survey-based and performance-based EF measures predicted academic and employment adjustment. Rare studies examining ToM showed its significant positive associations with romantic adjustment, inconsistent associations with peer adjustment, and did not investigate its associations with occupational adjustment. These findings have implications for neuropsychological and social information processing models arguing that compromised self-regulation puts one at risk for externalizing symptoms. Applications promoting social adjustment are discussed, such as interventions to help emerging adults improve their self-regulation skills, or programs to prevent children and youth from developing self-regulation issues.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 61838 - Printed Poster

COVID-19 and Emergency Remote Teaching: College Students' Perceptions of Engagement and Belonging

Presenting Author: Jobin, Marie-Line

Additional Author: Liggett, Taylor

Abstract: *The COVID-19 pandemic has produced detrimental effects on the education sector worldwide. Students, faculty, and educational institutions have adapted to emergency remote teaching with minimal planning time, and this adaption and other pandemic-related stressors have affected students' engagement and sense of institutional belonging. The aim of this research was to assess students' perceptions of engagement and sense of belonging within an Honours Bachelor of Behavioural Psychology program during emergency remote learning at a Canadian college. Eighty-six students responded to an online survey with questions from the Student Course Engagement Questionnaire, the University Belonging Questionnaire, and open-ended questions adapted from the Imperial College London Education Evaluation Toolkit. Responses were analyzed using descriptive statistics and thematic and content analyses. Results indicated that students experienced engagement towards learning (engagement level M = 70.57%, SD = 13.07) and sense of belonging (M = 65.33%, SD = 9.28) with no significant difference across year of study. Students reported that opportunities for group work, personalized discussions, and interactive class activities facilitated engagement during emergency remote teaching. In addition, communication about college-wide activities and resources were reported as fostering a*

sense of belonging. However, some students (_M_ = 11%) noted that faculty had not implemented ways to promote a sense of belonging. Results from this research provide a snapshot of student engagement and sense of belonging during remote learning in an undergraduate context. Additionally, qualitative findings provide insight into students' preferred methods for faculty and institutions to promote engagement and sense of belonging in remote learning environments.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 62431 - Printed Poster

Relationship between Empathy and Anxiety in Children with and without ADHD

Presenting Authors: Miller, Courtney ; Charabin, Emma; Jelinkova, Kristina

Additional Authors: Climie, Emma; Gray, Christina

Abstract: *Recent research has begun to explore the link between empathy and anxiety in children and youth, where empathy may be influential in the creation and/or maintenance of anxiety symptoms (Gambin and Sharp, 2018). Other studies have noted a link between general internalizing symptoms and empathy in typically developing populations (Gambin and Sharp, 2016; Joireman, Needham and Cummings, 2002). No studies have explored the potential link between empathy and anxiety in children with Attention-Deficit/Hyperactivity Disorder (ADHD). As such, the current project explores this link in children with ADHD (N = 23; M = 10.55 years; SD = 1.30; 60.9% male) and without ADHD (N = 40; M = 10.09 years; SD = 1.27; 60.0% male). Self-reported empathy was measured using the Interpersonal Reactivity Index (IRI; Davis, 1983), while parent-reported anxiety was measured with the Behavior Assessment System for Children (BASC-3; Reynolds and Kamphaus, 2015). Pearson correlations indicate that, within the ADHD group, there was a positive relationship between the IRI total score and anxiety (r = .539; p = .03). However, within the non-ADHD group, no relation was found between empathy and anxiety, but instead significant relations between empathy and depression (r = .396; p = .03), withdrawal (r = .347; p = .05), and adaptability (r = -.396; p = .03) were found. Implications of the findings will be discussed, with particular emphasis on the connection to school psychology.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64130 - Printed Poster

Social Presence in Higher Education Online Environs: A Scoping Study

Presenting Author: Mykota, David

Abstract: *This poster reports the findings of a scoping review of the construct social presence. The methodology follows the design for scoping reviews as advocated by Arksey and OMalley (2005). A scoping study is desirable because by synthesizing the research literature the opportunity to identify guidelines for the development of social presence is facilitated. A two-stage screening process resulted in 105 studies identified for inclusion with data extracted using a standardized form. A descriptive numerical analysis and qualitative content analysis for those studies included was undertaken. Results from the manuscripts screened for inclusion and synthesized from the data extracted, provide strategies for the structuring of social presence; the potential benefits of effective affective communication in an online environ; and an overview of the evolution of the construct social presence. Future research that aggregates research findings on social presence is desirable so as to ascertain how the development, design, and instruction of online learning moderates the effects of social presence on student outcomes. As well, comparative research that considers course enrollment, length of course, course level and discipline is also recommended so as to determine what social presence practices are situation specific and what practices can be generalized to all online learning environments.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64445 - Printed Poster

A universal design for supporting mental health: Is an approach possible in classrooms?

Presenting Author: Antoniuk, Andrea

Additional Author: Cormier, C Damien

Abstract: *Supporting mental health concerns in the classroom is often done on a case-by-case basis, where classroom supports are outlined in students' individualized education plans. This approach possesses several limitations that can impact a school's ability to support students' learning. First, it depends on students being identified and coded, and many mental health concerns can go unnoticed. Second, subclinical mental health concerns may not be supported because they are not sufficiently severe. Third, caregivers may not want to disclose their child's mental health difficulties. Finally, students often present with multiple psychopathologies. The aim of this study is to explore the potential of taking a Universal Design approach to supporting mental health in the classroom. A review of the existing literature examining the effectiveness of supports and strategies for mental health concerns (e.g., internalizing difficulties, externalizing difficulties, attention, trauma) was undertaken. Several themes emerged (e.g., relatedness, teaching strategies, emotional regulation, social-emotional learning). The results suggest that there is some overlap among supports for various mental health concerns. Consequently, adopting a universal approach to providing mental health supports appears to have the potential to not only support students with disabilities, but also allows for greater access to the curriculum for students struggling with various mental health challenges. The findings will be discussed within the context of school-based practices for addressing the mental health needs of all students.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64735 - Printed Poster

Prospective study of the links between perception of competence, motivation and performance

Presenting Author: Lebeau, Rose

Additional Author: Bouffard, Thérèse

Abstract: *Perceived competence is a central theme in developmental psychology and has therefore been the subject of many studies. This perception reflects the degree of competence a person attributes to oneself in a task or situation. Various contemporary theories of motivation agree that perceived competence likely plays a central role in the motivation and performance of a student, but there is still no consensus on the long term nature of the links between these variables. Some believe perceived competence would determine the motivation to engage in a task, then the performance. Others believe the relationships between the three variables to be reciprocal. This five-year longitudinal study aims to investigate this issue. 830 5th grade students (426 girls) drawn from a larger project responded each year to surveys on their perception of competence and their motivation while their academic performance was reported by their teachers. The reciprocal effects model (REM) indicate that after controlling for gender, intellectual abilities, and education of fathers and mothers, performance in grades 5 and 6 predicts perceived competence the following year, this relationship then becoming reciprocal at the other three times of study. Perceived competence always predicts motivation the following year, but not the other way around. The discussion will emphasize the importance of developing and maintaining students perceptions of positive academic competence in their persistence and success in school. --*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 64755 - Printed Poster

ADHD Skills Workshop: Building Executive Functioning and Study Strategies in Undergraduate Students with ADHD

Presenting Authors: Hartling, Liza G; Miller, Courtney

Additional Author: Climie, A Emma

Abstract: *University students with Attention-Deficit/Hyperactive Disorder (ADHD) tend to have lower grades, withdraw from more courses, and take longer to complete their degrees than their typical peers (DuPaul et al., 2009). Given this, it is unsurprising that only 9.1% of young adults with ADHD graduate from college compared to 60.6% of those without ADHD (Barkley et al., 2008). These struggles are likely linked to poor executive functioning skills and a lack of academic strategies (DuPaul et al., 2009). The ADHD Skills Workshop, a six-week long workshop series, was developed with the aim of improving the university experience for undergraduates with ADHD. Adapted from the CBT manual _Mastering Your Adult ADHD_, it included topics such as reducing distractibility, managing procrastination, task prioritization, and time management. A sample of 11 undergraduate students with ADHD were surveyed pre- and post-intervention on measures of executive function (Organization and Planning subscales, Comprehensive Executive Function Inventory – Adult) and study skills (Learning and Study Strategies Inventory, 3rd Edition). Survey results will be analysed using paired samples t-tests to determine whether intervention effects led to a change in executive functioning and learning strategies. The importance of providing undergraduate students with ADHD opportunities to connect with their peers, learn tools intended to help them cope with the academic demands of university, advocate for themselves, and access available resources will be discussed.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 64780 - Printed Poster

Meta-analysis and review of studies examining the relationship between homework and academic success.

Presenting Authors: Mathews, Victoria ; Zovatto, Giuliana

Additional Author: Santor, Darcy

Abstract: *Research on the type, amounts and benefit of homework for academic achievement has been considerable. An early meta-analysis conducted by Cooper, Robinson and Patel (2006) found that the association between homework and academic achievement was significant but weak. Considerable research has been conducted in the past 15 years, which has included countries from around the world and which has operationalized homework in ways that go beyond just hours of study. The goal of the current study was to consider (a) the results of studies completed in the past 15 years, (b) the importance of international studies, which were excluded from previous meta-analyses and (c) to examine the impact of homework on academic achievement when homework is operationalized in ways other than just amount of time spent on studying. The current critical review and meta-analysis examined over 51 studies on homework and reports on the results of a number of subgroup analyses, including (a) international versus North American studies, (b) studies conducted prior to and since the Cooper analysis, and (c) studies that operationalize homework completion in ways other than just a tally of hours (e.g., amount of homework completed and quality of homework). The review identifies some of the most promising methods for examining the relationship between homework and academic achievement.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 64812 - Printed Poster

Did I make the right choice? How perfectionism and decisional factors influence satisfaction and distress

Presenting Author: Henry, Emily R.

Additional Author: Arpin-Cribbie, Chantal

Abstract: *The present study sought to expand on the limited literature examining perfectionism and factors that influence decision-making processes. Previous research has found that a higher number of options, an ambiguous task, or a time restriction can result in lower levels of choice satisfaction or higher levels of decisional distress. However, the role of perfectionism in this process has not been considered. The current study examined the combined influence of perfectionism and each of number of options, task ambiguity, and allotted time on choice satisfaction and decisional distress. The sample included undergraduate university students (N = 136) who were asked to complete a Google search decision-making task, measures of choice satisfaction, decisional distress, and perfectionism. General Linear Models were used to investigate the interaction hypotheses. It was found that the combined influence of certain perfectionistic facets and specific factors that affect decisional processes (i.e. options, time) predicted levels of self-reported choice satisfaction or decisional distress. These findings support the notion that university students who are higher in certain perfectionistic facets are negatively affected when they have to choose from a large number of options or have a time restriction to make a decision. The results from this study support the need to make decisions easier on university students, which could be achieved by limiting the amount of essay topics to choose from, or providing more time to complete tests.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 64817 - Printed Poster

Are accommodations enough: investigating skill profiles of students with academic accommodations.

Presenting Author: Zovatto, Giuliana

Additional Authors: Santor, Darcy; Green, Stephanie; Colvin, Eamon

Abstract: *Despite the ever growing number of students eligible to receive academic accommodations, remarkably little research has investigated the potential deficits that students with accommodations experience, particularly with respect to social-emotional learning (SEL) skills and academic study habits which both have been found to improve academic outcomes. The goal of this study is to evaluate the extent to which students with and without accommodations at university differ with respect to their SEL skills and academic study habits. Undergraduate students, with (N=41) and without (N=220) accommodations, completed a survey of SEL skills, academic study habits, academic difficulties, and overall wellbeing. Following the Holm-Bonferroni correction, students with accommodations were found to report significantly greater levels of academic difficulty and presenteeism than students without accommodations. Results indicate that students with and without accommodations do not experience significant differences in SEL skills or academic study habits, thus the difficulties that students with accommodations were found to uniquely report do not include or stem from deficits in these areas. The study identifies areas where students with accommodations require increased support, and recommends that interventions for these skills be made available to all students regardless of accommodation status.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 64900 - Printed Poster

Exploring Student's Cognitive Complexity in Inquiry-Based Discussion Posts: A Linguistic Analysis

Presenting Author: Bodrug, Thomas E

Additional Authors: Girardi, E Lauren; Keefer, Kateryna V

Abstract: *With the massive shift toward remote learning, instructors in higher education have had to adopt asynchronous teaching pedagogies that maintain student motivation while promoting complex higher order thinking. Although online discussion boards are often used to foster student engagement, they tend to elicit posts that lack cognitive complexity. In this study we explored cognitive complexity in online discussions that have been enhanced with inquiry-based activities designed to promote higher-order thinking. Students in an asynchronous sophomore psychology course (enrolment of 210) completed weekly inquiry-based discussion activities. Cognitive complexity was measured using the Linguistic Inquiry and Word Count (LIWC) software, based on the proportion of the associated linguistic markers in students discussion posts. We examined the congruence between students LIWC indices of cognitive complexity with their self-reports of higher-order thinking collected on the end-of-term survey. We also examined whether students cognitive complexity increased throughout the course, its relationship with academic performance, and group differences based on students discipline and level of study. Results of this study provide much needed validation of the LIWC indices of cognitive complexity, as well as add to the growing literature on the learning outcomes of online and inquiry-based pedagogies.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 64948 - Printed Poster

From Intention to Action (FITA): Assessing the Impact of an Intervention Program on the Mental Health and Academic Performance of University Students

Presenting Author: Gennara, Anamarie

Additional Authors: Antunes-Alves, Sara; Bacon, Benoit-Antoine

Abstract: *With rising rates of reported psychological distress on campus and considering the significant disruption mental health issues can have on students personal and academic development (ACHA-NCHA, 2016-2019; Hunt and Eisenberg, 2010), postsecondary institutions are looking for new approaches to support students' well-being, academic performance and overall student experience (Locke et al., 2016), while also delivering on their academic mission (Coniglio et al., 2005). FITA is a 12 week skills-based mental health support program that provides personal and academic counselling to postsecondary students. The present research, involving 117 students, assessed the effects of FITA on student mental health (OQ.45-2; Lambert et al., 2004) and academic performance (GPA) across: (1) all FITA students; and (2) four levels of distress at intake (high, moderately high, moderate, and low). Results revealed a statistically significant increase in GPA and a significant decrease in psychological distress across all FITA students. Grades improved for students who presented with moderately high and low levels of distress, but not for students with high or moderate levels of distress. Additionally, students who presented with high, moderately high, and low levels of distress, but not moderate levels of distress, demonstrated significantly lower levels of psychological distress upon completing the program. Given the significant challenges and uncertainty about how best to support and foster postsecondary student mental health, an intervention program like FITA that is flexible, cost-effective, and that integrates mental health and supervised learning support could be an impactful part of a successful broader strategy for student success.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 65034 - Printed Poster

School Dropout: the Role of Childhood Conduct Problems and Depressive Symptoms

Presenting Author: Lau, Marianne A

Additional Authors: Temcheff, E Caroline; Poirier, Martine; Bégin, Vincent; Commisso, Melissa; Déry, Michèle

Abstract: *School dropout can be an ongoing process of academic failure and disengagement starting as early as elementary school (Dupéré et al., 2015). Longitudinal studies have shown that children with conduct problems (CP) or depressive symptoms (DS) have a higher risk of school dropout in adolescence than other children (Quiroga et al., 2013). There is a high rate of comorbidity between CP and DS in youth (Stringaris et al., 2014), and research suggests that children with comorbid conditions tend to experience worse outcomes than would be expected from either problem by itself (Poirier et al., 2015). Given the importance of early identification of risk factors, this study examined (a) whether early CP and DS predict a higher risk of school dropout; (b) whether DS moderate the association between CP and risk of school dropout; and (c) the sex differences in these associations. Using data from a longitudinal study on 744 children aged 6 to 9 (T1), a multiple linear regression was performed to test for the effect of CP and DS (T1) and the interaction between them on the risk of school dropout (T8), as well as for sex differences in these associations. Results showed that CP significantly predicted a higher risk of school dropout seven years later, while DS did not. DS significantly moderated the effect of CP on the risk of dropout, with CP having a stronger effect in children with higher DS. No sex differences were found. These results suggest that recognizing and treating DS in children with CP may be an important step in reducing their risk of dropout. This can inform intervention practices for educators and mental health staff in schools.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65108 - Printed Poster

Validating the Self-Directed Learning Readiness Scale for use with undergraduate students

Presenting Author: Dumoulin, Amanda R

Additional Authors: Lau, B K Jonathan; Justus, Brandon J; Rusticus, Shayna A

Abstract: *RATIONALE: Self-directed learning readiness (SDLR) looks at the attitudes, abilities, and personality variables necessary for students to be accountable in determining their learning needs and managing learning strategies and outcomes. The SDLR scale was developed for nursing students (Fisher et al., 2001), and we sought to provide validity evidence for a revised version of the SDLR scale that can be used with undergraduate students. METHODS: 203 undergraduate students completed a revised SDLR scale (27 items) and three theoretically relevant scales to provide convergent and discriminant validity evidence. All measures were completed online anonymously. RESULTS: Although a confirmatory factor analysis did not support the 3-factor structure, a follow-up exploratory factor analysis supported the three dimensions of self-management, self-control, and desire for learning. We found strong correlations with similar variables (self-efficacy, impulse control, goal setting). Discriminant validity evidence was not supported. CONCLUSIONS: Support for the internal structure and convergent validity evidence for the SDLR was found, yet stronger evidence is needed for discriminant validity. IMPACT: Properly measuring SDLR in undergraduate students will help optimize the learning environment for more effective teaching and learning strategies to give students the support they need to succeed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65120 - Printed Poster

Helping Psychology Students Identify, Document, and Articulate their Transferable Skills

Presenting Author: Chen, Hanqi

Additional Author: Waggoner Denton, Ashley

Abstract: *Psychology students often have trouble identifying and articulating the professional skills they have learned in their courses and fail to understand the competencies that underlie these skills. Recently, an APA working group developed a resource titled The Skillful Psychology Student that identified five basic skill domains that are central to most undergraduate psychology programs and also pivotal to career preparation: Cognitive, communication, personal, social, and technological (Appleby et al., 2019). But what is the best way for instructors to help students identify, document, and articulate the transferable skills they have acquired in their courses? Using the Skillful Psychology Student document as a starting point, we created a step-by-step resource to help students connect the dots between their course activities and these transferable skills. Used effectively, this fillable PDF document will enable student to create a record of all the skills they have learned in each their courses, as well as the evidence they have for them. Importantly, we also sought feedback on this resource from students, and conducted a study to compare the effectiveness of this new resource with a more standard reflection activity as well as a control condition. This poster will review the skills resource we created and share the results of our study.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 65237 - Printed Poster

Do Students' Experiences with Online Discussions Differ Depending on Motivational Style?

Presenting Author: Girardi, Lauren E

Additional Authors: Bodrug, E Thomas; Keefer, Kateryna

Abstract: *As the majority of post-secondary students moved to remote learning, it has become particularly important to understand individual differences in student experiences with online learning activities. In this study we evaluated students' motivational styles (goal-oriented, relationship-oriented, and learning-oriented) as predictors of performance, overall motivation, and perceived learning outcomes of participating in online discussion boards. Students in an asynchronous sophomore psychology course (enrollment of 210) completed weekly inquiry-based discussion activities. At the end of the course, students were invited to complete a survey, including the Motivation Style Questionnaire, the Instructional Materials Motivation Survey, and questions about perceived learning outcomes of the discussions (e.g., material comprehension, critical thinking, social connection, interest in the subject). Multiple regression analyses were conducted to explore differential patterns of unique associations of different motivational styles with students' discussion grades, perceived learning outcomes, and overall motivation level. The results will inform further improvements to the online discussion activities, helping to enhance students' experience and engagement with course content for learners of all styles.*

Section: Teaching of Psychology / Enseignement de la psychologie
Session ID: 65267 - Printed Poster

The Indirect Intergenerational Transmission of Math Anxiety

Presenting Author: Halleran, Maria G

Additional Author: Hallett, Darcy

Abstract: *BACKGROUND: Research suggests that parents have a significant impact on their child's math achievement, but their impact on math anxiety is less clear. Since parents are their children's earliest and most consistent teachers, different parental characteristics may influence the home environment and have an effect on their children's math anxiety, math performance and attributional style. This study investigated both direct and indirect intergenerational transmission of math anxiety by measuring math experiences, attitudes, and attributional style of parents, and how these factors may relate to math anxiety in their children. METHOD: A sample of 102 grade four students and their parents were recruited and completed general and math anxiety assessments. Parents also completed a math experiences questionnaire to assess home and school math learning environments during schooling years, as well as, an attributional style questionnaire to assess how they appraise various situations. RESULTS: There was no correlation between parental and child math anxiety but parents' remembered experiences with math and perception of child ability correlated with child math anxiety level. CONCLUSION/IMPACT: These results provide evidence that intergenerational transmission of math anxiety may not be direct and aspects of the home environment may be influential and should be encouraging and supportive.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65279 - Printed Poster

Bringing Inquiry-based Learning into Online Discussions: Student Experiences and Perceived Outcomes

Presenting Author: Keefer, Kateryna V

Additional Authors: Bodrug, Thomas; Girardi, Lauren

Abstract: *As most post-secondary institutions pivoted to remote learning, effective and scalable online pedagogies have become in high demand. Inquiry-based learning (IBL) methods have been long known to promote student engagement and improved learning outcomes. In this study, we explored students' experiences with IBL activities that have been incorporated into online discussion forums. Students in an asynchronous sophomore psychology course (enrolment of 210) participated in weekly IBL activities prompting them to apply and analyze course material in relation to specific cases, and share their analysis on discussion forums. At the end of the course, students were invited to complete a mixed-methods survey measuring their motivation, satisfaction, and perceived outcomes of participating in these discussions, as well as open-ended questions about their experiences. Consistent with the IBL literature, students indicated the discussion activities increased their interest and engagement, and elicited deeper processing of the material and enhanced critical thinking. However, the social sharing aspect of the discussion activities received mixed ratings. Students' qualitative comments provided further insight on these themes, as well as highlighted areas for improvement. Results of this study add to the growing literature on the learning outcomes of online and inquiry-based pedagogies.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65324 - Printed Poster

COVID-19 Impact on Commitment to Sport and Basic Psychological Needs

Presenting Author: Beeby , Adam Michael

Additional Author: Daniels , Lia

Abstract: *COVID-19 has interrupted sport in unprecedented ways. While there is a media focus on how interruption impacts activities for young children, there are repercussions for adult activities as well. A recognized concern in North America is the low rates of adult sport participation. Research by Datz and Blair (2015) found only 1 in 4 surveyed adults are committed to playing sports. Unfortunately, COVID-19 may further exacerbate these low levels of sport commitment. To examine whether the pandemic has impacted adult sport*

commitment, we draw on self-determination theory (SDT) to examine motivation in sports. We have collected data from 133 adult participants who completed a self-report questionnaire assessing important SDT components (autonomy, competence, relatedness) and commitment to sport. We will use OLS regressions to assess whether higher scores on these components of SDT are associated with increased commitment to sport. Existing research highlights that sporting environments supporting athletes' basic psychological needs lead to increased autonomous motivation for athletes (Karamitrou et al., 2017). Implications for this study will contribute to a broader understanding of how adults can maintain commitment to sport, during a global pandemic, by highlighting different commitment strategies, and SDT components that positively impact commitment to sport.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65332 - Printed Poster

Math anxiety is a mediator of the relation between gender and math achievement

Presenting Author: Trudel, Geneviève

Additional Authors: Delage, Véronic; Daker, Richard; Delage, Véronic; Daker, RIchard; Retanal, Fraulein; Maloney, Erin

Abstract: *Stereotypes about the inferiority of females in science, technology, engineering, and mathematics (STEM) are longstanding and this belief is popular among children, adolescents, parents and teachers (Lindberg, Hyde, Petersen, and Linn, 2010). This has led to years of research on whether males truly outperform females in mathematics and, if so, what factors contribute to this difference. We hypothesized that although a gender difference in math achievement can be observed, this difference is best explained by math anxiety. 389 undergraduate students (118 identified as male; 271 identified as female) completed assessments of their general levels of anxiety, their math anxiety, and basic demographics. Participants were also given a variety of fifth (average 10 years) to seventh grade (average 12 years) mathematical questions to assess the five strands of mathematics included in the province of Ontario math curriculum. More specifically, individuals were asked to answer questions in data management and probability, measurement, number sense and numeration, algebra, and geometry and spatial sense. In all five strands, there was a significant relation between gender and math performance, whereby males outscored females. Importantly, in overall math performance, this relation between gender and math performance was mediated by math anxiety (even after controlling for general anxiety). Additionally, in all five strands measured, there was a significant indirect effect from gender to math anxiety to math performance. These results emphasize that although gender differences in math achievement seem to exist, these differences might be better explained by varying levels of math anxiety in the genders rather than differing levels of aptitude. (Note: we use the term gender rather than sex because participants were asked to identify their gender in the demographic questionnaire).*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65368 - Printed Poster

Viewing Nature Images Improves Verbal Creativity in Children

Presenting Author: Ibrahim, Yasmeen A.

Additional Authors: Saravanamuttoo, Taylor ; Johnson, Shannon

Abstract: *Recent research demonstrates nature's ability to bolster creativity. However, little is known about the effect of nature stimuli on children's creativity. We investigated the effect of exposure to natural and urban scenery on verbal creativity in children using a between-subjects repeated measures design. To date, fifty-five children (ages 8-15; M= 11.05) were randomly allocated to the urban or nature condition and completed two*

verbal creativity measures (Alternate Uses and Similarities tasks) prior to and after viewing 100 urban/nature images. Due to COVID-19, 24 participants were tested in-person and 31 were tested online via Zoom. Independent samples t-tests indicated that the groups tested online vs. in-person did not differ on characterization variables (e.g., age, gender, verbal cognitive ability) or creativity measure scores, and thus, were combined for subsequent analyses. Repeated-measures ANOVAs revealed near significant group by time interactions (p < .10) characterized by increased creative performance for the nature condition and decreased performance for the urban condition for both creativity measures. Our preliminary results suggest that short exposures to nature scenery enhance verbal creativity, whereas viewing urban images reduces creative output. These findings have practical implications for fostering children's creativity at home and in schools.

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 65442 - Printed Poster

Opening the Vault: Using a Projective Measure to Access the Financial Attitudes of Young People

Presenting Author: Philippot, Chloe M

Additional Authors: Antoniuk, Andrea; Cormier, Damien C; Yildirim-Erbasli, Seyma N; Bulut, Okan

Abstract: *Young adults are a subpopulation that have accrued some of the highest debts while putting away very little money into savings. Despite their reports that finances are important to them (Phau and Woo, 2008), our understanding of financial attitudes within this population has not been as well-informed compared to the broader area of personal finance. Furthermore, people consider money to be a taboo topic of conversation, which makes it challenging to directly access financial attitudes. Research on finances stresses the importance of nurturing positive attitudes towards money, as well as financial competencies, in order to develop good financial habits and avoid making poor decisions that can lead to compulsive spending and debt accumulation (Bowen and Jones, 2006; Duryasula and Lysonski, 2007). However, it is necessary to open up a dialogue about money in a way that does not make people uncomfortable and welcomes a variety of responses in order to understand financial attitudes. Projective measures are valuable tools because they are less direct in nature and have the potential to yield rich information about what respondents find important or personally relevant to themselves (Mihura and Meadows, 2018). Thus, using a projective measure to access young people's attitudes about money is one way of obtaining perspectives that are nuanced and authentic. Therefore, the present study investigated the financial attitudes of 207 young adults from a large Canadian university by administering a newly developed projective measure—the Financial Affinity Inventory. Attitudes were assessed using a sentence-completion format. The results indicated that there were some differences between participants' thoughts and feelings about finances, notably regarding the emotional valence (positive, negative), time orientation (past-, present-, future-oriented), and general financial tendencies (saving, spending) represented in their responses. Findings will be discussed in the context of financial education and the implications of financial attitudes on financial outcomes for young adults.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65463 - Printed Poster

Attention-Deficit/Hyperactivity Disorder & Insecure Attachment in Middle Childhood: A Review

Presenting Author: Wilkins, Jessica

Additional Author: Climie, A. Emma

Abstract: *Previous literature has suggested an association between Attention-Deficit/Hyperactivity disorder (ADHD) and insecure attachment patterns (Clarke et al., 2002). Insecure attachments (e.g., anxious, avoidant,*

disorganized) represent the lack of a secure internal working model of the primary attachment figure, resulting from insufficient sensitive caregiving. Children with ADHD exhibit behavioural disturbances that conflict with daily functioning (Barkley, 2006). To explore the association between ADHD and insecure attachment patterns, a comprehensive search of Google Scholar, PsycInfo, PubMed, and reference scanning yielded 850 records. Seven articles were considered relevant based on strict inclusion criteria (e.g., children 5-12 years, diagnosis of ADHD, control of comorbidities). Results will consolidate the findings on the association between ADHD and insecure attachment patterns, with a focus on environmental mediating factors (e.g., parenting strategies, family functioning). Early intervention in the form of parent training programs will be encouraged to aid in the management of ADHD symptoms and minimize insecure attachment development. School psychologists can use this knowledge to advance the understanding of how children comprehend their environment and relationships and how this affects their behaviour, ability to learn, and function optimally.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65520 - Printed Poster

The successes and challenges of virtual learning in post-secondary education during COVID-19

Presenting Author: Carter-Rogers, Katelynn

Additional Authors: Smith, M Steven; Brophy, Tom; Tabvuma, Vurain; MacDonald, Tracey

Abstract: *During the COVID-19 pandemic, universities transition to virtual learning creating challenges. Across three waves of data collection, we asked students what challenges they have experienced, and ways have they been successful during virtual learning. Comparing three Faculties (Arts and Social Science, Science, and Business) we found that both Business and Science students have greater success adjusting to virtual academic advice ($p = .019$), the online tools ($p = .005$), peer collaboration ($p < .001$), and their overall time management ($p < .001$) in comparison to Arts and Social Science students. When asked which academic support services and resources were most important, students stated: academic advising (80%), service centre (50%), opportunities for meaningful interaction with faculty and peers (59%), course-related tutorials (46%), and online learning support (41%). Overall, the biggest challenges included: Personal adjustments (70%), course structure (62%), course load unexpectedly high (55%), learning how to access virtual resources (32%), no in-person faculty office hours (32%), and challenges communicating with professors (24%). Gathering this data has allowed for a better understanding of what student supports are needed for them to thrive during the pandemic. Data collection is on-going to assess resource implementation in the winter semester.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65530 - Printed Poster

Trans Youth CAN!: School experiences of transgender youth under age 16 in clinical care

Presenting Author: Penner-Goeke, Lara

Additional Authors: Ducharme, Jennifer; Bauer, Greta R; Lawson, Margaret L

Abstract: *BACKGROUND: School experiences affect the health and wellbeing of LGBTQ youth. Trans youth are at risk for a variety of negative school experineces including increased absenteeism and bullying. METHODS: Participants in the Trans Youth CAN! study were 174 youth (*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65588 - Printed Poster

Risk Sensitivity and Academic Cheating: The Role of Self- and Other-Appraisals

Presenting Author: Fogg, Cody

Additional Author: Mishra, Sandeep

Abstract: *BACKGROUND: Risk-sensitivity theory (RST) predicts people will take risks when non-risky alternatives are insufficient to meet their goals. Academic cheating may in part be considered a form of risk-sensitive decision-making motivated by academic desperation. METHODS: We administered a survey to 337 undergraduates assessing cheating behaviors, attitudes toward cheating, perception of self-abilities, and personality. RESULTS: Correlation and regression analyses revealed that students self-reported cheating behaviors and attitudes toward cheating were predicted by (low) self-efficacy; feelings of envy, injustice, or low self-esteem compared to other students; and the personality trait of (low) honesty-humility. CONCLUSIONS: Cheating attitudes and behaviors are predicted by a suite of self- and other- appraisals. Consistent with RST, those who consider their abilities inferior to others appear to engage in greater cheating. ACTION: Taking steps to improve evaluations that students make about themselves (e.g., emphasizing a mastery-approach mindset) and others (e.g., deemphasizing relative success) may decrease cheating behavior through the adjustment of subjective attitudes around social comparisons.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65616 - Printed Poster

Impacts of COVID-19 school closures on peer relationships: Perceptions of parents of children with special educational needs

Presenting Author: Osman, Laila

Additional Author: Whitley , Jessica

Abstract: *With the emergence of the covid-19 pandemic, schools have closed due to public health guidelines. These closures have impacted the lives of students, including opportunities to interact with peers. However, it is unknown if the peer relationships of students with special educational needs (SEN) have been disproportionately impacted. This study aimed to investigate the perceptions of Canadian parents of children with SEN with regard to the impacts of school closures on their child's peer relationships. Drawing from the responses of 226 participants who responded to a series of open-ended survey questions, a content analysis was conducted and three major themes emerged. Children (1) were having fewer interactions with peers; (2) were maintaining peer relationships through technology; and (3) required peer interaction for social and academic development. The results revealed that parents perceived many challenges regarding their child's peer relationships during closures. However, findings regarding the benefits of reduced peer interaction for some students, as well as of certain virtual platforms, also emerged. Implications for practice include prioritizing peer relationship development for students with SEN in and out of school, facilitating peer interactions through virtual platforms, and focusing on addressing the social issues that some face in an in-person school setting.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65630 - Printed Poster

COVID-19 Implications for children with special education needs: A thematic analysis of positive benefits of school closures.

Presenting Author: Farahani, Otusa

Additional Author: Whitley, Jessica

Abstract: *As a result of the covid-19 pandemic, school closures affected Canadian students across the country. There were many challenges experienced throughout the pandemic which deeply affected learners with special educational needs (SEN) and their families. In order to gain deeper insight into these experiences, we conducted a survey in the spring of 2020 of 244 parents of children and youth with SEN. Data analyzed for the current study draws from 208 of the parents who provided responses to an open-ended question asking specifically about the positive impacts of school closures due to covid-19. Qualitative thematic analyses were conducted and revealed positive benefits of school closures as they related to parents and children. A single theme emerged from the parent-specific category, related to the growth in their awareness of the learning needs of their children. When exploring positive impacts and experiences on children, four major themes emerged: a) reduced internalizing and externalizing behaviours, b) relationships among family members, c) improved wellbeing and d) increased opportunities for growth in interpersonal and academic skills. Implications of the study reveal the considerable ways in which our educational system can ensure better school experiences for students with SEN, including the need for stronger involvement with families as partners in education.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65639 - Printed Poster

Analyzing "The Third Path" Through the Four Frames of the Ontario Kindergarten Program Document

Presenting Author: Toscano, Julia A

Additional Author: Whitley, Jessica

Abstract: *Beyond the role of supporting academic success, educators have a vital role in fostering student well-being through the construction of relationships with their students. This lens is considered to be a part of a more modern discourse of education, stepping away from the belief that schools are strictly designed for implementing academics. The Ontario Ministry of Education's full-day kindergarten program is founded upon this relationship-based approach. However, there are a multitude of resources adopted regularly by educators and school boards, which may or may not reflect this holistic vision of education. One resource which has been increasingly adopted by school boards across Ontario and beyond is titled the third path (tranter, Carson, and Boland, 2017). This study sought to explore the conceptual relationship between the third path and the Ontario kindergarten program, by conducting a content analysis guided by the four frames of the kindergarten document, namely: belonging, engagement, expression and well-being. Results revealed that the third path is strongly aligned with the core elements of the kindergarten document, most deeply in relation to shared conceptualizations and emphasis on student well-being. Implications include a continued need to ensure alignment between resources adopted and curricular and program beliefs and goals, particularly in the case of the uniquely relationship-focused Ontario kindergarten curriculum.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65644 - Printed Poster

Parental Involvement in Children's Learning During COVID-19: Comparing Virtual and In-Person Learning

Presenting Author: O'Reilly, Hannah

Additional Authors: Rogers, Maria; Ritchie, Tessa; Ogg, Julia

Abstract: *The coronavirus pandemic is an ongoing, unprecedented situation that has drastically impacted many facets of family life, including parental involvement in children's learning. For the 2020-21 academic year,*

parents in the province of Ontario were asked to decide whether their children would enroll in virtual learning or attend school in-person. The purpose of this study was to examine how parental involvement differs among families whose children are accessing school virtually versus those whose children are attending school in-person. Parents of kindergarten and grade one children in six elementary schools in a large public school board in Eastern Ontario participated in this study: 117 parents opted for in-school learning whereas 29 parents opted for at-home learning. Various measures of parental involvement were completed by parents targeting areas such as parental engagement with child's daily learning and parent-teacher communication. All data have been collected, and analyses of variance will be conducted to compare the groups on parental involvement and on other pertinent demographic variables. This study may elicit novel insight about the struggles and strengths that are unique to these two groups and inform school psychologists and educators about how to better support families accessing school virtually and in-person.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65669 - Printed Poster

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

Presenting Author: Eastabrook , Jennifer M

Additional Author: Conforti , C Jesse

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

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 66367 - Printed Poster

Review Session

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

Presenting Author: Norris, Meghan E.

Additional Authors: Dinsmore, Christina; Bigras, Erik; Wood, Valerie

Abstract: *Universal Design for Learning (UDL) has been recommended as an intentional course design strategy to promote accessibility and inclusion within the classroom. Although there are some clear benefits to the implementation of UDL, there are also some potential challenges associated with UDL in terms of course administration and academic integrity. We describe the implementation of some UDL principles in the redesign of a large first-year psychology course (including a both blended and online delivery). A large team*

collaborated to create an interactive Open Access online textbook, adapated from existing resources. This team also collaborated to design and build a new, minimalistic and straight-forward course delivery within the Learning Management System (LMS), and to develop and launch intelligent agents within the LMS to promote personalized course interactions with students based on student participation in the course. Features such as grace periods for deadlines and drop-policies for abseneces were established within the course to promote consistency across students and to increase student privacy related to personal matters. Overall, these features have created a more accessible learning environment. Implications are discussed.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 66363 - Review Session

Section Featured Speaker Address

Work Integrated Learning in a 1600 Student Introduction to Psychology Class: Not Only Possible, Also Extremely Powerful!

Presenting Author: Joordens, Steve

Abstract: *Work integrated learning (WIL) activities are now seen as playing a key role in preparing students for future success. Given this is true, why not run them in our very large Introductory level courses? In this talk I will describe the WIL activities I completed in the Fall of 2020, with 1600 fully online students. The approach combines peer-assessment with a hack-a-thon like approach to whittle and hone the original submissions into the ten best. Students could choose to work in groups to ultimately pitch their evidence-based eLearning enhancement ideas to the Ontario Provincial Government, or they worked as individuals to offer evidence-based advice on how a local flight school could enhance student engagement during lectures. These activities became overarching themes of the course, allowing me to connect issues related to attention, memory, learning, and the research process itself, showing the relevance of what they were learning in the context of current real world issues. At a more general level I believe this example will demonstrate how we can give students deep learning experiences even in very large and fully online courses. A core component of the learning is focused on developing the core transversal skills in students, such as those critical to problem solving (critical and creative thought) and those involved in working with others effectively (receptive and expressive communication, collaboration), all while also teaching students how to improve their work via a formal analysis of feedback. Doing this in an authentic context makes it all more engaging.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65189 - Section Featured Speaker Address

CyberTeens Research Project: Learning and Connecting in the time of COVID-19

Presenting Author: Shapka, Jennifer

Abstract: *As a society, we have become increasingly concerned about the impact of excess screen time on developmental wellbeing for children and youth. Indeed, technology-engagement is very high among younger demographics, and we are concerned about linkages to anxiety, depression, and loneliness (although work is emerging that suggests we may have over-estimated the impact of technology on mental health). Regardless, COVID-19 has forced youth into virtual settings more than ever before, with all aspects of their social, educational, and family lives increasingly happening online. This presentation will provide an overview of the role that technology plays in an adolescent's life, as well as present recently collected data from the CyberTeens research project, with a focus on COVID.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 66997 - Section Featured Speaker Address

Snapshot

Recommendations for Incorporating Self-Regulated Learning into Math Instruction

Presenting Author: Sagar, Nathalie

Additional Authors: Bailey, Darcie Anne; Ruddy, Alexandra; Martin, Stephanie

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

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 61704 - Snapshot

Empowering students to fight boredom through an online intervention

Presenting Author: Sukovieff, Alyse R

Additional Author: Tze, Virginia

Abstract: *Research has shown that boredom hinders post-secondary students' learning trajectory (Tze, Daniels, and Klassen, 2016), often regardless of teaching method. Because evidence suggests the causes of boredom cannot be fully mitigated by instructors, students must assume some responsibility for managing their boredom. However, students may not be equipped to do so as they may not have specific knowledge of how to reduce their boredom. As part of a multi-year research project, this focus group aimed to learn about student knowledge of boredom and their interest in learning about boredom management. Undergraduate students were invited to participate in an online focus group. Participants answered questions about their experiences of boredom in University and discussed a psychoeducational video (created by the research team) about boredom. Preliminary extraction of ideas demonstrates that prior to the video, students were not aware of their influence on feelings of boredom and believed that it was their professor's responsibility to maintain their interest. Following the video, participant discussion revealed themes of desire to engage in new behaviours to reduce boredom. However, expressions of newfound responsibility were offset with desires for their professors to teach them to reduce their boredom before they experience this feeling in the first place. Thus, this suggests that an intervention to teach students about managing boredom could be well-received if it begins with empowering students to feel as though they have some control over their boredom feelings.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 64746 - Snapshot

THEME: EXPLORING LIFE STAGES

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

12-Minute Talk

The effect of facial trustworthiness on perceptions of children's behaviour in ambiguous situations.

Presenting Author: Thierry, Sophia M

Additional Author: Mondloch, J Catherine

Abstract: *Despite the profound behavioural consequences that first impressions of trustworthiness have on adult populations, few studies have examined how adults' first impressions of trustworthiness influence behavioural outcomes for children. Using a novel task design, we examined adults' perceptions of children's behaviour in ambiguous situations. After a brief presentation of a child's face (high- or low-trust), participants viewed the child's face embedded within an ambiguous scene involving two children (Scene Task) or read a vignette about a misbehaviour done by that child (Misbehaviour Task). In the Scene Task, participants described what they believed to be happening in each scene; in the Misbehaviour Task, participants indicated whether the behaviour was done on purpose or by accident. In both tasks, participants also rated the behaviour of the target child and indicated whether that child would be a good friend. In Experiment 1, young (n =61) and older (n =57) adults viewed unaltered face images. Ambiguous scenes and misbehaviours were interpreted more positively when the target child had a high- versus low-trust face, with comparable patterns of results for the two age groups. In Experiment 2, young adults (N =59) completed the same tasks while viewing images of child faces morphed towards high- and low-trust averages. The pattern of results mirrored that of Experiment 1. Collectively, our results demonstrate that a child's facial trustworthiness biases how adults interpret children's behaviour—a heuristic that may have lasting behavioural consequences for children through a self-fulfilling prophecy.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 64965 - 12-Minute Talk

Dimensions Underlying First Impressions of Older Adult Faces by Young and Older Adult Perceivers

Presenting Author: Twele, Anita C

Additional Author: Mondloch, Catherine

Abstract: *First Impressions (FIs) based on facial cues have significant consequences in real-world contexts, including election outcomes and emergency health care responses. Older adults (OAs) are a vulnerable population and the fastest growing age demographic in Canada. FIs have the potential to influence how OAs are treated by others which, in turn, influences their well-being. Surprisingly little research has focused on FIs of OAs and how they differ from FIs of younger adults (YAs). The present study addressed this gap in the literature by using a data-driven approach to examine dimensions underlying FIs of OAs and whether those dimensions vary by perceiver age. In Experiment 1, YA (n= 87) and OA (n=91) participants provided unconstrained, written descriptions in response to OA faces. From these descriptors, 18 trait categories were identified that were similar, but not identical, across age groups. In Experiment 2, YA participants (n= 547) rated 56 OA faces on the trait words identified for their age group in Experiment 1. In a principle components analysis for the YA ratings, two dimensions emerged for OA faces (grumpy and healthy) which differ from the well-documented*

dimensions for YA faces (trustworthiness and dominance). In Experiment 3 (in progress) OA participants (n=600) are rating the same faces; I will examine whether the dimensions that emerge match those found for YA perceivers. The current research has broad implications for theories of first impressions and many aspects of older adults' everyday life, including opportunities to understand how FIs of OAs influence behaviour towards them.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65052 - 12-Minute Talk

Trans Youth CAN!: Gender development of trans and non-binary youth under age 16 in clinical care

Presenting Author: Ducharme, Jennifer

Additional Authors: Gotovac, Sandra; Bauer, Greta R; Lawson, Margaret L

Abstract: *BACKGROUND: Referrals to youth gender clinics have increased. Despite evidence of positive impact on mental health, there are concerns regarding the appropriateness of providing gender dysphoria treatment to youth. METHODS: Trans Youth CAN! is a prospective cohort of youth*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65602 - 12-Minute Talk

Printed Poster

A meta-analysis of parental behaviors: Mothers show higher mind-mindedness than fathers

Presenting Author: Trepiak, Philip

Additional Author: Deneault, Audrey-Ann

Abstract: *Mind-mindedness refers to a caregiver's tendency to attribute mental states to their children (Meins, 1997). Although it is a relatively new and understudied construct within child developmental research, research has shown that mind-mindedness predicts positive development in children (McMahon and Bernier, 2017). Many studies have compared paternal and maternal mind-mindedness and have provided mixed findings, with some studies finding no difference between mothers and fathers (Barretto, 2016) and others finding that mothers display higher mind-mindedness (Planalp, 2016). This study uses meta-analytical techniques to systematically determine whether mothers and fathers exhibit similar levels of mind-mindedness towards their children. A systematic search for studies evaluating mind-mindedness and similar constructs (i.e., reflective functioning, mentalization; Zeegers et al., 2017) across 5 databases identified 33 studies. The results show that mothers presented higher mind-mindedness than fathers (d = -0.26, p < 0.01). There was also a significant correlation in mind-mindedness between mothers and fathers of the same family (r = 0.17, p < 0.01). Future studies should consider factors that may influence this difference (e.g., presence of risk, child age, parental education), and consider possible interventions that could support the promotion of fathers' mind-mindedness.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61277 - Printed Poster

Executive functioning in middle childhood: The contribution of family alliance

Presenting Author: Hébert, Élizabeth

Additional Authors: Regueiro, Sophie; Bernier, Annie

Abstract: *A large body of research shows that the quality of family relationships is involved in the development of child executive functioning (EF), a set of cognitive skills that bear critical importance for social and academic adjustment (Deater-Deckard, 2014; Follmer, 2018; Hao, 2017). Studies have, however, focused almost exclusively on dyadic parent-child interactions and failed to consider higher-level family processes. Consequently, the current study focused on family alliance, which represents the degree of father-mother-child coordination while interacting together, as a predictor of individual differences in children's EF. A community sample of 87 intact families (45 boys) participated in two home visits over four years. Triadic mother-father-child interactions were assessed in kindergarten using the Family Alliance Assessment Scales (Favez et al., 2011; inter-rater reliability: ricc = .81). Child EF was assessed in Grade 4 with tasks capturing inhibition, cognitive flexibility, and working memory. Hierarchical regression analyses showed that higher-quality family alliance was predictive of better child performance in cognitive flexibility, even after controlling for basic skills (β = .26, p = .011; β = .22, p = .042), and working memory (β = .27, p = .011). These results underscore the importance of family alliance for child executive development.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61355 - Printed Poster

Prevalence of psychological distress and COVID-19-related post-traumatic stress symptoms in youth aged 14 to 25 years.

Presenting Author: Malchelosse, Katherine

Additional Authors: Jean-Thorn, Arianne; Hébert, Martine

Abstract: *The COVID-19 pandemic affects the population both psychologically and physically (Serafini et al., 2020). Young people, even if not considered vulnerable to the virus, are likely to experience a deterioration in their psychological health (Findlay and Arim, 2020). Few studies have explored the psychological consequences of the pandemic in Quebec youth aged 14 to 25. The purpose of this study was to determine the prevalence of psychological distress and COVID-19-related post-traumatic stress disorder (PTSD) by gender and exposure to the virus (to have had, to suspect or not to have had the virus). The participants, 6724 youth aged 14 to 25, completed an online questionnaire assessing psychological distress and the presence of pandemic-related PTSD. Descriptive analyses and Chi-square tests were conducted. The results indicate that the level of psychological distress is significantly higher in girls (73.6%) than in boys (53%), $c2$ = 267.44; p < .001. Youth who suspected they had the virus also reported more psychological distress than youth who did not have the virus (77.8% vs. 66.4%), $c2$ = 14.58; p < .001. The prevalence of PTSD is also higher in girls (23.4%) than in boys (12.7%), $c2$ = 78.99; p*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61373 - Printed Poster

Promoting possible selves among emerging adults: A comparison of two brief interventions

Presenting Author: Giannone, Zarina A

40

Additional Author: Kealy, David

Abstract: *Emerging adulthood is a period when a person's sense of who one can become undergoes considerable development. "Possible selves" reflect psychological representations of future versions of the self, encompassing future selves in vocational and educational pursuits and intimate and social relationships. If robust and flexible, possible selves can be a source of strength and motivation. Thus, interventions that focus on enhancing possible selves can help emerging adults shape and pursue their life goals. The present study compared two brief possible selves interventions: _Identity Matters-_ an interactive experiential group aimed at articulating and discussing possible selves- and _Planning Ahead_- a didactic group aimed at fostering career planning and personal development skills. It was hypothesized that both interventions would promote improvement in possible selves constructs. A sense of engagement in group interaction was hypothesized to contribute to such improvement. To test these hypotheses, 120 adults aged 18-25 were recruited via community advertisements. Participants were randomized to the interventions and completed measures of future outlook, personal growth initiative, relational possible selves, and vocational possible selves at pre- and post-intervention, as well as ratings of group engagement after each session. Repeated measures ANOVA, among study completers (_N_ = 86), indicated that both interventions were associated with increased future outlook and personal growth initiative; however only _Identity Matters_ was associated with increases in relational possible selves. Neither intervention was associated with changes in vocational possible selves. Follow-up tests found that group engagement was associated with relational possible selves in _Identity Matters_, only. While both interventions appeared to be useful, there may be particular promise for interactive, reflection-oriented groups in fostering emerging adults' sense of efficacy in pursuing desired future relational selves. Study findings also have implications for career and lifespan development and strength-based approaches in counseling psychology.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61454 - Printed Poster

Trajectories of team and individual sports participation in childhood and links with internalizing problems

Presenting Author: White-Gosselin, Charles-Étienne

Additional Author: Poulin, François

Abstract: *Organized sports participation is linked to psychological benefits among youth (Eime et al., 2013). Some studies argue that participation in team sports is linked to several benefits that are not observed for individual sports (Sabiston et al., 2016; Rodriguez-Ayllon et al., 2019). The purpose of this longitudinal study is to identify trajectories of team and individual sports participation, and to compare these trajectories on different types of internalizing problems. Parents reported children sports participation annually from 6 to 10 years of age (N = 960) and teachers reported internalizing problems (depression, anxiety, social withdrawal) at the beginning and at the end of this period. Latent class growth analyses reveal two trajectories of team sports participation: 1) constantly high (11.2%) and 2) low and increasing (88.8%). Three trajectories of individual sports participation were identified: 1) high and decreasing (5.4%), 2) irregular (15.3%) and 3) constantly low (79.3%). Considering the baseline level of symptoms and other confounding variables, children in the constantly high team sports trajectory show significantly lower scores of depressive, anxiety and social withdrawal symptoms at age 10 than those in the low and increasing team sports trajectory. No differences between individual sports trajectories were observed. Our results suggest that participation in team sports should be encouraged to promote aspects of young childrens mental health.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61467 - Printed Poster

Women's fertility intention formation: The influence and complexity of underlying structural factors

Presenting Author: Fletcher-Hildebrand, Shaneice

Additional Authors: Lawson, Karen; Downe, Pamela; Bayly, Melanie

Abstract: *BACKGROUND/RATIONALE: The trend to defer childbearing is linked with both empowering and challenging outcomes for women. The cognitive-social (C-S) model (Bachrach and Morgan, 2013) suggests that deliberative thinking regarding reproduction occurs following fertility-relevant life transitions, resulting in fluctuations in motherhood schemas and fertility intentions. This framework was applied to explore the processes involved in womens fertility intention formation and decisions regarding the timing of motherhood. METHODS: Semi-structured interviews were conducted with twelve women in Canada who either had children or desired children. RESULTS: Two overarching themes central to the C-S model are discussed: (a) passive expectations and (b) deliberative intentions. Womens motherhood schemas were often underpinned by schematic structures (e.g., group norms and scripts) and material structures (e.g., observational influences). Life transitions and personal experiences tended to prompt deliberative thinking about motherhood plans. CONCLUSIONS: The results were generally consistent with the C-S model, but highlight complexities to consider when investigating fertility expectations and intentions. ACTION/IMPACT: This research contributes to better understanding intention formation, which can help inform interventions that assist women in achieving their reproductive goals.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61551 - Printed Poster

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

Presenting Author: Sardella, Nicole A

Additional Authors: Kim , J Juensung; Ferrari, Michel

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

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 61754 - Printed Poster

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

Presenting Author: Bouchard, Samantha

Additional Authors: Doiron, Kelly; Stack, Dale M

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

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61758 - Printed Poster

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

Presenting Author: Kahnami, Leila

Additional Authors: Sehra, Ramandeep; Desrocher , Mary; Tourchian, Nima; Fabri, Tracy

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

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 61765 - Printed Poster

Cumulative childhood trauma and parenting stress explored through the lens of the Self-Trauma model

Presenting Author: Rassart, Camille A

Additional Authors: Paradis, Alison; Bergeron, Sophie ; Hébert, Martine; Godbout, Natacha

Abstract: *The birth of a new child is a life-defining event, which tends to dramatically widen the gap between parents' resources and the demands they face, generating parental stress. In this regard, survivors of cumulative*

childhood trauma (CCT) appear more vulnerable and report higher rates of stress. However, the mechanisms explaining the association between CCT and parental stress remain unknown, limiting the promotion of resilience in parents. Based on the Self-Trauma model, this study examined the role of affect, identity and relational disturbances in the link between CCT and parental stress. A randomly selected sample of 421 parental couples of a newborn completed self-reported measures online. Path analyses revealed that CCT was linked to greater parental stress through increased affect and identity disturbances in mothers and fathers (R__2_ =22.4%; 20.7%). Actor-partner interdependence modeling revealed dyadic links between mothers' relational disturbance and fathers' stress, and between fathers' CCT history and mothers' stress. Findings suggest that CCT survivors may come to experience parental stress through difficulties in affect and identity, highlighting these self-capacities as promising intervention targets for survivors adjusting to a new birth. Findings emphasize the need to involve both parents in studies on CCT and parental stress given dyadic patterns may be at play.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 64704 - Printed Poster

Linking psychosocial strengths to well-being and maladjustment by a mechanism of perceived stress

Presenting Author: Harder, Jane A.

Additional Author: Rawana, P. Edward

Abstract: *Personal strengths have been conceptualized in many different ways throughout the positive psychology literature. Psychosocial strengths are one conceptualization that is concrete in nature, as they are specific life domains which an individual can utilize for support or personal growth (e.g., strengths with family, on the job, from self-knowledge, etc.). Thus far, little research has explicitly addressed the roles of well-being and maladjustment in the context of emerging adulthood as a potentially stressful stage of life. In the present study, _n_ =254 undergraduate students from Lakehead University completed self-report measures of psychosocial strengths, well-being, depression, anxiety, and perceived stress through SurveyMonkey in the fall of 2019. Mediation modelling was used to examine the respective pathways between well-being, depression, and anxiety as predicted by strengths, with stress as a mediating variable. Results indicate a relationship consistent with an indirect mediating effect of stress in all three models. While well-being was still predicted by strengths when accounting for stress, depression and anxiety were not. These results support the notion that well-being and maladjustment are independent constructs with unique predictors, rather than opposite ends of a single continuum. Results also speak to the utility of strength use in efforts to reduce maladjustment and/or boost well-being. Interventions based on psychosocial strengths would perhaps be best targeted toward increasing well-being and decreasing stress, rather than directly decreasing symptoms of depression or anxiety.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64807 - Printed Poster

Mental health outcomes during COVID-19: A scoping review & recommendations for geriatrics research

Presenting Author: Thapar, Serena

Additional Author: Mah, Linda

Abstract: *Older adults are vulnerable to mental and physical health consequences of social isolation during infectious outbreaks. Recent reviews of mental health during COVID-19 have not considered the geriatric population. The present review provides a scope of the literature on the prevalence of psychiatric symptoms in the general population, with a geriatric lens. The PRISMA-ScR checklist was used as the methodological*

framework. A review of the literature was conducted through searches of PubMed and https://www.medrxiv.org/ from January 1st, 2020 to June 1st, 2020. Results pooled across the 56 included studies indicated that 30% of individuals across all age groups experience depression, anxiety, and overall stress. Rates of anxiety in older adults are similar to the general population, while depression is reported by 1 in 3 older adults. Effects of age on mental health outcomes are mixed. Several studies show that the risk or severity of psychiatric symptoms may be lower in older adults, while others show the opposite pattern or no effect of age. Overall, nearly 1 in 3 older adults have experienced negative effects on mental health during COVID-19. Future studies must employ a broader range of survey methods to adequately sample the older adult population and conduct longitudinal studies to reach definitive conclusions regarding the pandemic's impact on geriatric mental health.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64863 - Printed Poster

Adversity and Adjustment: Understanding the Impact of Childhood Trauma on University Adjustment

Presenting Author: Grassia, Elizabeth

Additional Authors: Mushquash, R. Aislin; Mohammed, Shakira; MacIsaac, Angela

Abstract: *OBJECTIVE: Exposure to childhood trauma during the developmentally critical periods of childhood and adolescence has the potential to negatively impact various outcomes across the lifespan, including physical and psychological health. However, comparably less is known about the impact of childhood trauma on university student adjustment. We evaluated the associations between childhood trauma and a multidimensional model of adjustment. PARTICIPANTS: A sample of 113 university students (88 female; 25 male) was recruited from a medium-sized Canadian university. METHODS: Participants completed self-report measures of study constructs (i.e., childhood trauma, wellness, mental health difficulties, and stress). RESULTS: Confirmatory factor analysis indicated acceptable model fit: $\chi2(11) = 22.09$, $p < .05$; $\chi2/df = 2.01$; CFI = .98; TLI = .95; RMSEA = .09 [90% CI: .03, .14]. The hypothesized structural model also fit the data well: $\chi2(15) = 28.80$, $p < .05$; $\chi2/df = 1.92$; CFI = .98; TLI = .96; RMSEA = .08 [90% CI: .05, .11] and showed that greater childhood trauma predicted increased adjustment difficulties. CONCLUSIONS/IMPACTS: Current findings can be used to support students with histories of adversity to ensure they have access to the resources necessary to foster their success and post-traumatic growth in a university environment.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64954 - Printed Poster

A patient-oriented research project: Family member bereavement in long-term care during the COVID-19 pandemic

Presenting Authors: Qiao, Thomas ; Pereira, Rebeca S; Hunter, Paulette V

Additional Authors: Myge, Ivy; Ottley, Katherine M; Barlow, Marilyn; Compton, Roslyn M

Abstract: *The bereavement experiences of long-term care (LTC) families are not well described, and during a recent research project, LTC families identified the study of bereavement as a research priority. As the pandemic began, it became clear from further conversations with LTC families the recent implementation of visiting restrictions as an infection control measure during the COVID-19 pandemic has further shaped their bereavement experiences. In response, we initiated a patient-oriented research project to understand the experience of bereavement in LTC during the COVID-19 pandemic. We are presently conducting confidential interviews with approximately 20 family members of LTC residents who died before or during the pandemic. The interview guide, co-developed by family advisors and the research team, includes questions about how*

participants experienced their family members' end of life care and how they navigated their loss. Interviews will be analysed thematically. Results are forthcoming; however, based on preliminary conversations with family partners, we expect that potential themes might include: variability in communication satisfaction, a need for adequate knowledge and resources to support end of life care, a lack of support in coping with loss, and complicated emotions. Family partners will be engaged in the interpretation and discussion of results. We anticipate these emerging findings will be useful for guiding bereavement care as the LTC system restabilizes after the pandemic.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65004 - Printed Poster

Depressive Symptoms in Fathers are Associated with Lower Paternal Sensitivity: A Meta-Analysis

Presenting Author: Trepiak, Thomas

Additional Authors: Deneault, Audrey-Ann; Bureau, Jean-François; Cabrera , Natasha

Abstract: *Parental sensitivity is a key aspect of high quality caregiving and an important contributor to positive child development (Zeifman, 2003). Studies of mother-child dyads have shown that depressive symptoms may reduce parental sensitivity. Fewer studies have been conducted with fathers, even if many researchers emphasize the importance of fathers in shaping child development (Cabrera et al., 2018). Among existing research on fathers, results show that depressive symptoms relate to less optimal caregiving in general, but their impact on paternal sensitivity remains unclear (Wilson and Durbin, 2010). In order to address this question, this study uses a systematic review and meta-analytic techniques to determine whether depressive symptoms in fathers are associated with paternal sensitivity. Five electronic databases were searched for terms related to paternal sensitivity and depressive symptoms and screened for inclusion based on pre-determined criteria. Twenty-two studies met inclusion criteria and were used in the meta-analysis. The results revealed a significant negative correlation (_r = _-12.04, 95% CI: -0.211 to -0.031), by which higher depressive symptoms are associated with lower sensitivity in fathers. Our findings support the need for intervention programs targeted to fathers specifically to help increase their well-being, and thereby support positive child development.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65123 - Printed Poster

The Influence of Perceived Social Support and Psychological Resilience on the Relationship Between Adverse Childhood Experiences and Self-Rated Health: A Cross-Sectional Study of Community-Dwelling Older Adults

Presenting Author: Garcia Vargas, Maria F

Additional Author: Gallant , Natasha

Abstract: *Adverse childhood experiences (ACEs) and related psychosocial processes have been widely linked to unfavorable health outcomes among children, adolescents, and younger adults. Research examining these relationships among middle-aged and older adults, however, is sparse. This study was therefore aimed at investigating the influence of ACEs and two psychosocial processes (i.e., perceived social support [PSS], psychological resilience [PR]) on global self-rated health among middle-aged and older adults. A total of 77 community-dwelling adults residing in Saskatchewan completed a set of online self-report questionnaires regarding ACEs, PSS, PR, and global self-rated health. The sample included 57 cisgender females, 15 cisgender men, and 5 transgender men between the ages of 39 and 88 years (_M _= 65.36; _SD _= 9.00). Statistical analyses comprised of a series of multiple regressions with ACEs, PSS, and PR as the predictor variables and*

global self-rated health (i.e., rating of overall health, rating of overall health compared to peers, and satisfaction with overall current health) as the outcome variable. Results revealed that the model for overall health (_p_ = .056) approached significance with PR (_p_ = .020) as a significant predictor in the model. Furthermore, the model for overall health compared to peers (_p_ = .002) was significant with PR (_p_ = .001) and PSS (_p_ = .039) as significant predictors in the model. The model for satisfaction with overall current health was not significant (_p_ = .119). These findings provide preliminary support for interventions targeting psychological resilience and perceived social support to promote better self-rated health among middle-aged and older adults.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65166 - Printed Poster

Unique and joint impact of executive functions and emotion regulation on teen's depressive symptoms

Presenting Author: Abraham, Eleenor H

Additional Author: McAuley, Tara

Abstract: *BACKGROUND: Depression is increasingly prevalent in youth and is linked with impaired function. Depression has been associated with emotion regulation (ER) and executive dysfunction (EF); however, these predictors have not been examined in tandem with teens. METHODS: This study assessed the unique and joint influence of ER and EF on depressive symptoms in a community sample of 170 youth ages 11-18 years who completed self-report measures. RESULTS: Bivariate correlations indicated that ER strategies and EF were significantly associated with depression and that rumination was the strongest predictor. A hierarchical regression with demographic variables entered in step one suggested that being female and increasing age were significant or trend-level predictors. In step two, ER and EF explained significant incremental variance in depressive symptoms. Rumination, expressive suppression, and EF were significant positive predictors, positive reappraisal was a significant negative predictor, and mental disengagement was not significant. In step three, interactions between EF and these regulatory strategies did not improve the model. CONCLUSIONS: Rumination predicts depressive symptoms over and above other ER strategies, which merits further investigation in a developing sample. Tailoring treatments to address the unique influences of ER and EF may mitigate depression in later life.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65184 - Printed Poster

Postsecondary Enrolment of Adolescents with and without ADHD Histories: A Longitudinal Analysis

Presenting Author: Di Lonardo Burr, Sabrina M

Additional Authors: LeFevre, Jo-Anne; Howard, Andrea L

Abstract: *The academic performance of children with ADHD is often measured by either standardized achievement tests or school grades. However, the two measures capture different aspects of academic performance. Standardized achievement deficits in persons with ADHD may be due to difficulties with cognitive functioning. In contrast, poor school performance in persons with ADHD may be linked to failure to listen to instruction, incomplete homework, disorganization, and poor study skills. Moreover, standardized achievement tends to remain stable over time, whereas school grades often fluctuate, especially during periods of transition. Using data from the Multimodal Treatment Study of Children with ADHD and latent curve modelling, this study explored ADHD histories and postsecondary enrolment as factors that may shape developmental trajectories of academic performance for adolescents with and without ADHD histories who did or did not eventually enrol in*

postsecondary education. In general, academic performance was better for adolescents who eventually enrolled in postsecondary studies, regardless of ADHD histories. However, for adolescents with ADHD histories who eventually enrolled, standardized achievement remained stable over time and was consistently lower than that of their non-ADHD peers who enrolled. In contrast, school grades improved in high school; by grade 12 the two groups had similar grades. These findings highlight the importance of considering both measures of academic performance when investigating academic performance among adolescents with ADHD histories.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65228 - Printed Poster

Responsive Parenting Interventions and Children's Executive Function: A Meta-Analysis of Randomized Controlled Trials

Presenting Author: Markwell, Alexandra

Additional Author: Prime, Heather

Abstract: *Responsive parenting has been robustly linked to executive functions (EF) in early childhood, and responsive parenting interventions (RPI) have been used to target this link. A synthesis of this literature is needed to address inconsistencies across studies. The aims of the current systematic review and meta-analysis include: (1) identify the number of studies that have used randomized controlled trials (RCTs) to study RPI to target EF in early childhood; (2) obtain a precise estimate of the extent to which RPIs lead to gains in children's EF; and (3) explore moderators that may explain between-study variability in effect sizes (i.e., inclusion of one vs. two parents; child sex). A systematic search strategy was executed which included MEDLINE, PsycINFO, ERIC, and ProQuest Dissertations and Theses databases. As part of a larger meta-analysis on child development (PROSPERO registration #CRD42020222143), 10955 abstracts were screened, and 766 full-text studies were assessed for eligibility. Aim 1 has been addressed: 10 RCTs were found that used RPI to target EF in early childhood. Data extraction (i.e., study characteristics, moderators, and effect sizes) is underway and will be completed in February 2021. Aims (2) and (3) will be addressed using Comprehensive Meta-Analysis Software. Findings will have implications for practice and policy guidelines to promote EF in early childhood.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65241 - Printed Poster

Estime De Soi Physique À L'adolescence : Présence De Différences Intra Et Inter Sexuelles

Presenting Author: Langlois, Marie-Ève

Additional Authors: Morin, Guillaume; Bellavance, Amélie ; Meilleur, Dominique

Abstract: *Le corps occupe une place importante dans lestime de soi des adolescents. Étant donné les nombreux changements biopsychosociaux survenant à cette période, le niveau d'estime de soi physique pourrait varier selon les dimensions corporelles investiguées (c.-à-d. l'apparence, la force, l'endurance, la compétence athlétique) et le genre des participants. Cette étude visait à identifier les différences intra et inter sexuelles liées à l'estime de soi physique chez un groupe d'adolescents. L'étude a été effectuée auprès de 119 garçons et 332 filles, âgés de 11 à 18 ans, provenant d'écoles secondaires montréalaises. Les participants ont rempli le _Physical Self-Perception Profile_. Des ANOVAs ont été effectuées. Chez les garçons, l'estime de soi liée à la force était inférieure à celles liées à l'apparence et à la compétence sportive (_p_*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65252 - Printed Poster

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

Presenting Author: Garon-Bissonnette, Julia

Additional Authors: Lemieux, Roxanne; Berthelot, Nicolas; Drouin-Maziade, Christine; Maziade, Michel

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

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65379 - Printed Poster

Trauma Cumulatif dans l'Enfance, Motivations Sexuelles et Satisfaction Sexuelle chez les Adultes Émergents

Presenting Author: Kusion, Pierre-Yves

Additional Authors: Doucet, Émilie; Binette, Cynthia; Brochu, Ève-Marie; Brassard, Audrey; Dugal, Caroline

Abstract: *Les adultes émergents, dans une période d'exploration sexuelle, sont susceptibles de vivre des difficultés ou de l'insatisfaction sexuelles (Arnett, 2014; Laumann, Paik, & Rosen, 1999). Le trauma cumulatif dans l'enfance (TCE), soit le nombre d'expériences d'abus et de négligence en enfance pourrait expliquer que la satisfaction sexuelle de certains adultes soit plus faible (Godbout et al., 2020), mais les mécanismes explicatifs de ce lien sont peu connus. Les motivations sexuelles d'évitement (ayant pour but d'éviter des conséquences négatives) pourraient constituer un mécanisme prometteur (Layh, Rudolph, and Littleton, 2019). Cette étude a examiné les liens directs et indirects entre la satisfaction sexuelle, les motivations sexuelles et les TCE chez 437 adultes émergents ayant un partenaire amoureux ou sexuel. Ils ont répondu à des questionnaires en ligne. Les analyses de régressions multiples hiérarchiques et de médiation ont révélé l'absence de lien direct entre le TCE et la satisfaction sexuelle, mais la présence d'un lien indirect négatif via la motivation sexuelle d'affirmation de soi. Le TCE est aussi lié à la motivation sexuelle de coping, mais seules les motivations sexuelles d'intimité, de gratification et d'affirmation son liées à la satisfaction sexuelle. Ces résultats pourraient permettre d'offrir de possibles pistes de prévention chez les adultes émergents.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65419 - Printed Poster

An Examination of Same- and Other-Sex Perceptions of Perceived Leadership in Early Adolescents: Gender and Socioeconomic Considerations in Leadership Traits

Presenting Author: Sooknanan, Vishal

Additional Authors: Persram, Ryan; Bukowski, William M.

Abstract: *Contextual variations (i.e., gender, socioeconomic status) in the factors that affect individual differences in leadership styles in early adolescence were examined in a study of 430 fifth- and sixth-grade girls and boys. The study tested the hypothesis that the association between democratic- (e.g., treating others fairly) and autocratic- (e.g., telling others what to do) leaning leadership traits and perceived leadership would be moderated by gender, popularity and SES. Participants completed peer assessments of autocratic traits, democratic traits, popularity, and perceived good leadership. Findings suggested that democratic traits were associated with good leadership. Further, gender moderated this relationship, such that boys who were nominated by other boys and showed high democratic traits were perceived as good leaders more often than girls with similar traits. Further, boys rated highly democratic girls from high SES backgrounds as good leaders more often than girls from low SES backgrounds. The findings highlight the importance of minimizing gender stereotyping in the classroom, limiting exposure to status cues in the learning environment and furthering research on leadership early in development.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 65470 - Printed Poster

Association Between Adverse Childhood Experiences and Adult Substance Use: A Meta-Analysis

Presenting Author: Zhu, Jenney

Additional Authors: Racine, Nicole ; Devereux, Chloe; Madigan, Sheri

Abstract: *Background: Adverse childhood experiences (ACEs), including abuse, neglect, and household dysfunction experienced before the age of 18, are associated with negative physical and mental health outcomes in adulthood (Felitti et al., 1998). Previous research has identified ACEs to be associated with substance use and this relationship may be related to utilizing maladaptive coping strategies following exposure to ACEs (Hayes et al., 1996). The literature on the magnitude of the association between ACEs and substance use is currently mixed. Thus, the present meta-analysis seeks to synthesize the association between history of ACEs and adult substance use.   Methods: PRISMA guidelines were used for the present meta-analysis (Moher et al., 2015). Searches were conducted using MEDLINE, Embase, and PsychINFO by a health sciences librarian up to November 2018. 75 studies met full inclusion criteria. Data are presented as Odds Ratios (OR) and 95% confidence intervals (CI) and were analysed in Comprehensive Meta-Analysis 3.0.   Results: The association between ACEs and substance use were as follows: smoking (OR 2.4, CI: 1.97-2.95), problematic alcohol use (OR 2.6, CI: 2.22-2.13) and illicit drug use (OR 2.5, CI: 2.1-3.0). Moderator analyses will also be presented.   Conclusions: When ACEs were experienced, a 2-3-fold increased risk of substance use was observed.   Action/Impact: This meta-analysis contributes to current understanding of the association between ACEs and substance use and addresses limitations of past literature by investigating the association between a cumulative frequency score of ACEs and substance use.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 65509 - Printed Poster

Section Invited Symposium

Geropsychology During the COVID-19 Pandemic: Clinical and Research Perspectives

Presenting Authors: Heisel, Marnin ; Khatri, Nasreeen ; Reynolds, Kristin

Moderator: Millikin, Colleen

Abstract: *The COVID-19 global pandemic has had a substantial negative impact on the health and well-being of older Canadians, a demographic with the highest proportion of fatalities nation-wide. Long-term care and retirement homes have been especially hard hit, accounting for over 75% of pandemic-related deaths in Canada. The pandemic has highlighted longstanding challenges for older Canadians in residential care, many of whom have experienced increased anxiety, fear of illness, and loss of access to family supports. Sheltering in place can increase social isolation of older adults and contribute to feelings of stigmatization, burden, stress, anxiety, anger, and despair. Many do not have the technology to connect with others and participate in community events virtually. Given that older adults also have high rates of suicide, stresses associated with the pandemic (e.g., fear of infection, reduced access to professional and social supports, apathy, and hopelessness) could combine to amplify suicide risk, as it appears to have done with older adults in Hong Kong during the 2003 SARS epidemic (see Zortea et al., 2020). Older adults who experience cognitive impairment have been profoundly affected by pandemic-related social isolation and lack of support services. More rapid cognitive decline and increases in reactive behaviour have placed additional pressures on caregivers, resulting in declines in their mental and physical health. Canadian psychologists have responded creatively to this public health emergency, striving to meet the psychological needs of older adults through clinical service, research, supervision, advocacy, and community engagement. This symposium will focus on the experiences and perspectives of psychologists who work with older adults across the spectrum of care. Interactive discussion will highlight shared experiences and lessons learned, as well as opportunities for research and clinical advocacy to enhance Geropsychology science and practice in both good times and in bad.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 66609 - Section Invited Symposium

Snapshot

Mental health outcomes during COVID-19: A scoping review & recommendations for geriatrics research

Presenting Author: Thapar, Serena

Additional Author: Mah, Linda

Abstract: *Older adults are vulnerable to mental and physical health consequences of social isolation during infectious outbreaks. Recent reviews of mental health during COVID-19 have not considered the geriatric population. The present review provides a scope of the literature on the prevalence of psychiatric symptoms in the general population, with a geriatric lens. The PRISMA-ScR checklist was used as the methodological framework. A review of the literature was conducted through searches of PubMed and https://www.medrxiv.org/ from January 1st, 2020 to June 1st, 2020. Results pooled across the 56 included studies indicated that 30% of individuals across all age groups experience depression, anxiety, and overall stress. Rates of anxiety in older adults are similar to the general population, while depression is reported by 1 in 3 older adults. Effects of age on mental health outcomes are mixed. Several studies show that the risk or severity of psychiatric symptoms may be lower in older adults, while others show the opposite pattern or no effect of age. Overall, nearly 1 in 3 older adults have experienced negative effects on mental health during COVID-19. Future studies must employ a broader range of survey methods to adequately sample the older adult population and conduct longitudinal studies to reach definitive conclusions regarding the pandemic's impact on geriatric mental health.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64868 - Snapshot

Ontario Grade 12 Graduates Life Satisfaction, Stress, and Anxiety During COVID-19: A Preliminary Study.

Presenting Author: Zdravkovic, Ana

Additional Author: Goldstein, Abby

Abstract: *The Novel Coronavirus disease (COVID-19) pandemic has had profound effects on physical and mental health worldwide (Holmes et al., 2020). Among those who were most significantly impacted are Grade 12 students who were transitioning out of high school, a major milestone, during the early stages of the pandemic. In early March 2020, all schools, colleges, and universities closed indefinitely to stop the spread of COVID-19. Students in their last year of high school finished the year learning from home, social distancing from their peers, and unable to properly mark the end of their final year in the K-12 school system. The adverse effects of the pandemic on the mental health of this population are still unknown. The purpose of the current study was to examine the impact of COVID-19 stressors (financial, social, and missing programming) on a sample of Grade 12 (N=177) students (Mage= 17, SD= .475; 61% female). Participants completed an online survey assessing the impacts of COVID-19 on social, financial, and milestone events typical for Grade 12 (i.e., graduation, prom) along with measures of anxiety, stress, and well-being during COVID-19. We found that missing grade 12 milestone events was associated with increased stress. Further, missing milestone events and financial impacts were associated with anxiety, and missing milestone events was associated with lower life satisfaction during the COVID-19 pandemic. Findings suggest that providing alternative opportunities to celebrate milestones and support for financial security are important for improving well-being among those who have experienced significant disruptions during this time.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 64886 - Snapshot

Coping during COVID-19: Examining Student Stress and Depressive Symptoms

Presenting Author: Grassia, Elizabeth

Additional Author: Mushquash, R. Aislin

Abstract: *OBJECTIVE: College students have faced widespread changes and challenges as a result of the novel coronavirus disease of 2019 (COVID-19) pandemic. How students cope with these disruptions is important in determining the ongoing impacts of the pandemic on mental health and well-being. We evaluated the associations between COVID-19 stress, coping responses, and symptoms of depression. PARTICIPANTS: A sample of 131 students (106 female; 25 male) was recruited throughout May 2020. METHODS: Participants completed online self-report measures of study constructs. RESULTS: As predicted, students experiencing more stress related to COVID-19 endorsed more symptoms of depression. Student stress was also associated with less use of engagement coping responses. Mediation analyses revealed a significant indirect effect of COVID-19 stress on symptoms of depression via primary engagement coping responses, ab = .029, SE = .014, 95% CI [.005, .061], and separately via secondary engagement coping responses, ab = .057, SE = .017, 95% CI [.026, .095]. CONCLUSIONS/IMPACT: Students lacking in adaptive, engagement coping responses may be particularly at risk for psychopathology when faced with high levels of stress related to COVID-19; thus, enhancing students' skills related to primary and secondary engagement coping amid the COVID-19 pandemic could have positive benefits on mental health.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64957 - Snapshot

Inner calling: Mindfulness and career calling interact to predict need satisfaction and goal progress.

Presenting Author: St-Jacques, Andre

Additional Authors: Taylor, Geneviève; Koestner, Richard

Abstract: *Young adulthood is regarded as a crucial period for taking advantage of career opportunities, while also presenting developmental obstacles to pursuing career goals. College students who have a calling to pursue a particular career tend to report more career goal success, whereas students who don't have a calling or are searching for one may feel aimless and have difficulty pursuing their academic or career goals. One factor that could buffer the negative effects of this period of uncertainty is mindfulness, a state of conscious awareness in which a person turns their attention towards their sensations, thoughts, and emotions. Further work is necessary to understand the protective effect of mindfulness in the relation between career calling/searching and goal progress. The present longitudinal study explores how mindfulness and a sense of calling interact to predict career goal progress and psychological need satisfaction in a sample of 508 university students. Results reveal that students high on dispositional mindfulness report higher need satisfaction and 4-month goal progress whether or not they have a calling, but students low on mindfulness only report need satisfaction and goal progress if they have a calling. In other words, mindfulness buffers the potential negative effect of being in a period of career goal uncertainty.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65320 - Snapshot

The influence of adverse childhood experience, psychological resilience, and attachment style on dark triad traits.

Presenting Author: Taylor, Emma K

Additional Author: Gallant, Natasha

Abstract: *Adverse childhood experiences (ACEs), such as childhood abuse and neglect, have been shown to be intricately linked to adverse outcomes in adulthood. Psychological resilience and attachment style have also been posited as influencing the relationship between ACEs and outcomes in adulthood. One outcome that has not yet been investigated, however, is the presence of dark triad traits (i.e., Machiavellianism, psychopathy, narcissism). For the present study, 120 participants completed a set of online self-report questionnaires assessing ACEs, psychological resilience, attachment style, and dark triad traits. Multiple linear regressions were conducted with the dark triad traits as outcome variables. The overall models for Machiavellianism (p = .021) and psychopathy (p = .000) were significant. In the model for psychopathy, avoidant attachment (p = .014) and psychological resilience (p = .024) were significant predictors. None of the predictor variables were significant in the model for Machiavellianism. These findings suggest that psychological resilience and attachment style may play a more important role in—and may be more appropriate targets for interventions related to—dark triad traits than the number of ACEs that one has experienced. Future studies with clinical samples, longitudinal study designs, and more advanced statistical analyses are needed.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65468 - Snapshot

Learning faces from variability: Four- and five-year-olds differ from older children and adults.

Presenting Author: Matthews, Claire M

Additional Author: Mondloch, J Catherine

Abstract: *By age 6, children can recognize familiar faces despite variability in their appearance (e.g., changes in expression, weight, makeup), but younger children have difficulty (Laurence and Mondloch, 2016). How do older children and adults achieve this robust recognition of familiar faces? Exposure to the ways in which a person varies in appearance is one mechanism for face learning (Ritchie and Burton, 2017). In a perceptual task, children aged 6-11 and adults showed evidence of learning a new face after viewing 6 images (Matthews et*

al., 2018). We investigated whether this mechanism for face learning functions in younger children. Children (aged 4-5 years, _n _ = 40) were read two storybooks featuring an unfamiliar character. Participants viewed 6 images of the character in one story and 1 image in the other. After each story, children were asked to identify novel images of the character that were intermixed with images of a similar-looking distractor. Young children identified more images of the character after viewing 6 images vs. 1 image (_p _< .001). However, they also incorrectly identified more images of the distractor after viewing 6 images vs. 1 image (_p _= .003), an effect not previously found for older children and adults. These results suggest that this mechanism for face learning is not fully refined before the age of 6. Our results have implications for models of development.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65551 - Snapshot

Standard Workshop

How to be Miserable in Your Twenties: The Clinician's Guide

Presenting Author: Paterson, Randy J.

Abstract: *The decade of the twenties appears to be an increasing period of turmoil, with rising rates of "failure to launch" and clinical depression. The reasons for these phenomena are many, but their relative importance has never been established empirically. In this workshop we consider the factors that may be implicated through four distinct themes: separation/individuation, societally-promoted myths about adulthood, the process of self-construction, and the exercise of self-determination. Participants will be invited to consider what we might do if our mission was to make the decade more difficult for ourselves and for our clients, rather than less so, and what that might reveal about what we are already encouraging for young people that may help explain the problems we are observing. This includes exhortations to "pursue your passion," the belief that confidence is a prerequisite to action, the tendency to set unattainable goals, the aversion to risk, a belief in self-expression over self-creation, the overuse of distraction-based activities that offer little in terms of memorable experience nor skill development, and the perceived unattractiveness of adult life. We then explore specific recommendations for therapy, including the exploration of fears and concerns about independent adulthood, desensitization of fears, cognitive challenging of unhelpful beliefs, and behavioural activation with the aim of developing self-perceived competence.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61707 - Standard Workshop

Symposium

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

Moderator: McAuley, Tara

Abstract: *Adverse childhood experiences (ACEs) are a significant public health concern given their deleterious influence on health in later life – a finding initially reported over 30 years ago and now extensively replicated across myriad indicators (e.g., health-risk behaviours, psychopathology, chronic illnesses, etc.). This symposium includes three papers that collectively advance our understanding of how ACEs become entrenched in underlying neurobiology and shape facets of human development. Paper 1 presents prevalence data of ACE exposure in southern Ontario, replicates well-established linkages between ACE exposure and negative health outcomes in adulthood, and demonstrates how resilience factors can attenuate some of these negative health trajectories. Paper 2 extends this work by focusing upon the intergenerational transmission of adversity exposure – showing, for example, that maternal ACEs have the potential to delay the acquisition of children's*

developmental milestones in the first four years of life. Paper 3 explores how the occurrence of ACEs may become embedded at an underlying neurobiological level, influencing the suite of self-regulating skills that are collectively referred to as executive functions. Taken together, these works advance our theoretical understanding of ACEs and have implications for public policy that is aimed at prevention and early intervention.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61733, Presenting Papers: 61785 - Symposium

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

Presenting Author: Trossman, Rebecca

Additional Authors: McAuley, Tara; Mielke, John

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

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61785 - Paper within a symposium (Symposium ID: 61733)

Humour for Flourishing Agency: Across Ages & Around the Globe

Moderators: Figueiredo, Vanessa; Cameron, Catherine Ann

Abstract: *Although definitions of humour vary, many researchers agree that it involves communication of incongruous meanings that amuse somehow. Humour serves many psychosocial functions, such as moderating development of agency, communion, and well-being. The qualitative studies reported employ quasi-ecological methodologies to investigate how individuals in different age groups and diverse locations use humour in daily negotiations. Toddlers and their families, an experienced Kindergarten teacher, and adolescents were observed during their daily routines and interviewed to develop thematic analyses of their humorous transactions. Humorous _teasing, inside jokes, light tones, irony, _and_ sarcasm_ are identified themes, demonstrating how children, a K teacher and youth used humour to support agency and to navigate complex contexts. Themes of_ development of critical problem-solving, enjoyment of an experience, _and _a sense of humour, _were identified within observations of a K teacher. Among children and youth, humour served as a navigational mechanism to understand, mitigate, and overcome obstacles in a light, socially acceptable way. The teacher promoted the benefits of humour and sought to develop humour as a skill among her students. Implications and suggestions for supporting the development of humour as a functional mechanism for healthy psychosocial development will be suggested.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 64685, Presenting Papers: 65336, 65337, 65339 - Symposium

Toddlers' Exploration and Understanding of Humour

Presenting Authors: Xu, Amy Y.; Yao, Emma

Abstract: *Toddlers appreciate very basic humour as early as eight months old (Reddy, 2001). Their exploration of humour intersects with their skill development in attending to associated cues, gaining attention, and developing linguistic skills.   Using the _Day in the Life (DITL_) methodology (Gillen et al., 2006), researchers conducted qualitative case studies by videotaping a typical day of five 30-month-old girls and their families from different countries to explore toddlers understanding and expression of humour. All humorous segments of the _Days_ were thematically analyzed, reflecting social interactions and linguistic developments.   Our participants mainly enacted three types of humour: _clowning, teasing,_ and _wordplay_. We will report how the toddlers used these types of humour to seek attention, be vigilant of physical and verbal cues, and explore language. They learned to infer hidden meanings behind ironic words, utilize incongruity to test boundaries, and explore certain language elements.   Caregivers should attend to and enhance toddlers development, even during play, as children appreciate, engage and interact with humour as a tool to develop their observational, interpersonal, and linguistic skills.   We encourage researchers and early childcare workers to engage in humorous exchanges with toddlers to support their development and better understand how toddlers utilize humour.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65336 - Paper within a symposium (Symposium ID: 64685)

Instructional Humour in Kindergarten: A case study

Presenting Author: Mafra Ribeiro, Alessandra

Abstract: *Communication of incongruous meanings that are amusing is deemed humorous. Instructional humour can have positive outcomes: creating a constructive classroom environment, increasing student motivation, and relieving student anxiety.   This study used a Descriptive Case Study methodology with a Kindergarten teacher from a British Columbian, urban, public school. The teacher was interviewed about her educational perspectives, and observations took place for two hours a day, three times a week, per three weeks. Further discussions took place to participant-check the Thematic Analysis.   The teachers identification and use of humour fostered students _development of critical thinking_ as they learned to recognize what is, and is not, real. Her teaching strategy: "Children should _enjoy going to school,_ and a fun way to do it is through humour" was confirmed. Her sense of humour appeared to _foster the development of childrens sense of humour_and functioned as a socially acceptable outlet for aggression and a coping strategy for stress and anxiety.   Humour is an effective strategy for providing opportunities to develop critical thinking, enjoyment in school, and a sense of humour while building social connections.   Teachers ought to use humour to promote the early development of critical thinking skills and enjoyment of going to school, therefore supporting childrens educational thriving.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65337 - Paper within a symposium (Symposium ID: 64685)

Adolescent's use of Humour to Assert Themselves in their Changing Environment

Presenting Author: Gerhardt, Elizabeth L.

Abstract: *Humour supports a positive outlook which can be an effective mechanism for enhancing social connections while promoting personal agency. The development of agency is a complex process, but humour can ameliorate the challenges of agency negotiations by simultaneously enhancing positive affiliative techniques. _'Day in the Life' _ (_DITL_) methodology was used to record a full day of 16 thriving adolescents (13-18-years-old) from around the world (North America, Asia, Africa). Two rounds of thematic coding identified significant moments and then themes. Findings were confirmed with the participants in follow-up interviews. Three types of*

humour emerged during these adolescents' _DITL_s: _Light tones, Sarcasm, _and_ Irony; _these emerged as youth developed new social expectations and linguistic skills to create and enforce boundaries. Using humour, these thriving teens establish their agency in challenging situations by assuring their opinion is heard without leading to discordant exchanges. These humorous verbal acts function to support agency by supporting social engagement while deflecting from discomfort, asserting opinions, and moving the conversation along in a humorous manner, which promotes relational bonding. Our qualitative data shines new light onto the everyday agentive uses of humour from resilient youth as a potential skill for positive psychosocial interventions to promote.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65339 - Paper within a symposium (Symposium ID: 64685)

The Complexity of Aging for Women: Contexts, Roles, and Individual Differences

Moderator: Newton, Nicky J.

Abstract: *By 2031, 24% of the female population in Canada will consist of older women (Milan, 2015). However, limited research focuses on Canadian women's aging, and extant research tends to emphasize physical aspects, although there is growing recognition that social and psychological aspects are also important aging issues. As women age, re-negotiating self-identity – who they are and where they fit into society (Erikson, 1980) – can be a complex mix of all three aspects of aging, and involves different ways of incorporating new age-related information and experiences into these self-identities. Additionally, well-being in later life involves a constant process of evaluating social roles, later-life events, and transitions. The three presentations in this symposium use data from the recent Canadian Women's Lives study (total _N_ = 190 women aged 65+) to explore individual differences in aging contexts and attitudes, and how these are related to identity maintenance and well-being. Ryan examines family roles and their relationship with attitudes to aging; Huo focuses on identity processes as mediating associations between life events and psychological well-being; and Hytman explores the effects of the COVID-19 pandemic on future horizons and well-being. This research is instrumental towards developing an integrated understanding of how Canadian women age.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64706, Presenting Papers: 64708, 64710, 64711 - Symposium

Grandmotherhood and its Associations with Attitudes to Aging

Presenting Author: Ryan, Cara

Abstract: *For older women, social roles, such as becoming a grandmother, can be associated with increases in generativity, psychological well-being, and adopting supportive and educational roles (Smorti et al., 2012). Additionally, although becoming a grandmother can be used as a marker of old age, some women feel subjectively younger through interacting with their grandchildren (Harwood and Lin, 2000). Previous research has examined differences in life satisfaction and psychological well-being between older individuals with and without children (Rempel, 1985). However, little research exists concerning the relationship between the role of grandmother and attendant attitudes to social, physical, and psychological aspects of aging. In the current study, older Canadian women (_N_ = 185; _M_age = 70.47) were divided into three groups: those with both children and grandchildren (_N_ = 99), children only (_N_ = 37), and those with neither grandchildren nor children (_N_ = 49), to understand how these social roles relate to attitudes towards aging. Covariates, such as health, energy level, and a measure of felt vs. current age were included. Initial analyses indicate that the presence of children or grandchildren was not related to physical or social aging but was significantly related to psychological aging, such that women with both children and grandchildren exhibited more positive attitudes to psychological aging than women without children or grandchildren. These results help to explain the association between social roles and how older women perceive their own aging.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64708 - Paper within a symposium (Symposium ID: 64706)

Identity Process as Mediator between Life Events and Well-being in Older Women

Presenting Author: Huo, Hua (Poppy)

Abstract: *Older women experience age-related life events (e.g., retirement, widowhood) that have complex short- and long-term effects on well-being (Bennett and Soulsby, 2012; Kim and Moen, 2002). However, little empirical research examines individual differences in older women's adaptation to life events. Identity process theory proposes that people negotiate life changes using three identity process styles (Whitbourne et al., 2002): accommodation (an unstable identity easily influenced by change), assimilation (a rigid identity that maintains existing identities), and balance (a relatively stable identity that comfortably integrates elements of change). For older women, research shows that identity accommodation is negatively associated with self-esteem, and positively associated with depression (Whitbourne and Skultety, 2006). This presentation examines the direct and indirect relationships between life events, identity process style, and psychological well-being in older Canadian women (_N_ = 187; _M_age = 70.44). Preliminary analyses show that life events are associated with a higher level of identity accommodation, which in turn is associated with a lower level of psychological well-being. This mediation model is also observed within the context of the current pandemic. These results underscore the complex relationships between life events, well-being, and the importance of psychological mediators for understanding mechanisms of adaptation to life events.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64710 - Paper within a symposium (Symposium ID: 64706)

Future Time Perspective for Aging Women in the COVID-19 Era

Presenting Author: Hytman, Lauren

Abstract: *As adults age, they often have an increased awareness of the time remaining in life. Socioemotional Selectivity Theory (SST; Carstensen et al., 1999) explores shifts in time perspective in old age, and posits that when adults view their future time in life as limited, they prioritize emotion-directed goals in order to maintain well-being (Hoppmann et al., 2017; Carstensen et al., 2020). However, age is not the only method of limiting time horizons; recently, researchers have also explored the psychological impacts of COVID-19 on elderly populations. Compared to younger adults, older adults have reported more positive emotion, as well as less stress, social isolation and negative relationship quality (Birditt et al., 2020; Carstensen et al., 2020). The current study explores relationships between age, future time perspective (FTP), the impact of COVID-19, and well-being in a sample of older Canadian women (_N_ = 190; _M_age = 70.38). Analyses show that FTP and the impact of COVID-19 are both associated with well-being; specifically, that the constraint subscale of FTP mediates the relationship between COVID-19 impact and well-being. These results emphasize the way that one's individual sense of time may influence the psychological impacts of macro-level events on elderly populations.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64711 - Paper within a symposium (Symposium ID: 64706)

COVID-19 and Adolescent Wellbeing: Student Stress, Mental Health, and Resilience During a Pandemic

Moderator: Schwartz, Kelly

Abstract: *BACKGROUND: As school psychologists, we are interested in the mental and behavioural health with which junior and senior high school students are engaging with their schools during the 2020-21 school year. The present symposium will share selected results from the _COVID-19 Student Wellbeing Study_ with a*

focus on the following four areas of inquiry: 1) How are students responding to the physical, social, and familial areas impacted by the pandemic?; 2) What are the stress reactions of students to COVID-19?; 3) What are the levels of self-reported mental health and adaptive behaviours?; and 4) How are stress and mental health correlated with resiliency? All questions are addressed with consideration of age, gender, and across multiple times points. METHODS: Students (age 12-18) were recruited from four metropolitan school districts – two separate (Catholic) and two public – in two major western Canadian cities. In all waves of the study (September, _N_ = 2,310, and December, _N_ = 1,598; March and June, 2021, waves to be completed), students in grades 6-12 completed four major online survey elements: 1) COVID-related health questions and demographic information; 2) the _Children's Impact of Events Scale_ (CRIES-13; Horowitz et al., 1979); 3) the _Behaviour Intervention Monitoring Assessment System_ (BIMAS-2; McDougal et al., 2016); and 4) the _Child and Youth Resilience Measure_ (CYRM; Ungar, 2013). RESULTS: In Wave 1 (September, 2020), students indicated that they were "very" or "extremely" concerned about family confinement (47%) and separation from friends (46.4%) than they were about their health (38.2%). Overall stress reaction scores (CRIES) were Above Clinical Cutoff for 15.1% of student participants, and females and older adolescents (age 15-18) ratings of stress exceeded males and young adolescents, respectively (_p_ < .05). Regarding mental health, 17% of the students self-reported negative affect in the High Risk range, while 27% indicated social functioning in the Concern range. Finally, pertaining to resiliency, students indicated that they received significant support from family (76%) and friends (72.4%). CONCLUSIONS: The majority of students in our study are navigating the effects of the pandemic well, are coping with the stress, are experiencing good mental health and adaptive behaviour, and are finding support from family and friends. Important qualifications of these findings (i.e., age and gender) are necessary in understand and apply these results. ACTION/IMPACT: The present study will assist four major metro school districts to gather screening data useful for prioritizing district-wide initiatives that can inform strategies to build on identified strengths and remediate self-reported learning, behavioural, and social-emotional needs of students upon school re-entry.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65414, Presenting Papers: 65715, 65716, 65720, 66446 - Symposium

Student Experiences of COVID-19: Health and Social Considerations

Presenting Authors: Schwartz, Kelly ; Boey, Jennifer

Additional Author: Arnold, Paul

Abstract: *BACKGROUND: Students have been multiply impacted by the COVID-19 pandemic: threats to their own and their family's health, the closure of schools, and pivoting to online learning in March 2020, a long summer of physical distancing, and then the challenge of returning to school in fall 2020. As damaging as the physical health effects of a global pandemic are, much has been speculated about the "second wave" of mental health crises, particularly for school-aged children and adolescents. Yet, few studies have asked students about their experiences during the pandemic. METHOD: The present study engaged with over two thousand (_N_ = 2,310; 1288 female; _M_age = 14.5) 12-18-year-old Alberta students during their first few weeks of return-to-school in fall 2020. Students completed an online survey that asked about their perceptions of COVID-19, their fall return-to-school experiences (84.9% returned in-person), their self-reported pandemic-related stress, and their behaviour, affect, and cognitive functioning in the first few weeks of September. RESULTS: Overall, 90.7% of participants reported wearing a mask in public all or most of the time (though we note that both areas where participants were recruited from had mask mandates in place), and 64.8% of participants stated that they engaged in physical distancing all or most of the time (Table 2). Looking at differences by gender, males were significantly more likely to say that they maintained a 2-metre distance with people outside of their household most of the time, while females were more likely to state that they did this rarely (X2(4, _N_ = 2228) = 14.82, _p_ = .005). However, females were more likely than males to say that they wore a mask in public all the time X2(4, _N_ = 2232) = 12.91, _p_ = .012). With respect to age, significant differences were also found in physical distancing, with younger adolescents more likely to state they complied all or most of the time with statements about physical distancing (F(4, _N_ = _2303) = 8.63, _p_ < .001) and maintaining a 2-metre distance with people outside of their household (F(4, _N_ = _2301) = 5.43, _p_ < .001), as compared to older adolescents. Conversely, 15 to 18-year-olds endorsed socializing with someone outside their bubble significantly more than 12-14 year-olds (F(1,2306) = 8.49, _p_ < .01). See Table 2 for scores by gender (male, female) and*

age. CONCLUSIONS: In these baseline data (collected in fall 2020, at the same time as school re-opening in Alberta), we found that adherence to COVID-19 public health measures was good overall. However, there were some differences by gender and age. In particular, older adolescents were more likely to say that they had socialized with someone outside of their bubble, and were less likely to adhere to physical distancing guidelines, as compared to younger adolescents. This may reflect the increased salience of peer relationships to adolescents with age (Steinberg, 2020). Conversely, female participants were less likely than male participants to state that they maintained distance with people outside their household, which again may represent the stronger socialized need to form and maintain interpersonal relationships for cisgender females in Western culture (Schwartz-Mette et al., 2020). ACTION/IMPACT: Together, these findings suggest a need for age- and gender-targeted public health messaging around COVID-19 public health orders in Canada. For schools, decisions to reopen and stay open for the sake of both academic and social health reasons appear to be safe, as students are cognizant of the need to protect themselves and others. Discussion will include consideration of how school attendance affects both social and mental health.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65715 - Paper within a symposium (Symposium ID: 65414)

COVID-19 Stress Reactions of Students

Presenting Authors: McMorris, Carly ; Makarenko, Erica

Abstract: *BACKGROUND: Students have been multiply impacted by the COVID-19 pandemic: threats to their own and their family's health, the closure of schools, and pivoting to online learning in March 2020, a long summer of physical distancing, and then the challenge of returning to school in fall 2020. Prior to the global pandemic, only a small body of research looked at stress responses in relation to health-related disasters, and much of this research has focused on how young people react to trauma associated with natural disasters such as hurricanes, tornados, floods, and fires. Although these disasters differ from a pandemic in many ways (e.g., degree of separation and isolation, required quarantine), given that these disasters also involve widespread community impact, fatalities, and unpredictability, they are still applicable in the COVID-19 context (Sprang Weiss a = .90) and three subscales: Intrusion (4 items, e.g., "Do you think about COVID-19 even when you don't mean to?"; possible score range 0-20; a = .80), Avoidance (4 items, e.g., "Do you try not to think COVID-19?; possible score range 0-20; a = .82), and Arousal (5 items, e.g., "Do you have sleep problems?"; possible score range 0-25; a = .78). For the Total scale and all subscales, higher scores indicate more distress. In prior research with youth, a Total score above 30 and subscale scores above 17 have been found to identify increased risk of posttraumatic stress (e.g., Giannopoulou et al., 2006). In the present study, the CRIES is used as an estimate of self-reported posttraumatic stress reactions (e.g., Total Score and Intrusion, Avoidance, Arousal subscales) with specific reference to COVID-19. RESULTS: Overall, using the CRIES, participant stress reactions were found to be well below the critical threshold of 30 (_M _ = 20.00, _SD_ = 14.58). In addition, each of the mean subscale scores was well below the critical threshold of 17: Intrusion (_M_ = 5.85, _SD_ = 5.09), Avoidance (_M_ = 5.98, _SD_ = 5.69), and Arousal (_M_ = 8.20, _SD_ = 6.27). Without exception, female participants had significantly higher Total and subscale scores than male participants, and older youth (age 15-18 years) rated all Total and subscale scores significantly higher than did younger youth (age 12-14 years). CONCLUSIONS: Our data suggest that overall, youth in our sample were doing quite well six months into the pandemic, and that differences in mental health may reflect pre-existing disparities. Specifically, the level of posttraumatic stress reactions (via the CRIES-13 measure) reported by our sample was far below the critical cut-off. We did find that the highest scores for Arousal, and this aligns with research showing that traumatic events like COVID-19 are processed in a negative way, arousing emotions that lead to a sense of serious and current threat (e.g., Ehlers and Clark, 2000). Our findings on the gender differences matches research on stressful life events finding that females who are exposed to stressors that involve the well-being of significant others (i.e., family, friendships) have amplified responses to those stressors (Lavoie et al., 2019). ACTION/IMPACT: Our results certainly indicate that COVID-19 is perceived as a threat to both health and social relationships by some youth, and that females in particular may be more attuned to these dynamics as represented by their higher stress subscale scores. School personnel working with students should be aware that, although most students are coping and adjusting well to the stress of COVID-19, heightened stress reactions in are present in about a quarter of students and are particularly apparent in female and older student populations.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65716 - Paper within a symposium (Symposium ID: 65414)

Mental Health of Students During COVID-19: Age and Gender Differences

Presenting Authors: Williams, Sarah ; Canfield, Rachel

Abstract: *BACKGROUND: Students have been multiply impacted by the COVID-19 pandemic: threats to their own and their family's health, the closure of schools, and pivoting to online learning in March 2020, a long summer of physical distancing, and then the challenge of returning to school in fall 2020. As damaging as the physical health effects of a global pandemic are, much has been speculated about the "second wave" of mental health crises, particularly for school-aged children and adolescents. Yet, few studies have asked students about their experiences during the pandemic. METHOD: Student participants completed the Behaviour Intervention Monitoring Assessment System (BIMAS-2; McDougal et al., 2016), a 34-item universal screening measure of conduct problems, negative affect, and reduced cognitive/attention functioning. Participants were asked: "Please rate how often each of the following behaviours occurred during the past week," with response options provided from 0=_Never (0 times)_ to _4=Very often (Occurred 7 or more times or to an extreme extent)_. The BIMAS self-report raw scores were then converted to standardized _T_-scores, which have a mean of 50 and standard deviation of 10. Three Behavioural Concern Scales are produced: Conduct (nine items; e.g., "During the past week, I . . . felt angry"; a = .74), Negative Affect (seven items; e.g., "During the past week, I . . . was sad or withdrawn"; a = .89), and Cognitive/Attention (seven items; e.g., "During the past week, I . . . had trouble remembering things"; a = .86). Within the three Behavioural Concern Scales, higher scores indicated more concerns; a _T_-score of 70+ is described as High Risk, _T_-scores between 60-69 are described as Some Risk, and _T_-scores under 60 are described as Low Risk (McDougal et al., 2016). RESULTS: On the BIMAS, Behavioural Concern Scale (BCS) _T_-scores were also low risk overall, with mean (SD) scores of 48.93 (6.92) for Conduct,_ 58.40 (11.33) for Negative Affect, and 55.32 (10.18) for Cognitive/Attention scales. See Table 3 for descriptive results of BCS scores by gender and age. However, 17% of students' _T_-scores were in the high level of risk for the Negative Affect scale, and 9% of students' ratings on the Cognitive/Attention scale fell in the high-risk range. No students' _T_-scores were in the high level of risk on the Conduct scale (Figure 1). Females reported higher scores in all three Behavioural Concern Scales, particularly for Negative Affect (_M_ = 61.6, females; _M_ = 53.80, males; _p_ < .001). Older adolescents (age 15-18) also scored higher than younger (age 12-14) in Negative Affect (_M_ = 59.9 older; _M_ = 56.9, younger; _p_ < .001). CONCLUSIONS: In terms of overall mental health, scores for all three Behavioural Concern Scales fell in the low-risk level for the majority of students, suggesting that despite the pandemic, youth are functioning quite well overall. As with stress reactions, however, females and older youth report significantly worse mental health functioning in terms of negative affect (e.g., being sad or withdrawn) and cognitive/attention (e.g., had trouble remembering things). Older youth also reported fewer conduct behaviors (e.g., feeling angry) than younger youth, and although female youth reported higher conduct scores than male youth, being male was a significant predictor of higher Conduct scores (Nock et al., 2006; Rosenfeld & Mouzon, 2013). ACTION/IMPACT: Contrary to many speculative media reports, the majority of mental health and adaptive behaviours are reported by students in the sample to be in the Low Risk range. One in six students, however, are reporting negative affect in the High Risk range, suggesting that the pandemic may be having new, negative effects on student and/or exacerbating existing mental health concerns. Discussion regarding school responses will be explored.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65720 - Paper within a symposium (Symposium ID: 65414)

Student Stress, Mental Health, and Resiliency: Wave 1 and Wave Differences

Presenting Authors: Exner-Cortens, Deinera ; Van Bavel, Marisa

Abstract: *BACKGROUND: Upon their return to school in September, 2020, students experienced a myriad of challenges: social, familial, educational, and health. In the first few months of the school year, change and adjustment were constantly required, and given these disruptions, much has been speculated about the impact of the pandemic on academic achievement, peer and friend relationships, and mental health and well-being among*

children and youth (Racine, Korczak, and Madigan, 2020). With respect to the latter, this includes a fear that the "second wave" of the pandemic will be in the form of dramatic increases in mental health problems. The design of the present study includes following a sample of Alberta junior and senior high school students throughout this 2020-21 school year, and this paper will explore the changes in stress reactions, mental health, and resiliency from September to December, 2020. METHOD: Students from two major cities representing four western Canadian school divisions completed three measures during two separate administrations of an online survey: September and December, 2020. The three measures are: 1) the Child Revised Impact of Events Scale (CRIES; Weiss 2) the Behaviour Intervention Monitoring Assessment System (BIMAS-2; McDougal et al., 2016); and 3) the _Child and Youth Resilience Measure_ (CYRM-R; Jefferies et al., 2013), a 28-item measure of resiliency based on three subscales: Individual (personal skills), caregiver (physical and psychological caregiving), and context (spiritual, education, cultural). RESULTS: Wave 1 (September) respondents included over two thousand (_N_ = 2,310; 1288 female; _M_age = 14.5) 12-18-year-old Alberta students during their first few weeks of return-to-school in fall 2020. Wave 2 respondents included 1,689 (951 female; _M_age = 14.7) 12-18 year-olds and was completed when students returned to online schooling at the end of November. Compared to Wave 1 (_M_ = 1.55), means scores of students' self-reported stress reactions in Wave 2 (_M_ = 1.64) were significantly higher, _t_(1590 = -3.36, _p_ < .01). Similarly, Wave 2 mean scores of Conduct (_M_ = .67), Negative Affect (_M_ = 1.71), and Cognitive/Attention (_M_ = 1.71) problems were significantly higher than Wave 1 Conduct (_M_ = .59), Negative Affect (_M_ = 1.55), and Cognitive/Attention (_M_ = 1.58) problems. Finally, there were no significant differences between Wave 1 and Wave 2 mean scores on the three subscales: Individual, caregiver, and context (_p_ > .05). CONCLUSIONS: Student perceptions of COVID-related stress and self-reported mental health were all found to be statistically and negatively affected three months after the first survey administration. Effects sizes for all differences, however, were quite low and suggest the magnitude of change is somewhat negligible. The consistency of resiliency factors during the first three months of return-to-school suggest that students are finding consistent sources of support during the pandemic. ACTION/IMPACT: School divisions are wrestling with the form and measure of response to student stress and mental health during the first three months of the 2020-21 school year. The results are discussed in light of how schools are considering responses to the mental and physical fatigue students are experiencing as the pandemic progresses.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 66446 - Paper within a symposium (Symposium ID: 65414)

THEME: HUMAN RIGHTS AND SOCIAL JUSTICE

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

12-Minute Talk

Developing an Islamic Framework for Psychotherapy: An Islamic Conceptualization of Psychological Wellbeing and Healing

Presenting Author: Elchehimi, Amanee A

Abstract: *Data from outcome research studies indicate that spiritual and religious approaches to psychotherapy are effective in improving the psychological wellbeing of clients. There has been significant growth in the field of Islamic psychology, yet the development of an approach to counselling that is indigenous to Islamic thought and scholarly works is no simple task. The purpose of this study was to explore and develop the beginnings of a psychotherapeutic framework based upon the Islamic understanding of psychological wellbeing and healing. Using a modified Delphi method with Islamic scholars and teachers as participants (n=6), this study has demonstrated the application of a unique methodological approach applying Islamic epistemological and ontological principles. After three rounds of questionnaires using the Delphi method, emergent coding content analyses and quantitative analyses of the data resulted in 47 consensus statements on the Islamic views of human nature, psychological wellness and illness, and change processes. The major themes and findings of this study lay the groundwork for the development of a psychotherapeutic approach that can be used by counsellors and other helping professionals with both Muslim and non-Muslim clients. There is a need for further exploration, additional research, and multi-methodology studies to create a comprehensive and practical framework. The findings of this research ultimately further the collective effort in the field of Islamic psychology to develop an epistemologically and ontologically sound Islamic approach that can be applied in counselling practice.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64140 - 12-Minute Talk

Arts-Based Educational Resources to Facilitate the School Integration of Newcomer Youth

Presenting Authors: Kassan, Anusha ; Kalchos, Linnea

Abstract: *_There is a thus growing need to understand the experiences of newcomer students so that schools can be better positioned to support their social, emotional, and academic development. As such, we conducted a two-year research project, which was entitled School integration among Canadian newcomer youth: An art-based ethnographic study. It was guided by the following research question: a) How do newcomer youth experience school? and b) How do these experiences influence their positive integration into the school system? _ _We employed a social justice framework, coupled with an arts-based engagement ethnography (ABEE) to investigate the phenomenon of school integration. Defined broadly, this phenomenon captures the adjustment of newcomer youth across all aspects of student life – both inside and outside the educational context – including, English Language Leaning, academic performance, classroom behaviour, social networking, identity negotiation, emotional and familial well-being, involvement in school life, and understanding of the academic system._ _As per ABEE, we employed cultural probes (e.g., maps, journal, camera), individual interviews, and focus groups to gain an in-depth understanding of the participants' experiences of school integration. Over two years, 8 high school students and 10 university students engaged in ABEE, sharing their experiences of school integration in Canada, including the challenges that they faced and the supports that were most helpful for them._ _To disseminate our results in educational settings, we created arts-based resources for teachers, counsellors, school administrators, as well as newcomer students in high school and post-secondary*

education. In this presentation, we will share our resources and discuss the importance of non-traditional means of knowledge mobilization to improve community engagement._

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65095 - 12-Minute Talk

Gender Trouble: Examining discrepancies between current and desired gender style among sexual minority women

Presenting Author: O'Handley, Bre

Additional Authors: Hoskin, Rhea Ashley; Blair, Karen L

Abstract: *BACKGROUND: Butch and androgynous sexual minority women (SMW) are often seen as challenging normative pressures to conform to patriarchal femininity. Other SMW express feeling pressure to adhere to a masculine norm within LGBTQ communities and experience femmephobic discrimination when they do not. Impediments to living authentically can have negative impacts on SMWs' mental health. Yet, little research exists examining the barriers that prevent SMWs from expressing their gender authentically. METHODS: The current study explores SMWs' current and desired gender style using 2-dimensional composite diagrams turned into heatmaps (i.e., Sexual Configurations Theory), and mixed-methods to examine reasons as to why the two may branch or coincide. RESULTS: Content analysis found SMW to experience barriers to their desired gender aesthetic, many of which related to external pressures, body morphology, and limited resources. Rather than desiring a particular gender, many participants desired to challenge gender norms. CONCLUSIONS: SMW desire a more authentic gender style that challenged gender norms, but face barriers due to normative pressure within and outside the LGBTQ community. IMPACT: The current study further reveals the pressures of gender norms on SMW of all gender expressions and points to the need to widen our perception of what the lesbian aesthetic is and who fits into it.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 65164 - 12-Minute Talk

Telepsychology, Social Justice and Human Rights: Long-term Implications of a Disaster Response

Presenting Author: Huminuik, Kirby

Abstract: *BACKGROUND/RATIONAL: In this presentation, the challenges and opportunities telepsychology will be described through the lens of human rights and social justice. Prior to the COVID-19 pandemic, the use of telepsychology was limited in North America; however, its use expanded rapidly beginning in March 2020, when all but essential in-person services were suspended and physical distancing measures were recommended. The presenter, who is a member of the APA Task Force on Human Rights and the CPA Committee on Human Rights and Social Justice, will present case examples from the implementation of telepsychology programs for two distinct populations: refugees and post-secondary students METHODS: Qualitative case study data collected with refugee and post-secondary student populations was analyzed through a human rights framework. This framework articulates five connections between psychology and international human rights and was co-authored by the presenter as a member of the APA Task Force on Human Rights. RESULTS: From our case study examples, telepsychology had a variable impact on equitable access to mental health services for both refugee and post-secondary student groups. While remote service removed some barriers, opening access to people with disabilities and caregiving constraints or for those seeking services from practitioners with particular skills or backgrounds for example, it also imposed new and unfamiliar barriers, challenges and risks. Many clients chose not to begin or continue psychological services once we shifted to remote work and practitioners observed changes in help-seeking behaviour. Adaptations made of necessity hold the potential for long-term changes to the delivery of psychological care and these have wide-ranging human rights and social*

justice implications. CONCLUSIONS: Telepsychology policy and practice throughout the pandemic has emphasized expanding access, often at the perceived trade-off of privacy and security. Specifically, policies and practices which expose clients to avoidable data disclosure risks while also failing to build a strong foundation for long-term equity in access, standards of care and security have potential negative longer-term implications for the erosion of human rights and social justice.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65607 - 12-Minute Talk

Utilizing race-based health data, decarceration, temporary absence motions to address systemic vulnerabilities and mental health needs of justice-involved populations amidst the COVID-19 pandemic.

Presenting Author: Hey, Brandon

Additional Author: Jaleel, Marya

Abstract: *BACKGROUND/RATIONALE Using a population health framework, this study sought to identify the nature, type and severity of mental health and substance use impacts, and policies needed to support the mental health needs of those recently or currently incarcerated during the COVID-19 pandemic in Canada. METHODS A research synthesis of scientific and grey literature was conducted between March and November 2020. To benchmark and compare pre-existing stressors with those introduced with COVID-19, and COVID-19 infection control and prevention measures, additional policy documents were pulled from leading mental health, substance use, corrections, and criminal justice reform organizations. An expert advisory group, compromised of diverse vantage points vetted and reviewed research findings, including those with lived and living experience of justice-involvement. RESULTS Multiple factors contribute to increased COVID-19 risks and adverse mental health and substance use impacts among incarcerated populations. Despite some recent policy changes, longstanding challenges with health service delivery hinder corrections ability to meet mental health and substance use needs. Minimizing the use of medical isolation as an infection control measure is critical to reducing mental health impacts. While decarceration is an effective infection control measure, it can help mitigate the impact of COVID-19 on mental health and substance use, especially when offered in combination with temporary absence motions, community-based housing, social service and mental health supports. CONCLUSIONS While a confluence of risk and situational factors is contributing to significant impacts on the mental health and substance use of people experiencing incarceration during the pandemic, this is occurring a scale that remains unknown. Adherence to public health guidance pertaining to infection control and continuity of health care and social programming is critical to the health and wellbeing of people experiencing incarceration. Following decarceration, reductions in pre-trial admissions into custody and Temporary Absences, there are opportunities to examine how these policy measures can improve access to mental health, physical health and social services while avoiding unnecessary legal costs. ACTION/IMPACT The mental health and substance use impacts of COVID-19 should be front and centre of all infection control and prevention planning efforts. Collection of race-based, mental health and substance use data across the continua of justice-involvement is critical to providing timely, evidence-based supports and mitigating against potential mental health and substance use impacts caused or worsened by the pandemic.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65618 - 12-Minute Talk

Evolving our mental health crisis response to more humane, community-based alternatives: Findings from a national, mixed-method research study

Presenting Author: Hey, Brandon

Additional Author: Jaleel, Marya

Abstract: *Following the tragic fatalities during mental health or "wellness" checks involving police in Canada, the Mental Health Commission of Canada (MHCC) conducted a mixed-method research project investigating the state of and considerations for mental health crisis response involving and not involving police. Methods: This mixed-method research project was informed by three sources of evidence. A rapid scoping review of relevant academic and grey literature, policy documents were conducted between 2010-2020. A media scan monitoring trends in the nature, frequency and type of called for policy and program changes were conducted between April and November 2020. 34 semi-structured interviews were conducted with research and policy, front-line service users and persons with lived and living experience. A purposive sampling approach was used and compromised perspectives representing various diverse geographic, linguistic, and cultural communities in Canada. An inductive and deductive, thematic analysis was used to detect meaningful variation within and across stakeholder perspectives. Results: Both media and key informant findings indicate an overwhelming need to reduce police involvement in or as the "de facto" mental health crisis responders and to explore viable alternatives. Respondents mounted concerns about the perceived inevitability of use of force, fatal outcomes involving racialized, marginalized persons and/or those with mental illness. Respondents deemed police training necessary but insufficient, though strongly encouraged the need to improve, evaluate, audit and provide expert, independent oversight of police training whenever it is used, recommending greater use of contact-based education with fidelity measures, booster sessions and follow-up to reduce systemic racism and stigma. An examination, and reworking of mental health act legislation, psychiatric inpatient and hospital discharge legislation were identified as primary policy levers incentivizing and maintaining police involvement. Advocating for increased funding and partitioning of health budgets to mental health, and injection of capital funding into social services and program, including for forensic-focused assertive community treatment teams, housing first were also recognized as integral to reducing police involvement in mental health crisis response, and in improving or stabilizing the mental health of those who are socially or economically marginalized. Help-seeking among equity-seeking populations continues to be hindered by the perceived lack of cultural safety and diversity in the mental health workforce, including psychologists and social workers. Conclusion: The current fiscal, legislative environment continues to motivate and incentivize police involvement in mental health crisis response. While there is some recognition of improvements in police response, experts agree that police involvement and fatalities emerging from persistently inadequate mental health and social service resources in the community. Legislative change, robust evaluations of innovative, sustainably funded alternatives, centred on civilian/community-led approaches are critical to improving mental health outcomes in the community. Policy frameworks guiding ethical, humane decision-making within and across contexts with independent, expert oversight, and tracking is vital to bending the curve of police-involved fatalities, use of force and persons with mental illness cycling between hospitals, criminal justice system and homelessness.Action/Impact: * The federal government should reach or exceed 2012 MHCC targets of 9% provincial health budgets, via the Federal Health Accord transfers, encouraging provinces and territories to match funding; this would equate to an additional $85 per capita in mental health funding per year. * The mental health act, information privacy legislation, and legislating guiding emergency department, hospitalization discharge should be reviewed and updated to provide more dignified, low-intensity, non-institutionalized approaches to supporting the mental health needs of individuals. In cases of crisis, mental health information needed to be made available to first responders - preferably mental health workers, peer support and emergency responders, in an ethical, sensitive and non-stigmatizing way. * More systematic, robust evaluations of pre and post-charge diversion programs are needed to reduce police contact, criminal justice involvement and hospitalizations of those with mental health problems and illnesses. ...*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65636 - 12-Minute Talk

Conversation Session

Incorporating Reconciliation Promotion in Psychology Curriculum

Presenting Author: Wawrykow, Natasha

Abstract: *Research indicates that many academics feel ill equipped to discussion concepts related to decolonization and reconciliation promotion because they have not received formal education on the subject*

and/or are not members of the Indigenous community. Recognizing the need to act on the recommendations made by the Truth and Reconciliation Commission, it is imperative that reconciliation promotion is infused into psychology curriculum. This research investigates methods of promoting reconciliation in psychological curriculum to improve delivery of psychological service to First Nations, Métis, and Inuit populations in Canada. Teaching strategies such as land acknowledgment discussions, review of colonization examples that have and continue to impact Indigenous Peoples, and cultural identity exploration activities will be reviewed. A narrative inquiry research design will be used, where participants (N = 15) who took part in a reconciliation promotion curriculum, orally share a written account of their reconciliation experiences. A collaborative thematic content analysis, completed by the researcher and participants, will be used to identify themes across participants' reconciliation narratives. This methodology was selected for its fit with the oral storytelling tradition used by Aboriginal Peoples to preserve and share their history, values, and practices. Study results will aid in the development of cultural literacy guidelines and direction for the profession of psychology to practice with and support Indigenous Peoples in Canada.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 61609 - Conversation Session

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

Presenting Author: Gadsden, Amy Domenique

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

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61743 - Conversation Session

Asian Canadian Youth and Mental Health in Times of COVID-19

Presenting Author: Wong, Harris

Additional Author: Ford, Laurie

Abstract: *The 2020 outbreak of COVID-19 has shown to be associated with a rise in anti-Asian attitudes in North America, with as many as 1497 acts of discrimination in the first four weeks of the pandemic in the United States (Jeung and Nham, 2020). Given the reports of increased discrimination, our conversation session will centre around the need for research on the impact the COVID-19 pandemic is having on the mental health of Canadian youth. The issues we plan to explore are using an intersectional lens to view the influence that discrimination, bias, and other factors are having on Asian Canadian Youth and how to best mobilize our mental health resources and advocacy for support. The space for such discussion is pertinent, as Asian populations underutilized mental health resources even before the pandemic (Anyon and Whitaker, 2014). Furthermore, there is a lack in the current literature addressing Asian Canadians and their unique context in Canada, given*

that research findings with Asian Americans are often generalized to Asian youth in Canada. The intersection of Canadian culture, Asian culture, and the history of Asian populations in Canada warrant Canadian specific research. Participants are encouraged to engage in discussion through experience sharing, scenario activities, and raising questions for future research regarding COVID.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64908 - Conversation Session

Promoting Equitable, Accessible and Inclusive Services Delivery to Survivors of Intimate Partner Violence

Presenting Author: Milani, Asra

Additional Author: Sinacore, Ada

Abstract: *Intimate Partner Violence (IPV) is a global human rights problem and the most prevalent form of gender-based violence. Globally, approximately 30% of all women have experienced IPV. Despite efforts to improve equal accessibility of services to survivors, barriers remain, particularly for the most marginalized, vulnerable, and underserved populations. In this conversation session, we will share the findings of our systemic review related to psychosocial services for survivors of IPV. Using intersectionality epistemology, we will facilitate a conversation regarding the limitations of existing services. Furthermore, we will explore the extend that IPV services are informed by survivors' lived experiences as shaped by their intersectional, multilayered, sociocultural identities such as race, age, social class, sexual orientation, abilities, religion, geographical location, and immigration status. This conversation will be a call for reimagining IPV service delivery within an intersectional feminist, trauma-informed frameworks. We will facilitate a collaborative learning space through sharing case studies related to survivors' experiences within service contexts and posing several critical and reflexive questions. These questions help participants reflect on service blind spots, and collectively brainstorm a large number and variety of short-term and long-term solutions. This conversation session will provide a knowledge forum on how to effectively serve diverse and underserved survivor populations and promote equity and accessiblity within IPV services.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65141 - Conversation Session

Panel Discussion

The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls: Canadian Psychology Responds

Moderator: Sinacore, Ada

Panelists: Byers, Sandra; Cohen, Karen ; Danto, David ; Goldenson, Julie ; Malone, Judi ; Radtke, Lorraine ; Skinner, Harvey ; Colthoff , Tessa

Abstract:

Violence against Indigenous women, girls, and 2SLGBTQQIA people represents one form of genocidal practice that has taken place in Canada for hundreds of years. Not only a terrible part of our history - it is ongoing and, furthermore increasing (Reclaiming Power and Place, 2019). For more than two years, a national inquiry heard from family members, survivors, experts, and Knowledge Keepers. _Reclaiming Power and Place: The Final Report of the National Inquiry into Missing and Murdered Indigenous Women and Girls_ (MMIWG Report) makes 231 recommendations: calls for justice intended to restore safety to Indigenous women, girls, and

2SLGBTQQIA people. This panel has been organized by the Status of Women Committee of the Section on Women and Psychology, the Indigenous Peoples Psychology Section, the Student Section, and the Rural and Northern Psychology Section. CPA President-elect, Dr. Ada Sinacore, will moderate a panel responding to the MMIWG Report. Key presenters, respected and influential members and students of CPA who represent the present and the future, will be invited to take 5 minutes each to speak to one recommendation of the report and ways CPA can support it. The moderator will then facilitate audience questions and comments. The panel will produce a list of recommendations for Canadian psychologists. We hope that this panel will be energizing regarding the crucial task of supporting Psychology towards becoming more supportive and inclusive of Indigenous people in Canada. We intend to honour the victims, survivors, Knowledge Keepers, and family members who want to know, "... what is Canada, all of Canada going to do?" (Melanie B., MMIWG Report, 2019, p. 66). Student panelists; Iloradanon Efimoff, University of Manitoba Christina Jeon, University of Toronto Karen Kumar, University of Waterloo Aiden Mehak, McGill University Jennifer Sedgewick, York University Noor Sharif, University of Ottawa Dana Strauss, University of Ottawa Erin White, University of Manitoba
Panel Discussion - Session: 65367

Panelists: *Sandra Byers*
Karen Cohen
David Danto
Julie Goldenson
Judi Malone
Tessa Colthoff
Lorraine Radke
Harvey Skinner

Student Panelists:
Iloradanon Efimoff, University of Manitoba
Christina Jeon, University of Toronto
Karen Kumar, University of Waterloo
Aiden Mehak, McGill University
Jennifer Sedgewick, York University
Noor Sharif, University of Ottawa
Dana Strauss, University of Ottawa
Erin White, University of Manitoba

Elder Beverly Keeshig-Soonias will open the panel and Dr. Stryker Calvez will serve as Master of Ceremonies

Program Stream: Women and Psychology, Indigenous Peoples' Psychology, Rural and Northern Psychology and Students in Psychology

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65367 - Panel Discussion

Making science accessible to students with visual impairments: a round-up discussion

Moderator: Schiafone, Christopher M

Panelists: Schiafone, Brandon R. ; Coppin, Peter ; Schiafone, Christopher M

Abstract: *This discussion will be a continuation of the 2019 forum led by students with total vision loss and the 2020 workshop, making science accessible: a co-design of non-visualrepresentations for visually impaired students. Based on insights from lived experiences of stem learners with vision loss and our preliminary research findings, we will argue that students and educators with and without vision loss will benefit from the use and co-*

design of multisensory teaching resources. We invite attendees to consider the effectiveness and feasibility of selected solutions in remote and in-person learning environments. The questions posed will include: how can we integrate remote and in-person learning practices in a way that will further improve the accessibility of stem subjects? What barriers are we facing in achieving these goals? A shift to in-person and hybrid learning post-pandemic creates a unique opportunity to address these questions and to double our efforts in the quest to reduce the under-representation of students with vision loss in stem subjects.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65671 - Panel Discussion

Printed Poster

A Qualitative Investigation of Sexual Harassment Through Technology: Distress, Perpetration, and Protection

Presenting Author: Oliver, Casey

Additional Authors: Puiras, Erika; Cummings, Shayna; Mazmanian, Dwight

Abstract: *BACKGROUND: Sexual harassment that occurs through technology, also known as technology-facilitated sexual harassment (TFSH), is a relatively new addition to the literature. Although quantitative research on TFSH has increased recently, there are comparatively few qualitative studies that examine personal experiences of TFSH. METHODS: In this mixed-methods study, undergraduate student participants reported on their most recent experience of TFSH through an online survey hosted on the SurveyMonkey platform. RESULTS: NVivo was used to conduct a thematic analysis on the qualitative entries of 50 female participants who responded. Several overarching themes emerged from the data relating to victimization, perpetration, and technology platforms. Although there were a few common subthemes, including negative feelings after experiences of TFSH, there were also several interesting subthemes related to perpetration tactics (e.g., the use of money to coerce victims) and victim protection strategies (e.g., blocking perpetrators). CONCLUSIONS: These findings illustrate the tactics employed by perpetrators of TFSH, as well as the protective strategies used by victims. Furthermore, the results of the present study highlight the emotional effect that TFSH can have on victims. IMPACT: This study's findings may encourage future investigations on the negative consequences of TFSH. Findings from the study may also be used to promote and inform prevention efforts by institutions and technology companies so that further victims of TFSH are prevented.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61287 - Printed Poster

Voice ourselves: Chinese international students, mental health issues and counselling services in Toronto, Canada

Presenting Author: Zhao, Kedi

Additional Author: Sha, Kristen

Abstract: *There is an increasing number of students from China coming to Canada for education (The Canadian Magazine of Immigration, 2016). As the largest city in Canada, Toronto has also hosted many international students from China (Todd, 2020). Since these two countries are culturally different, Chinese students are at the risk of having acculturation issues and further developing mental health issues (Xue, 2018). However, there are two major barriers that may prevent Chinese students from seeking counselling services. First, available counselling services in Toronto were reviewed. It was found that even though there are counselling services from university levels, organization levels and private sectors, counselling services that reflect experiences of this population and further propose interventions based on their characteristics are rare.*

Second, literature review was conducted, and it was found that Chinese students do not often seek for professional help, as mental health issues are still sensitive in the Chinese culture (Xue, 2018). Therefore, based on these two barriers, it is imperative to further develop this field and provide them with targeted and effective counselling services. This population also needs to be guided to change their perceptions of mental health issues. Future studies and practice can consider culturally sensitive approach (Shen, 2011) and anti-oppressive approach (Sakamoto, 2007), which aim to better understand situations of minority Chinese students in Canada and better help them with mental health issues.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61294 - Printed Poster

Understanding Chinese immigrants' settlement in multiculturalism: Future directions for counselling services

Presenting Author: Zhao, Kedi

Abstract: *Multiculturalism has been implemented in Canada to ensure diversity and equality, but inequality is not eradicated (Banting and Thompson, 2016). This presentation first critically analyzes the unequal cultural hierarchy that Chinese immigrants are faced with in multiculturalism and further points out its negative influences on their settlement. Drawbacks about current counselling services are also reflected to better solve Chinese immigrants' settlement issues. In multiculturalism, the success of immigrants is evaluated by how well they acquire the dominant white English and French culture, and unable to fit in Canada is often attributed as their own inadequacy of acquiring this culture (Thobani, 2007). This implicit suppression may thus impose negative influences on Chinese immigrants' integration and settlement (e.g., discrimination) in Canadian society (Wang et al., 2012). Current counselling services need to realize this oppressed situation and adopt different approaches to tackle Chinese immigrants' settlement issues. Specifically, an emancipated perspective is needed to decolonize current counselling knowledge and skills that are established by western hegemonic knowledge framework (Chilisa, 2012). The central role of Chinese immigrants' lived experiences and their unique cultural background need to be fundamentally understood and further adapted into counselling services. A conceptual map of establishing counselling services from immigrants' perspectives is also presented and analyzed to boost the future development of counselling services in immigrants' settlement.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61330 - Printed Poster

Female empowerment messaging increases women's perceived responsibility to solve gender inequality

Presenting Author: Desgrosseilliers, Elysia

Abstract: *Women are underrepresented in the male dominated domain of the Canadian Armed Forces (CAF). The CAF is using female empowerment messaging (FEM) to recruit more women. While FEM increases perceptions that women are empowered to overcome gender inequality, FEM also increases perceptions that women are responsible for causing and solving gender inequality in civilian workplaces (Kim et al., 2018). We examined whether FEM in military recruitment would also cause women to blame military women for gender inequality in the CAF. Participants read a gender inequality backgrounder and watched either a FEM CAF recruitment video (n = 79), a neutral CAF recruitment video (n = 80), or no video (n = 81). The participants then reported their perceptions of women's empowerment to resolve, responsibility for solving, and responsibility for causing gender inequality in the military. No effects emerged for perceptions of women's responsibility for causing gender inequality in the military. However, the FEM recruitment video increased perceptions that women are more empowered to overcome gender inequality in the military, which in turn led them to conclude that women are more responsible for solving gender inequality in the CAF. These findings*

suggest that while FEM does empower women, FEM may also harm women by burdening them with the responsibility for reducing gender inequality in the military.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61368 - Printed Poster

Talking Back to Mental Health Stigma: An Exploration of YouTube Comments on Anti-Stigma Videos

Presenting Author: Schmidt-Waselenchuk, Keana

Additional Authors: McClellan, Ailsa; Duerksen, Kari

Abstract: *Background/Rationale: Discourse challenging mental health stigma is commonplace in today's society. This discourse is commonly initiated by corporate or mental health institutions, and less is known about everyday individuals' reactions to anti-stigma messages. The present study aimed to analyze reactions to mental health anti-stigma messages on social media. Methods: 985 comments from 20 YouTube videos purportedly addressing mental health stigma were analyzed using thematic analysis. Results: Five themes emerged: 1) community building, 2) sharing personal experiences, 3) experiences of secrecy, judgment, or minimization, 4) critical and skeptical perspectives of mental illness discourse, and 5) providing explanations for mental illness. Conclusions: These results suggest that, while the majority of reactions to mental health anti-stigma messaging contain gratitude, encouragement, openness about personal struggles, and adherence to dominant models of mental health and illness, there was also a minority of comments that were hostile or dismissive of both mental illness and stigma. Action: These findings have implications for the further development of mental health anti-stigma materials, and new possibilities for assessment of impact of existing anti-stigma materials.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61389 - Printed Poster

Racial Bias in Clinical Judegment and the Mediating Effect of Empathy

Presenting Author: Alcott, B. Emma G

Additional Authors: Dyson-Gregoire, H Nina; Kaseweter, Kimberley A; Davies, Paul G.

Abstract: *Past literature has revealed a pro-White empathy and treatment bias when comparing perceptions toward Black versus White patients in pain. Promisingly, this bias has been found to be mitigated by a brief perspective-taking intervention. This study extends the literature by exploring the influence of patient-race (White or Indigenous) and empathy-induction (perspective-taking or control) on pain perception, perceived trustworthiness, and treatment recommendations. Undergraduates (_N_ = 391) were randomly assigned to an empathy condition (perspective-taking or control), followed by one of four vignettes depicting a patient narrative/chart for an individual with low-back pain. Only patient race and gender varied across vignettes. Participants then responded to questions assessing pain level, trustworthiness, and treatment recommendations. It was hypothesized that a pro-White bias would be observed for all variables, but that this bias would be reduced in the perspective-taking condition. Results unexpectedly indicated that participants displayed a significant pro-Indigenous bias across all three outcome variables. Additionally, although the empathy-intervention significantly increased pain ratings (regardless of patient race), it had no significant effect on trustworthiness or treatment ratings. Caution should be taken in interpreting these results as evidence of an elimination of pro-White bias in the healthcare system. Importantly, the potential influence of extraneous variables (e.g., social context at time of data collection, lack of stereotypical cues) on the study outcome should be considered. The results do, however, provide further evidence that a simple perspective-taking intervention may help reduce the pain underestimation bias observed in healthcare settings.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61420 - Printed Poster

An Intersectional Qualitative Investigation of Taiwanese Women's Experiences with Disordered Eating

Presenting Author: Lee, Yunung

Additional Author: Kuo, Chung-Hsin Ben

Abstract: *Despite the proliferation of feminist discourses on disordered eating, there is a dearth of research on how Taiwanese women's multiple marginalized identities under systemic oppression interact to interplay with her experiences of disordered eating. Hence, the current study aims to answer: _"how are the lived-experiences of Taiwanese women with disordered eating manifested through the intersections of their multiple identities, such as gender/sex, socioeconomic status, ethnicity, and native/foreigner status, etc.?" _Recruitment via social media resulted in nine Taiwanese female participants, aged between 24 and 40, varied in SES, sexual orientations, and international experiences. Transcribed interview scripts were analyzed using thematic analysis based on the feminist intersectionality theory. Three salient themes with supporting sub-themes emerged: A) THE INTERSECTION RESULTING FROM CHINESE PATRIARCHY AND HETERO/SEXISM REINFORCES DISORDERED EATING - _(A.1) __struggling to be parents' "ideal daughters", (A.2) self-deprivation as compensation for failures on femininity_; B) EXPOSURE TO MULTI/CROSS-CULTURAL ENVIRONMENTS EITHER AMELIORATED OR EXACERBATED DISORDERED EATING - _(B.1) relieved by more diversified beauty standards and (B.2) exacerbated by discrimination against foreigner and social marginalization_; and C) INCREASED FEMINIST CONSCIOUSNESS SERVED AS A PROTECTION AGAINST SEXISM OR AN ADDED BURDEN TO SELF-CRITICISM. These findings suggest the idiosyncratic nature of women's lived-situations with disordered eating, embedded in their unique intersected position socioeconomically, culturally, and politically. Further, it offers a critical culturally-informed lens on the global phenomenon of ED from a 'de-pathologizing' perspective. Implications for future research and clinical practices are discussed.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61851 - Printed Poster

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

Presenting Author: Schramer, Kristin M.

Additional Author: Lafreniere, D. Kathryn

Abstract: *Background/rationale: Turner Syndrome (TS) occurs when there is a loss of the second sex chromosome in females. It is characterized by short stature, amenorrhea, and infertility (Deal, 2008). This study systematically reviewed the literature on the social and psychological impact of TS using the social model of disability as an overarching framework (Shakespeare, 2014). Methodology: Academic databases for psychology, medicine, nursing, and social work were searched from April to October 2018. Ninety-seven articles were retained upon the conclusion of this review. Results: A majority of the articles reviewed were published in medical journals (n = 60), did not refer to TS as a disability (n = 96) and did not explicitly use a disability framework (n = 97). A majority of the majority of authors (n = 87) used deficit-based approaches (e.g., comparison groups) and language in their research. No articles discussed topics discussed the civil rights of persons with TS (n = 97). Conclusions: The TS literature emphasizes an individual or medical approach while avoiding the discussion of social factors that influence the psychosocial functioning of TS persons. Action/Impact: A greater emphasis on the social model of disability is needed. This could start with the recognition of TS as a disability and more research being done by and for TS persons.*

Smartphones Go to College

Presenting Author: Fichten, Catherine

Additional Authors: Jorgensen, Mary; King, Laura; Lussier, Alex; Havel, Alice; Harvison, Maegan

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

A review of parent perspectives of the individual education plan process

Presenting Authors: Schroeder, Meadow ; Matyjanka, Ocean; Morell, Riley

Abstract: *Approximately 13% of K-12 students receive special education services in school to support a disability of impairment. Schools are accountable for documenting how they will meet student learning needs in individual education programs (IEPs). Parents are valuable collaborators in the IEP process since parental involvement in students' education has a positive influence on achievement and graduation rates. This research project reviewed the literature on parent perceptions of the IEP process. To identify empirical studies for the comprehensive review, we conducted a search of three databases, PsycInfo, Medline, and EBSCO, using key search phrases such as "individual education plan," and "parent satisfaction." An initial search (winter 2020) resulted in a total of 333 articles. After removing duplicates and screening for relevancy, 20 articles published within the last 10 years remained. Two raters identified themes on parent perspectives on IEP meetings and implementation. Themes included parental concerns about lack of power, opportunity for participation, understanding of the process, IEP implementation, and communication with the school. Parent participation varied by minority status, socio-economic status, and severity of disability. This presentation will conclude with a critique of the extant research and suggestions for future research.*

Fat Women's Experiences and Negotiation of Fatphobia in Canadian Contexts: A Systematic Review

Presenting Author: Sadika, Bidushy

Additional Author: Chen, Jinwen

Abstract: *Background/Rationale _Fatphobia_ refers to an irrational fear of, aversion to, and discomfort around individuals who identify or are seen by others as fat or obese because of their deviance from body ideals. There is a paucity of positive representations of girls and women perceived as fat, as fat bodies are deemed as sick, unattractive, unfit, greedy, uncontrollable, fragile, and belonging to lower social class. In Fat Studies scholarship, researchers have utilized an intersectionality framework to resist fat oppression and comprehend the social meanings of body weight, shape, and size for individuals positioned at various social hierarchies based on their demographics such as age, gender, sexuality, socioeconomic status, ability and so on. Researchers are yet to conduct a systematic review on the experiences pertinent to fatness for self-identified fat women in Canada. Hence, the purpose of this chapter is to: 1) review the literature on fatphobic discourses and social meanings associated with fatness as experienced by fat women in Canada who embody intersectional identities; and 2) critically synthesize this body of literature so that their distinctive features, limitations, and future research directions are outlined. Methods A systematic review was conducted on six databases (e.g., PsycINFO and Scopus) using a search syntax of the keywords, "women," "fatphobia," "body image," and "Canada." Following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines, we selected 18 references discussing 14 studies that met our inclusion criteria (i.e., should be peer-reviewed and in English; use qualitative, quantitative, or mixed-methods design; conducted in Canada and focused on the experiences of fat women in Canada). Results Results indicated that fat women experienced and negotiated fatphobia in multiple social institutions (e.g., education, healthcare, sports, etc.). They were judged, excluded, rejected, bullied, and harassed for embodying fat bodies. They also encountered attempts by others to police, scrutinize, and control their bodies. Fatness became the overarching narrative that was forced upon self-identified fat women through the labels "the fat girl" or "the obese patient." Gender, race, age, and sexuality intersected in fat women's experiences. Fatphobia also led these women to experience anxiety, discomfort, self-consciousness, and internalize anti-fat prejudice. To negotiate their fatphobic experiences, fat women developed distressed or disordered eating and exercised excessively to control their bodies and eating habits. They developed intellectual or artistic identities and highlighted their physical abilities, or implemented negative coping strategies, such as creating alternative (virtual) realities, avoiding circumstances that might result in fatphobic experiences, and expressing resigned acceptance over fatphobic discourses. Several fat women actively defied fatphobia by affirming and emphasizing positive aspects about their fat identities, celebrating their fat bodies, and blatantly rejecting the medicalization of fatness. Conclusion In conclusion, fatphobia was an overarching experience across the identity categories represented in the selected studies. Fat women experienced negative judgement, exclusion, harassment, policing and surveillance of their bodies in social spaces where medical and normative body discourses predominated. Racialized, queer and young fat women's encounters with fatphobic discrimination and stigma were impacted by additional power imbalances in race, sexuality and age. Nonetheless, fat women in Canada negotiated their fatphobic experiences by adopting negative coping strategies (e.g., disciplining their bodies and indulging in alternative realities) or actively resisting fatphobic norms. Action/Impact This study is significant for being the foremost to adopt an intersectionality lens and amalgamate the literature on self-identified fat women's experiences pertinent to their fatness. It also emphasizes the usefulness of weight and fatness as a common axis of analysis across other forms of marginalization. The study challenges the normalization of thin body standards in multiple social institutions (e.g., healthcare), and serve to create greater awareness of the subject of fatphobia. Finally, the study aids in the development of possible interventions tailored to improve the lives of self-identified fat women embodying diverse identities in Canada.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64726 - Printed Poster

Exploring classroom supports for students with special needs: The role of school psychologists.

Presenting Author: Dmyterko, Juliane

Additional Author: Ford, Laurie

Abstract: *The move towards inclusive education in the last several decades has meant that there are more students with special educational needs in regular education classrooms that require additional support. As a*

result, education assistants (EAs) are increasingly used in inclusive classrooms to support students with unique learning needs. In Canada, 50% of classrooms have an EA, so it is likely that most students and teachers will encounter and work with EAs. Previous research has identified ongoing challenges facing teachers and EAs who work together in inclusive classrooms. In this study, survey methods were used to collect the perspectives of over 300 EAs and teachers in British Columbia about their training and experiences working in schools, in particular, in inclusive classrooms. Statistical and thematic analysis were conducted. Teachers and EAs identified ongoing challenges around collaboration, communication, and training. Furthermore, differentiation and accommodations for students with special educational needs is sometimes lacking and ongoing development in this area is still required. This research provides insights into ways that existing supports can be improved and how school psychologists can support teachers and EAs to maximize their impact on student outcomes, especially those with special needs.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64754 - Printed Poster

Indigenous Child Wellness: A Scoping Review of Best Practices in Measurement Assessments

Presenting Author: Levasseur-Puhach, Sydney

Additional Authors: Roos, E Leslie; Hunter, Sandra; Bonin, Lynette

Abstract: *This project seeks to identify a suitable assessment for Indigenous children and families in Manitoba through an examination of existing Canadian and international best-practices in Indigenous wellness assessments. In order to accomplish this work, a literature review of existing relevant frameworks and measures across Canada, the United States, Australia and New Zealand has been completed. Here, five databases were consulted, and findings were analyzed by two reviewers. In keeping with Traditional Ways of Being and Knowing, we also conducted semi-structured interviews to gain input from the Indigenous community in Manitoba regarding their perspectives on literature findings and their relevance to Manitoban Indigenous contexts. Findings in the literature have revealed that there are key factors to consider from an Indigenous values perspective when assessing child and family wellness. The most salient of which include incorporating processes of self-determination and respecting Indigenous Ways of Knowing such as understanding wholisitc principles of wellness. We have identified a gap in the literature reviewed of a culturally grounded and Manitoba-relevant framework to assess the wellness of Indigenous children and families. We will seek to fill this gap in future iterations of this work while addressing challenges including (1) the absence of a wellness measure that may have child-welfare, healthcare and/or educational relevance and (2) developing an assessment that is specific to Traditional Indigenous Ways of Being according to the Nations residing in Manitoba. In our next steps we will aim to develop a measure and guidelines for terms of use for assessing Indigenous child wellness based on the literature consulted and feedback from our community collaborators.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 64856 - Printed Poster

System Justification and Reduced Perceptions of Racial Discrimination During COVID-19

Presenting Author: Mitrovic, Igor

Additional Author: Bobocel, Ramona

Abstract: *Despite efforts to eliminate racial discrimination in society, it persists. System justification research suggests that this may be due to a tendency for people to deny the existence of systemic flaws (such as racial discrimination) within their social systems when threatened. In the present study, we examined if people are*

motivated to deny the existence of racial discrimination when alerted of travel restrictions due to the COVID-19 pandemic. We predicted that alerting people of travel restrictions would elicit perceptions of inescapability, motivating them to justify their social system and deny its flaws (i.e., racial discrimination). We tested our prediction in an experiment in which U.S. participants read a news article indicating either that domestic and overseas travel will be more difficult over the next few years (experimental condition), or that it will be no more difficult than before the pandemic (control condition). We then measured participants' perceptions of discrimination against Black American citizens. Our results supported our hypothesis: Participants in the experimental condition perceived less discrimination compared to the control condition. Our finding is especially alarming given that the study was conducted during the recent Black Lives Matter protests which have raised awareness of racial discrimination. Research and implications will be discussed.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64890 - Printed Poster

Examining Fetal Alcohol Spectrum Disorder and Offense Characteristics in Juror Decision Making

Presenting Author: Dunleavy, Bianka

Additional Authors: McLachlan, Kaitlyn; Gillett, Rebecca; Mullally, Katelyn

Abstract: *BACKGROUND: Recent calls for legislative and policy reform to address the overrepresentation of individuals with fetal alcohol spectrum disorder (FASD) in the criminal justice system include recommendations to increase clinical evidence about FASD in court. Research suggests that clinical evidence about neurodevelopmental disabilities has varying impact on sentencing decisions. This study aimed to explore mock jurors' legal sentencing decisions for defendants where clinical evidence about FASD was presented about a defendant for both lower and higher sophistication crime scenarios. METHOD: 354 participants from an undergraduate psychology pool completed a 2 (presence/absence of FASD evidence) x 2 (low vs. high crime sophistication) mixed between and within-subjects experimental design online. They reviewed clinical evidence and made sentencing decisions for the two legal cases. ANALYSIS AND RESULTS: Participants recommended significantly longer sentences for defendants in the lower sophisticated crime scenario (M = 14.98, SD = 13.11) compared to the higher sophisticated crime scenario (M = 8.08, SD = 9.33), $F_{(1, 266)}$ = 160.20, p < .001, $\eta2$ < .01 with no main effect for FASD evidence (p = .33, $\eta2$ < .01, and no significant interaction between crime sophistication and FASD evidence (p = .26, $\eta2$ = .00). CONCLUSIONS: Preliminary findings suggest that participants weighed crime sophistication in making sentencing decisions comparably across FASD evidence conditions. IMPACT: Results highlight the need for further examination of how clinical FASD evidence is introduced and applied in court.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65031 - Printed Poster

Access to Support Services for Newcomer Youth through the Process of School Integration: Critical Literature Review

Presenting Author: Kalchos, Linnea F

Additional Author: Kassan, Anusha

Abstract: *A quarter of a million newcomers with permanent residency status live in Canada, and over 20% are under 18 years of age (Citizenship and Immigration Canada, 2017). As immigration is expected to grow by 361,000 newcomers in 2022, this number will continue to increase, with greater opportunities for refugees and asylum seekers (Citizenship and Immigration Canada, 2020). Newcomer youth represent an important demographic for building Canada's future, but they face distinct challenges as a minoritized population. Schools*

are significant transition settings; therefore, support is needed to facilitate school integration (Gallucci and Kassan, 2019). Psychosocial support services in schools are consistently underutilized by newcomer youth (Thomson et. al, 2015). Current research has identified barriers to access but fails to capture the rich lived experiences of newcomer youth navigating both school integration and intervention services (Stermac et. al, 2013). This literature review will determine what is currently known about the process of school integration from the perspective of newcomer youth, to identify barriers to access for services. It will consider issues of migration, acculturation and changing communities and determine what is currently known about newcomer youth and access to psychosocial services. The results of this review will identify methods to improve the process of school integration for newcomer youth by engaging service providers and schools in delivering psychosocial support services and it will inform future research and practise.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65107 - Printed Poster

Indigenous Content in the Canadian Introductory Psychology Course: A Textbook Analysis

Presenting Author: Goncalves , Natalie

Additional Author: Denton , W Ashley

Abstract: *The purpose of this project is to conclude where, when, and how Indigenous perspectives, content, and issues are incorporated into Canadian Introductory Psychology textbooks. Eight textbooks were included in the analysis. An initial search of six key terms was used to identify all references to Indigenous content. These segments of text were then extracted for further analysis. For each text, we noted how often Indigenous issues were mentioned, the chapters in which these references occurred, whether these discussions were included in the main body of text or in a special section, and whether Indigenous individuals or groups are identified using general or specific language. Based on previous research, two coders also reviewed each segment of text to determine whether the content of the description emphasized life/health outcomes, culture, systemic forces, cross-cultural similarity/dissimilarity, or none of the above. How the content was integrated into the broader curriculum was also noted, based on Banks (2001) four approaches to multicultural reform: contributions, additive, transformative, or social action. A majority of textbooks focus on describing life/health outcomes of Indigenous Peoples and they integrate this content in an additive way. These outcomes may be minimized by employing a consultant on Indigenous matters to review textbook content before publishing.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65239 - Printed Poster

Indigenous Content in Canadian Psychology Courses

Presenting Author: Amarakoon, Anuki D

Additional Author: Waggoner Denton, Ashley

Abstract: *This national survey seeks to gain an understanding of the attitudes of Canadian undergraduate psychology instructors towards teaching Indigenous content, their practice of including Indigenous content, and the challenges and needs they identify regarding Indigenous content inclusion. Previous research pertaining to the attitudes and perspectives of academic staff towards Indigenous content inclusion has facilitated the creation of specific recommendations to address barriers and ultimately ensure that students gain awareness of Indigenous content. We will share the perceived challenges, concerns, and barriers associated with the successful integration of Indigenous content in psychology courses. This study will serve as a practical illustration of how to make preliminary strides towards the goal of indigenization within the psychology discipline and will result in recommendations that can guide psychology faculties across the*

country to achieve this goal. By facilitating the inclusion of Indigenous content in psychology courses, this study stands to reduce the demands that post-secondary institutions place on Indigenous psychologists, to improve the educational experiences of Indigenous students, to impede the systemic denigration of Indigenous knowledge, and to prepare future psychologists to engage appropriately with Indigenous communities.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65256 - Printed Poster

Perceptions of Community Notifications in Canada

Presenting Author: Himmen, Marguerite K

Additional Authors: Scavuzzo, Rosalia; Thomas, Mackenzie; Koski, Rachel; Jung, Sandy

Abstract: *When high-risk offenders reach the end of their sentence, the Canadian Criminal Justice System (CJS) no longer has a legal mandate over these individuals and is therefore required to release them into the community. Moreover, prosecutors and police officers are responsible for deciding whether to release a public disclosure notification about a high-risk offender, and whether the community where the offender will reside is informed of the offender's release. Research on the perceptions and impact of community notifications have demonstrated that offenders view notifications as detrimental to reintegration into the community. In fact, media attention can cause significant problems when newly released offenders attempt to make prosocial gains, such as obtaining stable housing, finding employment, and avoiding victimization. When the offender is framed negatively, the public may have increased concerns as this may lead to a lack of understanding regarding the CJS and negative perceptions of released offenders. This may contribute to the overwhelming lack of public knowledge regarding sentencing decisions. One study showed that individuals were more likely to support parole decisions when justifications were clearly provided to them. It has also been demonstrated that the public has poor knowledge regarding offender sentencing and sentence lengths. Due to these research findings, this study looks to examine whether the public's perceptions and knowledge of the criminal justice system could be modified if notifications include less legal jargon, greater explanation and justification for the release, and knowledge of the sentencing. The study followed a 2 x 2 x 3 factorial design where participants were provided a community notification regarding an offender in one of these possible conditions in this experiment. For this study, 306 participants were recruited from undergraduate psychology courses at MacEwan University. After reading one of 12 community notifications, participants completed a series of survey questions. The survey questions included four scales to measure the participants' perceptions of the offender, their perceptions of the criminal justice system, their knowledge of the criminal justice system, and the likelihood of pursuing further information on the criminal justice system. We ran analyses of variance (ANOVAs) on each scale. When we examined participants' perceptions of the offender in the community notification, we found a main effect of the jargon language used, which showed that participants who were shown notifications with legal jargon viewed the offender more favourably on the Social Distance Scale (M = 41.2, SD = 35.41) than those who read simpler language in their notifications (M = 30.3, SD = 27.8), $F_{(1,172)}$ = 5.91, p = .016, partial eta squared = .036. Analyses indicated a significant main effect of the explanation of release variable showing that participants given an explanation of the offender's release (M = 5.4, SD = 0.93) were more likely to have accurate information pertaining to the notification than those not given an explanation (M = 4.73, SD = 1.12), $F_{(1,265)}$ = 8.57, p = .003, partial eta squared = .034. However, the explanation variable interacted with the use of jargon language, revealing that those who were not exposed to jargon language or given an explanation of the offender's release had less accurate knowledge of the notification than those exposed to jargon language with or without an explanation and those exposed to release explanation and no jargon conditions. None of the analyses that included the likeability, risk/safety, satisfaction with the criminal justice system, general criminal justice knowledge, and likelihood to pursue further knowledge of the CJS scales revealed significant results. Contrary to our predictions, few of our study's results supported our hypotheses. The implications of our findings for community notifications of offender releases and the utility of improving the presentation of information in these notifications will be discussed in this poster presentation.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65345 - Printed Poster

Food insecurity, mental healthcare service use, and medical healthcare: The role of depression

Presenting Author: Lamont, Allyson

Additional Authors: Hickey, Patrick; Beaulieu, Danie; Speed, David; Best, Lisa

Abstract: *Millions of Canadians report insufficient access to food. People who are food insecure report a plethora of health consequences, such as depression. Few studies have considered whether food insecure individuals will access mental health services differently than those who are food secure, and with conflicting results. Furthermore, while research suggests that food insecurity is associated with increased use of medical healthcare services, it has been associated with _decreased _access to these same services. In all cases, limited efforts have been made to address the role of mental health covariates, despite how depression has been associated with increased mental health service use and decreased healthcare use and access. The current study aimed to clarify the relationships that food insecurity exhibits with mental health service use, healthcare service use, and healthcare service access, while also investigating the role of depression. Data was obtained from the results of the nationally representative 2013-2014 Canadian Community Health Survey (minimum _N_ > 2,000). Results indicated that: 1) Food insecurity was not a consistent predictor of all outcomes; 2) Food insecurity was associated with an increased likelihood of reporting depression, of seeking help for mental health problems, and of accessing health information; 3) Depression mediated the relationship that food insecurity exhibited with mental health help-seeking (>80%) and seeking health information (>20%). Given that food insecurity and mental illness are both current public health issues in Canada, this research is timely.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65471 - Printed Poster

Becoming a Multiculturally Responsive Supervisor: The Experience of Doctoral Students in Counselling Psychology

Presenting Author: Spowart, J. K. Payden

Additional Author: Robertson, Sharon

Abstract: *Clinical supervisors must learn to attend to and address multicultural and social justice factors that are present in the supervisory triad. It is increasingly recognized that developing these abilities does not come automatically. Rather, training in clinical supervision has a significant impact on supervisors' development. Unfortunately, there is relatively limited research on the experiences of supervisors-in-training (SITs), especially as it relates to how these individuals learn to navigate multicultural and social justice factors in supervision. Therefore, the aim of the current study was to understand how counselling psychology doctoral students experience becoming multiculturally responsive clinical supervisors. In this qualitative study, eight students from three CPA accredited counselling psychology programs were interviewed. The interviews were analyzed using Interpretative Phenomenological Analysis. We will present key findings from each of the seven major themes that emerged from this study, including changes the SITs experienced over time, supports to their development, challenges and issues they faced in their course work and supervision-of-supervision, and their needs moving forward. We will discuss implications as they relate to training in clinical supervision and highlight the need for more concrete and robust pedagogical offerings in this area.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65538 - Printed Poster

A Critical Community Engaged Lens on Help-Seeking Barriers Experienced by Postsecondary Students

Presenting Author: Daiyoub, Jasmine

Additional Authors: Muchemi, Evelyn; Walker, Heidi; Brosseau, Danielle C

Abstract: *BACKGROUND: Barriers to help-seeking exist universally on post-secondary campuses, but BiPOC and LGBTQ2S+ students encounter help-seeking barriers at higher rates. This critical community engaged research project sought to elicit student-identified barriers to support services that disproportionately impact BiPOC and LGBTQ2S+ students. METHODS: Qualitative data was collected through open-ended questions in an anonymous online survey administered at a small postsecondary university. The researchers analyzed responses from undergraduate students (_N_ =78) and performed a thematic analysis informed by phenomenological theory to explore students' experiences of help-seeking. RESULTS: Five help-seeking barriers were identified: ostracization, representation, stigma, perceived lack of cultural competence and systemic forms of exclusion. CONCLUSIONS: BiPOC and LGBTQ2S+ students experience a layered accumulation of barriers to help-seeking that necessitates evaluations of training and reconsiderations of communication and service provision for diverse student populations. ACTION: Support providers served as research collaborators to contextualize participant responses and the identified barriers. The partnership between support providers and researchers led to plans for the implementation of changes that are congruent with the needs of BiPOC and LGBTQ2S+ students.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65686 - Printed Poster

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

Presenting Author: Wood, Lydia

Additional Authors: Misener, Kaylee; Ly, May; Libben, Maya; Nichol, Mackenzie

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

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 66899 - Printed Poster

Shadeism in Interpersonal, Social, and Cultural Spaces: Experiences of South Asian Women in Canada

Presenting Author: Sadika, Bidushy

Additional Author: Morrison, A Melanie

Abstract: *Background/Rationale: Shadeism_ refers to prejudice based on skin shade and the way it intersects with sexism to disempower women of colour. Lighter complexions are essential to postcolonial notions of beauty in South Asia because of the global emergence of the skin-lightening industry and negative media representations of darker skin colour. Consequently, darker-skinned women aspire to achieve lighter complexions, as they internalize white beauty ideals perpetuated by their family, peers, and media. Specifically, South Asian Canadian women are burdened with the requirement to be lighter-skinned to preserve their family reputation within their diasporic communities. Researchers are yet to explore South Asian Canadian women's experiences of shadeism in institutional settings (e.g., schools, workplaces, etc.), smaller Canadian cities (e.g., Saskatoon), and in relation to their psychological wellbeing and other body image factors. Thus, the current study investigates shadeism (i.e., skin tone discrimination) experienced by South Asian women in Canada in interpersonal and social spaces.Methods: Participants responded to an online survey that consisted of questions about their perceptions of skin tone, mental health, body image and appearance-related attitudes, and bicultural identity integration. The survey also included an open-ended question, asking participants to think upon and explain lived situation(s) that have negatively affected their opinion about their skin tone.Preliminary Results:Six themes emerged from 112 participants' open-ended responses on the online survey: 1) interpersonal shadeism; 2) social shadeism; 3) cultural influences on shadeism; 4) psychological outcomes; 4) coping and resistance; and 5) intersectionality. Overall, darker-skinned South Asian Canadian women experienced shadeism by their families and relatives, mainly those from older generations and maternal members, who differentiated them from their lighter-skinned siblings and cousins; told them to "preserve" their complexion by using skin-lightening products and staying indoors; led them to believe that they would struggle to find a suitable life partner due to their complexion; and even jokingly called them names (e.g., "kali billi" [black cat]). Some participants encountered shadeism by their male peers or romantic partners, who imposed their colonized notions of beauty on these women and rejected them for having a darker complexion, respectively. They also were evaluated based on their skin tone in social spaces (e.g., social gatherings, beauty stores, and elementary/high school events), and were compared with their lighter-skinned family members and romantic partners. Darker-skinned South Asian women in Canada were more likely to experience shadeism in their ethnic communities, compared to mainstream Canadian society. As a result of their shadeism experiences, most participants experienced a range of negative psychological outcomes, such as sense of exclusion from mainstream spaces and lack of acknowledgement for their achievements. They felt anxious, annoyed, insecure, inferior, self-conscious, implicitly conflicted, less confident, and not loved because of the social perceptions surrounding their skin tone. Further, darker-skinned South Asian Canadian women engaged in self-objectification, internalized white beauty ideals, and aspired to achieve a lighter complexion. They coped with these experiences using a range of strategies, such as finding comfort and learning to love their complexion, emphasizing their inner self, feeling attractive, expressing indifference, progressing toward self-acceptance, embodying a religious identity, becoming self-confident, actively confronting shadeist attitudes by their family members, and seeking social support. The adverse psychological outcomes were intensified for South Asian women in Canada who experienced an intersection of shadeism, racism, and marginalization based on other body image concerns, such as fatness and acne-related problems.Conclusion: In conclusion, the South Asian women in Canada encountered shadeism within their interpersonal relationships (e.g., family, peers, relatives, and romantic partners) and social spaces. Some of these women were forced to negotiate intersecting forms of marginalization (e.g., shadeism, racism, fatphobia, and acne-related stigmatization) in their South Asian ethnic and mainstream Canadian contexts.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65144 - Printed Poster

Section Featured Speaker Address

Addressing the mental health ramifications of racism in research and clinical practice

Presenting Author: Cénat, Jude Mary

Abstract: *Different forms of racial discrimination are part of the daily lives of people from Black communities in Canada (racial discrimination in employment, unfairly fired, racial discrimination in health care, racial profiling, denied housing, etc.). However, studies on prevalence, intensity and consequences of racial discrimination on physical and mental health remain almost non-existent. Yet, it is recognized that racial discrimination is an important risk factor for the mental health of people from Black communities. In addition, mental health professionals (psychologists, psychiatrists, psychotherapists, etc.) are poorly trained to deal with racial discrimination and address traumas and disorders related to racism. Thus, this presentation has three main objectives: 1) examine the association between everyday racial discrimination, major racial discrimination, racial microaggression, internalized racism, self-esteem, and the symptoms of posttraumatic stress disorder, anxiety, depression, and obsessive-compulsive disorder, using data from the Black Communities Mental Health (BCoMHeal) survey; 2) analyze the impact of different forms of racial discrimination on the use of mental health services smong Black communities; 3) present the How to Provide Antiracist Mental Health Care training developed by the Vulnerability, Trauma, Resilience and Culture Laboratory (V-TRaC Lab) at the University of Ottawa, which is accredited by the Canadian Psychological Association; 4) examine the initial results related to changes in clinical practice among mental health professionals who have taken this training.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 61403 - Section Featured Speaker Address

Everyday social justice warriors: Creating a path to change through conversation and action

Presenting Author: Maynard-Pemba, Natasha

Abstract: *Social justice is defined in the Oxford dictionary as "justice in terms of the distribution of wealth, opportunities, and privileges within a society." Indeed, many definitions would include not just privilege, but basic human rights, including access to healthcare. As mental health practitioners and scholars, social justice is an imperative for our field not only in terms of those we serve, but those with whom we work. Despite its importance, at times we may find ourselves as professionals unable, unwilling, or unsure of how to address social justice in our work, even as seasoned advocates. We may construe ourselves as constrained by system dynamics, policies, and regulations to neglect the needs of potential clients or to neglect responding to colleagues in caring and inclusive ways. How can we foster solidarity in professional settings and associations, thus nurturing one another as change agents within the systems in which we work? How do we engage in and elevate everyday dialogues and actions to help create social change? We will explore these and related questions together during this keynote presentation.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61807 - Section Featured Speaker Address

Snapshot

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

Presenting Author: Sagar, Nathalie

Additional Authors: Ruddy, Alexandra; Martin, Stephanie; Bailey, Darcie Anne

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

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61788 - Snapshot

Behind the Wall: How Age, Gender, and Violence Type Impact Perceptions of Intimate Partner Violence

Presenting Author: Krebs, Brandon K

Additional Author: Peace, A Kristine

Abstract: *In legal and public domains, the perception of intimate partner violence (IPV) is influenced by a range of legal and extra-legal factors. The present study was designed to investigate how jurors' perceptions of IPV incidents are influenced by the type of violence perpetrated, the age of the couple involved, and the gender of the perpetrator and victim. Undergraduate participants were presented with an IPV vignette, a case judgement questionnaire, and several self-report measures. Vignettes differed according to the gender of the perpetrator (man/woman in a heterosexual relationship), the type of violence perpetrated (physical/sexual/psychological/financial), and the age of the couple (18/30/45/65). We measured participants' overall assessment of the scenario (i.e., how violent/severe) as well as their general perceptions of IPV, ageing populations, and traditional gender roles. Data collection is nearing completion (_N_ = 450+ participants), and analyses/write up will be completed by April 2021. We predict that male perpetrated incidents, scenarios involving physical or sexual violence, and incidents occurring in younger age categories (i.e., 18/30/45) will be perceived as more violent, severe, and in need of criminal justice system (CJS) response. Results from this study will help inform CJS personnel about biases present in the assessment of IPV cases.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64821 - Snapshot

Indigenous Child Wellness Assessment: Measurement and Usage Considerations Guided by a Community Council

Presenting Author: Levasseur-Puhach, Sydney

Additional Authors: Roos, E Leslie; Hunter, Sandra; Bonin, Lynette

Abstract: *The goal of this project is to determine a culturally aligned measure of Indigenous child wellness for use in the Manitoba context. We are seeking to establish a measure to assess the wellness of First Nations, Inuit and Metis children and youth as well as their families once permanency has been achieved with those involved*

in the child-welfare system, (i.e. children have been reunited with kinship family and/or community of origin, or adoption has occurred). Additionally, this is to serve as a longitudinal assessment that should be applicable after one year, three years, five years, etc. following permanent placement. We also aim to have this instrument be applied across other contexts including but not limited to healthcare and education. In order to do this, we have assembled a group of Indigenous community members who make up our Community Advisory Council. This group brings together a diversity of perspectives on community priorities and values in the assessment of child wellness, as well as terms of use for the respectful and culturally appropriate implementation of the assessment. 12 people have been consulted as part of our Indigenous Advisory Council thus, far across a series of virtual meetings in June, August, and November 2020, two of which are First Nations Elders. These participants hold experience in areas of child-welfare, education, policy development, Indigenous wellness, and Traditional Ways of Being and Knowing. Our Council is representative of a variety of First Nations who reside across Canada as well as members of the Metis nation with ongoing efforts to collaborate with our Inuit relatives. Results find that themes of self-determination, family and community, resource delivery, and cultural safety are paramount considerations when assessing wellness among Indigenous Peoples. The development of this measure has been done with the support of Until the Last Child, a national non-profit child-welfare organization. In future iterations of this work, the Maaminoswein Wellness Reflection will be piloted with community organizations and support the wellness goals of Indigenous children and families.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 64860 - Snapshot

Black Eyes, Blue Tears: How Gendered Attitudes Impact Interpretations of Intimate Partner Violence

Presenting Author: Gauthier, Mattise

Additional Authors: Twa, Madison ; Krebs, Brandon ; Piat, Christopher; Peace, Kristine

Abstract: *Previous research has demonstrated that "atypical" intimate partner violence (IPV) situations, such as woman-on-man or non-heterosexual violence, is perceived less negatively than man-on-woman violence. Sexism, traditional sex-role attitudes (TSRA), and belief in a just world have also been found to exacerbate the minimization of such violence. The present study was designed to investigate how participants attributions of severity, responsibility and perceived cause of fear vary as a function of gender (participant, victim and perpetrator) and the participants adherence to stereotypical sex-related attitudes. Undergraduate participants (N = 485) were presented with a vignette, a case judgement questionnaire, and self-report measures. Vignettes varied according to the perpetrator-victim gender pairing (woman-on-man, man-on-woman, woman-on-woman, man-on-man). Multivariate analyses revealed that participants perceived violence against women and violence perpetrated by men as more violent and severe than female perpetrated violence. Furthermore, participants high in hostile sexism, traditional sex-role attitudes, and belief in a just world perceived IPV scenarios as less severe. This studys results stand to have significant implications in the criminal justice system, specifically in addressing potential bias in law enforcement and other criminal justice system personnel.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64862 - Snapshot

Reviewing the Literature on Cross-racial Therapy from the Lens of a Racial and Ethnic Minority Therapist

Presenting Author: Karnjanavijaya, Jakkapan

Abstract: *There are far fewer Racial and Ethnic Minority (REM) than White therapists in the Counselling Psychology profession. Subsequently, most research has concentrated on the challenges and opportunities involved within White therapist–REM client dyads. Likewise, research has mostly highlighted the cross-racial*

experiences of White therapists. The effect of this has been a paucity of evidence-informed resources for REM therapists, to guide them in cross-racial therapy. Given the increasing number of REM therapists entering the profession, there is a growing need for knowledge which may guide practice and self-care. This brief literature review broadly explores what is known about cross-racial therapy in a manner which might guide REM therapists. A guiding question during this review was, "What are some prominent challenges affecting REM therapists, and promising strategies that may guide them when engaging in cross-racial therapy?". The literature review found some potential promising practices that REM therapists may use. These include a focus on the racially-transcendent and affiliative elements of the therapeutic relationship, and engaging in our own processes of reflection and consciousness-raising in order to strengthen our multicultural competence and humility. These must be interpreted with caution however, as due to the relative paucity of research on REM therapist experiences, many of the findings and recommendations have been extrapolated from related cross-racial research on White therapists working with REM clients, or from the perspectives of REM clients working with White therapists. This reflects the current state of literature, in which REM therapists' experiences remain poorly understood and scarcely explored. This non-inclusive discourse can be alienating to REM therapists and may be a deterrent to entering or continuing in the profession. Future studies which explore or include the lived experience of REM therapists are needed as the field of counselling psychology grows in diversity. Until such literature is more prominent, REM therapists may find practical help in focusing on the racially-transcendent and affiliative elements of the therapeutic relationship, and engage in our own processes of reflection and consciousness-raising in order to strengthen our multicultural competence and humility. These practices have the potential to strengthen the therapeuitc alliance for all therapists working cross-racially.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65143 - Snapshot

Youth Homelessness: Cultivating an Informed Counselling Psychology Practice

Presenting Authors: Kennedy, Darrah ; Warner, Lindsay S; Kim, Maria M

Abstract: *In the face of a global pandemic and the lockdown guidelines impacting job security and obtainment, the risks of becoming homeless are increasing. Youth represent a particularly vulnerable subset of the Canadian homeless population. Although housing options exist, such as housing first initiatives, research has demonstrated that these youth's unique circumstances must be considered to support these youth in transitioning out of homelessness appropriately. In this presentation, we highlight and discuss what counsellors need to know about youth homelessness and the specific challenges these youths face in becoming successfully housed. We also address risk factors perpetuating youth homelessness and outline current research surrounding successful housing and counselling interventions. For example, research has revealed that youth who have adopted a homeless identity experience more difficulty transitioning out of homelessness. Finally, we will provide information and recommendations to improve Canadian counselling psychologists' practice with youth who are experiencing homelessness.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65358 - Snapshot

Considering how to address social justice issues in their work with clients during COVID 19: Shifting from a lens of cultural humility to incorporating a critical lens

Presenting Author: Mani, Priya

Abstract: *Health disparities and societal fault lines have intensified in awareness on a global level based on contending with COVID- 19. The manner in which we frame the world affects and shapes our narrative and sense of human agency (Bandura, 1998; Bandura, 1986; Lent, Brown, and Hackett, 2000). How do counsellors carve out pathways of resistance and hope with clients from marginalized groups while acknowledging the social and structural hierarchies that exist and generate alternative ways that enhance meaning and a sense of agency in their lives? Counsellors have a responsibility for engaging in self-reflection in how their personal and*

professional selves intersect with their work with diverse clients that requires humility that extends to how they in turn listen and engage with clients (Collins, 2010). The recognition of the gaps in knowing for both the client and counsellor allow for a sense of humility, open-mindedness, and the development of self-efficacy (Lent, 2016). To bridge the gap between practicing cultural humility and still addressing aspects pertaining to social justice within ones practice to help address client issues (such as internalized racism or structural oppression) requires more than cultural humility (Cariou, 2020; Danso, 2018). Noting systemic oppression (social, economic, and political structures) and cultivating a sense of self-empowerment with the client where they are also encouraged to tap into undiscovered potential in the contexts of their lives requires a shift to practice cultural humility within a critical pedagogy.   The strategies that counsellors could potentially use to address challenges by developing a sense of cultural humility through a critical lens will be explored. The areas that will be discussed for this presentation will focus on what hinders the process, the importance of developing a curiosity competency, the nature of identifying failed attempts and learning through failure, increasing risk tolerance, exploring and building resilient coping and adaptation, and sustaining cultural humility over time.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65444 – Snapshot

An Exploration of Laypeople's Perceptions of Interrogation Tactics Across Suspect-Interview Types

Presenting Author: Crough, Quintan

Additional Author: Eastwood, Joseph

Abstract: *The purpose of the present research was to explore how criminal-interview type (investigative v. intelligence gathering) and outcome (successful resolution, no cooperation, or disinformation) may affect lay perceptions of interviewing tactics (overt, covert, or supportive). The study used a 2 (interview type) X 3 (tactic type) X 3 (interview outcome) mixed measures design. Participants viewed a case overview outlining either a crime that already occurred or is believed to occur imminently. Participants then provided ratings of effectiveness and appropriateness for various tactics. Lastly, participants received an interview outcome and provided ratings regarding the previously shown tactic justification and sufficiency. Results will provide insights relevant to the ongoing discussion surrounding the ethics of interviewing practices and how these may differ depending on interview-type. BACKGROUND Within a criminal context there are two main categories of suspect interviews: investigative and intelligence gathering. While both interview types seek to generate information related to a particular crime of interest, they are distinct in that investigative interviewing typically pertains to an event that has _already occurred_ while intelligence-gathering interviews are primarily concerned with an event that _may occur_ in the future (Hartwig, Meissner, and Semel, 2014). In both interview types a confession is one of, if not the most, powerful forms of inculpatory evidence. Police awareness of this has led to the development of interviewing strategies that are primarily concerned with the successful procurement of a confession (Snook, Eastwood, and Barron, 2014). However, a number of exonerations over the past decade as a result of advances in DNA analyzing technology, have indicated that certain interviewing practices (e.g., physical and psychological abuse) substantially increase the likelihood an innocent person will falsely confess (Cutler, 2012). As a result, a number of police agencies have started to employ more ethical practices, such as the PEACE method (Snook, Eastwood, and Barron, 2014). These more supportive tactics aim to gather information about an event through the use of empathetic and empirically validated tactics (e.g., rapport building). A number of arguments have been made in favour of a similar transition within intelligence-gathering interviewing settings as well (Hartwig, Meissner, and Semel, 2014). There seems a disparity between academic and lay perceptions, however, of what qualify as justifiable tactics in this setting. For instance, past research, has demonstrated that lay people condone tactics such as torture for terrorism suspects in an intelligence-gathering interview (Carlsmith and Sood 2009). While much of the literature assessing intelligence-gathering interviewing is concerned with national security (i.e., terrorism related), other forms of intelligence-gathering interviews (i.e., gang-related crime) is comparatively under-examined. Therefore, lay perceptions of what is appropriate (i.e., justifiable) or most effective in these settings remains unknown. Additionally, how perceptions may differ for various interviewing tactics (e.g., rapport, covert and overt) across interview types (e.g.,*

intelligence gathering vs. investigative) has yet to be directly explored within the literature. While rapport building has garnered substantial support within the academic community, it is unknown if this support will generalize to a population of laypeople relative to other interviewing tactics; and furthermore, if this support (or lack thereof) will differ depending on the type of interview. Past research (e.g., Hall, Eastwood and Clow 2020) has demonstrated that tactics that are typically considered coercive are viewed more favourably when a confession is elicited compared to when one is not obtained. However, suspect interviews often produce one of three outcomes: correct information (i.e., cooperation/confession), no information (i.e., non-cooperation) or inaccurate information (i.e., disinformation). How disinformation may influence lay perceptions in this regard has not yet been empirically explored, and is therefore also of interest in the current study. The present research seeks to address the mentioned gaps in the literature.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64391 - Snapshot

Standard Workshop

Equity, Diversity, and Inclusion: A Workshop for Students

Presenting Author: Botia, L Alejandra

Additional Authors: Collaton, Joanna; Chu, Alanna K

Abstract: *Systemic racism continues to be prevalent in Canada and the institution of Canadian psychology is not immune to it. Psychology is at the intersection of mental health, wellbeing, and social justice and as such, is well-positioned to make a significant impact in improving the lives of marginalized people and communities in Canada. While psychology training typically equips students with knowledge and tools related to research methods and clinical training, the discipline, at times, falls short with training related to eradicating systemic racism in our society. For this reason, it is imperative to provide psychology students, future researchers, academics, and practitioners, with more training opportunities and tools related to social responsiveness, especially with a focus on equity, diversity, inclusion, and justice. This workshop will provide students with knowledge about critical consciousness and decolonizing psychology, as well as provide participants with tools to engage in cultural humility practices. Specifically, these concepts and tools will be discussed using the multicultural orientation framework (Owen, Tao, leach, and Rodolfa, 2011; Owen, 2013).*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64232 - Standard Workshop

How to do the work: Advocacy skills for psychology students

Presenting Author: Collaton, Joanna

Additional Authors: Botia, Alejandra; Chu, Alanna K; Brimacombe, Glenn

Abstract: *It is increasingly important for students to learn how to lead, initiate, advocate, and facilitate meaningful and innovative change, especially in the context of the Movement for Black Lives and the inequitable impacts of the COVID-19 pandemic that occurred in 2020. Attaining and engaging in advocacy skills enables students to make significant contributions to society and public policy, including the ability to connect, collaborate, inspire, and work with their communities. Developing these skills requires empathy, dependability, and the ability to cultivate positive relationships with a diverse range of people including decision-makers. Students are at a unique stage of development to inform their personal vision through self-reflection and leverage their personal lived experience to promote individual, interpersonal, and institutional change. To this end, this workshop will provide opportunities for students to gain and continually develop skills in the following key areas: leadership, advocacy, and networking. Namely, attendees will learn 1) effective ways to engage in leadership positions at the individual, institutional, and community-level, 2) to use civic engagement,*

organization, and mobilization for advocacy purposes, and 3) to network, connect, and work well with others to effect change. Personal and practical examples (including the CPA advocacy program, VIP/VIPR) as well as reflective exercises will be offered to assist attendees in creating a personal vision for their advocacy work. We will also discuss potential avenues available to students to tap into their leadership potential and leverage their expertise for advocacy purposes. Guidance for networking and working productively with others, including community groups, will also be addressed.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65350 - Standard Workshop

Symposium

An applied approach to understating the formation of intercultural identities

Moderator: Benkirane , Sarah

Panelists: Bragoli-Barzan, Léa; Caron-Diotte, Mathieu ; Sta-Ali, Iman ; Di Bartolomeo, Alyssa

Abstract: *Immigration and multiculturalism have played, and continue to play, a significant role in shaping Canadian society. In fact, according to the 2016 census, 1 in 5 Canadians is foreign born and this number is projected to increase in the coming years. That being said, newcomers and citizens alike have a vested interest in understanding the determinants of integration and adaptation to mainstream society. This symposium has two main goals (1) to explore the shaping of immigrants' cultural identities through the perspectives of both mainstream and heritage cultures; (2) to explore applications of identity configurations through the lens of intercultural cultural romantic relationship. The first goal will be addressed in the first presentation which uses an identity integration framework to examine the mainstream group's (Quebeckers) perception of Muslim Quebeckers' integration. Additionally, the second presentation highlights the role cultural identification in the process of identity integration. The second goal will be addressed by the two final presentations. Notably, these presentations will address interaction of cultural and romatic relationship identities and the perception of family and friends on intercultural relationships as a predictor relationship satisfaction.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61799, Presenting Papers: 61805, 61806, 61812, 67186 - Symposium

Mechanisms associated with the integration of immigrants in the majority's identity

Presenting Author: Caron-Diotte, Mathieu

Additional Author: de la Sablonnière , Roxanne

Abstract: *The last decades have been characterized by an increase in immigration. Migratory movements induce an increase in ethnic and cultural diversity in Western countries, which can cause social tensions. Representatives of the majority group can see immigrants as incompatible with their culture, leading to intergroup conflicts. According to the cognitive-developmental model of identity integration, two mechanisms are responsible for integration: the creation of cognitive links between identities and the creation of identities encompassing them. However, these mechanisms are still poorly understood and have not been tested empirically. Based on connectionist theories of cognition, we propose that simultaneous exposure to identities is positively related to integration. In addition, it is proposed that a more flexible supraorbital identity would be associated with greater integration. A sample of 241 white francophone Quebecers answered a questionnaire on Quebecers-Muslims relations measuring the simultaneous experience of identities, their supraorbital identity representation and identity integration. Results from regression analyzes corroborate the hypotheses; the simultaneous exposure to identities and the perception of a flexible supraorbital identity are associated with a greater perception of integration of Muslims into Quebecois identity.*

Exploring how intercultural couple partners configure their cultural and couple identities together

Presenting Author: Sta-Ali, Iman

Additional Authors: Yampolsky, A. Maya; Sibai , Hamza; Lalonde, Richard

Abstract: *The relationship context of the intercultural couple is an intimate venue for culture mixing and for understanding each other's diversity. While cultural identity has been assumed to be important in intercultural couples, the role of one's cultural identity in these relationships has yet to be systematically and specifically examined. The current study qualitatively explored how partners in intercultural relationships navigate and configure their cultural and couple identities within the self, using the Cognitive-Developmental Model of Social Identity Integration (CDSMII; Amiot et al., 2007; Yampolsky, Amiot and de la Sablonnière, 2013). Participants (N=195) were asked an open-ended question about how they see the relationship between their cultural and couple identities. Our findings revealed that participants integrated and compartmentalized their cultural and couple identities or sided with either one or the other. Participants also spontaneously expressed several themes surrounding their identification experience, including family, communication, and values, among others. In addition to giving voice to intercultural couples, this examination provides a springboard for continued investigation into identification and intercultural couples, as well as the context variables that influence the process.*

Friends' Approval Promotes Relationship Quality in Intercultural Relationships

Presenting Author: Di Bartolomeo, Alyssa

Additional Authors: West, Alexandria; Muise, Amy

Abstract: *Intercultural romantic relationships are still marginalized by society and even by family and friends. Experiencing a lack of social approval can negatively influence intercultural couple's perceptions of their relationship, undermining their relationship quality. Family and friends often pressure the intercultural partners only follow their cultural norms without regard for their partner. This external pressure can cause conflict between intercultural partners and lead to lower relationship quality. A cross-sectional study (N = 242) involving one member of an intercultural relationship revealed that approval from friends predicted less conflict, and in turn, greater relationship quality, likewise this relationship was maintained when controlling for family and societal approval. Family and societal approval was also associated with relationship quality, however, when examined independently this relationship did not hold. In an ongoing longitudinal dyadic study (N = 121 couples) of intercultural partners, results from Time 1 replicate that greater friend approval predicts less conflict and higher relationship quality for oneself and marginally also for one's partner. Data collection for two additional timepoints (4 and 8 months later) will provide insights into how these variables relate over time and their directionality.*

Sexual Violence Among Canadian Adults: Scope, Nature, and Disclosure Experiences

Moderator: Jeffrey, Nicole K

Abstract: *Sexual violence is a common experience among Canadian adults. Despite considerable research in recent decades, questions remain about the scope and nature of sexual violence, as well as about to whom and why victims choose to disclose. This symposium brings together three research studies that answer some of these remaining questions. Jeffrey and colleagues begin by presenting a large Canadian postsecondary random sample study (only the second published since the 1990s; Burczycka, 2020) examining incidence rates of sexual violence on a Canadian university campus. They also assess the accuracy and representativeness of common census-sampled campus sexual violence surveys by comparing results from a census-sampled survey with those from the random sample survey (considered a gold standard for obtaining representative data). Next, Cripps and colleagues present research examining Canadian adults' experiences with sexual violence both offline and online—a growing concern given the ubiquity of communication technologies. Both Jeffrey et al. and Cripps et al. also answer questions about the gendered nature of sexual violence by examining rates among women, men, and gender minority individuals. Finally, Stermac and colleagues present research examining whether women's formal and informal disclosure and reporting patterns on university campuses were related to the type of sexual violence that they experienced. This study answers important questions about women's disclosures and the types of sexual violence that are particularly underreported or disclosed. Together, these three studies have important implications for future research, prevention, policy, and service provision in Canada.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 62432, Presenting Papers: 62433, 62434, 62435 - Symposium

Examining the Scope of Sexual Violence among University Students and the Accuracy and Representativeness of Campus Climate Surveys

Presenting Author: Jeffrey, Nicole K

Additional Authors: Krieger, A Michelle; Senn, Charlene Y; Forrest, Anne

Abstract: *Sexual violence (SV)—most commonly committed by men against women—is ubiquitous among university students (Cantor et al., 2017; O'Sullivan et al., 1998). Many universities conduct campus climate surveys to assess SV rates. However, some have examined, with mixed findings, the potential for misestimating SV rates on campuses due to low response rates and self-selection bias (Cantor et al., 2017; Freyd, 2015; Giroux et al., 2020; Krebs et al., 2016; Rosenberg et al., 2019; Rosenthal and Freyd, 2018). We contribute to this work by comparing SV rates obtained from a census-sampled campus climate survey (a common method for collecting campus SV data) with those obtained from a randomly sampled survey. In so doing, we assess the accuracy and representativeness of census-sampled campus climate surveys. We also contribute to the Canadian university SV literature since there has only been one other random sample study published since the 1990s (Burczycka, 2020). We found no evidence that census-sampled campus climate surveys misestimate SV: our census-sampled survey produced very similar rates as our randomly-sampled survey. Victimization and perpetration rates for women and men in our random sample were similar to those found in earlier Canadian and recent U.S. random sample studies. We also provide only the second Canadian random sample assessment of SV among gender minority students. Our research suggests that SV is prevalent on our campus and that continued prevention efforts are needed. It also suggests that less costly and labour-intensive census-sampled surveys, despite lower response rates, when well designed, produce sufficiently accurate and representative SV estimates on campuses.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 62433 - Paper within a symposium (Symposium ID: 62432)

The Role of Gender Identity in Vulnerability to Sexual Violence On and Offline

Presenting Author: Cripps, Jenna

Additional Author: Stermac, Lana

Abstract: *Prior to the proliferation of information and communication technologies, experiences of sexual violence (SV) were limited to instances of direct victim-perpetrator contact. However, in our current social landscape, which necessitating the use of technology for daily living, potential victims are more accessible than ever. This has led to a new concern among researchers, clinicians, and community members regarding the risk of cyber-sexual violence (CSV). In recognition of this concern, the present study sought to expand our understanding of CSV by investigating the relationship between a person's gender identity and their experiences of sexual violence on and offline. A cross-sectional research design was employed in which a large sample of Canadian adults completed an online self-guided survey. Based on one-way ANOVAs, the results indicate that self-identified cisgender women and gender minority individuals (e.g., transgender men, transgender women, two-spirit, etc.) may be more vulnerable to experiencing both CSV and SV overall compared to cisgender men. Furthermore, based on individual chi-square analyses, the results of this study also indicate that cisgender women and gender minority individuals may be at a greater risk for specific forms of CSV and SV. The findings of this investigation add to our understanding of CSV and provide a useful starting point for understanding the role of gender identity in a person's risk for experiencing CSV. Findings are discussed in terms of the implications they hold for targeted CSV prevention efforts and future research avenues.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 62434 - Paper within a symposium (Symposium ID: 62432)

Formal Disclosure of Coercive Sexual Behaviour among Undergraduate Women

Presenting Author: Stermac, Lana

Additional Authors: Cripps, Jenna; Campbell, Erin; West, Rebecca

Abstract: *The availability of specialized services for students who have survived sexual violence has increased on university campuses following the introduction of mandated sexual violence policies. However, the use of these services remains limited due in part to the reluctance of survivors to formally disclose sexual violence to university resources. The identification of factors that limit these disclosures is a crucial step in ensuring survivors of sexual violence receive support. This study examined whether formal and informal disclosure and reporting patterns of female undergraduate students on university campuses in Ontario was related to the type of sexual coercion they had experienced. In a survey of 737 students who had sexual violence experiences, the majority (70.7%) disclosed the incident(s) and most disclosed informally to peers/friends or family members. Only 14.2% of women in this study disclosed to a university resource such as health services, staff or faculty members, student conduct offices, residence dons, or campus police. The methods of coercion used in sexual violence (pressure or arguments; threats of physical force; physical force; intoxication and inability to consent) were marginally related to the type of disclosure made indicating that women who experienced threats of physical force or use of physical force were more likely to report to a formal university source than others. Results are discussed in terms of implications for developing campus environments that are safe for female undergraduates to disclosure and report all forms of sexual violence.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 62435 - Paper within a symposium (Symposium ID: 62432)

Prevalence and Impacts of Heritage Name Mispronunciation Among International Students

Presenting Author: Zhang, Doris

Additional Author: Noels, A Kimberly

Abstract: *Names carry great personal, familial, and ethno-cultural meanings. Any distortion, such as mispronunciation, may be perceived as a violation of self-image. However, due to dissimilarities between different language systems, mispronunciation of names can be common and upsetting experiences among international students (IS). The current study incorporates the voices of IS to better understand the prevalence and importance of correct pronunciation of their heritage names. Non-native English speaking IS at a Canadian university (n=173) completed an online questionnaire and a thematic analysis was conducted. Consensus was reached among three independent coders. Specifically, IS who were relatively unconcerned about the mispronunciations of their heritage names seemed to 1) acknowledge and understand the pronunciation difficulties among non-native speakers of their heritage language; and 2) perceive the mispronunciation as unintentional/benevolent in nature. On the contrary, IS who regarded correct pronunciation as important believed that 1) one's heritage name is associated with oneself on personal, familial, and ethno-cultural levels; 2) correct pronunciation conveys respect; and 3) accurate pronunciation strengthens host connectedness. In sum, IS in Canada appear generally accepting and understanding toward the mispronunciations of their heritage names.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 67186 - Paper within a symposium (Symposium ID: 61799)

"From the Voices of Survivors: Qualitative Research on Violence Against Women"

Moderator: Gettys, Brittni N

Abstract: *THIS SYMPOSIUM WILL PROVIDE A DISCUSSION OF THE IMPACT OF VIOLENCE AGAINST WOMEN FROM THREE DIFFERENT PERSPECTIVES. OUR COLLECTION OF TALKS FOCUSES ON THE EXPERIENCE OF INTIMATE PARTNER VIOLENCE (IPV) AND SEXUAL ASSAULT. IT IS ESTIMATED THAT 1 IN 3 WOMEN IN NORTH AMERICA WILL EXPERIENCE INTIMATE PARTNER VIOLENCE (IPV) IN THEIR LIFETIME (BLACK ET AL., 2011). THE NATIONAL INTIMATE PARTNER AND SEXUAL VIOLENCE SURVEY INDICATED THAT ONE IN FIVE OR 25.5 MILLION WOMEN REPORTED EXPERIENCING COMPLETED OR ATTEMPTED RAPE AT SOME POINT THROUGHOUT HER LIFE (AS CITED IN SMITH, ET AL., 2018). GIVEN THE PREVALENCE AND SEVERITY OF VIOLENCE AGAINST WOMEN, IT IS AN IMPORTANT AND PERTINENT AREA OF STUDY IN CANADIAN PSYCHOLOGY. VIOLENCE AGAINST WOMEN HAS BECOME EVEN MORE PERTINENT WITH THE ONSET OF THE GLOBAL PANDEMIC. FROM THE START OF THE COVID-19 PANDEMIC, WORLDWIDE LOCKDOWNS HAVE PUT WOMEN AT AN EVEN GREATER RISK OF VIOLENCE, AS EVIDENCED BY AN INCREASE IN REPORTED INSTANCES OF INTERPERSONAL VIOLENCE TO COUNTY POLICE, CRISIS AND TEXT HOTLINES, AND DOMESTIC VIOLENCE SHELTERS (KOFMAN and GARFIN, 2020). WITHIN THE FIRST FOUR WEEKS OF THE STAY-AT-HOME ORDER, NINE URBAN CITIES REPORTED AS HIGH AS 30% INCREASES IN CALLS RELATED TO INTERPERSONAL VIOLENCE (TOLAN, 2020), WHILE OTHER AREAS EXPERIENCED INCREASES OF UP TO 62% (HARTMANN, 2020). THE COVID-19 PANDEMIC BY NATURE HAS INHERENTLY LIMITED THE TYPES OF RESEARCH AND RESOURCES PSYCHOLOGISTS CAN PROVIDE TO WOMEN WHO EXPERIENCE VIOLENCE. TO FURTHER THE UNDERSTANDING AND STUDY OF THIS BROAD TOPIC, QUALITATIVE RESEARCH OFFERS UNIQUE AND USEFUL METHODS TO ADVANCE KNOWLEDGE ABOUT HOW VIOLENCE AGAINST WOMEN OCCURS, THE EXPERIENCES VICTIMS HAVE, AND THE WAYS IN WHICH PROFESSIONALS CAN ASSIST VICTIMS. THIS PANEL BRINGS TOGETHER QUALITATIVE RESEARCHERS FROM CLINICAL AND SOCIAL PSYCHOLOGY TO EXPLORE THE WIDESPREAD IMPACTS OF VIOLENCE AGAINST WOMEN, DISCUSS CONTEXTUAL AND SYSTEMIC FACTORS, AND SUGGEST IMPLICATIONS FOR TREATMENT AND FUTURE RESEARCH. THE FIRST PRESENTER, ALANNA JOHNSON, WILL PRESENT QUALITATIVE RESEARCH EXAMINING HOW MARGINALIZED WOMEN IN DOMESTIC VIOLENCE SHELTERS CONSTRUCT NARRATIVES ABOUT THEIR RELATIONSHIPS AND THEIR TIME IN SHELTER. USING FRASER'S (2004) NARRATIVE METHOD, AND ANALYZING THE INTERVIEWS USING A POSTCOLONIAL, FEMINIST FRAMEWORK, HER RESEARCH WILL BE DISCUSSED IN THE CONTEXT OF THE FINAL REPORT OF THE NATIONAL INQUIRY INTO MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS. THE SECOND PRESENTER, JEWELS ADAIR, WILL PRESENT EVIDENCE THAT FOCUS GROUP INTERVIEWS CAN BE USED TO SUCCESSFULLY ASSESS NOVEL TOPICS WITH GROUPS OF WOMEN WHO HAVE EXPERIENCED VIOLENCE, HIGHLIGHTING THE WAYS IN WHICH FOCUS GROUP INTERVIEWS*

ALLOW GROUP MEMBERS TO PROVIDE EACH OTHER WITH MUTUAL SUPPORT WHEN DISCLOSING SENSITIVE INFORMATION. THE LAST PRESENTER, BRITTNI GETTYS, WILL PRESENT QUALITATIVE RESEARCH EXPLORING THE RELATIONSHIPS BETWEEN SURVIVORS OF SEXUAL VIOLENCE IN SUPPORT GROUPS. USING BRAUN and CLARKE'S (2006) THEMATIC ANALYSIS METHODOLOGY, HER RESEARCH HIGHLIGHTS THE POTENTIAL HEALING EFFECTS OF SUPPORTIVE GROUP THERAPY FOR SEXUAL TRAUMA, THE IMPORTANCE OF RELATIONSHIPS AMONG SURVIVORS FOR TRAUMA RECOVERY, EXPERIENCES OF SHARED TRAUMA AND VICARIOUS TRAUMATIZATION DURING GROUP THERAPY, AND HOW PARTICIPANTS COPED WITH EXPOSURE TO THE SEXUAL TRAUMA OF OTHER GROUP MEMBERS.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65303, Presenting Papers: 65331, 65334, 65335 - Symposium

"Narratives of Women in Domestic Violence Shelters: How They View Intimate Partner Relationships"

Presenting Author: Johnson, Alanna

Abstract: *INTIMATE PARTNER VIOLENCE (IPV) IS A DAMAGING BREAKDOWN IN RELATIONSHIP AND A SERIOUS GLOBAL HEALTH ISSUE. HOW WOMEN WHO HAVE EXPERIENCED IPV EVALUATE THEIR RELATIONSHIPS AND WHAT THEY DESCRIBE WANTING IN RELATIONSHIPS HAS RECEIVED LITTLE ATTENTION IN IPV LITERATURE. THE PRESENT EXPLORATORY QUALITATIVE STUDY EXAMINED: (1) WHAT WOMEN WHO HAVE EXPERIENCED IPV WANT IN ROMANTIC RELATIONSHIPS, (2) THE FACTORS THEY CONSIDER AS THEY REFLECT ON STAYING OR LEAVING A RELATIONSHIP, (3) THE WAYS THE INTERSECTIONS OF IDENTITY CAN CREATE VULNERABILITY AND IMPACT EXPERIENCES OF RELATIONSHIPS, AND (4) HOW SPENDING TIME IN SHELTER IMPACTS WOMEN'S THOUGHTS ABOUT RELATIONSHIPS AND HOPES FOR THEIR FUTURE. INTERVIEWS WITH EIGHT WOMEN WERE CONDUCTED AND ANALYZED USING FRASER'S (2004) METHOD WHICH EXAMINES PERSONAL STORIES WHILE CONSIDERING THE SOCIAL CONTEXT OF THE NARRATIVES. THIS ANALYSIS WAS INFORMED BY POST-MODERN, FEMINIST, POST-COLONIAL SCHOLARSHIP. THE ANALYSIS REVEALED THE IMPACT OF DOMINANT NARRATIVES OF INTIMATE RELATIONSHIPS ON HOW WOMEN MAKE MEANING OF THEIR EXPERIENCES OF IPV: THAT WOMEN ATTEMPT TO ALIGN WITH THE DOMINANT NARRATIVE ABOUT IDEAL RELATIONSHIPS, ATTEMPT TO ALIGN WITH NARRATIVES ABOUT LEAVING THE RELATIONSHIP, AND ATTEMPT TO ALIGN WITH THE DOMINANT NARRATIVE OF SHELTER BEING PREDOMINANTLY USED FOR IMMEDIATE REFUGE FROM VIOLENCE. THE IMPACT OF THESE DOMINANT NARRATIVES, AS WELL AS PRACTICE IMPLICATIONS TO PROMOTE POSITIVE PHYSICAL, PSYCHOLOGICAL, AND SOCIAL OUTCOMES FOR MARGINALIZED FEMALE VICTIMS OF IPV AND FURTHER RESEARCH DIRECTIONS ARE DISCUSSED. KEYWORDS: INTIMATE PARTNER VIOLENCE, DOMESTIC VIOLENCE SHELTER, INTERVENTION, RELATIONSHIPS, NARRATIVE, STAYING AND LEAVING, QUALITATIVE RESEARCH*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65331 - Paper within a symposium (Symposium ID: 65303)

"Experience of Receiving Social Feedback to Memories in Relationships Involving Intimate Partner Violence"

Presenting Author: Adair, Jewels

Abstract: *THIS STUDY AIMED TO LEARN ABOUT FEMALE VICTIMS' EXPERIENCES WHEN THEIR MEMORIES ARE CHALLENGED BY AN INTIMATE PARTNER. THE GOALS OF THE CURRENT STUDY WERE TO (A) ASSESS WHETHER ABUSIVE PARTNERS CHALLENGE THEIR FEMALE PARTNERS' MEMORIES FOR EVENTS; (B) IDENTIFY THE TYPES OF MESSAGES THESE WOMEN RECEIVE WHEN THEIR MEMORIES ARE CHALLENGED; (C) ASSESS WOMEN'S PERCEPTIONS ABOUT HOW SUBSTANCE USE MIGHT INFLUENCE THE PROCESS OF MEMORY CHALLENGING; (D) DETERMINE IF A WOMAN'S CONFIDENCE IN HER MEMORY IS INFLUENCED BY MEMORY CHALLENGING. FOUR*

FOCUS GROUP INTERVIEWS WERE CONDUCTED WITH 18 WOMEN (MEAN AGE= 42) WHO HAD PRESENTED TO A CANADIAN DOMESTIC VIOLENCE SHELTER, AND RESULTS SHOWED THAT ALMOST ALL PARTICIPANTS HAD EXPERIENCED MEMORY CHALLENGING BY THEIR INTIMATE PARTNERS ON MULTIPLE OCCASIONS. RESULTS OF THEMATIC ANALYSIS REVEALED THREE KEYS THEMES: (A) PARTICIPANTS EXPERIENCED THEIR PARTNER USING A VARIETY OF DIFFERENT TACTICS TO CONVINCE THEM THAT THEIR MEMORY WAS INACCURATE, (B) PARTICIPANTS RECEIVED SEVERAL DIFFERENT MESSAGES FROM THEIR PARTNER ABOUT THEIR MEMORY, (C) THE OUTCOMES OF MEMORY CHALLENGING WERE VARIED, AND MANY PARTICIPANTS EXPERIENCED LOSING CONFIDENCE IN THEIR MEMORY. THIS RESEARCH PROVIDES AN IN-DEPTH EXPLORATION OF SOCIAL FEEDBACK TO MEMORIES INVOLVING IPV, PROVIDING NOT ONLY A DISCUSSION ON HOW IT OCCURS, BUT ALSO SPECIFIC CONSEQUENCES FOR VICTIMS OF IPV. LASTLY, IT IS IMPERATIVE THAT CLINICIANS AND RESEARCHERS INCREASE THEIR AWARENESS AND UNDERSTANDING OF HOW MEMORY CHALLENGING IS USED IN ABUSIVE RELATIONSHIPS, AND IT IS DESERVING OF FURTHER STUDY AS A COMPONENT OF COERCIVE CONTROL AND/OR PSYCHOLOGICAL ABUSE. KEYWORDS: INTIMATE PARTNER VIOLENCE, MEMORY CHALLENGING, COERCIVE CONTROL, PSYCHOLOGICAL ABUSE, QUALITATIVE RESEARCH

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65334 - Paper within a symposium (Symposium ID: 65303)

"Does It Hurt AND Heal? - A Qualitative Study of the Relationships Among Sexual Assault Survivors in Group Therapy"

Presenting Author: Gettys, Brittni N

Abstract: *RESEARCH EXPLORING THE RELATIONSHIPS AMONG OR BETWEEN TRAUMA SURVIVORS IS LARGELY NON-EXISTENT. THIS STUDY EXPLORES THE EFFECTS OF SOCIAL RELATIONSHIPS FORMED BETWEEN INDIVIDUALS WITH A SHARED EXPERIENCE OF SEXUAL TRAUMA THROUGH A GROUP THERAPEUTIC CONTEXT. THIS CURRENT STUDY EXAMINES THE POTENTIAL BUFFERING AND SUPPORTIVE EFFECTS OF SOCIAL SUPPORT BETWEEN SEXUAL ASSAULT SURVIVORS, WHILE ALSO EXPLORING THE POTENTIAL NEGATIVE EFFECTS OF VICARIOUS TRAUMATIZATION THAT MAY OCCUR FROM THE POTENTIALLY TRIGGERING NATURE OF SOCIAL SUPPORT. THESE COMPLEX DYNAMICS ARE EXPLORED THROUGH EXAMINING THE RELATIONSHIPS AND EXPERIENCES OF SEXUAL ASSAULT SURVIVORS ENGAGING IN SEXUAL ASSAULT SUPPORT GROUPS. A QUALITATIVE APPROACH UTILIZING AN OPEN-ENDED SEMI-STRUCTURED INTERVIEW WAS USED. THE SEMI-STRUCTURED INTERVIEWS EXPLORED PARTICIPANTS EXPERIENCES IN A VARIETY OF DOMAINS, SUCH AS: THE POTENTIAL HEALING EFFECTS OF GROUP THERAPY FOR SEXUAL TRAUMA, THE EXTENT WITH WHICH RELATIONSHIPS AMONG SEXUAL ASSAULT SURVIVORS FACILITATED HEALING AND TRAUMA RECOVERY, EXPERIENCES OF SHARED TRAUMA AND VICARIOUS TRAUMATIZATION DURING PARTICIPATION IN GROUP THERAPY, AND HOW PARTICIPANTS COPED WITH EXPOSURE TO THE SEXUAL TRAUMA OF OTHER GROUP MEMBERS. THE INTERVIEWS WERE ANALYZED FOLLOWING THE REFLECTIVE AND FLEXIBLE PROCESS OF THEMATIC ANALYSIS AS OUTLINED BY BRAUN and CLARKE (2006). THIS PROCEDURE ALLOWED FOR THE EXPLORATION OF POTENTIAL BUFFERING EFFECTS, AS WELL AS THE POTENTIAL IMPACT OF VICARIOUS TRAUMATIZATION AND SHARED TRAUMA BETWEEN SURVIVORS OF SEXUAL ASSAULT WITHIN THE CONTEXT OF SEXUAL ASSAULT SUPPORT GROUPS. THE SEMI- STRUCTURED INTERVIEWS WERE CONDUCTED VIRTUALLY AND WERE RECORDED AND TRANSCRIBED FOR ANALYSIS. RESULTS WERE ANALYZED THROUGH GENERATING INITIAL CODES FROM THE DATA SET OF PARTICIPANT INTERVIEWS, ANALYZING CODES TO FIND AND DEFINE THEMES, AND SELECT THE PARTICIPANTS STATEMENTS TO PROVIDE EXAMPLES OF THEMES ACROSS THE DATA SET. THE DATA IS CURRENTLY BEING COLLECTED AND ANALYZED. THE FINAL THEMES THAT ARE FOUND ACROSS THE DATA SET AND THE IMPLICATIONS BASED ON THIS DATA WILL BE PRESENTED. THIS STUDY FURTHERS KNOWLEDGE OF UNDERLYING MECHANISMS THAT CONTRIBUTE TO THE SUPPORTIVE EFFECT OF SEXUAL ASSAULT SUPPORT GROUPS. IT IS ALSO ONE OF THE FIRST TO EXAMINE THE EFFECTS OF SHARED TRAUMA AND VICARIOUS TRAUMATIZATION THAT MAY OCCUR AMONGST SEXUAL ASSAULT SURVIVORS. THE KNOWLEDGE GAINED FROM THIS STUDY INCREASES*

CLINICIANS AND GROUP LEADERS AWARENESS OF THE POTENTIAL RISKS INVOLVED IN GROUP TREATMENT FOR SEXUAL ASSAULT SURVIVORS AND ASSISTS CLINICIANS AND GROUP MEMBERS IN MITIGATING THESE RISKS AND POTENTIAL NEGATIVE EFFECTS.   KEYWORDS: SEXUAL ASSAULT, GROUP THERAPY, SUPPORT GROUPS, VICARIOUS TRAUMATIZATION, SHARED TRAUMA, THEMATIC ANALYSIS, QUALITATIVE RESEARCH

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65335 - Paper within a symposium (Symposium ID: 65303)

An Arts-Based Engagement Ethnography of Newcomer Youth and School Integration

Moderator: Kassan, Anusha

Abstract: *Education represents a fundamental human right in Canada. However, newcomer youth encounter numerous challenges as they integrate into a new school system following migration and many of their needs often go unmet. Innovative approaches are needed to engage newcomer youth in the research process in a culturally sensitive manner. By eliciting new perspectives in this way, we will be better positioned to meet the educational needs of diverse newcomer youth at multiple levels – individual, organizational, and systemic.   To address these challenges, we conducted a research project on the school integration of newcomer youth. Specially, we set out to answer the following research questions: a) How do newcomer youth experience school? and b) How do these experiences influence their positive integration into the school system? Employing a social justice framework, this arts-based engagement ethnography (ABEE) investigated the phenomenon of school integration. Over a two-year period, 8 high school and 10 university students participated in this research.   In this symposium, we will present the results of three studies from this larger research project. The first presentation will focus on the experiences of newcomer youth who integrated into high school following migration to Canada. The second presentation will center on the experiences of newcomer youth in a post-secondary setting. The third presentation will examine participant engagement with ABEE among newcomer high school and university students. Overall implications for training, practice, research, and policy will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65432, Presenting Papers: 65436, 65437, 65438 - Symposium

Arts-Based Engagement Ethnography with Newcomer Youth in Canada: Learning from Their Experiences

Presenting Authors: Smith, Danielle ; Mukred, Rabab; Kassan, Anusha

Abstract: *As newcomer communities grow across Canada, high schools are faced with the increased challenge of meeting their needs. Schools are often the first point of contact for newcomer youth, and their experiences of school integration can directly impact other aspects of their integration experience, including mental and physical health, relationships with friends and family, and the ability to fit into broader society. This research started with the question: How do newcomer youth experience school integration following migration to Canada? Using an art-based engagement ethnography (ABEE), coupled with a social justice framework, our aim was to capture newcomer youth's experiences of school integration in order to identify ways in which schools, teachers, and practitioners, as well as the broader education system, could better support these students. Using cultural probes (e.g., maps, journals, cameras), qualitative interviews, and focus groups, four high school students documented their everyday experiences of school integration. An ethnographic analysis of these materials revealed three interconnected structures (challenges to school integration; responses and resiliencies in the face of challenges, and; understanding of identity during school integration) as well as specific recommendations from participants for improving the experiences of other newcomer students. This presentation will provide a nuanced look into the experiences of newcomer high school students and suggestions for practitioners and policy makers who wish to support these youth.*

A New Face in a Sea of Unfamiliar: An Arts-Based Engagement Ethnography of Identity Negotiation and School Integration

Presenting Author: Mukred, Rabab

Additional Authors: Smith, Danielle; Kassan, Anusha

Abstract: *In this research, we used a social justice framework to centre newcomer youth as experts of their own experiences. Specifically, we investigated the experience of identity negotiation as an essential factor in the process of school integration. School integration is a process of adjustment that takes place throughout the lives of newcomer youth, both in and outside of school. The following question guided our research: How do newcomer youth negotiate identity throughout the process of school integration in Canada? Employing an ABEE, four participants between the ages of 18 and 20 used cultural probes (e.g., camera, diary, map) to document their everyday experiences of school integration in Canada, and subsequently completed an individual in-depth, qualitative interview. A seven-step process of analysis led to two interrelated structures, along with a unique set of patterns. These structures were: growing self-identity and relational identity. Each one is discussed as it relates to the process of school integration. Findings will help inform ways to address and nurture newcomer youth's well-being and sense of belonging in schools and Canadian society as a whole.*

Exploring Newcomer Participants' Experiences with an Arts-Based Engagement Ethnography

Presenting Author: Qureshi, Maryam

Additional Authors: Mukred, Rabab; Smith, Danielle; Kassan, Anusha

Abstract: *In a sea of research paradigms, our use of an Arts-Based Engagement Ethnography (ABEE) as a methodology with newcomer high school and university students was intentional because of its social justice implications - specifically, the idea of participant engagement. Our methodology gave participants creative license to express themselves through any art medium, and our interviews and focus groups catered to the experiences youth chose to highlight. At the end of each interview, we asked youth about their experience participating in this study and found a wealth of information about the ways in which they found therapeutic benefit and empowerment. A total of 18 interviews and 8 focus groups were included in our thematic analysis. Preliminary thematic findings included: (a) freedom of creative/artistic expression, (b) therapeutic benefit, (c) being deeply seen and known through a confidential interaction, (d) increased awareness of own cultural journey and that of peers, and (e) being able to give back to other newcomers. These results may help inform future researchers of how to increase participant engagement and fuel conversation about the importance of participant engagement as a way of funnelling direct benefits back into communities and translating knowledge to action.*

THEME: IMPROVING AND PROMOTING HEALTH

Helping people make healthy lifestyle choices, facilitating peak human performance, and improving the treatment of complex human problems.

12-Minute Talk

Collaborative and Therapeutic Assessment Using the Five-Factor Model of Personality

Presenting Author: Hovhannisyan, Garri

Abstract: *Despite its widespread use by psychologists, the Five-Factor Model (FFM) of personality remains underutilized in clinical assessment settings. Although instruments like the NEO-PI-R or NEO-FFI-3—which are based on the FFM—are used for making general inferences about patients' tendencies, the means for using trait measures from the FFM toward individualizing clinical understandings of patients' psychological lives are unavailable. This is complicated by the fact that literature on the uses of the FFM in individualized assessment practices is virtually non-existent and the theoretical link between the FFM and individual psychopathology has not been sufficiently articulated. Given the clinical benefits of individualizing treatment, the development of an individualized approach to assessment using the FFM can offer novel diagnostic possibilities and broaden the clinical utility of existing tools, like the NEO. In this presentation, I seek to demonstrate how trait measures from the FFM can be used for individualizing psychological assessments and case formulation practices. I begin by articulating a set of theoretical principles derived from Finn, Fischer, and Handlers (2012) Collaborative and Therapeutic Approach to Assessment (CTA) and DeYoungs (2015) Cybernetic Big-5 Theory (CB5T). I then illustrate a possible application of these principles by reviewing a clinical case study.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 61258 - 12-Minute Talk

Oral contraceptive use and everyday attention

Presenting Author: Smith, Alyssa C.

Additional Author: Smilek, Daniel

Abstract: *Over a million Canadian women use oral contraceptives (OCs). Most OCs are composed of a combination of artificial estradiol and progesterone. Receptors for these hormones are present all over the body – including in the brain – which suggests that these hormones could play a role in many domains, including cognitive functions. However, little work has investigated the cognitive effects of OCs. One recent study linked OC use with decreased attention in everyday life, finding that OC users (N = 28) reported greater mind wandering than naturally cycling women (N = 14; Raymond et al., 2019). In the present study, we aimed to extend this work by examining the relation between OC use and everyday attention. We collected trait-level measures of mind wandering, attention related errors, and attention lapses in undergraduate women currently using OCs (N = 357) and women not using OCs (i.e., naturally cycling women not using any form of hormonal contraceptives; N = 258). We found that women using OCs reported significantly less spontaneous and deliberate mind wandering and fewer attention related errors than naturally cycling women. Intriguingly, OC use predicted unique variance in spontaneous mind wandering and attention related errors after controlling for symptoms of depression. This suggests that OC use might reduce inattention.*

Profiles of intergenerational polyvictimization in sexually abused children and their mother: Implications for children's psychological functioning

Presenting Author: Langevin, Rachel

Additional Authors: Hébert, Martine; Wallace, Aimée; Frederickson, Alesha

Abstract: *Child sexual abuse (CSA) and intimate partner violence (IPV) are associated with difficulties for adult victims and their children, including revictimization and intergenerational continuity. This study aims to document correlates of intergenerational polyvictimization profiles in mother-child dyads. Latent Class Analysis was used in a sample of 997 sexually abused children (Mean age=7.61; 79.1% girls) and their mother. Four distinct classes emerged: _CSA Only _(43.3%), _Intergenerational CSA with Psychological IPV _(14.2 %), _Physical and Psychological IPV with Low Child Exposure _and _Intergenerational Polyvictimization _(18.5%). Children's dissociation (parent report) and emotion dysregulation (teacher report) were compared, revealing lower levels of dissociation in _CSA Only _and_ Intergenerational CSA with Psychological IPV _than in the two other groups. Children in the _CSA Only_ group had less emotion dysregulation than those in the _Intergenerational CSA with Psychological IPV _group. The dose-response pattern between increasing levels of victimization and psychological functioning was not as clear as expected. This study provides unique data on patterns of intergenerational trauma and their associations with child symptoms in a large sample. Interventions should be adapted to the needs of children to prevent lasting and intergenerational difficulties in trauma exposed individuals.*

Understanding the Effects of Parenting Stress and Parental Self-Efficacy on Parental Emotion Socialization

Presenting Author: Durber, Chelsea M.

Additional Author: Rinaldi, M. Christina

Abstract: *Parenting stress is a unique type of stress that stems from the parenting role. Little is known about parenting stress and how it relates to parents' emotion socialization (ES). ES teaches children to manage emotions in healthy ways and is foundational for children's socio-emotional development (Eisenberg et al., 1998). Parents' self-efficacy beliefs separate modest from high stress experiences and may, in turn, moderate the relationship between parenting stress and ES. Identifying parenting stress factors and how they relate to parents' ES may enhance knowledge on how to promote supportive parenting practices. This study aimed to identify parenting stress factors, examine the effects of parenting stress on parents' ES, and test the moderating role of parental self-efficacy. Participants included 250 mothers and fathers with children in middle-childhood. Using a correlational design, participants completed an online survey about their parenting stress (i.e., sources of stress), ES practices (i.e., responses to children's negative emotions, emotional expressivity), and self-efficacy beliefs. Confirmatory factor analysis will identify parenting stress factors, and structural equation modeling will delineate direct and moderation effects between parenting stress, ES, and self-efficacy. Data analysis will be complete by April.   The study findings offer theoretical and applied impacts. New knowledge will be generated about parenting stress and its effects on parental ES. This knowledge may be used by parents and clinicians to better understand the parenting role and ways to promote supportive ES practices.*

Protective Factors that Predicts Flourishing in First-Year Undergraduate Students

Presenting Author: McGuinness, Claire

Additional Author: Nordstokke, David

Abstract: *The current study investigates mindful self-care and resilience as predictors of flourishing in first-year undergraduate students. Mindful self-care includes a) mindful awareness and assessment of one's internal needs and external demands and b) intentional engagement in specific practices of self-care to address needs and demands in a manner that serves one's well-being and personal effectiveness. Mindful self-care has been shown to reduce stress in post-secondary students enrolled in a medical degree. However, there is a lack of research into the role that self-care plays in first-year undergraduate students. Resilience – the process of adequately responding to and adapting in the face of adversity – can also be a protective factor in the transition to post-secondary education. The three-factor model of personal resilience includes three core developmental systems (sense of mastery, sense of relatedness, and emotional reactivity). A sample of 177 first-year undergraduate students (26.9% males) completed online measures including Mindfulness Self-Care Scale and Resilience Scale for Young Adults. The present study supports the premise that aspects of mindful self-care and resilience predicts flourishing in first-year undergraduate students. In addition, resilience predicts flourishing above and beyond mindful self-care. Implications for practice and future research directions will be discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64143 - 12-Minute Talk

Understanding Nature Disconnection Among Children: An Application of the Behaviour Change Wheel

Presenting Author: Leckey, Jenn

Additional Authors: Johnson, Shannon; Cochrane, Sara

Abstract: *Engagement with nature has the potential to mitigate the detrimental health impacts of increased urbanization and indoor sedentary behaviours, while simultaneously promoting overall well-being and lifelong resiliency. However, the amount of time that people, and especially children, spend in nature has declined considerably in recent decades. We employed the Capability, Opportunity, and Motivation model of Behaviour (COM-B model) to examine barriers and facilitators to spending time in nature for children and their families. Through semi-structured interviews with 30 families (30 parents and 30 children, age 8–15), living in Nova Scotia, Canada, we determined that the most salient barriers to spending time in nature for children, parents, and families, were within three subdomains of the COM-B model: physical opportunity, automatic motivation, and reflective motivation. For example, physical opportunity barriers for both parents and children included lack of time and accessibility. Parents reported that physical and mental health benefits, enjoying family time, and taking a break motivate them to spend time in nature. Understanding why children and their families spend such little time in nature is necessary to inform the development of interventions that will aim to increase time in nature for children, and allow them to experience the related health benefits.*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 64147 - 12-Minute Talk

The Inquiring Mind: Results of a postsecondary mental health promotion & stigma reductionprogram.

Presenting Author: Lindsay , Brittany L.

Additional Authors: Szeto , C.H. Andrew ; Henderson , Laura; Dobson, Keith S.; Knaak, Stephanie

Abstract: *Background: Statistics suggest that Canadian postsecondary students are struggling with mental health. Modelled from an effective workplace program, The Inquiring Mind: Postsecondary (TIM) aims to reduce the stigma associated with mental illness and promote mental health and resiliency for students by employing empirically supported knowledge and contact-based intervention techniques. Method: TIM is a 3-4hr workshop with mental health literacy, lived experience videos, and discussions relevant to students. Using pre, post, and 3-month follow-up surveys, we assessed our two primary outcomes: stigma reduction and increased resiliency. Results: 16 different Canadian institutions were used in the evaluation of TIM (_N_ =810, _N_ =266 follow-ups). Pilot data showed a medium effect size of stigma reduction/increased resiliency (pre-post), with some regression toward baseline after 3 months. A random intercept mixed model approach with campus as a random effect will assess results. Conclusion: TIM does seem to reduce stigma/increase resiliency; however, creating booster sessions might reduce regression to baseline. TIM is currently being implemented in ~20 Canadian institutions and is well-received by students. Impact: By reducing stigma, help-seeking behaviours should increase. Also, by providing tools and resources for students, institutions can equip students with the skills to succeed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64206 - 12-Minute Talk

The Strengths, Hope and Resourcefulness Program for School Mental Health (SHARP-SMH) in the Context of COVID-19

Presenting Authors: Murdoch, Kenneth Charles; Larsen, Denise

Additional Authors: Hobbs, Chelsea; Hudson Breen, Rebecca; Thorpe, Cass; Lee, Jiwon; Badger, Amy ; Kuhn, Natalie ; Iwaniuk, Averi ; Holmlund, Kate ; Rahall, Najla; Edey, Wendy; Holt, Regan

Abstract: *the emergence of covid-19 has forced teachers across Canada to face rapid and unanticipated changes in their work lives (Sokal et al., 2020a; Sokal et al., 2020b). While teachers adapt to a challenging educational context, they remain centrally responsible for nurturing positive learning environments and supporting student mental health (Alberta education, 2018). Despite additional workplace demands, teachers are also responsible for maintaining their own well-being, an essential component of an effective learning environment. Hope is a sustaining factor when working in demanding human service workplaces (Flesaker and Larsen, 2010; Murdoch and Larsen, 2018). The strengths, hope and resourcefulness program for school mental health (SHARP-SMH) is a positive psychology program adapted from studies in varied healthcare contexts (Howell et al., 2015; Murdoch et al., 2020). Employing a participatory action research (PAR) methodology, with teachers as co-investigators the SHARP-SMH team has co-developed a theoretical and practice framework along with curricular interventions aimed at promoting hope in the classroom. SHARP-SMH empowers teachers to integrate transformative positive psychology lessons into the curriculum to support student well-being. This presentation will review early findings and examine how teachers have mobilized hope into their classrooms during the covid-19 pandemic.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64212 - 12-Minute Talk

Virtual trials – Clinicians' perspectives on facilitating online skills-based groups

Presenting Author: Huang, Alexander

Additional Authors: deJong, Erin; Barrington, Jessica; Hale, Michelle

Abstract: *With the advent of the covid-19 pandemic, telepsychology has become the ubiquitous gateway in which clinicians are able to continue addressing the needs of their clients. Of particular relevance is the utility of group therapy within post-secondary and community contexts. Traditionally, group therapy has played a vital role in alleviating resource demands through its capacity to reach a larger number of individuals. Therapy groups can allow members to learn with and from others who have similar experiences, whilst developing insight and learning skills to improve their quality of life. However, translating these groups and subsequent clinical benefits into a virtual platform can be a challenging endeavour, with limited literature available for guidance on best practices. This session will discuss the lessons acquired from facilitating online, skills-based therapy groups from the perspective of psychology doctoral residents and a clinical psychologist. The discussion will focus on notable challenges and suggested solutions, (such as addressing technology disruptions, attendance and confidentiality concerns), successes (including practices to nurture group cohesion virtually), and suggestions on how to tailor interventions for post-secondary students, military personnel, and the general adult population. We aim to identify and discuss ways to support practitioners in navigating the complexities of group telepsychology, thus maximizing service delivery.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64265 - 12-Minute Talk

Understanding the Differential Impact of COVID-19 Across the Adult Lifespan

Presenting Author: Reynolds, Kristin Audrey Alison

Additional Authors: Sommer, Jordana; Pankratz, Lily; Mota, Natalie; El-Gabalawy, Renée

Abstract: *Background: Early on in the pandemic trajectory, older adults were deemed as an at-risk population to experience adverse impacts associated with COVID-19; and physical distancing and self-isolation restrictions reduced in-person instrumental and emotional support for older adults. This research sought to understand the differential impact of the COVID-19 pandemic across the adult lifespan. Method: A sample of Canadians ages 18+ N = 654 (ages 18-39); N = 267 (ages 40-59); and N = 143 (ages 60+) completed the first wave of COVID Survey Canada, collected online between May-July, 2020. Findings: Regression models adjusting for sociodemographics and number of physical health conditions indicated that in comparison to older adults, younger age groups reported increased perceived stress ($_b$ $_{18-39}$ = 8.78; $_b$ $_{40-59}$ = 5.56) and intolerance to uncertainty ($_b$ $_{18-39}$ = 6.68; $_b$ $_{40-59}$ = 3.27). Analyses of variance provided support for significant differences between the three age groups concerning degree to which COVID-19 has taken over emotional energy (F = 7.18, p < 0.01), conversations (F = 3.97, p < 0.05), and thoughts (F = 3.24, p < 0.05). Significant differences were also observed between the three age groups concerning engagement in meaningful activities (F = 26.35, p < 0.001), with a pattern lending support for greater engagement among adults 60+. Conclusion: Findings highlighting age-related advantages in emotion regulation will be contextualized within Socio-Emotional Selectivity Theory.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64696 - 12-Minute Talk

The efficacy of psychological interventions on mental health and pregnancy rates: a systematic review and meta-analysis

Presenting Author: Dube, Loveness

Additional Authors: Bright, Katherine; Hayden, K. Alix; Gordon, Jennifer. L

Abstract: *BACKGROUND: This meta-analysis evaluated the efficacy of psychological interventions for individuals with infertility. METHODS: We searched 11 databases from inception until November 2020. We included RCTs of psychological interventions among individuals undergoing fertility treatments. Therapy*

format, therapeutic approach, and region were potential moderators. Anxiety, depression, infertility-related distress, marital satisfaction, and wellbeing created a combined psychological outcome. Pregnancy rates were also recorded where available. RESULTS: There were 44 RCTs, 41 with psychological outcomes and 17 included pregnancy rates. Though a beneficial effect of psychological outcomes was found (g=.82, p

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64987 - 12-Minute Talk

Virtual Healthcare: Exploring Patient Perceptions, Attitudes, and Experiences

Presenting Author: Burk, Kassandra R

Additional Authors: Yeap, Reiko; Schmitt-Boshnick, Margo; Haener, Michel; Simon, Roland

Abstract: *The COVID-19 pandemic has driven a massive increase in the demand for virtual healthcare services. Since March 2020, a growing number of healthcare professionals have moved their services online or offered virtual care as an alternative option to service patients amid the pandemic. To better understand patient experiences and perceptions of virtual and in-person care for both physical and mental health concerns in Central Alberta and Grand Prairie, a survey was developed based on the findings from the COVID-19 Experiences and Impact Survey distributed by the Health Quality Council of Alberta in May 2020. Challenges to using virtual healthcare services and patients' feedback were also explored to inform the planning of future health services and further support the implementation of virtual healthcare in primary care.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65081 - 12-Minute Talk

Treatment Outcomes of a Brief, Emotion Focused Caregiver Intervention: Findings From Three Studies

Presenting Authors: Panzarella, Emily ; Darking, Serena

Additional Author: Foroughe, Mirisse

Abstract: *Parents are key to a child's recovery from mental illness; however, when they have a history of childhood trauma, their ability to support a child can be thwarted. Emotion Focused Family Therapy (EFFT) is a transdiagnostic treatment that uses psycho-education and experiential exercises to help parents overcome "emotion blocks that interfere with their ability to support a child's recovery. The Adult Attachment Interview (AAI) asks caregivers to reflect on how their own traumas have impacted their current relationship with a child. Three studies were conducted to examine the treatment outcomes of a 2-day EFFT caregiver workshop. Study 1 examined EFFT outcomes using a sample of parents of children presenting with a wide range of mental health concerns. Study 2 examined EFFT outcomes while integratingparent's past trauma using group randomization to assign parents to a Standard EFFT or an AAI-enhanced EFFT condition. Study 3 expanded on Studies 1 and 2 and examined the impacts of EFFT and AAI in the long term. Results across all studies show improvements in caregiver self-efficacy, emotion blocks, and child symptomatology in the short and long term following EFFT, with greater improvements shown in parents who completed the AAI. While standard EFFT is a promising intervention on its own, preceding EFFT with the AAI may improve long term outcomes for parents and their children.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65298 - 12-Minute Talk

Improving Child Mental Health Outcomes: A Focus on Supporting Caregivers

Presenting Authors: Panzarella, Emily ; Darking, Serena

Additional Authors: Darking, Serena; Foroughe, Mirisse

Abstract: *Emotion Focused Family Therapy (EFFT) is a transdiagnostic intervention that combines family-based treatment, motivational interviewing, and emotion-focused therapy to empower parents in supporting a child's psychological treatment and recovery by enhancing parental self-efficacy and targeting emotion blocks, such as fear, shame, and guilt, that interfere with their ability to support a child. In a two-day intensive EFFT caregiver workshop intervention, parents engage in experiential exercises by role-playing difficult situations they experience with their child, as well as learn 4 psycho-educational modules: 1) Become the child's recovery coach; 2) Become the child's emotion coach; 3) Engage in relationship repair; and 4) Work through emotion blocks. In this study, 124 parents completed questionnaires 1 week before, immediately after, and 4-months following the workshop intervention. There is preliminary evidence that a brief, emotion focused intervention can significantly improve caregiver self-efficacy while reducing emotion blocks and child symptomatology. EFFT is a practical intervention that can support parents in taking a leadership role in their child's recovery from mental health difficulties.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65299 - 12-Minute Talk

Group Counselling for ICU Survivors and Caregivers: Physical, Emotional, and Social Recovery

Presenting Author: Mudry, Tanya

Additional Authors: Stone, Jezzamyn; Kintzel, Franziska

Abstract: *BACKGROUND: Upon discharge, Intensive Care Unit (ICU) survivors face challenges related to their stay in the ICU, as well as the long-term recovery from critical illness. These challenges impact survivors physical, emotional, and social recovery processes, which increase mental health concerns and psychological distress, reduce quality of life, delay (re)integration into their communities, and cause further health problems. METHODS: Drawing from an evidence-based recovery program, we implemented and evaluated a recovery-oriented counselling group for ICU survivors and their caregivers. A mixed-methods design was used, including a quantitative outcome measure survey currently used by an ICU Recovery Clinic, at pre-test, immediate post-test, 3-month follow-up, and 6- month follow-up. RESULTS: Preliminary qualitative and quantitative results will be presented (pre, post, and 3-month follow-up), showing strong support for this innovative intervention.CONCLUSION: The provision of psychological support through a relational and group counselling format encouraged physical, emotional, and social recovery processes, thereby improving overall recovery and quality of life. IMPACT: As patient oriented research, patients and caregivers were active partners in this pilot project from inception through implementation and evaluation. We addressed a significant gap in care and plan to extend our program.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65413 - 12-Minute Talk

Mental health support service for Canadian public safety personnel

Presenting Author: Price, Jill

Additional Authors: Carleton, Nicholas; Fletcher, Amber; Ricciardelli, Rose; Anderson, Greg

Abstract: *As a function of their occupations, Public Safety Personnel (PSP) are frequently exposed to a wide variety of potentially psychologically traumatic events (PPTE). To help address the impact of PPTE, there is a growing number of mental health support services that are intended for PSP. However, many of these services contain comparable material and deliver high levels of variability across agencies and provinces with little to no empirical evidence. To address these concerns, the current study was designed to a) conduct an environmental scan of the various support services intended to maintain or promote mental health among Canadian PSP, b) highlight areas of overlap and divergence to increase mental health literacy, and c) identify elements of highest importance to users and experts to improve PSP mental well-being. The environmental scan identified numerous organizations that offer a wide variety of mental health support services intended for PSP. Due to the high volume, this project focused on one of the most used services: peer support. To identify areas of overlap and divergence, peer support organizations were asked to complete an online survey via Qualtrics. This survey highlighted several elements of peer support with little consensus. To help resolve this discrepancy, we are currently conducting mixed methods analyses as well as a Delphi method. These analyses will help identify peer support elements of highest importance to users and experts. Overall, implications include increased mental health literacy, enhanced PSP mental well-being, and iteratively improve peer support practices at both a provincial and national level.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65448 - 12-Minute Talk

The Messenger is the Message? Canadian Political Affiliation and Other Predictors of Mask Wearing Attitudes & Frequency During the COVID-19 Pandemic

Presenting Author: Courtice, Erin Leigh

Additional Authors: Blair, L Karen ; Bickram, Deon; Quinn-Nilas, Christopher; Witoski, Sydney

Abstract: *Background In the Spring of 2020, it was uncertain if mask-wearing should be recommended to the public. However, as the COVID-19 pandemic worsened and more data about the efficacy of masks became available, public health messaging began to favour mask-wearing and mask mandates across Canada. The current study explored factors associated with early adoption of mask-wearing and attitudes towards mask mandates. Methods Beginning in May 2020, 1712 Canadians participated in a 28-day daily diary study tracking their experiences with COVID-19. Measures included: political affiliation, psychological reactance, pre-existing risk factors, attitudes about the pandemic's severity, attitudes about mask mandates, and public mask-wearing frequency.   Results Growth curve analyses showed that, over time, Canadians' mask-wearing frequency increased and their attitudes about mask mandates became more positive. Those who perceived the pandemic as more serious had higher initial levels of both positive attitudes about mask mandates and mask-wearing frequency. Political affiliation was an important predictor of mask mandate attitudes, but only after May 20th, 2020: the day Prime Minister Trudeau and Dr. Teresa Tam publicly stated they would voluntarily wear masks from then on. More positive attitudes towards mask mandates were subsequently reported by people with liberal, rather than conservative, political affiliations. Conclusions and Impact Two primary conclusions emerge from the research: those most at risk are more likely to be early adopters of voluntary public health measures and public health messaging delivered by political figures may politicize the non-political. Thus, we underscore the importance of cohesive, non-partisan messaging during a public health crisis in order to avoid political fractures in the uptake of public health guidance.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65568 - 12-Minute Talk

Pathways to gender-affirming care for transgender youth in the Trans Youth CAN! study

Presenting Author: Ghabrial, Monica

Additional Authors: Lawson, Margaret; Gotovac, Sandra; Bauer, Greta; Couch, Robert; Gale, Lorraine; Ghosh, Shuvo; Vandermorris, Ashley

Abstract: *BACKGROUND: Gender-affirming medical care can benefit youth by suppressing puberty and aligning physical appearance with true gender. Although trans youth increasingly seek gender-affirming care, limited research has examined access to care in Canada. METHODS: Trans Youth CAN!, a 2-year cohort study of trans youth referred for endocrine treatment, includes 174 youth (*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65606 - 12-Minute Talk

Boredom during COVID-19: The predictive roles of pandemic-related distress and emotion regulation difficulties

Presenting Author: Bambrah, Veerpal

Additional Authors: Wyman, Amanda; Eastwood, John D.

Abstract: *Research suggests that boredom is the greatest emotional disincentive to compliance with social distancing measures during COVID-19. As social distancing is critical to controlling the spread of COVID-19, we must understand what causes boredom. This longitudinal study explored the little-known emotional causes of boredom during COVID-19, namely the ability to regulate one's distress related to the pandemic. Participants (N=345) were contacted 3 times and asked about their pandemic-related distress, emotion regulation problems, and boredom in the past week. Pandemic-related distress was assessed with items querying the negative impact of COVID-19 (ex. social), adjustment, depression, anxiety, and stress. Emotion regulation problems were assessed with the _Difficulties in Emotion Regulation _subscales: engaging in goal-directed actions, accessing strategies, impulse-control, acceptance, and clarity. Boredom was assessed with adapted items from the _Multidimensional State Boredom Scale_. Structural equation modelling found that greater problems engaging in goal-directed behaviours and poorer emotional clarity at time 2 partially-mediated the positive relationship between pandemic-related distress at time 1 and boredom at time 3. When people experience more distress related to COVID-19, they are less engaged in goal-directed actions and less emotionally-attuned, and, in turn, are more bored. By clarifying the facets of emotional coping that cause boredom, these results can inform the development of boredom interventions that, in turn, enhance social distancing compliance and reduce COVID-19 spread.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65662 - 12-Minute Talk

Art in the Time of COVID: The Role of Creativity in Living Through a Pandemic

Presenting Author: Yeganeh Farid , Sepidar

Abstract: *In March of 2020, the Coronavirus pandemic drastically changed the lives of people around the world. With strict social distancing and quarantine guidelines, the shift in daily life has created significant stressors. In the midst of this turmoil, there was a world-wide rise in art-making: musicians performing in the streets, neighbours singing from their balconies, and daily emergence of pandemic-inspired street art. In April of 2020, Audrey Azoulay, the head of UNESCO stated that "art has the power to unite and connect in times of*

crisis". This presentation will highlight observations gained from an ongoing study using an Interpretative Phenomenological Analysis to explore the lived experiences of individuals that used art in a meaningful way to cope with the pandemic. The presentation aims to investigate the role of art-making in coping, instilling hope, and reducing social isolation. There will also be a focus on specific studies exploring art-making during natural disasters including Hurricane Katrina (Metzl, 2009), an earthquake in Chili (Bender et al., 2015), and the 2011 tsunami in Japan (Thorsen, 2013). This presentation hopes to showcase why so many turned to the arts during a universal pandemic and discuss the benefits of incorporating art-making in various areas of psychology to promote well-being during difficult times.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65688 - 12-Minute Talk

Resistance to antisocial peers: A protective factor for adolescents found Not Criminally Responsible

Presenting Author: Patricny, Nicol

Additional Authors: Haag, Andrew; Pei, Jacqueline

Abstract: *Adolescents found Not Criminally Responsible (NCR) represent a unique developmental subset of the understudied NCR population. To date, most researchers have focused primarily on examining risk factors for reoffending in this population. Our objective was to explore theoretical protective factors, that is, strength-based factors that reduce the risk of reoffending. We used data from the Alberta NCR Project—a retrospective long-term study of recidivism among the Alberta NCR population. We reviewed all available forensic files to retrieve information on theoretical protective factors for 81% (_N_ = 119) of all adolescents ever found NCR in Alberta. We conducted multiple regression analyses to determine which theoretical protective factors were predictive of nonrecidivism within the 13.6-year average follow-up period. We found only one significant protective factor, _resistance to antisocial peers_, which is characterized by the tendency to resist the negative influences of antisocial peers in one's environment. Adolescents who demonstrated this protective factor were 3.9 times (95% CI = 1.19-12.77, _p_ < .05) more likely to display nonrecidivism for general offences and 5.6 times (95% CI = 1.17-26.48, _p_ < .05) more likely to display nonrecidivism for violent offences, as compared to those without it. Our study provides empirical evidence that _resistance to antisocial peers_ is an important protective factor for NCR adolescents. The results provide a theoretical foundation for researchers to explore this protective factor within forensic treatment and assessment practice.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65728 - 12-Minute Talk

Constructing Intervention: Focus Group Confirmation of Needs and Strengths of First Responder Families

Presenting Authors: Schwartz, Kelly ; Park, Joanne

Additional Authors: McMorris, Carly; Harris, Daranne; McLuckie, Alan; Van Bavel, Marisa; Ferber, Reed; Duffett-Leger, Linda; Redekop, Michelle; Khan, Kaleem; McElheran, Megan; Spasojevic, Milena; Stelnicki, Andrea

Abstract: *BACKGROUND: PSP experience heightened operational stressors, including shift work, exposure to traumatic events, threats to personal safety, and witnessing current or past acts of accidents, homicides, rape and assaults, and suicide (Berger et al., 2012). The statistics regarding the physical, social, and psychological risks for members serving in PSP vocations are not encouraging, with the prevalence rates for posttraumatic stress injuries (PTSI) and posttraumatic stress disorders (PTSD) ranging from 8% to 32% (Carleton et al., 2018; Hinton and Lewis-Fernandez, 2011; Statistics Canada, 2013). Children and spouses living in PSP-*

connected families also experience the effects of this operational stress, and too often programs and supports available to PSP are either unavailable to or noninclusive of family members. Given that many PSP report seeking informal support from family members (Carleton et al., 2019), the study is guided by a superordinate query: _Does providing intervention and support to youth and spouses in PSP-connected families strengthen PSP mental health and wellbeing?_ PURPOSE: The study will build on the strengths and resilience of PSP and their family members (both children and spouses) via a clinician-delivered _Before Operational Stress_ (BOS) program. Spouse/partners and children (age 10-17) from police, fire, and paramedic services will be recruited to assist the researchers in confirming the content areas and delivery methods of a psychoeducation and intervention program to be called BOS-Family. METHOD: Thirty spouse/partners and youth (age 10-17) will be recruited from various provincial (e.g., Alberta Health Services, Red Deer EMS) and national (e.g., Canadian Association of Fire Chiefs, Beyond the Blue, Medevie) PSP services and organizations. The focus groups with PSP youth and spouses will contribute to the design and subsequent delivery of BOS-Family pilot program design, the general aim of which will be to develop family members' understanding of the effects of PSP occupational stress on the brain, emotional regulation, and relational development. All participants in the focus groups will be provided with a small incentive (i.e., gift card) for their contributions. RESULTS: Twenty-eight PSP and/or family members (spouses/partners) participated in focus groups in December, 2020. Data is currently being analyzed. Qualitative, thematic analysis of the focus group data will lead to the construction of an online (i.e., Qualtrix) survey that will be delivered to approximately 300 PSP spouse/partners and youth. ACTION/IMPACT: The proposed research intends to support mental wellness among PSP by developing new knowledge pertaining to interventions and supports – delivered via face-to-face and app-based methods – via the psychoeducational support of children and spouses. In addition to capacity building for professionals to deliver the BOS program, the study will also develop new methods of measuring developmental and family functioning and identifying physiological psychological stressors via an app-based biometric tool.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65773 - 12-Minute Talk

Constructing Intervention: Online Survey with First Responder Families Confirming Delivery and Format of Pilot Program

Presenting Authors: Schwartz, Kelly ; Khan, Kaleem

Additional Authors: Park, Joanne; McLuckie, Alan; McMorris, Carly; Duffett-Leger, Linda; Ferber, Reed; McElheran, Megan; Harris, Daranne; Van Bavel, Marisa; Redekop, Michelle; Stelnicki, Andrea; Boey, Jennifer; Spasojevic, Milena

Abstract: *BACKGROUND: PSP experience heightened operational stressors, including shift work, exposure to traumatic events, threats to personal safety, and witnessing current or past acts of accidents, homicides, rape and assaults, and suicide (Berger et al., 2012). The statistics regarding the physical, social, and psychological risks for members serving in PSP vocations are not encouraging, with the prevalence rates for posttraumatic stress injuries (PTSI) and posttraumatic stress disorders (PTSD) ranging from 8% to 32% (Carleton et al., 2018; Hinton and Lewis-Fernandez, 2011; Statistics Canada, 2013). Children and spouses living in PSP-connected families also experience the effects of this operational stress, and too often programs and supports available to PSP are either unavailable to or noninclusive of family members. Given that many PSP report seeking informal support from family members (Carleton et al., 2019), the study is guided by a superordinate query: _Does providing intervention and support to youth and spouses in PSP-connected families strengthen PSP mental health and wellbeing?_ PURPOSE: The study will build on the strengths and resilience of PSP and their family members (both children and spouses) via a clinician-delivered _Before Operational Stress_ (BOS) program. Spouse/partners and children (age 10-17) from police, fire, and paramedic services will be recruited to assist the researchers in confirming the content areas and delivery methods of a psychoeducation and intervention program to be called BOS-Family. METHOD: In February, 2021, 300 spouse/partners and youth (age 10-17) will be recruited from various provincial (e.g., Alberta Health Services, Red Deer EMS) and national (e.g., Canadian Association of Fire Chiefs, Beyond the Blue, Medevie) PSP services and organizations. Using Qualtrix, the online survey with PSP youth and spouses will contribute to the design and subsequent delivery of BOS-Family pilot program design, the general aim of which will be to develop family members'*

understanding of the effects of PSP occupational stress on the brain, emotional regulation, and relational development. All participants completing the online survey will be provided with a small incentive (i.e., gift card) for their contributions. RESULTS: Up to 300 PSP and/or family members (spouses/partners) will be invited to complete on an online survey. The content of the survey will be informed by the results of the focus groups and by the theme areas of the BOS program. Preferred BOS-Family delivery methods (e.g., in-person, virtual, hybrid) will also be estimated via the online survey. All participants in the focus groups and online survey will be provided with a small incentive (i.e., gift card) for their contributions. ACTION/IMPACT: The proposed research intends to support mental wellness among PSP by developing new knowledge pertaining to interventions and supports – delivered via face-to-face and app-based methods – via the psychoeducational support of children and spouses. In addition to capacity building for professionals to deliver the BOS program, the study will also develop new methods of measuring developmental and family functioning and identifying physiological psychological stressors via an app-based biometric tool.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65777 - 12-Minute Talk

ADHD in problem-gambling treatment-seeking individuals

Presenting Author: Theule, Jennifer

Additional Authors: Keough, Matthew; Ward, Michelle; Ronaghan, Dana; Barnes, Jennifer; Henrikson, Brenna; Cheung, Kristene

Abstract: *studies have established an association between symptoms of Attention-Deficit/Hyperactivity Disorder (ADHD) and problem gambling. We will present the preliminary results of our recent investigation into the rate of clinically significant ADHD symptoms in treatment-seeking Manitoba gamblers. Findings will be contextualized with information from our previous meta-analysis on this topic, looking at differences between treatment seekers vs. non-treatment seekers, and Manitoban vs. international data. Focusing on a treatment-seeking population is important, as this population varies in systematic ways from the larger problem gambling population. For example, amongst problem gambling populations, research has shown that those with the most severe gambling problems are the most likely to seek treatment (Suurvali, Hodgins, Toneatto, and Cunningham, 2008). Other studies have shown that women are more likely to seek treatment than men (Crisp et al., 2004). Further, treatment-seekers are the population that clinicians have the most opportunity to support, given their readiness for change (Kowatch and Hodgins, 2015). Locally relevant data is essential for tailoring interventions to effectively support those who seek treatment, in the specific sociocultural context in which they reside. We will touch on how this work can be used to inform assessment and treatment of problem gambling.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 67517 - 12-Minute Talk

Understanding RAPID of Psychological First Aid as explained by Johns Hopkins Institute

Presenting Author: Parikh, Aayushi A

Abstract: *The RAPID Psychological First Aid as developed by the Johns Hopkins Institute and can be used at various levels like public health settings or the military, Religious institutions or even when critical events like suicide, violence, accidents or terrorist attacks take place. Psychological First Aid (PFA) is dynamic and can be used wherever needed and RAPID has been proved a successful and effective tool in promoting communal and personal resilience to trauma. PFA model suggested by Johns Hopkins Institute comprises of 5 important elements which are as follow :- * R - Reflective Listening and Rapport Building * A - Assessment * P - Prioritization * I - Intervention * D - Disposition and Follow-up.Observation post this is also very important to know if they are healthy enough to return to productive responses as it is not just a one-time intervention like First aid because trauma and shock needs time to heal. By applying the above mentioned model, the responders*

and the trained professionals of PFA are better equipped at providing the initial ear that is needed to the grief stricken. This model is not just a disaster relief model. Where did this come from? Is this a new idea or is this a repackaging of old wisdom? Psychological First Aid is an empathetic and accommodating method designed especially to diminish severe distress and evaluate the need if constant mental health care is needed. It is also important to know that Psychological First Aid is not a therapy, it is an immediate response which is meant to provide a temporary relief. This field of mental health was decisively formulated around 1991-1992 which makes this a fairly new agenda introduced in the field of psychology. Fresh data suggests that psychosomatic disaster intervention can boost the insight of individual resilience and attentiveness, as well as improve societys resilience. Psychological First Aid is a division of Psychological Crisis Intervention. RAPID helps these trauma-affected individuals, at the moment of distress and also train them for emerging past the trauma and grow their adeptness which might support them in becoming bold towards the added trouble of their psychological standing. The psychological crisis interference is proved to be advanced, compared to sessions of psychoanalysis for reducing severe suffering according to the study conducted post 9/11 attacks in New York. Here, it was found that psychological crisis interference was better and gave quick positive results compared to multi-session psychological rehabilitation. In fact to add to that, it was found that psychoanalysis, after disaster might delay and/or complicate the healing of the receiver. Hence, it was established the PFA yields positive results in spearheading the healing process of Psychological interventions and trauma healing. There definitely is an overlap in the understanding of the term and the whole process of it and it is many times misinterpreted and mixed with psychotherapy but it is of importance to know that the skill set required in the both cases are also exclusively different. Yet the training in psychoanalysis doesnt naturally train anyone to be an expert in psychological first aid. The first usage of the term Psychological First Aid was done by APA (American Psychological Association) in 1954 monograph that says, "in all disasters, whether they result from forces of nature or from enemy attack. The people involved are subjected to stresses of a severity in quality not generally encountered. It is vital for all disaster workers to have some familiarity with common patterns of reaction to unusual emotional stress and must also know the fundamental principles of coping most effectively with disturbed people." The first time the need of using the crew of Psychological Crisis Intervention was needed was during the 1992 Hurricane Andrew in South Florida. But the 2005 Hurricane Katrina established the importance of Psychological First Aid. It is important to have trained responders to tend the disaster related psychological needs and they would contribute to the community healing. This also helped at creating the employment opportunities for those who wanted to contribute towards the betterment of the society and relieved the mental health practitioners and professionals from being the primary source of structuring the society. It is of importance that we build the coping departments and organizations to traumatic and stressful incidents which provides with the Psychological First Aid, just the way we have a first aid department when we are physically hurt and need initial care.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65427 - 12-Minute Talk

Conversation Session

Is habit formation an underlying mechanism of change in psychotherapy?

Presenting Author: Colvin, Eamon

Abstract: *Since William James, the concept of "habit" has been foundational to psychological research and clinical practice. Whether it be quitting smoking or exercising more regularly, human beings are constantly trying (yet often failing) to change our behaviour. In psychotherapy, clinicians often seek to change both behavioural habits (e.g. meditation) and automatic thinking patterns (e.g. thinking "I'm worthless"). Despite the important role that habitual thoughts and behaviours play in our day-to-day lives, there has been limited research on the role of habit in mental health. Given the importance of habit change, and the lack of research on this topic in the context of mental health, the broad question "Is habit formation an underlying mechanism of change in psychotherapy?" has both theoretical and clinical applications. In this Conversation Session, we will discuss the potential theoretical and clinical utility of conceptualizing thoughts and behaviours as habits. This conversation, facilitated by Ph.D. Candidate and Vanier Scholar Eamon Colvin, will be particularly intriguing for established clinicians, clinical trainees, behaviour change researchers, and researchers who investigate the*

intersections between automatic versus reflective thinking and behaviour. Together, we will explore and integrate the concept of habit with existing models of mental health and clinical practice.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61794 - Conversation Session

Can we Reduce the Psychological Harm of COVID-19 by Pharmacological Education?

Presenting Author: Nussbaum, David

Abstract: *Critical Issue: How could psychologists design an intervention to limit the indirect but potentially devastating psychological effects of COVID, (e.g., PTSD, anxiety, depression, suicide; Bridgeland, Moeck, Green, Swain, Nayda, Matson, et. al., 2021), while not detracting from public health efforts to control exposure to COVID, given its rapid contagion? A Proposed Intervention: A public education campaign is proposed to provide the public with information about empirically documented advances in treatment options, stages of optimal effectiveness, their specific therapeutic mechanisms, and reductions in mortality that are currently available, but not when pandemic began in late 2019. Examples of such advances and their foreseeable impact will be presented. The need to follow public health guidelines would be incorporated to discourage a false sense of security. To encourage participation: An experimental study to evaluate this hypothesis will be described, and attendees will be encouraged to critique the approach by canvasing thoughts on the theoretical soundness, ethics, design, data analytic techniques and likely outcome.*

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 65268 - Conversation Session

Improving Child Mental Health Outcomes: A Focus on Supporting Caregivers

Presenting Author: Foroughe, Mirisse

Additional Authors: Panzarella, Emily; Darking, Serena

Abstract: *Emotion Focused Family Therapy (EFFT) is a transdiagnostic intervention that seeks to empower parents in supporting a child's psychological treatment and recovery by enhancing parental self-efficacy and targeting emotion blocks that interfere with their ability to support a child. In a 2-day intensive EFFT caregiver workshop intervention, parents engage in experiential exercises by role-playing difficult situations they experience with their child, and learn 4 psycho-educational modules: 1) Become the child's recovery coach; 2) Become the child's emotion coach; 3) Engage in relationship repair; and 4) Work through emotion blocks. In this study, 124 parents completed questionnaires 1 week before, immediately after, and 4-months after the workshop intervention. There is preliminary evidence that a brief, emotion focused intervention significantly improves caregiver self-efficacy while reducing emotion blocks and child symptomatology. EFFT is a practical approach that supports parents in taking a leadership role in their child's recovery from mental health difficulties. Implications for child mental health treatment include parental involvement in a child's treatment process, taking a transdiagnostic approach to child mental health, improving access for caregivers with a history of intrafamilial trauma, and applying emotion focused principles in the context of child mental health.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65301 - Conversation Session

Screen Time Measurement Differences and their Impact on Child Development Outcomes

Presenting Author: Mueller, Melissa

Additional Author: Schwartz, Kelly

Abstract: *BACKGROUND: Since the television entered our homes in the late 1950's, scientists have wondered about the impact of television on our development. In addition to watching television, children now have access to and interact with video games, computers, mobile devices, and DVD's that simply did not exist before (Common Sense Media, 2017). Screen time is happening much earlier for children, with our best estimates of early technology use indicating that children under eight are engaging in an average of two hours and 19 minute a day of screen time (Common Sense Media, 2017), a number that exceeds a previous screen time recommendation but falls within the new and ambiguous 2 to 4 hour range suggested by the Canadian Pediatric Society (2019) (American Academy of Pediatrics, 2016). Prescriptive research is very limited, and previous recommendations suggest that children aged three to five should view no more than one hour of screen time per day, and children six to 12 years of age should be limited to two hours of screen time per day (Canadian Paediatric Society, 2017). Although screen time is a pervasive part of a child's life, reliable estimates on the use of technology and its impact on various areas of child development is of critical importance, especially given the recent adjustment to the range of acceptable screen time limits. METHOD: The All Our Families study (Calgary, Canada) is a pregnancy cohort of 3200 maternal-infant pairs who completed questionnaires twice during pregnancy, and then at four, 12, 24, 36, and 60 months postpartum (McDonald et al., 2013). Extensive demographic, Adverse Childhood Experience, mental health, lifestyle, health service utilization, and child development data were obtained through the administered questionnaires. Contextual variables were also measured repeatedly, including maternal and child temperament, social support (i.e., self-reported feelings of social support), separation anxiety, childcare, work-life balance, and family dynamics (i.e., single family home). The current analysis explored associations between aspects of screen time (i.e., hours/day) and child outcomes (externalizing/internalizing). In addition, the extent to which parental engagement moderated associations between screen time and relevant outcomes was also examined (a consistent parenting scale as a proxy for parental engagement). RESULTS/CONCLUSIONS: A multiple regression was employed to explore differences in behavioural outcomes for screen time users with the two different screen time collection methods. Parental engagement (e.g., monitory, rules of enforcement, personal screen time) was added in to the model through an interaction term to see if it moderates the relationship between screen time and measured behavioural outcomes. While moderation effects were not present, the difference in screen time measurement change the screen time estimate and therefore the impact on child development. ACTION/IMPACT: This research will be one of first to use a preschool child/parent sample to explore how screen time in two different collection methods is related to significant child outcomes and how parental engagement changes the expression of those outcomes. This research will also inform a larger discussion on the role of significant relational figures in attenuating the negative effects of heightened screen time for children. Findings from this study would benefit educators and parents by affirming their role as important monitors and limiters of screen time, the result of which may be maximizing the pre-school learning opportunities that are available to children but which may be ignored or attenuated by heavy screen time use. The important discussion to continue to have is to consider the best method of capturing reliable estimates of screen time in order to feel confident in the study outcomes.*

Section: Family Psychology / Psychologie de la famille
Session ID: 65422 - Conversation Session

CPA Honorary President's Keynote Address

Striving Towards Mental Health and Wellness – a Personal and Professional Journey

Presenting Author: Bacon, Benoit-Antoine

Abstract: *Coming out of a dysfunctional and traumatic home, I could not imagine what good mental health and wellness would feel like. I chose to study Psychology on the off-chance that it might provide clues and signposts to a better place. Thirty years later I am finding out that on the other side of trauma, depression, substance use and despair, there is hope and there is strength. Some of the keys to wellness I've stumbled upon along the way include role models, deep tissue massages, singing, running, therapy and service to the community. I have been lucky and I am trying to pay it back by sharing my experience so that people who are suffering know they are not alone, that they deserve help and that healing is always possible. What could be more important - or indeed more interesting - than our shared, ongoing journey of healing towards being whole, free and fulfilled?*

Section: *General Psychology / Psychologie générale*
Session ID: 66890 - CPA Honorary President's Keynote Address

Printed Poster

What nonsense! The moderating role of nonsense in aggressive humor and sense of relatedness.

Presenting Author: Lau, Chloe

Additional Authors: Yosopov, Lital; Saklofske, Donald

Abstract: *BACKGROUND/RATIONALE: Research has demonstrated aggressive humor may be detrimental to interpersonal relationships. However, no study has evaluated (1) its associations with sense of relatedness (i.e., relatedness) and (2) whether specific comic styles moderate this association. METHODS: The present study examined the moderating role of the comic style nonsense (i.e., representing an intellectual and playful sheer sense of humor without purpose) in the association between aggressive humor and relatedness. Undergraduate students (N =781; 69.5% female) completed the Comic Style Markers, Humor Styles Questionnaire, and the Resiliency Scale for Young Adults. RESULTS: The unstandardized regression coefficient between aggressive humor and relatedness was not statistically significant (p >.05). The interaction was significant (b =.10; SE =.03, z =3.24, p < .001). Individuals average or high in nonsense did not differ in relatedness at different levels of aggressive humor (ps >.05). Individuals low in nonsense (b =-.14, SE =.05, z =-3.17, p*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61248 - Printed Poster

Evaluating an Online Intervention to Promote Exercise in Women During Pregnancy

Presenting Author: Gans, Hannah M

Additional Authors: Da Costa, Deborah; Vaillancourt, Monica

Abstract: *Exercise during pregnancy has many psychological and physical health benefits, yet pregnancy has been associated with a decline in physical activity. This study tested whether pregnant women who were randomized to an e-health intervention platform (Healthy Moms) would be more physically active compared to women assigned to a usual care control group. Factors associated to being physically active in later pregnancy were also examined. In total 112 women completed self-report questionnaires at baseline and 97 completed the 6 weeks post-intervention measures. Wilcoxon Signed-Ranks Tests and Mann-Whitney Tests were used to examine differences at post-intervention in physical activity levels between both groups. A logistic regression examined determinants of being physically active at follow-up. At 6 weeks follow-up, scores on total physical activity expenditure and walking were higher for women in the intervention compared to the control group. The*

strongest determinant of being physically active at follow-up was being active at study entry, after adjusting for covariates. This study provides a preliminary signal that an e-health platform intervention may help to increase or maintain physical activity during pregnancy. Pregnant women who are inactive during early pregnancy should be specifically targeted for such interventions.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61285 - Printed Poster

Profiles of Coping Strategies Used by Youth Aged 14 to 25 During the Covid-19 Pandemic

Presenting Author: Demers, Hélène

Additional Authors: Jean-Thorn, Arianne; Hébert, Martine

Abstract: *The Covid-19 pandemic has a significant impact on the daily life of the Quebec population (Nicola et al., 2020). Several studies show that confinement is linked to symptoms of anxiety and depression in youth (Guessoum et al., 2020; Lui et al., 2020). However, few studies have explored the coping strategies youth used to deal with the pandemic and imposed confinement. This study aimed to characterize the coping strategies used by youth aged between 14 to 25 during the Covid-19 pandemic and how these relate to psychological distress. A total of 3153 participants (2013 girls, 1058 boys and 82 from the LGBTQ+ community) aged between 14 to 25 years old completed an online questionnaire during the quarantine of spring 2020. Socio-demographic information and measures of psychological distress, psychological endurance, resilience and post-traumatic stress disorder (PTSD) symptoms were completed. Participants also answered an open-ended question on the strategies they used to deal with the pandemic and the responses were coded. Youth named Social contacts (24.4%), Hobbies (20.3%) or Sports (6.5%), while 5.7% reported having No strategies that could have helped them cope with quarantine. The results of the Chi-square test revealed that participants who used Sports as a strategy reported significantly lower levels of PTSD symptoms (12.3%; c_2=12.01; p < .001) and psychological distress (12.5%; c_2 =18.12; p < .001) than those who used other strategies. Participants in the Hobbies group had significantly higher levels of resilience (36.9%; c_2 =22.05; p < .001) and psychological endurance (38.5%; c_2 =64.09; p < .001) than youth in the Sports or No Strategy group. These results allow the exploration of the strategies used by the youth to cope with Covid-19.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61298 - Printed Poster

The Role of Attitudes toward Vaping in Predicting Vaping Frequency and Substance Use Symptom Severity

Presenting Author: Tang, Karen T

Additional Authors: Belliveau, Jacob; Al-Hamdani, Mohammed; Yakovenko, Igor

Abstract: *Background/rationale: Vaping has become a common form of young adult consumption of nicotine and cannabis. Despite the danger posed by the increased prevalence of vaping in this population, research on the benefits and harms of vaping remains underdeveloped. The purpose of this study was to evaluate the role of cognitive risk factors in predicting increased vaping behavior and greater tobacco/cannabis use disorder severity, using the Theory of Planned Behavior as a guiding framework. Method: Young adult vapers (N = 142) were recruited online to complete an online survey. Using hierarchical multiple regression, we evaluated the incremental utility of attitudes (knowledge, perceptions of harms, expectancies) in predicting frequency of vaping and tobacco/cannabis use disorder risk above and beyond social norms, perceived behavioral control, and demographics. Results: Our preliminary results indicate that the surveyed cognitive constructs did not predict vaping frequency above and beyond the control variables of gender and buying illegal cannabis product*

to vape. Contrary to the hypotheses, the same variables did not predict tobacco/cannabis use disorder symptom severity, although negative emotional expectancies were marginally significant. Conclusion: The results of this project provide the first empirical data on attitudes toward vaping in young adults. Impact: A greater understanding about the role cognitive risk factors play in explaining vaping and substance use in general may inform policy and treatment programs that target the newly emerging health threat of vaping in young individuals.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 61303 - Printed Poster

Enhanced Self-compassion in University Students Leads to Acute and Lasting Wellbeing Benefits

Presenting Author: Bissonnette, Emily C

Abstract: *University student stress is a well-documented concern. Stress alters homeostasis, which is associated with increased fatigue, negative emotion, anxiety, depression, and changes in health behaviours. Evidence suggests self-compassion (SC) is associated with wellbeing. However, the effect on wellbeing from SC interventions is less understood, namely on subjective wellbeing (emotion and life satisfaction), stress, and physical symptoms. This study looked at the effects of a SC intervention on these variables in a sample of university students, randomly assigned to either an active control group (n = 84) or a SC intervention group (n = 87). Over two weeks, the intervention group engaged in media, reading, and writing related to SC, whereas the control group read and wrote about life details. To measure gains in wellbeing, participants completed questionnaires before, during, and after the intervention, as well as before and after SC employment. Mixed model repeated measures ANOVA's yielded longitudinal and short-term effects on wellbeing. Longitudinally, the SC group experienced significantly greater levels of SC compared to the control group, confirming the effectiveness of the intervention on SC. They experienced significantly less negative affect between groups and within group, however positive affect did not change within group, nor did stress. Life satisfaction increased within the SC group, and both groups improved in physical symptoms. The SC group also experienced short-term improvements in stress, negativity, and positivity. Results explore the utility of SC interventions as tools to boost wellbeing.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61359 - Printed Poster

Development and preliminary validation of a new measure of healthy relationship skills for dating adolescents

Presenting Author: Fortin, Andréanne

Additional Authors: Fortin, Laurie; Hébert, Martine; Paradis, Alison

Abstract: *Prevention of dating violence is essential given its high prevalence and long-lasting consequences on adolescents' well-being. As such, many intervention programs now focus on promoting healthy relationships skills which are important to reduce violence across the lifespan. However, researchers do not yet have the proper tools to measure the effectiveness of their interventions. In order to fill this gap, the purpose of this study was to develop and validate a new measure of healthy relationship skills for dating adolescents. The sample is comprised of 384 French-speaking adolescents from the province of Quebec aged between 14 and 19 (_M_ = 16.11, _SD_ = 1.29). The factorial structure, internal consistency and convergent validity of the instrument were examined. Results of exploratory factor analysis revealed a 3-factor structure - support, assertiveness and individuality. The internal consistency of each subscale is acceptable (= .69, .75 and .81). Correlations converge in the expected direction between relationship skills, emotion regulation, subjective well-being, conflict management and dating violence perpetration and victimization. Having a validated measure of healthy*

relationship skills for dating adolescents will help inform researchers on dating dynamics as well as on the developmental pathways of violent and aggressive behaviours over the course of adolescence.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61379 - Printed Poster

Excessive Daytime Sleepiness is Associated with Poor School Performance of Healthy Adolescents

Presenting Author: Scholes, Samantha

Additional Authors: Rao, Akhila; Somerville, Gail; Boursier, Johanne; Gruber, Reut

Abstract: *Excessive daytime sleepiness (EDS), a subjective feeling of sleepiness that impedes daytime functioning, is negatively associated with school performance. Prior studies examining the association between EDS and academic performance in youth focused primarily on clinical populations (e.g., Attention Deficit Hyperactivity Disorder). It is unclear whether the findings from these studies can be generalized to typically developing adolescents. The aim of this study was to examine the association between EDS and school performance in typically developing adolescents. Parents of 116 adolescents (78F; aged 12-18, M=13.87) completed the Sleep Disorders Inventory for Students and the Child Behavior Checklist to assess their child's daytime sleepiness and school performance, respectively. Sleep was assessed using actigraphy. Multiple regression analyses revealed that higher levels of EDS were associated with poorer school performance. EDS is associated with poor school performance in typically developing adolescents. As the study was cross-sectional, it is not possible to determine causality. Better understanding of the interplay between school performance and EDS is expected to inform the development of evidence-based strategies to improve the daytime functioning of typically developing adolescents.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61388 - Printed Poster

Social anxiety and coping motivated cannabis use: The moderating effect of negative urgency

Presenting Author: Kasprzyk, Agata

Additional Authors: Corran, Charlotte; O'Connor, Roisin

Abstract: *Tension reduction theory suggests that those high in social anxiety (SA) may use cannabis for its anxiolytic effects (i.e., to cope). This can be problematic because coping-motivated use increases the risk of experiencing negative consequences. However, the risk pathway is unclear, with mixed empirical support. Negative urgency (NU; the tendency to act impulsively when distressed) has been linked with substance misuse, and may moderate the association. The current study will test the moderating effect of NU on the SA-coping-motivated cannabis use association, and in turn, related negative consequences.   Undergraduate students (N =195, 82.1% women; Mag_e=21.46, SD =2.785) completed online self-reports assessing the negative consequences of cannabis use, cannabis use motives, SA, and NU. Preliminary analyses show that cope motives and negative consequences are positively correlated (r =.554, p*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 61396 - Printed Poster

Examining Mental Health Outcomes in Adult Males With and Without Childhood Sexual Abuse Histories

Presenting Author: Lacroix, Valérie L

Abstract: *EXAMINING MENTAL HEALTH OUTCOMES IN ADULT MALES WITH AND WITHOUT CHILDHOOD SEXUAL ABUSE HISTORIES   Valérie Lacroix Supervisors: Dr. Elisa Romano and Dr. Jessie Moorman   Objectives: the purpose of this study is to build on research dedicated to mental health outcomes of adult men with histories of childhood sexual abuse. research has mostly focused either on women or on mixed-gender samples. this study will allow us to better understand mental health differences or commonalities when comparing adult men with and without childhood sexual abuse histories. the first objective is to examine scores from the adult-self report (asr; achenbach, 2003) on internalizing and externalizing behaviours and various syndromes (e.g., depression, aggression) between a group of men who had experienced childhood sexual abuse and a group of men of who not experienced childhood sexual abuse men. the second objective is to examine whether any differences in adult-self report scores remain when factoring in socio-demographics, other maltreatment experiences, and other non-maltreatment adverse experiences (e.g., divorce, parental substance use). Method The current study is based on data that were collected as part of a larger project on childhood sexual abuse among adult men. A total of 109 adult men between 25-59 years and fluent in English were recruited in Ottawa and surrounding areas. Men provided information about any childhood sexual experiences and were placed in either the CSA or non-CSA group, using definitional criteria from the Criminal Code of Canada (1985). Men signed an informed consent form, completed several questionnaires and interviews, and participated in a neuro-imaging task. This study will use data from the ASR (Achenbach, 2003) for mental health outcomes, Sexual Victimization Survey (Finkelhor, 1979) for childhood sexual abuse information, Childhood Trauma Questionnaire (Bernstein and Fink, 1998) for information about forms of maltreatment, and Childhood Trauma and Adversity Scale (Turner, Finkelhor, and Ormrod, 2006) for non-maltreatment adversity information. Research Design The research design will consist of group comparisons between a group of men who had experienced childhood sexual abuse and a group of men who had not experienced childhood sexual abuse on various mental health outcomes, based on cross-sectional data gathered through self-reports for a convenience sample of men. A statistical data analysis using SPSS to perform MANCOVAs and T-tests will be performed to examine the research objectives. Expected Results For the first objective, it is hypothesized that men with CSA histories will have significantly higher scores in maladaptive internalizing and externalizing behaviours and syndromes when compared to men without CSA-histories. For the second objective, it is hypothesized that any differences in ASR scores will remain even when factoring in socio-demographics, other maltreatment experiences, and other non-maltreatment adverse experiences (e.g., divorce, parental substance use). Contributions Examining mental health outcomes in adult men with CSA histories will further our understanding of the impact of this form of maltreatment on men and will provide guidance around clinical interventions.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 61404 - Printed Poster

Dysfunctional individuation as a mediator of childhood emotional neglect and severity of psychological distress among mental health outpatients

Presenting Author: Spidel, Alicia

Additional Authors: Kealy, David ; Dhanoa, Taj

Abstract: *BACKGROUND AND OBJECTIVES: Given the developmental significance of the separation-individuation process, dysfunctional individuation—impaired balancing of interpersonal connectedness and separateness—may contribute to severity of distress from earlier experiences of emotional neglect. The present study examined dysfunctional individuation as a mediator between childhood emotional neglect and psychological distress among outpatients seeking mental health care. METHODS: A sample of 219 community mental health outpatients completed assessments of the study variables. Regression analyses used bootstrap*

99% confidence intervals to examine the indirect effect of emotional neglect on psychological distress through dysfunctional individuation as a mediator. Moderating effects of age and gender were also examined. RESULTS: A significant indirect effect was found for emotional neglect to psychological distress, through dysfunctional individuation as a mediator. No significant interaction effects were observed for age or gender. CONCLUSION: While further research is needed to replicate and extend this preliminary finding, results indicate that dysfunctional individuation may confer risk for the development and severity of psychological distress from experiences of childhood emotional neglect.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61428 - Printed Poster

Victimisation physique dans les relations amoureuses à l'adolescence et estime de soi : le rôle du statut relationnel

Presenting Author: Fortin, Laurie

Additional Authors: Fortin, Andréanne; Hébert, Martine; Paradis, Alison

Abstract: *À l'adolescence, la présence de conflits et de violence dans les relations amoureuses (VRA) est négativement associée au développement de l'estime de soi des jeunes. À notre connaissance, aucune étude n'a encore documenté l'effet de mettre fin à une relation violente sur l'estime de soi des adolescent.es. La présente étude vise à examiner le rôle du statut relationnel (relation actuelle vs passée) dans la relation entre la VRA physique subie à l'adolescence et l'estime de soi. Au total, 384 adolescent.es (M = 16,11 ans, $ÉT$ = 1,29) ayant vécu une relation amoureuse au cours des 12 derniers mois ont rempli des questionnaires en ligne portant sur la VRA physique subie dans la dernière année et l'estime de soi. Les résultats d'une ANOVA factorielle témoignent d'une interaction significative entre la VRA physique subie et le statut relationnel. L'estime de soi des adolescent.es victimes de VRA physique dans leur relation actuelle serait significativement plus faible que celle des non-victimes. Chez les jeunes qui n'ont jamais subi de VRA physique, l'estime de soi serait plus élevée chez ceux qui sont actuellement en couple comparativement à ceux qui ne sont plus en relation. Cette étude permet de démontrer de l'importance de promouvoir le développement de relations positives à l'adolescence, et outiller les victimes afin de les accompagner dans leurs démarches de recherche d'aide.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61436 - Printed Poster

The End Game: A Novel Intervention Targeting Elite Athletes' Career Transition

Presenting Author: Giannone, Zarina A

Additional Author: Kealy, David

Abstract: *Sport is an activity the cuts across diverse individuals and socioeconomic contexts, holding special meaning for many participants. However, the end of one's sport career can be distressing as individuals contend with the social, vocational and emotional changes that accompany retirement from sport. Indeed, such changes may place retiring athletes at a heightened risk for developing psychological problems following their retirement from elite sport. Despite substantial evidence identifying adjustment difficulties among retiring athletes, research examining interventions which support athletes' career transition are limited. The present study investigated a brief psychoeducational intervention aimed at facilitating adaptive career transitions from elite sport. A repeated measures research design was employed among Canadian National Team athletes from various sports to evaluate the effect of the intervention on personal growth initiative, mental health literacy, and attitudes toward help seeking. Surveys were administered at baseline and post-intervention. Repeated measures ANOVA, among study completers (N = 75), revealed significant improvements in mental health literacy, help seeking behaviors, and the extent to which participants believed they would access and utilize resources to assist*

with sport career transition. These findings suggest that participation in a brief psychoeducational intervention may improve positive health behaviors among elite athletes, helping them cope with the challenges associated with sport retirement by enhancing their help-seeking, knowledge of mental health, and personal agency. Study findings also have implications for career and lifespan development, wellness, and prevention in clinical, counselling, and applied sport psychology.

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 61455 - Printed Poster

Developing a cognitively-enhanced support program for parents and teachers of children with ADHD

Presenting Author: Jiang, Yuanyuan

Additional Authors: Pirraglia, Cassandra; Cho, Minyeong; Labonte, Chantal ; Carlson, Elizabeth; Rinaldi, Christina

Abstract: *Parent Management Training (PMT) is an evidence-based behavioural treatment for child Attention-Deficit/Hyperactivity Disorder (ADHD) (Pfiffner and Haack, 2014). However, PMT content does not frequently include addressing potential maladaptive thoughts of those adults (such as parents and teachers) who support children with ADHD. We developed an 8-session cognitively-enhanced group treatment program for parents and teachers of children with ADHD. By adding a cognitive focus to standard behavioural intervention, we sought to enhance participants' self-efficacy and improve their child attributions. The treatment development process of this program along with session content will be presented. Sessions were implemented by trained Doctoral student therapists, with clinical supervision. A pilot sample of 14 individuals consisting of one parent group (n = 5) and two teacher groups (n = 5 and 4) participated. Fidelity of videotaped interventions was coded, and will be presented. Therapeutic process variables related to therapist-client interactions and the therapeutic alliance will also be presented. Overall, findings will contribute to empirical and clinical knowledge of psychosocial treatment development to support parents and teachers of children with ADHD, and to our understanding of therapist-client process variables for this cognitively-enhanced group intervention.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61456 - Printed Poster

Social Anxiety and Cannabis Problems: Examining the Moderating Role of Parental Norms and Gender

Presenting Author: Gazith, Adina

Additional Authors: O'Connor, M Roisin; Corran, Charlotte

Abstract: *Cannabis problems are prevalent among young adults. While some theory and evidence points to social anxiety (SA) as a risk factor for cannabis problems, others point to SA as a protective factor. Those high in SA may be particularly concerned with perceived judgements related to cannabis use (injunctive norms) and cannabis use (descriptive norms) of important others. As such, injunctive and descriptive norms may clarify SA risk for cannabis problems. Further, evidence points to gender differences in the SA-cannabis problems relation. The current study will test parental norms (injunctive; descriptive) and gender as moderators of the association between SA and cannabis problems. We hypothesize that elevated SA will predict increased cannabis problems, particularly for men who perceive high parental cannabis use and approval. Undergraduates (_N _= 175, _Mage _= 21.6, 81% female) self-reported on gender, SA, parental norms, and cannabis problems. Data collection ended in December; date cleaning is underway. A multiple regression analysis will test parental norms and gender as moderators of the association between SA and cannabis problems. Statistically significant*

interaction terms will be followed up with simple slope analyses. Research examining social norms and gender in the SA-cannabis problems association could help clarify the risk trajectory to inform targeted interventions.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 61473 - Printed Poster

Binge drinking in adolescents: A daily study on alcohol and drugs use

Presenting Author: De Sousa , Deziray

Additional Authors: Fortin, Andréanne; Paradis, Alison

Abstract: *Binge drinking, defined as consuming five or more drinks on one occasion, usually begins during adolescence. This pattern of consumption places adolescents at a greater risk for various short- and long-term mental, emotional, and physical consequences. However, no studies have yet examined the association between binge drinking and adolescents alcohol and drugs daily consumption. Therefore, the current study utilizes daily diaries to compare the prevalence of daily alcohol and drug use in adolescents who had reported a pattern of binge drinking in the past year and those who had not. The sample consists of 216 adolescents aged between 14 and 19 (M = 16.9, SD = 1.5). Drinking was examined at baseline and during 14 consecutive days using participants' self-reported dairies. Out of the sample, 41% (n = 89) of adolescents reported drinking at least one time during the 14 days. Results demonstrate that adolescents who abused alcohol (>1 binge drinking event/month) over the past year also consumed alcohol and marijuana more frequently on a daily basis. No difference was found between patterns of alcohol or marijuana use in boys and girls. These findings suggest that binge drinking is significantly associated to adolescents' daily alcohol and drug use; thus, intervention and educational programs are needed to inform and prevent future consequences posed by this risky behavior.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61475 - Printed Poster

Parenting Stress and Parenting Sense of Competence: A Meta-Analysis

Presenting Author: Janis, Ashleigh

Additional Authors: Ronaghan, Dana; Theule, Jen

Abstract: *Past literature has explored the inverse association between parenting stress and parenting sense of competence; however, there has not been a synthesis of data on this relationship. Parenting stress is defined as the psychological and physiological reactions to having ones parenting demands outweigh the resources available. Parenting sense of competence is defined as the subjective judgments made about ones capabilities and satisfaction surrounding parenthood. The current study will use meta-analysis to summarize the association between parenting stress and parenting sense of competence. It is expected that higher parenting stress will correlate with lower parenting sense of competence, and that characteristics such as parental relationship length, number of children in the family, parental age, parental gender, parental education level, child age, child gender, and child temperament will moderate this association. A systematic search will be carried out and potential studies will be screened based on specific inclusion criteria. A summary effect size of the direction and magnitude of the association will be calculated, with completion of the project expected in February. This information may inform the development and implementation of appropriate interventions to lower parenting stress and raise parenting sense of competence, thereby enhancing healthy family functioning.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61476 - Printed Poster

Behind the mask of mental health care professionals.

Presenting Author: Guo, Connie

Additional Authors: Rivest-Beauregard, Marjolaine; Fortin, Justine; Lonergan, Michelle; Brunet, Alain

Abstract: *The COVID-19 pandemic has had devastating effects on mental health. To date, however, few studies have examined the potentially traumatic effects of the pandemic on mental health professionals, a population at increased risk for vicarious traumatization. _OBJECTIVE._ To examine the severity of traumatic stress and peritraumatic distress experienced by mental health professionals during the pandemic. _METHODS._ Using data from an international sample of 5 621 adults, the severity of traumatic stress (measured with the Impact of Event Scale-6; IES-6) and peritraumatic distress (measured with the Peritraumatic Distress Inventory; PDI) was compared between 476 mental health professionals, 510 healthcare workers, and 4 635 individuals in non-health-related occupations, using a one-way ANOVA. _RESULTS.__ _Mental health professionals scored significantly lower on the PDI (_M = _12.24 _, SD = _8.63) than the general population (_M = _18.09 _, SD = _10.58), and the healthcare workers (_M =_ 17.31, _SD =_ 10.64), _F _(2, 5618) = 67.883, _p_ < .001)_. _This group also scored statistically significantly lower on the IES-6 (_M = _8.49 _, SD = _5.39) than the general population (_M = _11.55 _, SD = _5.83) and other healthcare workers (_M = _11.02 _, SD = _5.75), _F _(2, 5618) = 60.840, _p_ < .001). No other significant differences were found. _CONCLUSIONS AND IMPACT._ Mental health professionals may experience lower stress-related symptoms than the general population and other healthcare professionals during the pandemic, particularly when it was in its early stages. However, traumatic stress associated with the provision of mental health care may worsen over time and should be further investigated via longitudinal designs.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61529 - Printed Poster

Who benefits from aggressive humor? Moderating effects of emotional reactivity in China and Canada

Presenting Author: Lau, Chloe

Additional Authors: Sarmiento, Catalina; Yan, Gonggu; Saklofske, Donald H

Abstract: *BACKGROUND/RATIONALE: Numerous studies found a zero-order association between aggressive humor and satisfaction with life (SWL). Emotional reactivity (ER), representing the sensitivity of an individual to negative emotion, may moderate this association. METHODS: The moderating role of ER in aggressive humor and satisfaction with life (SWL) was examined. Undergraduate students from Canada (_N _=783) and China (_N _=375) were recruited to complete self-report questionnaires. RESULTS: In the Chinese sample, the unstandardized regression coefficients between aggressive humor and SWL, and ER and SWL were not significant (_p_s>.05). The interaction was significant (_b_ =.51; _SE_ =.12, _z_ =4.16 _, p_< .001). Individuals with average ER did not differ in SWL at different levels of aggressive humor (_p_ >.05). Individuals with low ER (_b_ =-.46, _SE_ =.13, _z_ =-3.58, _p_*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61564 - Printed Poster

Just one more bite: A review of the history of food addiction and a menu for future empirical research

Presenting Author: Santiago, Vincent A

Abstract: *BACKGROUND: The number of studies published on "food addiction" (FA) doubled from about 50 in 2016 to over 100 in 2017. In 2020 alone, over 400 articles were published on FA, demonstrating its increasing popularity. However, this narrative review challenges the perspective that this is a new concept and explores implications for future research. METHODS: This review explores historical accounts of FA from the late 1800s to 2000 (e.g., Clouston, 1890; Randolph, 1952; Wulff, 1932) and as they relate to the current DSM-based concept of FA, as measured by the Yale Food Addiction Scale (YFAS). The review discusses pioneering empirical research on FA (Cassin and von Ranson, 2007) and the popularization of FA using the YFAS (Gearhardt et al., 2009). RESULTS: This review demonstrates that FA is not new and its conceptualization is a product of its sociocultural contexts, with parallels to substance and behavioural addictions. FA is currently contextualized by increasing obesity rates and engineering of highly rewarding food products. The general prevalence of FA across countries (5-33%), overlap with eating disorders, and implications for therapy will be discussed. CONCLUSION/IMPACT: Although FA is not a new concept, future empirical research must consider alternative methods of assessment, cross-cultural limitations, and novel treatment methods from both eating disorder and addiction fields, such as harm reduction and motivational interviewing.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 61570 - Printed Poster

Mindfulness attitudes: A novel predictor of dispositional mindfulness and coping self-efficacy

Presenting Author: Petrovic, Julia

Additional Authors: Bastien, Laurianne; Mettler, Jessica; Heath, Nancy L

Abstract: *Coping self-efficacy (CSE) is a predictor of wellness in university students. While there is evidence that dispositional mindfulness (DM) is associated with CSE, the potential importance of mindfulness attitudes in this relationship remains unexamined; mindfulness attitudes may be of particular interest to clinicians as a clinically modifiable variable. This study thus sought to explore the mediating effect of DM in the relationship between mindfulness attitudes and CSE. Participants were 127 university students (M_age=22.31, SD=3.34; 86.6% female) who completed the Five Facets of Mindfulness Scale, Coping Self-Efficacy Scale, and a researcher-developed measure of mindfulness attitudes which included statements such as: "I would be willing to try practicing mindfulness on a regular basis" and "I am suspicious regarding the use of mindfulness." Results from a mediation analysis revealed that DM partially mediated the relationship between mindfulness attitudes and CSE, ab=.228, SE=.059, 95% CI[.111,.343], such that more positive mindfulness attitudes were associated with greater CSE through greater DM. Findings provide preliminary evidence for the importance of mindfulness attitudes in predicting CSE, as well as their role in the relationship between DM and CSE. Discussion centers on potential future directions for the use of mindfulness attitudes in fostering CSE clinically.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 61605 - Printed Poster

Remembering Your Keys: A Choral Lifestyle Intervention for Persons with Dementia

Presenting Author: McDowell, Cynthia

Additional Authors: MacDonald, W.S Stuart; Smith, Andre; Sheets, Debra J

Abstract: *The present study examined whether a social singing intervention can modulate patterns of cognitive change and whether affect exhibits concomitant within-person time-varying covariation. Persons with dementia*

(PwD; n=33) engaged weekly in the Voices in Motion project, an intergenerational, social-cognitive choral intervention spanning up to 18 months and 9 individual assessments. The Mini Mental State Examination (MMSE) and the Positive and Negative Affect Schedule (PANAS) were assessed using an intensive repeated-measures design, with multilevel models of change employed to disaggregate both between-and within-person effects. Across the 18-month intervention, cognitive function remained relatively stable (-0.12, p=0.04), with little between-subject variability in rates of change. Additionally, negative affect shared a time-varying association with cognitive health (p=.01); within-person improvements in negative affect dynamically covaried with improvements in cognitive function across months of the social intervention. Findings imply that, reducing elevated negative affect through participation in a lifestyle intervention may facilitate increases in cognitive function. This study provides a novel, within-person approach that represents a more definitive test of the importance of a nonpharmacological intervention for facilitating cognitive and psychosocial health in PwD.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 61651 - Printed Poster

Attitudes Toward Medical Assistance in Dying

Presenting Author: Annoh-Kwafo, Joelynn A.

Additional Author: Both, E. Lilly

Abstract: *The purpose of this study was to examine attitudes toward Medical Assistance in Dying. Background/rationale: Medical Assistance in Dying occurs when a medical doctor or nurse practitioner aids a patient with end-of-life services. It was legalized in Canada in June 2016, yet little is known about attitudes toward end-of-life care. Method: The present study utilized an online survey to examine demographic and personality characteristics of the participants as well as their attitudes toward Medical Assistance in Dying. In total, 219 participants in the Maritimes were recruited from Psychology courses and via social media. Results: A hierarchical regression analysis was conducted to determine predictors of supporting Medical Assistance in Dying. The results indicated that approximately a quarter of the variance in support for Medical Assistance in Dying was attributed to age (i.e., being younger), place of birth (i.e., being born in Canada), lower religiosity and higher Negative Emotionality (or Neuroticism) scores. Conclusions: Most participants were in favour of the practice under certain conditions, such as being in a great deal of pain, or in an advanced state of irreversible decline. As well, participants felt that Medical Assistance in Dying reduced suffering and allowed autonomy for patients in end-of-life decisions, but proper consent had to be in place. Action/Impact: The vast majority of participants in our Canadian sample were supportive of Medical Assistance in Dying under certain conditions.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61692 - Printed Poster

The Process of Help-Seeking among Men who have Experienced Intimate Partner Abuse

Presenting Author: Toews, Kelsi

Additional Author: Cummings, Jorden

Abstract: *Research suggests that men experience intimate partner abuse (IPA) from female partners at alarming rates but are often reluctant to seek help for this abuse, despite the associated deleterious physical and mental health consequences. This reluctance might be due to a number of factors, such as negative help-seeking experiences, lack of services, and masculinity and shame. Although there is a significant amount of research into men's help-seeking experiences, no research has been done to develop a theory to explain the process of how and why men seek help for IPA. Thus, the main purpose of this study is to understand the processes behind*

seeking and receiving help for IPA. To do this, we interviewed men who have sought help for female-perpetrated IPA, as well as men who have experienced IPA, but have not sought help. The data was analyzed using a grounded-theory methodology, and via a social-constructionist epistemology and relativist ontology. Preliminary results depict a clear theory and process underlying men's journeys towards seeking help for IPA, which is influenced by desires to protect family members, recognizing excuses, acknowleging severity of abuse, identifying mental health concerns, and social support. The full theoretical model is currently under development, and will be completed by April, 2020. This theory will assist researchers, policy-makers, and service-providers determine what points in the process influence men's desires to seek or not seek help and will thereby assist in developing interventions and approaches aimed at encouraging help-seeking in this population.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61710 - Printed Poster

Worth taking the hit? Understanding the effects of concussion and subconcussive impacts on cognitive health

Presenting Author: Ewers, Nathalee P.

Additional Authors: Hunt, L Christie; Mangold, Kiersten; Connolly, John F

Abstract: *A concussion is a complicated and life-altering injury, yet the current standard for diagnosis and assessment is unreliable. As such, many have turned to event-related potentials (ERPs) as they have proven to be sensitive to concussion-induced cognitive deficits. The MMN, P300, and N2b are three ERP components of interest, assessing automatic attention, attentional resource allocation, and inhibitory executive function, respectively. Alterations in the amplitudes and/or latencies of these ERP components in concussed compared to healthy populations provide support for cognitive deficits associated with concussions. Many of these studies have involved athletes, however minimal research has evaluated the cognitive effects of sustaining repeated blows to the head and/or body that do not result in a clinical diagnosis of concussion, as is the case for many athletes in collision sports. These blows are often referred to as subconcussive impacts. The present study used ERPs to examine the acute cognitive effects of subconcussive impacts and concussions on collegiate varsity athletes in contact sports compared to those in non-contact sports. The athletes completed computerized tasks meant to evaluate the aforementioned cognitive processes during an electroencephalographic recording. They were tested pre- and post-season, as well as after any in-season concussions. We hypothesized that contact athletes would show changes in ERP characteristics post-season compared to pre-season, whereas non-contact athletes would not, and that these changes would also be present following a concussion. These results would support the utility of ERPs in assessing concussions and provide evidence that subconcussive impacts can also alter cognitive function.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 61712 - Printed Poster

Strength domains and association with subjective and psychological well-being

Presenting Author: Leung, Tiffany SY

Additional Authors: Rawana, Edward; Klein, Rupert G

Abstract: *Background: Although the possession and utilization of strengths is associated with elevated reports of well-being, it remains unclear as to whether certain domains of strengths are more strongly associated with certain indices of well-being. Methods: 236 high school students from an urban northern community completed questionnaires that examined different strength domains (character and environmental) and subjective and psychological well-being (i.e., perceived stress and relatedness adequacy, respectively). Results: Bivariate correlations were used to identify strength domains that would be further analyzed through hierarchical*

regression modeling. Results showed that the strength of self-knowledge was relevant for both subjective and psychological well-being (β = -.54, p < .001; β = .20, p < .05; respectively), whereas strengths at home (β = .24, p < .01), strengths at school (β = -.18, p < .05), and strengths from having goals and dreams (β = .21, p < .05) were relevant for only psychological well-being. Conclusions: Adolescents with a sense of self-knowledge may be better equipped to manage daily stresses and form connections to others. Action: Further fine-grained analysis of strengths and well-being is needed to understand how strengths affect individual and social functioning, and to inform the adaptation of strength-based interventions within different settings.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61722 - Printed Poster

A Comparison Between Eye-Tracking and Traditional Techniques for Attentional Bias Modification

Presenting Author: Wood, Lydia

Additional Authors: Misener, Kaylee; Ward, Alison; Nichol, Mackenzie; Libben, Maya

Abstract: *Attentional Bias Modification (ABM) is a paradigm that allows for manipulation of attentional cognitive biases. ABM can be used as a treatment for depression and anxiety to reduce selective attention to disorder-relevant information (e.g., a picture of a sad face for depression). The objective of the present study was to evaluate the effectiveness of an eye-tracking ABM paradigm as compared to a button press ABM paradigm for influencing mood. Participants (N = 299) completed an eye-tracking or button press ABM task in which attention was trained either toward or away from positive mood related stimuli. State mood was measured using a visual analogue scale before and after the task. An ANCOVA was conducted to examine the efficacy of each ABM condition. Preliminary results suggest biasing attention toward positive stimuli in the eye-tracking ABM paradigm resulted in the greatest decrease in negative mood. The findings from this study suggest that existing ABM treatment paradigms may be enhanced by integrating eye-tracking methodology. The current results will inform the development of further ABM treatment for cognitive biases related to psychopathology.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 61725 - Printed Poster

Anxiety Sensitivity & Alcohol: Norms/Gender Effect

Presenting Author: Miller, Caitlin

Additional Authors: Corran, Charlotte; O'Connor, Roisin M.

Abstract: *Anxiety sensitivity (AS) is characterized by the fear of anxiety sensations. Theory suggests those high in AS misuse alcohol as a way to reduce their anxiety; thereby, drinking for negative reinforcement purposes. However, alcohol can mimic anxiety symptoms, which might make those high in AS avoid drinking. This theoretical complexity, and the mixed empirical evidence supporting AS risk for alcohol misuse, suggest moderators need to be considered. Those high in AS may look to others for direction on their drinking. They may be particularly responsive to perceived approval of alcohol use by their parents (parental injunctive norms). Moreover, there is evidence supporting gender differences in the anxiety risk pathway to alcohol misuse. Taken together, the present study tests parental injunctive norms and gender as potential moderators of the effects of AS on alcohol misuse. Participants (N = 230, 59.57% women, 29.13% men, and 0.43% other) were students (M = 18.87, SD = 1.08) who self-reported on AS and alcohol use and problems. Preliminary analyses reveal that AS and alcohol use and problems were not correlated (r = -.028, and r = .069, all p > 0.05, respectively). This supports the investigation of moderators, which will follow using multiple regression analyses. This research might highlight individual-level risk factors that clarify AS risk for alcohol misuse.*

Assessment and Diagnostic Practices of Canadian Psychologists who Diagnose Autism Spectrum Disorder

Presenting Author: Carrier, Christina

Additional Authors: Perry, Adrienne; Esteves, Jeffrey

Abstract: *Background While best practice guidelines exist in ASD assessment and diagnosis, very little is known regarding the actual practices of clinicians who diagnose ASD. The purpose of this study was to examine the assessment procedures of Canadian psychologists who diagnose ASD in childhood. Methods Psychologists across Canada were recruited using snowball sampling. Professional associations were contacted and asked to disseminate the study to their members. Participants completed an online questionnaire regarding their assessment and diagnostic practices including their professional experience, multidisciplinary team use, their broad assessment procedures, as well as their use of specific ASD assessment tools. 64 psychologists from across Canada completed the survey. Results Psychologists indicated a reliance on standardized measures of intelligence and adaptive function. They also reported relatively low levels of multidisciplinary team involvement. The ADOS was the most commonly used assessment tool, although there was greater reliance on unstructured observation and the CARS when assessing children with lower cognitive abilities, and greater reliance on the ADI-R when assessing children with average or above cognitive abilities. Conclusion / Action and Impact The current study highlights the need for further investigation into the assessment and diagnostic practices of clinicians who diagnose ASD. Inconsistent assessment methodologies between diagnosticians could result in decreased diagnostic reliability, impacting both clinical and research initiatives. Given the variation in assessment procedures based on the cognitive abilities that was reported, the study highlights the need for research into the utility of assessment battery variations based on a child's cognitive ability.*

Exercise Addiction, Muscle and Weight Satisfaction, and Disordered Eating, as Predictors of Overtraining in Male Bodybuilders

Presenting Author: Tremblay, Line

Additional Authors: Kosmerly, Stacy; Larivière, Céline

Abstract: *Research suggests that bodybuilders are more at risk for unhealthy eating behaviors, muscle dysmorphia symptoms (MD), and exercise addiction. First, the current study aimed to establish a risk criterion for overtraining by comparing the volume and frequency of physical activity between high (HCB) and low (LCB) commitment bodybuilders. Results showed that HCB reported training significantly more often and at a higher intensity than LCB. Second, we verified the predictive validity of the physical activity risk index related to a number of unhealthy physical and psychological training behaviors. Results showed that high exercise frequency and volume were significantly predicted by MD symptoms, exercise addiction behaviors, and satisfaction with weight. Bivariate correlations suggest an indirect predictive effect of disordered eating and dissatisfaction with weight. Collectively, our results suggest that high levels of exercise intensity and volume can gauge the risk that bodybuilders will adopt unhealthy behaviors to achieve body image satisfaction.*

The Muscle Hustle: Perfectionism and Instagram Use on Drive for Muscularity and Substance Use in men

Presenting Author: Bolt, Megan

Additional Author: Arpin-Cribbie, Chantal

Abstract: *Instagram (IG), promotes rigid body ideals and creates ample opportunities for social comparison. While research in this area has largely focused on vulnerability factors in women, body dissatisfaction in men has risen considerably in recent years. This study examined relationships between IG use and perfectionism, and their links with drive for muscularity (DFM) and appearance and performance enhancing substance (APES) use in men. A sample of 232 men recruited from popular social networking sites and a regional university completed an online survey assessing these areas. Results revealed significant interactions between perfectionism (socially prescribed perfectionism [SPP] and self-oriented perfectionism [SOP]) and IG use on DFM, with those higher in perfectionism (SPP, SOP) and IG use reporting a greater DFM. Significant interactions were noted between perfectionism (SPP, SOP) and IG use on the endorsement of muscle building and weight-loss APESs, with those higher in perfectionism (SPP, SOP) and IG use being more likely to endorse APES use in both groups. This study suggests that men with elevated trait perfectionism are vulnerable to experiencing a high DFM and engagement in risky body change strategies when they report high IG use. The identification of this vulnerability can inform social media literacy campaigns addressing the rise in body dissatisfaction among men.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61732 - Printed Poster

Defensive functioning in adults with binge-eating disorder (BED) versus adults without BED

Presenting Author: Carlucci, Samantha

Additional Authors: Chyurlia, Livia; Presniak, Michelle; Mcquaid, Nancy; Hill, Robert; Wiebe, Stephanie; Ivanova, Iryna; Grenon, Renee; Balfour, Louise; Tasca, Giorgio A.

Abstract: *BACKGROUND: Defense mechanisms are automatic psychological responses used to manage distress or internal conflict. Maladaptive defensive functioning is common in psychopathology; however, it is relatively understudied in binge-eating disorder (BED). OBJECTIVE: This study examined baseline levels of defensive functioning in individuals with BED compared to overweight and normal weight individuals without BED. HYPOTHESIS: Individuals with BED will have less adaptive defensive functioning than overweight and normal weight individuals without BED. METHODS: We used the Defense Mechanisms Rating Scale (DMRS) to assess defensive functioning in Adult Attachment Interviews (AAIs). This study included three samples: (1) individuals diagnosed with BED (n = 32) assigned to group psychotherapy, (2) a matched sample of overweight (n = 15) women without BED, and (3) an age-matched sample of normal weight (n = 16) women without BED. RESULTS: Differences were assessed by a one-way ANOVA and Tukey's post-hoc test. Individuals with BED had significantly lower levels of defensive functioning than normal weight individuals, but not different from overweight individuals without BED. CONCLUSIONS: Maladaptive defensive functioning is more prevalent in BED than healthy normal weight controls. IMPACT: These results may contribute to our understanding of BED, as well as effective therapy processes.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61738 - Printed Poster

Process and Outcome in an Online Perfectionism Intervention: What Does Treatment Readiness Tell Us?

Presenting Author: Smith, Alyssa J

Additional Author: Arpin-Cribbie, A Chantal

Abstract: *Transdiagnostic interventions may be beneficial for reducing several mental health concerns. The purpose of the current study was to use a qualitative approach to examine the treatment process and outcome of a 10-week online intervention for perfectionism. Twelve participants were randomly assigned to one of three conditions: cognitive behavioural intervention (CBT), general stress intervention (GSM), or no treatment (NT) waitlist. Perfectionism, depressive symptomatology, anxiety, and treatment readiness were assessed at baseline and posttest, with a subset of individuals assessed on a weekly basis. Single subject analyses were performed by examining the level, trend, and latency of the treatment process and outcomes. Results suggest that CBT participants improved on indicators of cognitively-focused perfectionism and distress symptomatology compared to GSM and NT participants, but this pattern was not observed for trait perfectionism. Analysis of trends supports the relevance of treatment readiness and adherence on the patterns observed. Cognitive benefits were observed in implementing this online CBT intervention; however, higher levels of treatment readiness may be necessary to facilitate change on trait perfectionism indicators. Therefore, treatment readiness is particularly relevant in treatment planning given one's presenting perfectionistic orientation.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 61739 - Printed Poster

The Association Between Marital Satisfaction and Coparenting Quality: A Meta-Analysis

Presenting Author: Ronaghan, Dana

Additional Author: Theule, Jennifer

Abstract: *Coparenting refers to the extent to which parents show support and coordination in childrearing. Family systems theory posits that the coparenting relationship is distinct from, yet connected to, the marital relationship. The study of coparenting is growing and multiple studies have demonstrated an association between marital satisfaction (MS) and coparenting quality (CQ); however, some results suggest that the association is more complex. This study will be the first synthesis on the association between MS and CQ using meta-analysis. Based on the Preferred Reporting Items for Systematic Reviews and Meta-analyses guidelines I am identifying and evaluating the eligibility of manuscripts. I will conduct a meta-analysis to evaluate the relation between MS and CQ for mothers and fathers. Meta-regressions will be used to examine the moderating effects of individual, family, and study factors. The study will be complete by late March. I predict that MS will be positively associated with CQ. The moderating role of individual (e.g., gender, psychological diagnoses), family (e.g., family type, number of children) and study factors will be investigated in an exploratory way. By clarifying the information available on the link between MS and CQ in various types of families, this research may inform family support services and contribute to positive family functioning across generations.*

Section: Family Psychology / Psychologie de la famille
Session ID: 61751 - Printed Poster

Parenting Style as a Predictor of Parenting Stress in Mothers of Sons with Autism Spectrum Disorder

Presenting Author: Cochrane, Karis

Additional Authors: Ward, Michelle; Henrikson, Brenna; Cadieux, Olivia ; Theule, Jennifer

Abstract: *Parents of children with Autism Spectrum Disorder (ASD) experience higher rates of parenting stress relative to both parents of typically developing children and parents of children with other disabilities. Baumrind's parenting styles are thought to play a key role in the risk for parenting stress in this population; however, the current literature is mixed with regard to which parenting styles contribute more or less to parenting stress in the ASD population. This study explores which parenting styles are related to greater or lesser levels of parenting stress in mothers of sons with ASD. The frequency of each parenting style will also be explored. 75 mothers of sons, ages 6 to 11 years, with ASD are being recruited through autism organizations in North America to complete an online survey. Recruitment will be completed by February 2020. An analysis of covariance will be run with parenting styles predicting parenting stress. It is expected that the authoritative parenting style will be associated with the highest parenting stress and the permissive parenting style with the lowest parenting stress. This research will help to determine which parenting style may act as a protector factor, so that practitioners may then work with parents to help them adopt a less stressful parenting style, thereby improving parent quality of life, child outcomes and overall family functioning.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61756 - Printed Poster

A Qualitative Analysis of Changing Conceptualizations of Sexual Consent

Presenting Author: Benoit, Aryn A

Additional Author: Ronis, A Scott

Abstract: *Sexual consent is often conceptualized in two ways: (1) an implicit process, understood as an internal decision about one's openness to engage in a sexual act, and (2) an explicit process, involving a direct outward verbalization (Jozkowsk et al., 2014). Despite these contrasting conceptualizations, there is no research examining the development and adoption of these conceptualizations among sexually active individuals. The current study utilized qualitative interviews with 50 Canadian university students who reported engaging in sexual activities prior to the age of 16. Using thematic analysis, a prominent theme emerged in the interviews. Specifically, conceptualizations of consent often shifted from an implicit to an explicit process over the course of sexual development. Participants reported that their early sexual experiences did not involve explicit communication regarding their own or their partners willingness to engage in sexual activities. As a result, they often regretted some of the sexual activities they engaged in, or worried that they engaged in non-consensual sexual activates. As adults, the majority of these individuals now endorse the importance of explicit communication regarding sexual consent and have adopted these practices in their current sexual relationships. Findings highlight the importance of early education regarding communication around consent.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61763 - Printed Poster

Childhood Maltreatment: Does Non-Suicidal Self-Injury Expression Differ?

Presenting Author: Truffyn, Emma E.S

Additional Authors: Rodger, Susan; Stewart, Shannon

Abstract: *Non-Suicidal Self-Injury (NSSI) involves deliberate damage to the body without suicidal intent. St. Germain and Hooley (2012) classify two forms of NSSI: direct and indirect. Direct NSSI is expressed through behaviours with immediate results (e.g. cutting). Indirect NSSI is expressed through means that are damaging to the body without immediate injury (e.g. promiscuity). Research supports that NSSI behaviours occur in youth with histories of childhood maltreatment (CM; Trocmé et al., 2010); however, no study has examined if experiences of CM influence NSSI expression. Utilizing the InterRAI Child and Youth Mental Health*

tool, preliminary results found that 4,955 participants [55% female; M (SD) age = 14.93 (1.78) years,12–18 years] experienced CM (e.g. exposure to domestic violence (52%), neglect (27%), emotional (60%), physical (41%), and sexual abuse (26%)), with 63% indicating polyvictimization. 36% reported engaging in direct, 52% in indirect, and 22% in both direct and indirect NSSI behaviours. While chi-square results determined a significant relationship between experiences of CM and direct, and indirect NSSI, there is a stronger effect size associated with engagement in both forms of expression. Additionally, polyvictimization was found to be most strongly related to indirect NSSI behaviours. Findings will be discussed in terms of implications for prevention strategies.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61779 - Printed Poster

The Role of Self-Compassion in Health Promoting Behaviours Among New Mothers

Presenting Author: Simpson, Kaeley

Abstract: *Exercise, healthy eating, and sleep are essential for good health, yet mothers engage in less of these health-promoting behaviours. This may be due to the guilt mothers feel when taking time away from their motherhood role. Self-compassion may be a way decrease this guilt, however little is known about how mothers feel about being self-compassionate. Using semi-partial correlations, this study will examine the relationship between self-compassion and bipolar adjectives to see how mothers view prioritizing their own needs to engage in healthy behaviours. Through an online survey, participants will read a scenario that emphasizes the importance of prioritizing personal needs and incorporating health behaviours into their lives. Participants will rate how they would perceive themselves if they thought, felt, and behaved in the way the scenario describes. This research will add to the literature on self-compassion and allow insight into why some mothers feel more positively about incorporating health behaviours into their lives than other mothers. Data will be collected in January 2020. It is predicted that mothers higher in trait self-compassion will feel more open and positive about prioritizing their own needs to engage in health-promoting behaviours.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61786 - Printed Poster

Sacred Moments in Music: Prevalence, Context, and Correlates with Wellbeing

Presenting Author: Wong, Serena

Additional Authors: Pargament, I Kenneth; Exline, Julie J

Abstract: *Khalil Gibran said, "Music is the language of the spirit." The spiritual dimension of musical experiences may have a unique role in psychological wellbeing. Sacred moments are brief periods of time involving experiences of transcendence, boundlessness, ultimacy, deep interconnectedness, and spiritual emotions (Pargament et al., 2014). Using a cross-sectional, online sample of music listeners (N = 301), this study explores the prevalence, context, and correlates of sacred moments in music. Over two-thirds of respondents reported having such moments, which occurred across music genres. Participants often endorsed having non-theistic, theistic, or both elements within a single, important musical moment that they selected. The intensity of the sacred moment predicted multiple indicators of wellbeing above demographic control variables. Significant outcomes in regression analyses included meaning in life, personal growth, oneness, and positive consequences attributed to the moment. Sensing God's presence in the moment also predicted greater life satisfaction and faith. Furthermore, contextual factors predicting more sacred moments included a prior state of tension. Trait mindfulness and openness also lent themselves to more sacred moments. Overall, findings suggest that sacred moments in music can be cultivated as a spiritual resource to foster wellness.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61787 - Printed Poster

Canadian Women Firefighters' Invisible and Unexamined Cancer Risks

Presenting Author: Moore, Alissa

Additional Authors: Poulin, Carmen; Gouliquer , Lynne

Abstract: *Only 4.4% of employed firefighters are women (Statistics Canada, 2016) and this marginalised minority faces negative health consequences. Many cancers are recognised presumptive illnesses for firefighters in Canada (e.g. CNESST, 2019; RAPQ, 2016; WSIB, 2018). This promotes education and compensation (Forrest, 2016). Extensive research on cancer in firefighters (IARC, 2010; Pukkala et al., 2014; Tsai et al., 2015), and on men firefighters' perceptions of occupational risk (e.g., Anderson, Harrison, Yang, Wendorf, and Morgan, 2017; Schaefer Solle et al., 2018) exists. However, little research has examined cancer risk in women firefighters. Consequently, education and compensation related to occupational cancer may not be equitable. This study uses a feminist, qualitative methodology, the Psycho-Social Ethnography of the Commonplace (P-SEC), to explore Canadian Fire Services' policies and practices related to occupational cancer. Data from 127 interviews conducted with women firefighters between 2011 and 2019 are examined. Complications for women firefighters include unknown or unacknowledged cancer risks. The schemata and coping strategies that women use to make sense of and to manage these complications are examined. Socio-cultural and policy recommendations to ameliorate the gendered differences that exist regarding occupational cancer in the Canadian Fire Services are suggested.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61808 - Printed Poster

Testing potential mechanisms of adaptive coping in mid-adolescence

Presenting Author: Day, David M

Additional Authors: Beaudry, E. Amy; Singer, Alanna; Starick, Elisha

Abstract: *This study tests a mediator model to examine the influence of general self-efficacy to access adaptive coping mechanisms in a sample of 64 adolescents in Grades 9 and 10. The study draws on Banduras Social Cognitive Theory (SCT; Bandura, 1997; Luszczynska et al., 2005), which states that people with strong self-efficacy (a belief that one can overcome obstacles) will be positively associated with effective problem-solving and coping, including accessing social support as a positive coping strategy (Karademas (2006). The model tests the effects of three mediators, as possible mechanisms between general self-efficacy and social support: 1) self-reliance and optimism, an adaptive coping technique; 2) affect reflection, an adaptive emotion regulation technique; and 3) emotional school engagement, which reflects positive engagement to school. Results indicated that only self-reliance mediated the relation between general self-efficacy and social support, providing some support for the SCT; in other words, high general self-efficacy led to a greater sense of self-reliance and optimism, which led to a greater use of social support. A model that reversed the order of these variables also was tested (i.e., self-reliance leads to general self-efficacy, which leads to social support), which was found to be non-significant. The final model suggests that general self-efficacy is associated with accessing both internal and external resources for managing stress. However, as the study was cross-sectional, no conclusions about causality may be drawn. Implications for promoting self-reliance and adaptive coping in adolescents will be discussed.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61830 - Printed Poster

A Systematic Review on Humor and Coping

Presenting Author: Lau, Chloe

Additional Author: Singh, Manni

Abstract: *BACKGROUND: The current review addressed the following research questions: (1) Does humor use alleviate distress? (2) Does exposure to humorous stimuli lead to different outcomes respective to individual differences of trait humor? METHODS: The following electronic databases were searched 1960 to 2018: PubMed, Medline, ERIC, International Bibliography of Social Sciences, Linguistics and Language Behavior Abstracts, PsycARTICLES, PsycINFO, Sociology Collection (including Applied Social Sciences Index and Abstracts, Sociological Abstracts, and Sociology Database) and a quality assessment was conducted for included studies. RESULTS: Upon screening all content in the articles by two independent raters, four themes emerged from 68 articles: (1) trait humor as a coping style through cognitive appraisal, (2) trait humor and differential outcomes for depression, suicidal ideation, and stress and anxiety, (3) interindividual differences in trait humor interacting with exposure to humorous material, and (4) modification of humor as a behavior that affects coping. CONCLUSIONS: Humor is associated with better coping in some circumstances but comes with specific costs. ACTION/IMPACT: Results may inform interventions regarding whether to encourage individuals to use humor to cope.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 61843 - Printed Poster

Stressed out at school: The negative relationship between high school students' perceived stress and school engagement

Presenting Author: Starick, Elisha

Additional Authors: Beaudry , E Amy; Day, David M

Abstract: *School engagement, or the extent to which students are involved in school, is a well-known concept in theories of academic achievement and child development. The construct of school engagement is multidimensional, consisting of behavioural engagement, emotional engagement, and cognitive engagement. While previous studies have sought to investigate the effect of general school engagement on stress, less is known about how each of the three types of engagement might impact this relationship. The present poster uses correlational analyses to explore the relationship between the independent constructs of school engagement and perceived stress in students. Data was gathered from 71 high school students in grades 9 and 10 at 4 high schools across the Toronto Catholic District School Board. Findings indicate that there is a negative correlation between behavioural and emotional school engagement as they relate to perceived stress (p = .029 and p =. 002, respectively). However, there was no relationship found between cognitive school engagement and stress. Our results suggest that students' active participation in school and affective responses towards learning may be more valuable than cognitive processes when reducing stress. These findings may provide an empirical basis for determining key areas to focus on when developing intervention strategies to manage student stress levels.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 61847 - Printed Poster

The Role of Compassion for Others on Recovery from Suicidality

Presenting Author: Allegro, Hailey N. A.

Additional Author: Van Vliet, K. Jessica

Abstract: *Suicide is the second leading cause of death for undergraduate students (Mortier et al., 2017). Suicidal individuals typically struggle with social isolation, emotional dysregulation, and hopelessness (Law et al., 2015). Given that compassion for others may decrease social isolation, improve emotional regulation, and give meaning to some individuals' lives (Gilbert et al., 2014), it is plausible that compassion toward others may be helpful in recovery from suicidality. However, there is a lack of research on how compassion toward others may facilitate healing among suicidal individuals. This qualitative research study explored the experience and role of compassion toward others, as it relates to undergraduate students' recovery from suicidal ideation and behaviours. Six students participated in individual semi-structured interviews in which they were asked to describe the meaning and experience of compassion toward others, in the context of participants' recovery from suicidality. Using procedures from interpretative phenomenological analysis (Smith et al., 2009) and thematic analysis (Braun and Clarke, 2006), we derived themes both within and across cases. In this presentation, we describe common themes across cases and suggest how our findings may help serve as a foundation for counsellors and programs working with young adults who are suicidal.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61857 - Printed Poster

Psychological Need Satisfaction During Screen Time Predicts Better Sleep Quality in University Students

Presenting Authors: Remedios, Joshua C; Wadlow, Madeline E

Abstract: *Screen use is presumed to be related to poorer sleep quality; however, researchers have yet to determine how psychological need satisfaction or frustration during screen time impact sleep quality. We examined the relationship between psychological needs during screen time and self-reported sleep quality in university students. We hypothesized that psychological need satisfaction during screen time would be associated with better sleep quality whereas psychological need frustration during screen time would be associated with lower sleep quality. Undergraduate students (N = 308, Mage = 19.56, SD = 2.5; 74% female) completed the Psychological Need Satisfaction and Frustration Scale with a screen time prompt and a single item concerning their overall sleep quality during the past week. Controlling for age, gender, ethnicity, body mass index, parental education, and screen time duration in step one, step two of the hierarchical multiple regression revealed that psychological needs during screen time explained an additional 5.9% of the variation in sleep quality. Psychological need satisfaction (β = .24, p = .004) was associated with better sleep quality whereas psychological need frustration (β = -.05, p = .46) was not. These results suggest that promoting better quality screen time through the satisfaction of psychological needs may be associated with better sleep outcomes.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 62442 - Printed Poster

Evaluating Presurgical Somatization as a Predictor of Chronic Postsurgical Pain and Disability Six Months After Cardiothoracic Surgery

Presenting Author: Aternali, Andrea

Additional Authors: Slepian, Maxwell; Clarke, Hance; Ladha, Karim; Katznelson, Rita; McRae, Karen; Seltzer, Ze'ev; Katz, Joel

Abstract: *BACKGROUND/RATIONALE: Chronic postsurgical pain (CPSP) affects thousands of Canadian adults after cardiothoracic surgery and is difficult to treat. The present longitudinal study investigated somatization as a risk factor for CPSP after cardiothoracic surgery while controlling for several other potential predictors of CPSP. METHODS: Participants undergoing non-emergency cardiac or thoracic surgery (n = 549) were followed over 6 months. Prior to surgery, participants responded to questions related to their age,*

sex, body mass index, number of presurgical conditions, presence of chronic pain, opioid use, and completed the Pain Catastrophizing Scale, the Hospital Anxiety and Depression Scale and the Somatization subscale of the Symptoms Checklist-90-Revised. Six months after surgery, participants reported the intensity of their CPSP on a 0-10 numeric rating scale and pain disability, measured by the Pain Disability Index.   RESULTS: Multinomial logistic regression analyses were conducted to evaluate the degree to which presurgical measures predicted pain outcomes 6 months after surgery. Only presurgical somatization was found to significantly predict CPSP severity (Nagelkerke R2 = .26, _p_ < .001) and disability (Nagelkerke R2 = .28, _p_ < .001) six months after cardiothoracic surgery.   CONCLUSIONS: The present findings demonstrate that presurgical somatization leads to greater chronic pain and disability following cardiothoracic surgery.   ACTIONS/IMPACT: Further research is needed to determine if presurgical treatment to diminish somatization may prevent pain chronicity and disability.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64122 - Printed Poster

The moderating role of emotion regulation on trait anxiety in predicting mindful awareness.

Presenting Author: Malikin, Hagit

Additional Authors: Marchica, Loredana; Montreuil, Tina

Abstract: *Trait anxiety is an important predictor of dispositional mindfulness as some symptoms of anxiety controvert key elements associated to mindfulness, challenging the attainment of a mindful state. Moreover, emotion regulation (ER) strategies are important contributors to anxiety and mindfulness. Investigating the moderating role of ER on anxiety can inform researchers and clinicians on how best to assist individuals with a disposition for daily anxiety. University students completed an online survey. Using a moderation analysis, the study examined whether ER strategies moderated the relation between trait anxiety and dispositional mindfulness. Greater use of cognitive reappraisal, viewed as an adaptive ER strategy, weakened the negative relation between cognitive anxiety and mindfulness. Also, results suggest that infrequent use of emotional suppression, though perceived as a maladaptive strategy, may not compromise reliance on mindful awareness as much in individuals who report low levels of anxiety. Findings provide insight into the importance of promoting adequate ER strategies, especially in individuals with moderate to high levels of anxiety as a means to promote mindful awareness. Based on the observed differences attributed to symptom-severity, the notion of a "one-size-fits-all" therapeutic approach may need to be replaced by a cost-benefit analysis with each client.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64129 - Printed Poster

Shame as a Mediator of Invalidation and Depression Among Individuals with Chronic Pain

Presenting Author: Coady, Alanna

Additional Authors: Hohner, Anika; Holtzman, Susan

Abstract: *One in five adult Canadians live with chronic pain (CP), while 30-60% of people with CP also experience depression. This high comorbidity rate may be due in part to the social stigma of CP, such as the invalidation and doubt regarding the legitimacy of an individual's pain experience. Yet little is known about how stigma might contribute to high rates of depression among those with CP. In line with models of self-stigma, which suggest that stigma is harmful only when the individual agrees with and applies stigmatizing beliefs to oneself, we propose that feelings of shame link invalidation of CP to depression. This is the first study to investigate shame as a potential emotional mechanism through which social invalidation of CP can lead to*

depression. We also examine social support as a protective factor by testing whether social support moderates the relationship of invalidation with both shame and depression. A total of 130 patients have been recruited from a chronic pain treatment centre in Western Canada. Participants completed an online survey comprised of standardized, validated questionnaires. Data will be analyzed using moderated mediation analysis in R. Results will help to identify whether shame poses a promising psychological treatment target to protect against depression for those with CP.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64160 - Printed Poster

The Content and Quality of Canadian Online PTSD Resources: A Scoping Review

Presenting Authors: Schaffer, Joelle E; De Sousa, Deziray

Additional Authors: Leonard, Marie-Jeanne; Guindon, Kayla; Munn Rico, Marie; Rouillac, Elise; Di Paola, Erika; Desmarais, Laurie; Leblond-Baccichet, Gloria; Mariamo, Frederique; Hassan Omar, Romain; Kasparian, Roubina; Sapkota, Ram P; Lonergan, Michelle; Saumier, Daniel; Brunet, Alain

Abstract: *Though searching for information online is common among individuals experiencing symptoms of post-traumatic stress disorder (PTSD), little is known about the quality of the information that these individuals acquire online. The current scoping review explores the content and quality of Canadian online resources available to individuals seeking information regarding PTSD on Google.ca. Data was collected between 2018-2020 using a systematic search algorithm consisting of fourteen traumatic events, four trauma-related words, and fourteen Canadian geographic regions (provinces, territories, and "Canada"). A total of 964 websites were included. Each websites content was evaluated using the Trauma Website Quality Checklist (developed by PTSD specialists), and website quality was determined using the DISCERN Handbook. Website content and quality varied considerably across resources and between regions. Notably, 69% of websites included information on PTSD treatments, while 90% of websites failed to include PTSD diagnostic criteria. Resources in Western and Central provinces included more information than those in the Territories and Atlantic Canada. The average DISCERN score was 2.92 out of 5 (a score of 3 indicates "fair" quality). Informed by these findings, a list of recommendations to improve the quality of online PTSD resources available to Canadians are presented.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64207 - Printed Poster

Hope in the Classroom During COVID-19: Knowledge Mobilization in the Strengths, Hope and Resourcefulness Program for Student Mental Health (SHARP-SMH)

Presenting Authors: Hobbs, Chelsea ; Murdoch, Kenneth

Additional Authors: Hudson Breen, Rebecca; Larsen, Denise; Thorpe, Cass; Lee, Jiwon; Badger, Amy ; Kuhn, Natalie ; Iwaniuk, Averi ; Holmlund, Kate ; Rahall, Najla; Edey, Wendy; Holt, Regan

Abstract: *Knowledge mobilization (KMB) is a process by which researchers, knowledge brokers, and stakeholders collaborate to build valuable and context-sensitive bridges between knowledge and practice (Appleby et al., 2020). Effective KMB practice involves establishing relationships aimed at creating and translating research into community action (Chia-Kangata et al., 2020). Inspired by research on hope and guided by teachers, the strengths, hope and resourcefulness program for school mental health (SHARP-SMH) is a participatory action research (par) project that aims to co-create a foundation of responsive mental health practices in schools. Hope is essential to the academic success and emotional well-being of students at school (Pedrotti, 2018). Incorporating KMB practices since its inception, the SHARP-SMH project aims to empower teachers, as co-investigators, to translate hope research into curriculum, lessons and practices. Alongside*

teachers who create and trial hope lessons within their classrooms, the SHARP-SMH team has co-developed many hope-focused curricular practices. The practices are realistically usable in the classroom context and readily available to teachers (e.g., website and Facebook page) during covid-19. This presentation will share the KMB practices of SHARP-SMH and review the complexity involved in bridging a cross-disciplinary "know-do" gap.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64216 - Printed Poster

Gaming Disorder and Personality: Is Personality a risk factor for gaming disorder during the covid-19 crisis?

Presenting Author: Kronstein, Naama B

Additional Authors: Wardell, D Jeffery; Keough, Matthew T

Abstract: *Mainstream industry reports show that people have been purchasing and playing more video games since the announcement of the COVID-19 state of emergency. Some people may be at risk for gaming excessively during COVID-19 and experiencing related problems. However, very little is known about the individual differences that increase pandemic-related gaming risk. The four-factor personality risk model suggests that people with specific traits (i.e., hopelessness (H), anxiety sensitivity (AS), impulsivity (IMP), and sensation seeking (SS)) may be at greatest risk for gaming problems. Accordingly, the purpose of this study was to examine the effects of personality on gaming habits during the first 30-days of the COVID-19 pandemic. We predicted that people high in AS and H would engage in excessive gaming to cope with increased distress. We also predicted that the isolation and boredom resulting from the COVID-19 lockdown would lead those high in IMP and SS to game excessively for mood enhancement reasons. Participants (ages 18-74, N=332) reported on gaming habits for 30 days prior to, and 30 days after the COVID-19 state of emergency by completing self-report measures on Prolific. Results suggested that people high in H, AS, and SS were at risk for increased gaming problems during the initial stages of COVID-19 due to elevated coping gaming motives. Those high in H, AS, and IMP were at risk for COVID-related gaming problems due to elevated self-gratification gaming motives. These findings suggest that personality risk factors and associated motives should be considered in current treatments for gaming problems.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64227 - Printed Poster

The Effect of Psychiatric Diagnosis Differs on the SCAT3 vs. SCAT5 for Baseline Symptom Reporting

Presenting Author: Lu, Henri Y

Additional Author: Fouladi, T Rachel

Abstract: *Psychiatric disorders (e.g., depression, anxiety) may increase self-reported concussion symptoms as these symptoms are non-specific. It is unclear whether the effect of psychiatric diagnosis on symptom reporting at baseline is different on the Symptom Evaluation (SE) of the Sport Concussion Assessment Tool 3rd edition (SCAT3: "feel now") versus 5th edition (SCAT5: "typically feels"). Undergraduate students (n = 241, M_age = 19.29 years, 80% female) completed the SE online, with counterbalanced order of SCAT3-SCAT5 administration. Mann-Whitney U tests indicated that participants with psychiatric diagnosis had higher SCAT3 and SCAT5 total symptom severity scores and number of symptoms. Those with psychiatric diagnosis had elevated severity scores on all symptom clusters on the SCAT5, but only affective and sleep clusters on the SCAT3. For number of symptoms, those with psychiatric diagnosis reported more cognitive, affective, and sleep symptoms on the SCAT5, but only more affective symptoms on the SCAT3. Overall, baseline SCAT5 trait*

symptom reporting resulted in more differences between participants with and without a psychiatric disorder than SCAT3 state symptom reporting. Since the SCAT5 evaluates trait symptoms at baseline and state symptoms post-injury, differences in reporting of trait and state symptoms may be an important consideration for interpretation of symptom scores.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64233 - Printed Poster

Community-Based Residential Treatment for Alcohol and Substance Use: A Realist Review

Presenting Author: Franco, Giselle

Additional Authors: Mutschler, Christina; Junaid, Sana; Gryspeerdt , Charlie; Tellez , Carmina; Bushe, Julianne

Abstract: *Background: substance use disorders (SUDS) cause a strain on individuals and broader society, indicating a need for adequate treatment for those afflicted. Previous reviews have documented mixed findings on the effectiveness of community-based residential treatments for suds. Moreover, few studies to date have explained how and for whom these treatments are effective. Therefore, the present review employed a realist synthesis that explored how, for whom, and in what circumstances, community-based residential treatments are effective. Method: a literature search of community-based residential treatment outcomes was conducted in pscyinfo and pubmed, following rameses publication standards. The search produced 28 relevant articles that were extracted for synthesis. Extracted data included client outcomes, proposed mechanisms of change, and the context in which mechanisms and outcomes occurred (or did not). Results: the results of the realist synthesis generated six context-mechanism-outcome (CMO) configurations. Contextual factors included substance-related problem severity, psychiatric comorbidities, diverse populations, and lack of coping strategies. Key treatment mechanisms included enhancing motivation, coping skills, relationship building, and self-efficacy. Conclusions: the CMO configurations explain the mixed findings of previous residential treatment reviews and point to the gaps in the current treatment literature in treating diverse client presentations. Further, these CMOs provide specific program components for clinicians, treatment centres, and policy makers that must be offered in residential treatment to produce positive outcomes. Impact: residential treatment centres should include skill-building therapies to increase coping skills and self-efficacy, resolve conflicts to foster relationship building, offer culturally relevant services, and bolster motivation to maintain engagement.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64237 - Printed Poster

The relationship between excessive daytime sleepiness and emotional lability in adolescents

Presenting Author: Giorgio, Lisa-Marie

Additional Authors: Musacchio, Sabrina; Voutou, Denise; Somerville, Gail; Boursier, Johanne; Gruber, Reut

Abstract: *Excessive daytime sleepiness (EDS) is characterized by difficulty maintaining alertness and by falling asleep unintentionally during the day. Emotional lability, characterized by emotional outbursts/drastic changes in mood is associated with both sleep duration and EDS. There is a paucity of work characterizing the extent to which EDS is associated with emotional lability in adolescents. Of those studies, sleep has not been controlled for as a confounder. It was hypothesized that adolescents with higher EDS would have higher emotional lability beyond the impact of sleep duration. Participants: 52 adolescents (38 females) aged 11-16 years old (M=13.10, SD=1.59). Procedure: Parents completed the Sleep Disorders Inventory for Students and the Conners Global Index. Sleep was assessed for a week using actigraphy and sleep logs. Results: A multiple regression analysis*

was conducted to examine the associations between EDS and emotional lability while controlling for age, gender, and objective measures of sleep. Analysis revealed that higher levels of EDS were significantly associated with higher levels of emotional lability. Conclusions: EDS is positively associated with emotional lability in typically developing adolescents. Interventions targeting the interplay between EDS and emotional regulation are expected to improve adolescents emotional health. This study is cross-sectional; therefore, conclusions cannot be drawn regarding causality between EDS and adolescent behavior.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64245 - Printed Poster

Implementation and Acceptability of a Virtual CBT group for Parents of Children with Anxiety

Presenting Author: Chang, Felicia M

Additional Authors: Boyle, L Sarah; Grunberger, Avraham

Abstract: *Parent-based interventions for childhood anxiety have been found to be effective in reducing children's symptom severity (Lebowitz et al., 2014; Thirlwall et al., 2013). Thus, a parent group, adapted from Creswell et al.'s (2017) Parent-Led CBT for Child Anxiety, is routinely offered to parents of children with anxiety disorders at a child and youth mental health program in Ontario. This group, which was conducted in-person prior to the pandemic, was piloted in a virtual format and evaluated. Nine parents participated in the virtual group via ZOOM. The majority of parents had previous experience with this platform. Parents anonymously answered questions through the poll function within ZOOM, pre- and post-group. Overall, the group had high acceptability; none of the parents dropped-out, all but one parent rated this virtual group as 'very' or 'extremely' helpful, and all of the parents indicated that they would be likely to recommend the group to others. Responses also suggested that the group had positive benefits to parents; on the pre-group poll, 50% of parents indicated that they did not know how to engage their child in an exposure, whereas none of the parents indicated this post-group. Additional information about the results of this program evaluation as well as information about the implementation of a virtual group will be shared in this presentation.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 64256 - Printed Poster

The Effects of the COVID-19 Pandemic on Psychological and Sleep-Related Symptoms in Self-Defined Good and Poor Sleepers

Presenting Author: Amestoy, Maya Elisabeth

Additional Author: Lau, Hansen Parky

Abstract: *The 2019 Coronavirus Disease (COVID-19) has quickly emerged into a global pandemic forcing many countries to implement public health measures to mitigate the transmission of the virus. These measures, along with the uncertainty around the COVID-19 pandemic in general, have resulted in significant increases in the rates of stress, anxiety, and worry. Moreover, recent literature has exhibited notable changes in sleep quality and increased reports of insomnia symptoms (Voitsidis et al., 2020), likely due to a disruption in daily routines and the biological clock. However, there is limited research investigating the influence of the COVID-19 pandemic on individuals with pre-existing sleep difficulties. Thus, the current study aimed to elucidate the effects of the COVID-19 pandemic on self-defined good sleepers and poor sleepers, as indicated by scores on the Sleep Condition Indicator (Espie et al., 2014) at the beginning of the pandemic. A total of 21 good sleepers (mean age = 20.24) and 7 poor sleepers (mean age = 19.57) were invited to complete online questionnaires that tapped into psychological symptoms, repetitive negative thinking (i.e., rumination, worry), insomnia severity and other*

sleep-related constructs at two time points over a six-month period. Paired samples t-tests suggest that those classified as good sleepers exhibited significantly increased levels of worry (_p_ = .028), pre-sleep somatic arousal (_p = ._040), depression (_p_ = .009), stress (_p_ = .006), and anxiety (_p_ = .007) over this period. Though, opposite findings were observed in the sample of poor sleepers, as these individuals experienced a significant decrease in scores on perceived stress (_p_ = .038), somatic pre-sleep arousal (_p_ = .019), depression (_p_ = .029), and anxiety (_p_ = .041). Findings suggest that there are individual differences that may influence the effect of the COVID-19 pandemic on psychological symptoms and sleep-related measures. Future work is needed to better understand the specific influence of COVID-19 on the aforementioned variables.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64264 - Printed Poster

Older Adults' Cognitive Reappraisal, Positive Emotions, and Psychological Well-Being Over a Two-Year Span

Presenting Author: Haverstock, Nicole B

Additional Author: Ruthig, C Joelle

Abstract: *Older adults face many age-related challenges, making it critical to identify factors that serve to maintain and bolster psychological well-being in later life. Prior research demonstrates that cognitive reappraisal is a cognitively-based coping strategy that contributes to more frequent positive emotions. The current study examined the reciprocal relationship between engagement in cognitive reappraisal and frequency of positive emotions over a two-year period. Using a cross-lagged panel design, we aimed to determine which directional association was stronger between cognitive reappraisal and positive emotions among 418 community dwelling older adults (aged 60+). Cognitive reappraisal was also assessed as a predictor of multiple indices of psychological well-being two years later, including perceived control, life satisfaction, perceived stress, and depressive symptoms. Participants completed in-person interviews or mail-in surveys assessing sociodemographics (Time 1), cognitive reappraisal and positive emotions (Time 1 and 2), and psychological well-being (Time 2). Results showed that positive emotions predicted cognitive reappraisal two years later, after accounting for initial cognitive reappraisal, age, relationship status, education level, and self-rated health. Engagement in cognitive reappraisal also predicted less perceived stress two years later. The study builds upon prior research by demonstrating the longer-term benefits of frequent positive emotions in later life. Findings also provide insight into those older adults who may experience better or poorer psychological well-being outcomes over time.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 64267 - Printed Poster

Can my life get more stressful? Mental health implications of believing stress increases over time

Presenting Author: Haight, Brook

Additional Authors: Busseri, Michael; Willoughby, Teena

Abstract: *High perceived stress has negative consequences for mental health. In a longitudinal study, we examined young adults' perceptions about how their stress is unfolding over time and the relation of such beliefs to depression. Canadian undergraduates (_N_ = 621; _M_ age at Wave 1 = 18 years; 76% female) evaluated their recollected past (5 years ago), current, and anticipated future (5 years from now) stress, as well as their depressive symptoms, once a year for seven years. At Wave 1, higher ratings of recollected past, current, and anticipated future stress were correlated with greater depression. Further, at Wave 1 stress was perceived to be*

increasing over time (past < current < future), and greater depression was predicted by greater perceived past-current increases in stress, and less anticipated current-future increases in stress. Between Wave 1 and Wave 6, greater increases in depression (controlling for Wave 1 depression) were predicted by less perceived past-current increases in stress at Wave 1, but not by anticipated current-future changes in stress at Wave 1. Thus, beliefs about stress that are linked with higher depression at one time point may not continue to be maladaptive for one's mental health over time. Such findings provide new insights into how young adults perceive their stress to be unfolding, and the implications of such beliefs for mental health over time.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64349 - Printed Poster

Trajectories of depression and anxiety in pregnant individuals during the first wave of COVID-19

Presenting Author: Rioux, Charlie

Additional Authors: Lebel, Catherine; Bagshawe, Mercedes J.; Dhillon, Ashley; Giesbrecht, Gerald F.; Tomfohr-Madsen, Lianne

Abstract: *Studies have shown increased risk for depression and anxiety during the COVID-19 pandemic, but longitudinal analyses in pregnant individuals are lacking. Accordingly, the present study aimed to identify trajectories and predictors of depression and anxiety symptoms in pregnant individuals during the first wave of the pandemic. 1533 pregnant participants from all Canadian provinces self-reported depression and anxiety symptoms at least twice during monthly assessments between April and July 2020. Risk factors were measured at enrollment. Unconditional and conditional general mixture models were conducted in Mplus 8.5. Three trajectories were identified for both anxiety and depression, all with decreasing trends from April to July: mild symptoms (levels remain low and subclinical), temporary clinical symptoms (clinical levels in April decreasing to sub-clinical), and chronic symptoms (levels remain clinical). Chronic and temporary clinical symptoms were predicted by having an anxiety disorder diagnosis before pregnancy, worries about COVID-19 being a threat to oneself and the baby, concerns regarding quality of prenatal care due to COVID-19, social support, and partner support. Given the known negative impacts of depression and anxiety on pregnancy and child outcomes, support must be given to pregnant individuals as they go through remaining waves of the pandemic and its aftermath.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64361 - Printed Poster

Does social problem-solving add to GAD and SAD symptom severity beyond intolerance of uncertainty?

Presenting Author: Radetzki, Phillip A.

Additional Author: Penney, M. Alexander

Abstract: *RATIONALE Intolerance of uncertainty (IU) is an established contributor to generalized anxiety disorder (GAD) and social anxiety disorder (SAD) symptoms. Research has recently identified impairments in social problem-solving (SPS) among GAD and SAD populations. We investigated the extent to which SPS is associated with GAD and SAD symptom severity when controlling for IU. METHOD Self-report measures of GAD and SAD symptoms, IU, and SPS were administered to a non-clinical university sample (N =212). SPS was comprised of negative orientation (NO), positive orientation (PO), rational thinking, impulsivity, and avoidance. RESULTS GAD and SAD symptoms correlated with all SPS factors in the expected direction, though rational thinking was not associated with either GAD or SAD symptoms. Hierarchical linear regressions indicated that NO was the strongest predictor of GAD and SAD symptoms, even when accounting for IU. PO was also a unique negative predictor of SAD symptoms. CONCLUSIONS Perceiving problems as threats,*

unsolvable, and likely to result in negative outcomes (i.e., NO beliefs) may contribute to GAD and SAD symptoms. Meanwhile, the opposite perceptions (i.e., PO beliefs) may be protective against SAD symptoms. ACTION/IMPACT Adding strategies to reduce NO could improve treatments for GAD and SAD. Meanwhile, emphasizing PO might help decrease or prevent SAD symptoms.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64423 - Printed Poster

Limiting Children's Screen Usage: The Roles of Parental Concern and Child Problem Behaviours

Presenting Author: Trampleasure, Sage L

Additional Authors: Holtzman, Susan; Draper, Zakary

Abstract: *The growing presence of digital devices in the family home has led to more time spent by young children engaging with these devices (i.e., screen time). This has caused concern among parents, but the extent to which this concern leads parents to limit their children's screen time exposure is unclear. Using data collected from an online survey of over 450 parents with young children (aged 2 to 5), the current study examined the relationship between the degree of parent concern regarding the harms of screen time (e.g., potential negative impact on social development) and their children's screen time, as well as the moderating role of child problem behaviours (e.g., aggressiveness). Findings revealed a significant association between greater parent concern and lower screen time. However, child problem behaviours significantly moderated this relationship. Specifically, among children with low problem behaviours, parent concern was associated with less screen time. Among children high on problem behaviours, parent concern was related to greater screen time. Findings gleaned from this study may ultimately aid in the creation of guidelines and practices to benefit those who are particularly challenged in addressing screen time concerns with their young children.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 64427 - Printed Poster

Therapy acceptability for attention and executive challenges in young university students - Preliminary report

Presenting Author: Plourde, Vickie

Additional Authors: Gaudet, Sylvie; Lord, Maryse

Abstract: *BACKGROUND/RATIONALE: Acceptability – or how convenient, appropriate, and effective a therapy is perceived – relates to preference, engagement and adherence in therapy. The aim of this cross-sectional study was to document the acceptability and preference of evidenced-based cognitive-behavioral (CBT) and mindfulness-based therapies for attention/executive challenges in young university students. METHODS: Canadian university students aged from 17-25 years old were recruited through social media and word of mouth and invited to fill questionnaires on Qualtrics. Acceptability and preferences were evaluated with the Treatment Perception and Preferences (TPP) Measure, after reading a standardized description of each therapy. RESULTS: Preliminary results (_n_ =19 participants) show significantly higher levels of acceptability for CBT compared to mindfulness-based therapy (Wilcoxon signed-rank tests). Preference was also higher for CBT (68.4%) than mindfulness-based therapy (31.6%). CONCLUSIONS: Despite being two empirically supported therapies, young university students seem to perceive CBT as more acceptable, especially in terms of alignment with values, appropriateness, and its effects on daily activities. ACTION/IMPACT: Future work is recommended to better address acceptability and preference early in therapy and ensure patient-centered care.*

Men's Residential Addiction Treatment at a Glance: Preliminary Analysis of Changes in Impulsiveness

Presenting Author: Tung, Simrat

Additional Author: Oakman, Jonathan

Abstract: *Background: To circumvent the complexities of measuring treatment success this study analyzes predictors of positive outcomes. The current research presents a preliminary analysis of changes in impulsivity measured in a program evaluation at an accredited Canadian men's residential addiction treatment facility, Wayside House of Hamilton. It evaluates the efficacy of the "Helping Men Recover" and "Exploring Trauma" programs which are part of the implemented curriculum. These evidence-based modular programs are delivered in a group session format to address issues specifically facing men, based on a program originally created as an outpatient treatment for women (Covington, 2002). Methods: Participants are recruited voluntarily as they are admitted to the residential program on a rolling basis. They are tracked over the course of one complete group cycle and complete a battery of assessments at multiple times throughout. The focus of this analysis is on the singular construct of changes in impulsivity as measured through the SUPPS-P (n=10). Results: Preliminary paired sample t-tests indicate a decrease in lack of premeditation impulsivity (p=.014) over the course of treatment. More rigorous analyses are to be completed as additional data is collected. Conclusion: While acknowledging the small sample size, trends indicate a decrease in participant impulsivity over the course of treatment, and we predict the data will continue to support this finding as further analyses are conducted. Impact: The decrease in impulsivity could provide support for the efficacy of the program in providing positive, sustainable treatment outcomes.*

Campus Experiences With Cannabis: Preliminary Findings

Presenting Author: Mykota, David

Abstract: *This poster presents the preliminary findings of the University of Saskatchewan Campus Experience with Cannabis Survey. The purpose of this study is to better understand the current patterns of cannabis use, both alone and in combination with other substances, as well as the attitudes and current perceptions toward cannabis in terms of its risks and consequences, and the impact cannabis usage has on student outcomes. In partnership with the Student Wellness the survey was administered to a random sample of approximately 6,000 students. Information gleaned from the study will inform prevention and treatment options, development and implementation of campus guidelines for safe cannabis use, and to design evidence-based programs with targeted educational initiatives, which in turn can impact the campus culture by opening up a dialogue about cannabis use with students and staff. Further, the survey will create a post legalization baseline for the monitoring of cannabis consumption among the student population along with the opportunity to examine the effects of cannabis consumption at comparator institutions with the overarching goal of furthering harm reduction efforts locally and nationally. Finally, the survey will provide the opportunity to examine consumption patterns of post-secondary students during the pandemic.*

Physical and Psychological Impact of COVID-19 Restrictions on University Students

Presenting Author: Proctor, Cecile

Additional Authors: Beaulieu, Danie; Best, Lisa; Wilbiks, Jonathan; Roach, Sean; Law, Moira

Abstract: *During COVID-19, Canadian universities made a swift, unexpected shift to online delivery, leading to increased academic pressure. Given the negative impact on psychological health (Best et al., 2020), students isolated from social and academic supports could experience high stress and anxiety. Thus, we examined the impact of COVID-19 on physical and psychological health. 1127 participants completed online questionnaires to assess physical (RAND-36; Hays and Morales, 2001) and subjective (Satisfaction with Life Scale [SWL]; Diener et al., 1985) well-being. In this project, data were collected in 2018 (_n_ =449), 2019 (_n_ = 235), and 2020 (_n_ = 443); after the university closure, 347 participants answered questions about pandemic-related stress. Wellness was associated with lower COVID-Stress and fewer academic concerns; RAND-Energy, RAND-Emotional Wellbeing and Limitations (fewer), RAND-Social Functioning, RAND-General Health, and SWL were associated with fewer COVID-19 academic concerns. COVID-worry was negatively associated with RAND-Physical Functioning and Limitations (more), RAND-Pain, and RAND-General Health. To examine the impact of COVID-19 restrictions we examined differences in physical and psychological wellness using March 13 (university closure) as a cut-off. COVID-19 participants had lower RAND-Energy, RAND-Emotional Well-Being, and more RAND-Emotional Limitations. Results highlight how public health guidelines affect physical and psychological health. Although strict restrictions are necessary, the psychological effects of lockdown should be considered when planning responses.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64449 - Printed Poster

The Relationship Between COVID-19 Anxiety and Anxiety Disorder Symptoms

Presenting Author: Byam, Layton J.

Additional Author: Penney, M. Alexander

Abstract: *The COVID-19 pandemic has increased anxiety amongst the general population. Several scales have been developed to measure COVID-19 anxiety, including the Coronavirus 19 Phobia Scale (CP19-S), the Fear of Coronavirus Scale (FCV-19S) and the COVID Stress Scales (CSS). The present study examined if COVID-19 anxiety was associated with symptoms of specific anxiety-related disorders. A non-clinical university sample (_N_ = 416) completed online measures of health anxiety, generalized anxiety disorder, panic disorder, social anxiety disorder, and obsessive-compulsive disorder symptoms, along with the CP19-S, FCV-19S, and CSS. All three COVID-19 anxiety scales correlated with symptoms of each anxiety-related disorder, _r_s = .38 – .62. Three multiple regression analyses were conducted. Panic disorder symptoms were a unique predictor of COVID-19 anxiety on the CP19-S, _p_ = .020, and FCV-19S, _p_ = .018. Obsessive-compulsive disorder symptoms predicted COVID-19 anxiety on the CP19-S, _p_ < .001, and CSS, _p_ < .001. However, health anxiety was the strongest predictor of COVID-19 anxiety on all three measures, _p_s_ < .001. The findings show that health anxiety, panic disorder, and obsessive-compulsive disorder symptoms are particularly relevant to COVID-19 anxiety. Therapists with clients experiencing obsessive-compulsive, panic, or health anxiety symptoms may wish to screen for COVID-19 anxiety.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64453 - Printed Poster

Lessons Learned from Men for Men's Future Melanoma Prevention Programs

Presenting Author: Benchimol-Elkaim, Brandon

Additional Authors: Coroiu, Adina; Geller, Alan

Abstract: *BACKGROUND. Melanoma is the deadliest skin cancer, in which middle-age men are often diagnosed with more advanced melanoma, have worse prognosis, and face higher mortality rates compared to women in the same age groups and younger men. Currently, there are no early detection interventions that specifically target men. The present study aims to identify relevant components for future programs and campaigns targeting skin cancer prevention and early detection in men. METHOD. Semi-structured telephone interviews were conducted with male melanoma patients. Transcripts were coded to develop a comprehensive understanding of recommendations for future prevention interventions. RESULTS. The sample includes 38 men (_Mage diagnosis=_63.5 years, SD =11.8). Major themes include limited awareness of risk factors for melanoma, limited knowledge about melanoma early detection, concerns about participation related cost (e.g., financial, time, psychological), and barriers to engagement (e.g., feelings of apathy and invincibility, applicability of delivery method). CONCLUSION/ACTION. Our findings can be easily incorporated in future public health campaigns promoting early detection of melanoma among men.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64457 - Printed Poster

The Effect of Posttraumatic Stress on Inpatient Treatment Outcomes

Presenting Author: Snaychuk, Lindsey A

Additional Author: Basedow, Christina

Abstract: *The link between addiction and trauma is well-documented in the literature. However, less is known about the relationship between posttraumatic stress and inpatient treatment outcomes. The purpose of this study was to evaluate the effect of posttraumatic stress on addiction symptoms and inpatient treatment outcomes. Participants (_N_ = 190) completed a battery of standardized psychological and psychosocial assessments including the PCL-C and the LEEDS at admission and again at time of discharge to measure symptoms of posttraumatic stress and addiction. Forty five percent of participants scored over 50 on the PCL-C, which is the suggested clinical cut off for the given population. Results indicated that individuals with higher scores on the PCL-C scored higher on addiction symptom dimensions at the time of admission. A paired sample _t_-test revealed significant reductions in addiction symptoms overall from admission to discharge. An independent _t_-test split by group (PCL-C scores over/under 50) indicated greater reduction in posttraumatic stress and addiction symptoms in the 'over 50' group. These results suggest that while postraumatic stress is related to addiction symptoms, it may not negatively affect ones ability to succeed in an inpatient treatment setting. The findings in this study can serve to inform inpatient treatment programming for successful outcomes.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64642 - Printed Poster

Pain Assessment in Rural Long-Term Care: An Examination of Staff Perspectives

Presenting Author: Winters, Emily M

Additional Authors: Gallant, Natasha; Hadjistavropoulos, Thomas; Taylor, Emma; Wickson-Griffiths, Abigail

Abstract: *Pain is often underassessed among older adults in long-term care (LTC). Assessing the subjective experience of pain in older adults with dementia, who may have limited communication, presents further challenges in LTC. Continuing education ensures that best practices are implemented, but such education is limited for staff in rural and remote facilities with fewer educational opportunities. We developed and evaluated an online pain assessment training program for LTC staff and assisted with the implementation of a protocol designed to facilitate the uptake of best practices in pain assessment. To understand barriers and facilitators to completing the training and implementing the protocol, semi-structured interviews were conducted with staff from seven LTC facilities in rural areas. Two independent coders evaluated narrative responses using thematic content analysis. Results suggest that staff believe that previous training in pain assessment is insufficient and that the training that we offered was warranted. Despite reported lack of time and limited familiarity with technology, most staff felt that the online training program was useful and relatively easy to use. Following implementation of the pain assessment protocol, staff often reported more frequent pain assessments in the facility, better identification of pain among residents who were exhibiting behavioural disturbances, and greater communication across healthcare professions. Based on these findings, a series of recommendations for improved pain assessments in rural LTC facilities are proposed.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64707 - Printed Poster

Thinking Critically about IG Images: Interaction of Perfectionism and Media Literacy Interventions on Body Satisfaction and Mood

Presenting Author: Arrigo, Jessica

Additional Author: Arpin-Cribbie, Chantal

Abstract: *Research has noted that exposure to appearance-ideal images on Instagram (IG) can be associated with body dissatisfaction and negative affect. The study aimed to investigate the relationship between social media literacy (SML) intervention and perfectionism on body satisfaction and mood, following exposure to appearance-ideal IG images. The sample consisted of 130 participants (Mage=20.6) recruited from a post-secondary institution and popular online social media platforms for the online study. Participants completed measures of social media use and perfectionism and were then randomly assigned to one of 3 SML conditions (poster, video, control). All were then exposed to 20 appearance-ideal IG images followed by items assessing critical thinking towards media messaging, body satisfaction and mood. In general, those higher in physical appearance perfectionism and in a SML condition reported greater body satisfaction than those higher in perfectionism and in the SML control. Limited interactions were noted for mood. Overall, individuals higher in the worry about imperfection facet of physical appearance perfectionism had the most consistent pattern of negative consequences. The video SML condition also appeared more effective than the poster one in establishing general critical thinking skills towards media messaging and mitigating negative consequences of ideal image exposure.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64734 - Printed Poster

Self-Regulation, Personal Adjustment and Internalizing Distress as Predictors of Resilience in Adolescents

Presenting Author: Hove, Ingrid

Additional Authors: Wang, Yi Wen; Amos, Janet; Sladeczek, Ingrid; Groleau, Danielle

Abstract: *An ongoing challenge in resilience research is to understand the specific and relative contributions of risk factors and protective factors in the development of resilience. The purpose of this study was to*

investigate the relationship between students' individual behavioural and emotional risk and sense of positive connection to parents/school to resilience. A total of 116 middle school students, ages 11 to 15, completed The Behavioral and Emotional Screening System Self-Report (BASC-3 BESS) and the Child and Youth Resilience Measure (CYRM-12). The BESS Self-Report contains three subindexes: Self-Regulation (of behaviour and emotion); Personal Adjustment (positive relationships with parents/teachers and self-esteem); and Internalizing (degree of internalization of emotional distress). A hierarchical multiple regression analysis was used to examine the relative contribution of three BESS subindexes to resilience as measured by the CYRM-12. Results indicated that self-regulation explained 31% of the variance in resilience and personal adjustment accounted for an additional 14% of the variance in resilience. Internalizing was not a significant predictor of resilience. Interventions aimed at improving adolescents' self-regulation and personal adjustment may be helpful in promoting resilience development. Practical implications for schools are discussed.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64742 - Printed Poster

Psychophysiological analogues of psychological wellbeing: virtual reality relaxation and height exposure among healthy Inuit and controls

Presenting Author: Seon, Quinta

Additional Authors: Gomez Cardona, Liliana; Mady, Noor; Karia, Maharshee; Yang, Michelle Q; Pagiatakis, Catherine; Jiang, Di; Bouchard, Stéphane; Linnaranta, Outi

Abstract: *Several psychophysiological indices are supported as analogues of post-traumatic stress and other disorders severity and as targets of biofeedback training. By reason of lack of access and uniqueness of culture, few have investigated psychophysiology of any Indigenous, including Inuit, who have continued trauma and needs/barriers to psychological resources related to colonialism. However, these indices could both be more culturally sensitive than self-reports and helpful for remote interventions that use biofeedback. In a pilot study planned with an Inuit advisory committee, a maximum of n=20 healthy Inuit and n=20 healthy controls will wear a virtual reality headset and a portable optical sensor. We will compare the two groups' rest and stress as they relate to self-reported emotion regulation, trauma, anxiety and depression. We will collect resting heart rate and skin conductance during initial habituation and during a relaxing virtual forest walk, and stress reactivity during virtual height exposure. Both resting and stress responses may differ per group, with higher resting heart rate and skin conductance reactivity among Inuit, as a reflection of trauma physiology. The associations between psychophysiological indices and self-reports may indicate objective cut-scores of psychological wellbeing, be more culturally sensitive, and benefit remote interventions for Inuit.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64762 - Printed Poster

The Association Between Polyvictimization and the Physical Health Of Children and Youth Living in Ontario

Presenting Author: Semovski, Valbona

Additional Authors: Lapshina, Natalia; Stewart, Shannon L.

Abstract: *The exposure to several distinct instances and types of victimization known as polyvictimization, has a detrimental impact on a child or youth's physical and mental health. Despite this association, a dearth of information surrounding the relationship between physical health and polyvictimization exists in children and youth samples. The aim of this study is to address the association between interpersonal polyvictimization and the physical health of 18,701 children and youth between 4 to 18 years of age (_Mage_ = 12.33, _SDage_ = 3.53), while controlling for sex and age differences. A multivariate binary logistic regression with Firth*

penalized maximum likelihood was conducted to analyze the association between polyvictimization, sex and age groups and physical health conditions such as asthma, diabetes, fetal alcohol spectrum disorder (FASD), migraine, traumatic brain injury and epilepsy. The results from the present study suggested that children and youth who had experienced polyvictimization were more likely to have asthma, FASD and migraines but not diabetes, traumatic brain injuries or epilepsy compared to non-victimized peers. Additionally, the sex and age of the child or youth had an impact on some of these diagnoses. The results from the study demonstrate that polyvictimization is associated with specific physical conditions more so than others at various ages. This information is instrumental in guiding decision-making in a clinical context.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64770 - Printed Poster

Motivational Communication for Physicians: Preliminary results of an Ongoing Integrated Knowledge Transfer Study

Presenting Author: Voisard, Brigitte

Additional Authors: Gosselin Boucher, Vincent ; Dragomir, Anda I.; Corace, Kim; Vallis, Micheal ; Campbell, Tavis; Bacon, Simon L.; Lavoie, Kim L.

Abstract: *BACKGROUND: While behaviour change counselling (BCC) has shown efficacy in improving patient health outcomes in the context of chronic disease, barriers to knowledge translation have resulted in poor implementation of BCC in medical practice. Barriers include physician perceptions of BCC as well as quality and feasibility of training programs in the healthcare context. METHODS: An integrated knowledge translation (iKT) approach is being used in alignment with the Obesity Related Behavioural Intervention Trials (ORBIT) framework to develop a BCC training program for healthcare professionals (HCP) informed by stakeholders. A modified Delphi process identified essential BCC skills for HCPs, and a survey was used to gather HCP perceptions of BCC. Program development is underway, including the use of a logic model. A proof-of-concept study will be conducted using quantitative methods for skills assessment and qualitative methods for stakeholder feedback. RESULTS: The modified Delphi panel (n=46 international experts) identified 11 core BCC competencies for HCPs, defining 'Motivational Communication'. The HCP survey (n=80) showed high perceived importance (9.1/10) but low confidence in BCC skills (5.3/10), moderate interest in BCC training (6.3/10), and willingness to devote 4 hours to training. Ongoing logic model and proof-of-concept studies will complete Phases 1 and 2 of the ORBIT model. CONCLUSIONS: Obstacles to BCC implementation can be tackled through the use of iKT in an iterative intervention design process that is expected to improve uptake and effectiveness in practice. ACTION/IMPACT: Behavioural interventions require stakeholder insight in order to be viable.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64782 - Printed Poster

Individual differences in the emotional distress of university students

Presenting Author: Paterson, Carley

Additional Author: Szostak, Carolyn

Abstract: *The majority of Canadian undergraduate students report feeling overwhelmed. We aimed to identify factors that contribute to student stress to inform coping strategies. We hypothesized that more time demands would predict more depression, anxiety, and stress, and greater self-efficacy would increase wellbeing. Student demographics, responsibilities, self-efficacy, and distress were surveyed online at the start of term. Students (N=740) were also asked to describe their thoughts about the term. Hierarchical multiple regressions were conducted to identify predictors of distress. In all analyses, female gender predicted more distress, and greater*

coping self-efficacy predicted less distress. Greater academic self-efficacy predicted less depression and anxiety, working part-time predicted more stress, and enrolment in an applied program predicted more anxiety. Analysis of open-ended responses showed student concerns about time management, and developmental and academic transitions. Excitement about courses, friendships, and career direction was also reported. Further thematic results will be presented. Although constraints on time contribute to being overwhelmed, the results show that self-efficacy is more important for understanding distress. Programs promoting student self-efficacy, especially at a time of marked life transition, may help to minimize stress and emotional distress.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64785 - Printed Poster

Changes in the emotional distress of undergraduate students over the course of a semester

Presenting Author: Poffenroth, Jaedyn

Additional Authors: Paterson, Carley; Szostak, Carolyn

Abstract: *Students contend with complex and ever-changing academic, work, and personal demands. The majority report feeling overwhelmed and anxious. Little, however, is known about students' distress at different times in a semester. We hypothesized that stress, anxiety, and depression would increase from early to late in the semester. Three online surveys were administered approximately every 6 weeks in the 2019 fall semester. Socio-demographic information (e.g., program and year of study, work status, living situation) was collected in survey 1. The primary measure, the depression anxiety stress scale, was included in all surveys. Data from students who completed all three surveys (n=198) were analyzed. The sample was diverse in terms of most socio-demographic variables. It was common for students to work/volunteer part-time and be a fulltime student. Repeated measure anovas revealed that depressive symptoms increased across the three surveys. While anxiety and stress increased progressively, only the difference between survey 1 and 3 were significant. However, some students showed very different patterns. Analyses to determine the nature of these individual differences are underway. Preliminary results suggest involvement of academic-related stressors, other demands on time, and self-efficacy. Programs that promote self-efficacy may be critical to help mitigate students' distress.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64797 - Printed Poster

Inducing Self-Compassion to Cope with Social Stress during the COVID-19 Pandemic.

Presenting Author: Burnham, Cortney

Additional Author: Kocovski, Nancy

Abstract: *Self-compassion can protect individuals against the negative consequences associated with self-judgment and isolation (Neff, 2003). A self-compassion induction has been shown to decrease anticipatory anxiety related to a social stressor, in particular for those with high levels of social anxiety (Harwood and Kocovski, 2017). The primary goal of the present study is to evaluate the impact of a self-compassion induction on social stress related to the COVID-19 pandemic. Participants (n = 171 so far, final sample size of 300 students anticipated by March) are being asked to recall a situation during the pandemic where they felt judged. Participants are then randomly assigned to one of three conditions: self-compassion, cognitive-reappraisal or control. In the self-compassion condition, they are guided to write about their situation mindfully, with self-kindness, and common humanity. In the cognitive reappraisal condition, they are guided to challenge their thoughts. Participants are then asked to complete several measures assessing positive and negative aspects of*

*well-being. The results will provide insight on the benefits that self-compassion inductions may
have on enhancing psychological wellbeing during a period of heightened social isolation. Thus, this research
can help identify beneficial coping mechanisms during the current global pandemic.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64810 - Printed Poster

Examining the Relationship between Eating Pathology Maintenance from the Cognitive-Behavioral Therapy Model with Binge Eating and 'Food Addiction' Symptoms

Presenting Author: Dufour, Rachel

Additional Authors: Mehak, Adrienne; Racine, Sarah Elizabeth

Abstract: *Binge eating disorder (BED) and bulimia nervosa (BN) are characterized by recurrent binge eating: episodes of consuming large amounts of food in a short period of time and a lack of control over eating. Cognitive behavioral therapy (CBT) for BED and BN targets key factors thought to maintain binge eating: over-evaluation of shape and weight, dietary restriction, cognitive restraint and 'feeling fat'. However, the 'food addiction' framework, also applied to understand binge eating, suggests that foods high in sugar and/or fat generate addictive-like behaviors such as cravings and thus should be avoided. Despite symptom overlap between 'food addiction' and BED/BN, it is unclear how CBT maintenance factors present in 'food addiction'. Adult women (_N_ = 79) with symptoms of BED or BN completed a semi-structured interview and a series of online questionnaires. It is hypothesized that 'food addiction' symptoms will be positively associated with more binge eating episodes, sense of lack of control, and marked distress than having no 'food addiction' symptoms. Additionally, it is hypothesized that the CBT maintenance factors mentioned above will be more strongly related to 'food addiction' symptoms than to binge eating episode frequency, as the former seems associated with more severe outcomes. Data will be analyzed using Steiger's Z-tests and multiple regression. Since being flexible with food is a central part of CBT but not 'food addiction' models, comparing how 'food addiction' and BED/BN each relate to maintenance factors may inform treatment practices for overeating behavior.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64813 - Printed Poster

Which Dysfunctional Beliefs Uniquely Contribute to Health Anxiety?

Presenting Author: Carmichael, Tiffany D.

Additional Author: Penney, M. Alexander

Abstract: *Individuals with severe health anxiety (HA) disproportionately believe that they have, or may acquire, a serious illness. Previous research has established that negative affect, anxiety sensitivity, and somatosensory amplification contribute to HA. Other variables, such as intolerance of uncertainty (IU) and metacognitive beliefs, have been recently investigated. However, many of these factors have not been assessed together. Through online self-report questionnaires, the present study examined the relationship between HA and anxiety sensitivity, somatosensory amplification, IU, metacognitions about health, catastrophic beliefs, and cognitive avoidance in a nonclinical university sample (_N_ = 564). Using hierarchical regression analyses, anxiety sensitivity, _p_ < .001, somatosensory amplification, _p_ = .003, and two metacognitions, _ps_ < .001, were found to uniquely predict HA when controlling for positive and negative affect, and generalized anxiety disorder symptoms. The metacognitions were the belief that thoughts can cause illness and the belief that thoughts about illness are uncontrollable. IU, catastrophic beliefs, cognitive avoidance, and metacognitive beliefs about biased thinking were not unique predictors of HA. These results indicate that researchers and clinicians may wish to further explore the role of metacognitive beliefs in the development and maintenance of HA.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 64819 - Printed Poster

Patients with Acute Coronary Syndrome (ACS) with Spontaneous Coronary Artery Dissection (SCAD) are more distressed than patients with ACS without SCAD: A case-matched controlled pilot study

Presenting Author: Bouchard, Karen L

Additional Author: Tulloch, Heather

Abstract: *Spontaneous Coronary Artery Dissection (SCAD) is an increasingly recognized cause of acute coronary syndrome (ACS) that disproportionately plagues younger women (Mean [M] age = 42 years). Pre-morbid and post-event psychological stressors are prevalent, yet this psychological distress has been understudied. This lack of research translates into a major gap in clinical care and, potentially, a missed opportunity for the prevention of future cardiovascular events. Self-reported mental health scores, as measured by the validated Hospital Anxiety and Depression Scale (HADS), of patients with SCAD (n=25) who recently enrolled in a cardiac rehabilitation program were compared to an age and sex-matched sample of ACS patients without SCAD (n=25). Independent t-test analyses revealed that patients with SCAD had clinically and statistically higher scores on anxiety at program entry than ACS patients without SCAD (M=7.8 vs 5.3; p=.04). Differences on depression scores were not observed (p=.65). Chi-squared analyses showed that patients with SCAD were also more likely to be seen by a cardiac rehabilitation mental health professional than were ACS patients without SCAD (37.5% vs 12.5%; p=.04). This preliminary work supports the scant literature that patients with SCAD have a more distressed psychological profile and seek out services to address these symptoms at a higher rate than their ACS counterparts without SCAD. Larger and more comprehensive assessments and comparisons are required to inform psychological intervention development for the SCAD patient population.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 64829 - Printed Poster

Getting high to cope with COVID-19: coping motives mediate the link between cannabis demand and cannabis problems

Presenting Author: Vedelago, Lana

Additional Authors: Wardell, D Jeffrey; Kempe, Tyler; Patel, Herry; MacKillop, James; Keough, Matthew T

Abstract: *Emerging evidence suggests that individuals who use cannabis have increased their use in response to the COVID-19 pandemic and associated emergency lockdowns. Given the risks associated with increased cannabis use, it is vital to research individual differences and mechanisms contributing to cannabis use during the pandemic. A relevant factor is elevated demand for cannabis—measured via hypothetical purchase tasks—which has shown associations with increased quantity/frequency of cannabis use and symptoms of cannabis use disorder in pre-pandemic research. Additionally, those with problematic use may be using cannabis for mood-regulation purposes given isolation and increased pandemic-related stress. The current study tested a mediation model by which cannabis use motives (i.e., coping, enhancement) reported at the start of the pandemic mediate the relation of pre-pandemic cannabis demand with cannabis use patterns and problems post-enactment of emergency measures. Canadians recruited via Prolific (N = 155) completed self-report measures of cannabis demand, motives, and use. Path analysis showed that coping (but not enhancement) cannabis use motives fully mediated the effects from cannabis demand to cannabis problems. Results suggested that Canadians who had higher cannabis demand (in the 30 days prior to the pandemic) experienced more cannabis problems during the first 30 days of lockdown due to elevated coping motives. As COVID-19 emergency measures continue,*

prevention efforts targeted at higher risk individuals may help reduce some of the negative consequences of cannabis use.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64843 - Printed Poster

Examining the Utility of the Virtual Warm Handoff in Integrated Primary Care: Improving Patient Treatment Engagement

Presenting Author: Fountaine, Alex

Additional Authors: Iyar, Megumi; Lutes, Lesley

Abstract: *BACKGROUND: In response to the rising need for access to psychological services, there has been increasing consideration given to incorporating mental health services by regulated mental health providers into primary care settings (i.e., Integrated Primary Care [IPC]). Within IPC, a "warm handoff" from physician to the mental health provider is the patients' first point of contact with IPC services and is therefore critical for reducing stigma, establishing trusting patient-provider relationships, and engaging patients in treatment (Young et al., 2020). Thus, in light of the current COVID-19 pandemic and the resultant rise of virtual care, this study seeks to examine whether a virtual warm handoff to an IPC mental health provider increases the likelihood of initial acceptance of the referral and intent to continue treatment, compared to the "referral as usual" process. METHODS: Moderated hierarchical regression analyses will be conducted. RESULTS: Given the empirical support for the in-person warm handoff, it is expected that a virtual warm handoff will promote both greater initial acceptance of the referral and greater intent to continue treatment, relative to the "referral as usual" process. CONCLUSIONS: These results would offer support for the virtual warm handoff as an important component of IPC for engaging patients in subsequent treatment. Furthermore, it would provide additional support for the implementation of IPC to address Canadians' unmet mental health needs. IMPACT: Given these results, the authors would offer the recommendation to implement the warm handoff as a routine component of virtual IPC care.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64883 - Printed Poster

Quality of Life and Treatment Effectiveness: Moderator Effects of Gender

Presenting Author: Hewitt, Jackson

Additional Authors: Smith, M Martin; Paterson, Randy J; LeMoult, Joelle

Abstract: *Relationships outside the therapeutic experience have a positive influence on psychotherapy effectiveness, possibly by enhancing the therapeutic alliance (see Hawley et al., 2006). Past research documents that elements of quality of life (QOL), such as close relationships and community connectivity influence psychological functioning and distress (Terry et al., 2019), and are associated with greater change in depression following group therapy (Hewitt et al., 2021). Though this work highlights that QOL is associated with treatment effectiveness, some research suggests this effect may differ based on gender (Leadbeater et al., 1995). Our study will evaluate whether the effect of QOL dimensions predicting group psychotherapy outcomes differs by gender. Our sample of 128 patients discharged from inpatient units were diagnosed with a depressive disorder using the Structured Clinical Interview for DSM-IV SCID (First et al., 1997) and completed a group cognitive behavioural therapy program. Patients completed the Quality of Life Index (Spitzer et al., 1981) at pre-treatment and the Beck Depression Inventory II (Beck, et al., 1988) pre- and post-treatment. A principal component analysis of the QOLI revealed five factors: life satisfaction, interpersonal and life skills, close-relationship satisfaction, family and values, and community satisfaction. Two factors, life and community satisfaction uniquely predicted greater*

pre-to-post treatment decreases in depressive symptoms for women but not men. This suggests the influence of extra-therapeutic factors on treatment outcomes differs based on gender.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64892 - Printed Poster

Associations between extraversion, perceived social disruptions due to COVID-19, and psychological distress

Presenting Author: Benzouak, Tarek

Additional Author: Burns, J Rachel

Abstract: *Disruptions in social network interactions are a known predictor of psychological stress. Moreover, greater social engagement is a central feature of extraversion, a trait associated with greater levels of perceived social resources. During stress appraisal, greater perceived social resources are protective against psychological stress. Recently, COVID-19 mitigation efforts have led to major disruptions in daily living, including in-person social interaction. This study aimed to evaluate the role of extraversion in the context of COVID-19 related social disruptions. The hypothesized positive association between perceived social disruptions due to COVID-19 and psychological stress was expected to be attenuated at higher extraversion levels. This cross-sectional study recruited participants on Prolific (_n_ = 217). The average age was 26.8, and 64.1% of the sample were males. Hierarchical regression models indicated that extraversion did not significantly moderate the association between perceived COVID-19 social disruptions and psychological stress (_B = _ -0.348, _SE =_ 0.182, _p = _0.057, _ΔR2_ = 0.016). However, perceived social disruptions was associated with psychological stress (_B _ = 0.865, _SE_ =0.266, _p_ = 0.001, _ΔR2_ = 0.047). Although perceptions of social disruptions accounted for 4.7% of the variance associated with psychological stress, greater extraversion did not significantly attenuate this association. Future longitudinal data on COVID-19 related social disruptions and psychological stress may be of scientific interest to establish directionality between these factors.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64905 - Printed Poster

Célibataires et heureux ? Attachement, solitude et bien-être chez les célibataires de la population générale.

Presenting Author: Béliveau, Marie-Eve

Additional Authors: Lefebvre, Audrey-Ann; Brassard, Audrey; Péloquin, Katherine

Abstract: *Les insécurités d'attachement et la solitude sont liées négativement au bien-être dans maintes études (p. ex., Wei, Liao, Ku, and Shaffer, 2011). Or, les célibataires rapportent un plus faible bien-être et très peu d'études ont exploré la solitude comme variable explicative du lien entre l'attachement et le bien-être chez les célibataires de la population générale (Pepping, MacDonald, and Davis, 2018). La présente étude visait à explorer les liens directs et indirects entre les insécurités d'attachement (anxiété, évitement) et le bien-être (mesuré à partir de 14 dimensions) via la solitude (sociale, amoureuse et familiale) chez les célibataires québécois. Un échantillon de 784 adultes célibataires âgés entre 18 et 90 ans ont répondu en ligne à des questionnaires validés. Les résultats des analyses acheminatoires révèlent que l'anxiété et l'évitement sont liés directement et indirectement à un plus faible bien-être par l'entremise de la solitude sociale et familiale. Les variables expliquent de 12% (compétence) à 54% (connexion) de la variance des 14 indicateurs de bien-être et un test d'invariance révèle des différences de genre. La discussion porte sur le rôle clé des insécurités d'attachement et de la solitude familiale et sociale pour comprendre le bien-être des adultes célibataires et propose des pistes de prévention, d'évaluation et d'intervention pour favoriser leur bien-être.*

Adolescent Self-Reported Daytime Sleepiness is Associated with Objective Measures of School Night Sleep Duration

Presenting Author: Gauthier-Gagné, Gabrielle

Additional Authors: Somerville, Gail; Santucci, Katya; Saha, Sujata; Boursier , Johanne ; Gruber, Reut

Abstract: *A third of Canadian adolescents do not obtain adequate sleep. This results in daytime sleepiness that impairs their academic performance, mental and physical health. Thus, educators must identify students who do not get sufficient sleep during the school week. Educators and health care providers lack access to objective measures of sleep but can easily screen for these problems by asking students to report their degree of daytime sleepiness. However, it is not known whether these reports are associated with students' sleep duration. The aim of this study was to examine the association between self-reported daytime sleepiness and objectively measured sleep in typically developing adolescents. 162 typically developing adolescents, 71% female; _Mean(SD) _age = 14.27(1.51) participated. Sleep was measured for seven consecutive nights using actigraphy. Daytime sleepiness was measured using the School Sleep Habits Survey. Multiple regression analyses revealed significant positive associations between reported daytime sleepiness and objectively measured sleep during the week but not the weekend. Self-reported daytime sleepiness is associated with objectively measured sleep duration suggesting it could be used to identify sleep-deprived adolescents. This approach offers an accessible inexpensive strategy to promote adolescents sleep health and improve related daytime functioning.*

"Becoming a Person Who Does Self-Care": Development of A Grounded Theory for Self-Care in Health Students

Presenting Author: Campoli, Jessica

Additional Author: Cummings, A Jorden

Abstract: *BACKGROUND/RATIONALE: Self-care is integral for managing stress and preventing burnout in health professionals. It is important that we teach professional health students how to effectively use self-care during training as this is when their professional identities emerge; however, health students' uptake of self-care is low, and there is an insufficient focus in programs. This study aimed to understand this gap between knowledge and action by theorizing how health students naturalistically create and maintain self-care. METHODS: Grounded theory was used to develop a theory delineating the process of becoming a successful self-care user from the perspective of 17 health students from a range of disciplines (e.g., medicine, nursing, physical therapy). RESULTS: The theory, "Becoming a Values-Driven Self-Care User," comprised of four phases: 1) Having a Wake-Up Call, 2) Building Skills, 3) Gaining Confidence, and 4) Building an Identity. In addition, our theory explained why some students were unsuccessful at developing self-care practices and this helped to address the barriers reported by students. CONCLUSIONS: Our theory showed that self-care skills are solidified into students' identities in the context of a values disconnect along with practice and support. ACTION/IMPACT: Our grounded theory informs the development of self-care interventions within health training programs.*

Anxiety Control and Obsessive Compulsive Related Beliefs in Hoarding Behavior

Presenting Author: Boyd, Brayden

Additional Authors: Ladouceur, E Natasha; Snaychuk, Lindsey

Abstract: *The cognitive-behavioural model of Hoarding Disorder (HD) refers to behavioural avoidance as a considerable aspect involved in the difficulty HD patients experience with discarding items. Further, behavioural avoidance patterns in HD are suggested to be mediated by anxiety sensitivity and tolerance to distress. Thus, perceived control over one's anxiety during the initial stages of material acquisition may be a primary factor that functions to reinforce hoarding behaviour. The present study hypothesized that a perceived lack of control over anxiety would act as a significant predictor of hoarding when controlling for OCD-related beliefs. University students (N = 125), completed standardized assessments associated with obsessive compulsive symptoms that measured anxiety control (AC), obsessive beliefs (OB), and hoarding behavior (HB). Bivariate correlations indicated significant relationships between AC and HB (r = -.385, p < .001), as well as between OB and HB (r = .412, p < .001). Hierarchical multiple regression analyses revealed that OB, and AC were both significant predictors of HB, accounting for 28.6% of the variance (R_{2adj} = .286, $F_{(2,123)}$ = 26.04, p < .001). These results suggest that AC contributes to HB. Future research on the trajectory of AC may help to obtain a better understanding of the underlying vulnerability factors for HD.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64968 - Printed Poster

Self-Compassion's Protective Role on Well-Being During the Transition to Post-Secondary

Presenting Author: Albrecht, Kelly-Ann

Additional Authors: Matyjanka, Ocean; Schroeder, Meadow; Hindes, Yvonne

Abstract: *We live in a society in which acquiring a post-secondary degree is a great determinant of success later in life. Unfortunately, post-secondary students today continue to report significantly elevated stress levels due to the sudden increase in demands in a variety of life domains (e.g., academic, financial, and social). Self-compassion, self-efficacy, and coping skills are suggested buffers against stressful academic situations; however, their potential protective role within the transition to post-secondary remains relatively unexplored. This study sought to assess the relationship between self-compassion, self-efficacy, coping skills, and student well-being within the first year of post-secondary education. A survey of 320 first-year undergraduate students (39% male, 60% female) found that self-compassion and coping were positively associated with well-being as measured by the Perceived Stress Scale (ps < .000). As well, students who used maladaptive emotion-coping strategies were more likely to report lower self-compassion. The results suggest that self-compassion and belief in one's abilities help to buffer the stress experienced in the first year of post-secondary. Students could be better prepared for the transition to post-secondary by learning adaptive strategies for managing stressful situations in high school.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64980 - Printed Poster

Positive affect, self-control, and physical activity in middle-aged and older adults with diabetes

Presenting Author: Forget, Genevieve

Additional Author: Burns, J Rachel

Abstract: *Physical activity is a key aspect of diabetes management. Zimmerman's (2000) self-regulated learning model suggests that affect influences future behaviour, in part, via self-control. This study seeks to determine if an adapted self-regulation model can be applied to the context of physical activity among middle-aged and older adults with diabetes. Self-reported, prospective data came from the Health and Retirement Study. Diabetes status and positive affect were assessed at baseline (2008). Self-control was measured at the first follow-up (2012) and physical activity was measured at the second follow-up (2016; n = 533). The hypothesis was tested using the Baron and Kenny (1986) approach to mediation and sample distributions were estimated using a bootstrap technique. After controlling for sociodemographic and health-related covariates, positive affect was directly associated with physical activity, b = .12, p < .05, 95%CI [.03, .21]. Positive affect was positively associated with self-control, b = .20, , p < .001, 95%CI [.10, .30]. Self-control was not associated with physical activity, b = .04, p = .05, 95%CI [-.04, .13]. Positive affect was not indirectly associated with physical activity via self-control, b = .01, 95%CI [-.01, .03]. The adapted self-regulation model was not supported in this sample. Future work in this area should examine other self-regulatory models.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64994 - Printed Poster

Partner-oriented projects of mothers and fathers having a child with an intellectual disability

Presenting Author: Fortin, Jean-Simon

Additional Authors: Lamirande-Landry, Hugo; Lachance, Lise; McKinnon, Suzie; Cournoyer, Louis; Richer, Louis

Abstract: *Background: Stress and psychological distress are prevalent among parents having a child with an intellectual disability (ID). Partner-oriented projects can act as a protection factor for psychological health. This study aims to investigate personal projects of these parents. Method: Parents from 34 couples participated individually in a recorded semi-structured interview based on the Personal Projects Analysis Grid (Little, 1983). Results: In their five most important projects, 17 mothers and 17 fathers prioritized at least one partner-oriented project. Such projects were retained by both parents in 10 couples, by either parent in 14 couples, and by neither parent in 10 couples. A content analysis of these projects highlighted that mothers and fathers mentioned a similar number of partner-oriented projects, but mothers tended to give a higher priority rank to these projects than fathers. Furthermore, mothers particularly reported that they want to spend more time with their partner (n=8 vs. 1), while fathers wish to travel with their partner (n=10 vs. 2). Conclusion: Mothers involvement in childcare can make it difficult for them to consider specific activities with their partner. Impact: Support and resources (e.g. respite care) could be offered so that parents having a child with an ID have the opportunity to prioritize and realize partner-oriented projects.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65005 - Printed Poster

Attitudes toward physical activity of parents having a child with an intellectual disability

Presenting Author: Lamirande-Landry, Hugo

Additional Authors: Fortin, Jean-Simon; Lachance, Lise; McKinnon, Suzie; Cournoyer, Louis; Richer, Louis

Abstract: *Attitudes toward physical activity of parents having a child with an intellectual disability Background: Regular physical activities are known as a stress-coping strategy. Due to family responsibilities,*

many parents do not practice them. Even if parents of a child with an intellectual disability (ID) are particularly at risk of distress, few studies examined the benefits of incorporating such activities in their life. This study explores physical activity projects of these parents. Method: Overall, 47 mothers and 37 fathers completed the Personal Project Analysis Grid (Little, 1983) in a semi-structured interview. Results: A total of 19 mothers and 13 fathers retained a physical activity project among their 5 most important ones. The projects' content analysis revealed 5 physical activity attitudes: need an 8th day, why not tomorrow, it's beneficial, it's enjoyable, and a life or death matter. In general, more than 40% of parents acknowledged the benefits of practicing physical activity, whereas almost 20% felt obligated to initiate it due to their health conditions. Otherwise, mothers are more prone to make excuses for not doing physical activity (6 vs. 0), while fathers are more likely to report lack of time (4 vs. 1). Conclusion: Despite the acknowledged positive effects of physical activity, it does not translate easily into action. Impact: Support should consider attitudes' differences of mothers and fathers toward physical activity and be adapted accordingly.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65008 - Printed Poster

Materialism and Drinking Motives: Examining the Longitudinal Associations in an Undergraduate Sample

Presenting Author: Malik, Ishaq (Izzy)

Additional Authors: Mushquash, Aislin; Toombs, Elaine; McGrath, Daniel; Mushquash, Christopher

Abstract: *Alcohol use is common among individuals attending university and frequent use is associated with several negative effects. It is therefore important to assess individual difference factors preceding alcohol use. Materialism, a value one holds that prioritizes status through the acquisition of money and possessions, has received minimal research focus in relation to alcohol use and has predominantly been examined using cross-sectional designs. This study is the first to test the association between materialism, risky drinking motives, and risky personality traits using a short-term longitudinal design. Undergraduate student drinkers (N = 317) completed self-report questionnaires at baseline and follow-up (two weeks later). Hierarchical regression analyses found that greater levels of materialism significantly predicted each drinking motive while controlling for risky personality traits. Materialism significantly predicted drinking to cope with depression when controlling for trait hopelessness (β = .16 , p =.014), drinking to cope with anxiety while controlling for anxiety sensitivity (β = .11, p = .024), and drinking for enhancement while controlling for sensation seeking (β = .24, p < .001). Results provide evidence that materialism is associated with risky drinking motives, which may inform prevention and treatment efforts for problematic use among undergraduate students.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65017 - Printed Poster

Distinct associations between types of maternal trauma and domains of infant development

Presenting Author: Mayrand, Kristel

Additional Authors: Milot, Tristan; Garon-Bissonnette, Julia; Lemieux, Roxanne; Berthelot, Nicolas

Abstract: *BACKGROUND: Using the Ages and Stages Questionnaires (ASQ-SE, ASQ3), two studies found that higher severity of maternal adverse childhood experiences directly predicted infant social-emotional development (McDonnell and Valentino, 2016) but indirectly predicted infant global development (Racine et al., 2018). However, little is known about which types of adverse experiences predict specific domains of infant development. Therefore, this study aimed to examine the contribution of five types of childhood trauma experienced by mothers (emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical*

neglect) to five domains of infant social-emotional development (self-regulation, adaptive functioning, affect, social-communication, and interaction with people) and six domains of infant global development (communication, gross motor, fine motor, problem solving, and personal-social), controlling for maternal depressive symptoms, post-traumatic stress symptoms, dissociative symptoms, and shared variance between types of trauma and domains of infant development.   METHOD: A sample of 111 women completed self-reported measures of childhood abuse and neglect (Childhood Trauma Questionnaire, Short Form), depressive symptoms (Edinburgh Postnatal Depression Scale), post-traumatic stress symptoms (Posttraumatic Stress Disorder Checklist for DSM-5), and dissociative symptoms (Dissociative Experiences Scale) during pregnancy. They were followed-up around 12 months postpartum (M_age = 12.04, SD = 1.43) and completed questionnaires measuring their infants' social-emotional (Ages and Stages Questionnaires: Social-Emotional, 2nd Edition) and global development (Ages and Stages Questionnaires, 3rd Edition).   RESULTS: Preliminary analyses showed that neither post-traumatic stress symptoms nor depressive symptoms in mothers significantly contribute to infant social-emotional and global development. These covariates were excluded from the two final models. A first path analysis model, regressing the five domains of infant social-emotional development and maternal concerns about infant social-emotional development on the five types of maternal trauma, revealed that higher severity of maternal physical abuse significantly predicted lower adaptative functioning in infants and higher maternal concerns about infant social-emotional development. Moreover, higher severity of maternal sexual abuse was significantly associated with lower ability in infants to respond or initiate social responses to parents and other family members. A second path analysis model, regressing the six domains of infant global development on the five types of maternal trauma, showed that higher severity of maternal sexual abuse significantly predicted lower fine motor in infants.   CONCLUSION: This study highlighted the distinct associations between types of maternal trauma and domains of infant development. Maternal physical and sexual abuse were the only types of trauma that significantly contributed to domains of infant social-emotional and global development. Further examination is needed to clarify the process by which these specific types of maternal trauma explain specific domains of infant development.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65060 - Printed Poster

Tailoring Internet Therapy to Public Safety Personnel: Effectiveness and User Feedback

Presenting Authors: Beahm, Janine D.; McCall, Hugh C.; Hadjistavropoulos, Heather D.

Abstract: BACKGROUND: Public safety personnel (PSP) experience high rates of mental health issues and difficulties accessing care. Internet-delivered cognitive behavioural therapy (ICBT) has potential to assist PSP with their mental health needs. Our research unit, PSPNET, developed and offers tailored ICBT for PSP in Saskatchewan and Quebec. The objective of this mixed-methods study was to evaluate the effectiveness of tailored ICBT for PSP in Saskatchewan. METHODS: PSP enrolled in (n = 87) and completed post-treatment measures for (n = 57) the _PSP Wellbeing Course_, an 8-week, transdiagnostic, therapist-guided ICBT course. We examined effect sizes on key self-report measures and thematically analyzed client communications to evaluate the effectiveness of the course. RESULTS: PSP showed excellent engagement and experienced large reductions in symptoms of depression, anxiety, and PTSD. Self-reported impacts included improved wellbeing, relationships, and mental health literacy. Approximately 40% of PSP had no recommendations for improvement, while 30% recommended various changes (e.g., adding content) and 20% suggested refining PSP-specific examples. CONCLUSIONS: Tailored ICBT had a positive impact on clients' mental health and appeared to meet PSP needs, although some suggestions for further tailoring were identified. IMPACT: Tailored transdiagnostic ICBT results in diverse benefits for PSP.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65070 - Printed Poster

Mindful Screen Time and Screen Time Duration

Presenting Author: Johnston, MacKenzie B

Additional Authors: Yung, J Jayson; Gunnell, Katie E

Abstract: *Researchers have found that increased leisure screen time may have detrimental effects on individual's physical and mental health. Consequently, researchers are examining quality factors related to reducing screen time. It is possible that people who are more mindful while using screens spend less time on them. We examined if mindful screen time was associated with lower leisure screen time duration. Undergraduate students (N = 308, Mage = 19.56, SD = 2.50, 74.4% women) completed demographic questions, the Mindful Attention Awareness Scale (Brown and Ryan, 2003) modified for screen time contexts, and the sedentary behaviour questionnaire (Prince et al., 2017). Controlling for age, gender, ethnicity, parents marital status and education, results from a hierarchical regression analysis indicated that mindful screen time was not significantly associated with screen time duration (β = -.06, p = .23; R2 = .02). Therefore, contrary to our hypothesis, engaging in screen time while being mindful was unrelated to the length of time undergraduates spent on their screens. Continued inquiry is needed to determine the best method of measuring mindful screen time and if different types of mindfulness while using a screen are differentially linked to screen time.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 65073 - Printed Poster

When the Past is Fraught with Danger: A negative past limits nostalgia's behaviour change utility

Presenting Author: France, Julia L

Additional Authors: Salmon, M Melissa; Wohl, Michael J A

Abstract: *Nostalgia (i.e., sentimental longing) for the pre-addicted self motivates people living with addiction to take action to reduce or remove the addictive behaviour from their behavioural repertoire (Kim and Wohl, 2014; Salmon et al., 2018; Wohl et al., 2018). However, many people living with addiction do not have a positive past to draw from, which may undermine the motivating power of nostalgia (Salmon and Wohl, 2020). In the current research, we tested two moderation models to assess whether the positive effect of nostalgia on readiness to change is undermined by the extent to which people experienced a difficult past. To this end, a community sample of disordered gamblers (N=126) completed measures of nostalgia, readiness to change, past negative emotions, and negative life events. As expected, the positive association between nostalgia and readiness to change disappeared among gamblers who reported high levels of negative emotions and negative life events. Despite the established benefits of nostalgia, results suggest that facilitating nostalgia for the pre-addicted self may not be an effective means to motivate change among those with a difficult past. Rather, some people may instead be encouraged to focus on a brighter future free from the difficulties of their past or current struggles with addiction.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 65074 - Printed Poster

Parental psychological control and social media use: needs frustration as a mediator factor

Presenting Author: Wei, Songqin

Additional Authors: Teo, Timothy; Malpique, Anabela ; Lausen, Adi

158

Abstract: *Although empirical evidence suggests that overuse or maladaptive use of social media can have negative effects on the well-being and psychological functioning of children or adolescents, dysregulated social media use among young adults and its relation with controlling parenting have not yet been fully investigated. To fill this gap, the present study surveyed 287 (102 female and 185 male) Chinese university students to examine relations between parental psychological control, psychological needs frustration and dysregulated social media use. Hierarchical regression analyses indicated that parental psychological control was positively associated with dysregulated social media use, regardless of age and gender. In addition, results showed that this relation was further mediated by needs frustration. Our findings suggest that impairment of psychological needs is one of the mechanisms through which psychologically controlling parenting is linked to dysregulated social media use in Chinese culture. Therefore, when designing interventions to encourage healthy social media use, researchers might want to take into account parental styles and students psychological needs satisfaction.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65094 - Printed Poster

Negative Beliefs About Worry Outperform Other Beliefs Associated with Generalized Anxiety Disorder

Presenting Author: Parkinson, Sydney A

Additional Author: Penney, M Alexander

Abstract: *Generalized anxiety disorder (GAD) is characterized by excessive and chronic worry. Negative beliefs about worry (NBW), intolerance of uncertainty (IU), and additional dysfunctional beliefs have been associated with GAD symptoms and worry severity. This study examined which dysfunctional beliefs are uniquely associated with GAD and worry severity, above and beyond negative affect (NA). A sample of pre-screened high worry undergraduates (_N_ = 348) participated. They completed online self-report measures of worry, GAD symptoms, positive affect (PA), NA, NBW, IU, negative problem orientation, cognitive avoidance, and fear of emotions. All dysfunctional beliefs, and PA and NA, correlated with worry severity and GAD symptoms in the expected directions. Regression analyses found that, after controlling for PA and NA, NBW, IU, negative problem orientation, and fear of anxiety were unique predictors of worry severity. Unique predictors of GAD symptoms included PA, NA, NBW, and cognitive avoidance. NBW was the only belief to predict, and strongest predictor of, both GAD and worry severity. These results were found in high worriers, which supports results from prior clinical and unselected non-clinical studies. Among dysfunctional beliefs that contribute to GAD, NBW has the strongest association with GAD and worry severity. Thus, NBW should be a primary focus of GAD research and therapy.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65104 - Printed Poster

Substance Use Treatment in FASD Populations: A Scoping Review

Presenting Author: Kapasi, Aamena

Additional Authors: Makowecki, Erika; Rorem, Devyn; Pei, Jacqueline

Abstract: *Fetal Alcohol Spectrum Disorder (FASD) is a disorder that impacts multiple neurocognitive abilities as a direct consequence of the permanent brain injury caused by prenatal alcohol exposure. Individuals with FASD are at-risk for substance misuse due to a combination of environmental and biological factors that make this population particularly vulnerable. Knowledge of best practices in substance use treatment for individuals with FASD is critical to best support this population. A scoping review was conducted in order to understand the extent and type of evidence in relation to substance use treatment approaches and resources for individuals with*

neurodevelopmental disabilities, and more specifically, those with Prenatal Alcohol Exposure (PAE) and FASD. The scoping review includes both peer-reviewed and grey literature, as well as all study designs including qualitative and quantitative methodologies. All studies with relevance to substance use treatment for individuals with neurodevelopmental disabilities are included. Analyses of the scoping review data are currently underway. Two reviewers will independently screen the literature and extract the data. Covidence will be used as a review management tool for this project. Results of the scoping review will be analyzed and research findings will be discussed. Recommendations for practices in substance use treatment for individuals with FASD will be highlighted. A scoping review is an important step towards understanding evidence-based ways to support individuals with FASD/PAE and substance use disorders. Appropriate substance use treatment is integral to improving health and to preventing FASD.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65105 - Printed Poster

Saying No to Cannabis: Reasons for Cannabis Abstinence in a University and Community Sample

Presenting Author: Cummings, Shayna

Additional Authors: Oliver, Casey; Puiras, Erika; Mazmanian , Dwight

Abstract: *BACKGROUND: Since the legalization of recreational cannabis use in Canada, numerous studies have been added to the literature on motives for use. However, few studies have examined reasons to abstain from cannabis use. METHODS: A quantitative study was conducted using an online questionnaire that surveyed university students (N = 38) and adults in the community (N = 18) who did not consume cannabis. University students were young (M_{age} = 21.49 years, SD_{age} = 5.47), mostly female (95%), and White (68%). The community demographics were similar to the university student sample. In both samples, score averages were computed on four subscales in a modified reasons for abstinence scale (Lauritsen et al., 2018). RESULTS: The most influential reason for cannabis abstinence was psychological and behavioural impairment concerns in both university (M = 1.80, SD = .99) and community (M = 1.71, SD = .83) samples. However, reasons related to somatic and physiological concerns were the least endorsed reason in the university (M = .69, SD = .60) and community (M = .74, SD = .64) samples. CONCLUSIONS: The findings illustrate reasons why young adults do not consume cannabis, despite the recent legalization in Canada. IMPACT: These findings may be used to inform researchers and treatment providers about motives for cannabis abstinence.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65112 - Printed Poster

Pandemic-related stress, pain deterioration and psychological distress in individuals with chronic pain during the COVID-19 pandemic

Presenting Author: Côté, Catherine

Additional Authors: Develay, Élise ; Roy, Mathieu ; Vachon-Presseau, Étienne ; Lupien, Sonia ; Rainville, Pierre; Pagé, M Gabrielle

Abstract: *Introduction: Chronic pain affects up to 25% of Canadians and its prevalence is higher among women. Individuals with chronic pain are at risk of deterioration of their pain and psychological status during the COVID-19 pandemic. The study objective was to examine factors associated with the evolution of pain and psychological distress before, during and after the first wave of the COVID-19 pandemic. Methods: Forty-nine participants completed online questionnaires before, during and after the 1st wave of the pandemic that measured pain characteristics, general and pandemic-specific stress levels, and psychological distress. Data*

was analyzed using descriptive statistics, chi-square tests and logistic regressions. Results: Two thirds of participants reported a pain deterioration during the pandemic. Pandemic-related stress was associated to pain deterioration (OR: 2.2; 95% confidence interval: 1.06-4.39). The proportion of individuals with moderate to severe psychological distress remained stable from pre-pandemic (37%) to during the 1st wave of the pandemic (42%); however, it decreased to 32% after the 1st wave. There were no gender differences in pain status, perceived stress, or psychological distress. Discussion: These results suggest the importance of pandemic-related stress in pain deterioration. More research is needed regarding the association between pain and gender.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65158 - Printed Poster

Examining links between social media use and well-being in adolescents

Presenting Author: Tucci, Alexandra

Abstract: *With the rapid creation and use of social media throughout the past decade, there are concerns of how its use might impact well-being among adolescents. However, prior research has found inconsistent results on the effects of social media use on adolescents' well-being. Although screen time has often been used to measure social media use, _how_ individuals use social media (i.e., actively or passively) may be a stronger predictor of well-being. The goal of this research was to investigate how active and passive social media use were related to indices of adolescents' well-being (i.e., social connectedness, loneliness, positive and negative affect). Participants included _ _440 public high school students who completed self-report assessments of social media use, as well as the aforementioned indices of well-being. Among the results, both active and passive social media use were positively correlated with negative affect, whereas only passive use was positively correlated with loneliness. Results from regression analyses further indicated that passive use predicted loneliness, and active use predicted negative affect. These findings suggest that regardless of how it is used, social media may have negative effects on adolescents' well-being. This has important implications for parents, who play a crucial role in monitoring their children for signs of problematic screen use.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65165 - Printed Poster

The university experience during COVID-19

Presenting Author: Bowker, Anne

Additional Authors: Jorgenson, Cecilia; Robb, Colleen; Atkas, Tuba; Downey, Danielle; Abou Rahal, Rabieh

Abstract: *The focus of this research was on factors that predict student motivation and persistence at university during COVID-19. The project offered an opportunity to assess student well-being and to evaluate how connected and engaged students were with their educational experience, during the pandemic. In Phase 1 of this project, 259 students (73% F; M age=19.8) completed a series of questionnaires about their university experiences during the pandemic, including current levels of health and well-being, concerns about contacting COVID-19 and their level of academic engagement and satisfaction. Of interest was how moderating factors such as level of social support, physical activity levels and coping efficacy served to enhance academic well-being, in the face of elevated stress and anxiety. In Phase 2, open-ended interviews were conducted with a sub-sample (N=27) for a more in-depth assessment of the academic experience. Results will focus on student academic engagement and satisfaction, as a function of both current levels of well-being and the existence of personal and environmental supports. This will allow us to identify key predictors of enhanced student motivation and persistence during a time of crisis. This information can also be used to enhance student supports and promote student engagement, resulting in higher levels of student wellness and greater academic persistence.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 65187 - Printed Poster

Investigating Potential Psychosocial Determinants Affecting the Efficacy of Electroconvulsive Therapy on Major Depressive Disorder

Presenting Author: Tang, Muriel

Additional Authors: Hasey, Gary; King, Jelena; Ballantyne, Elena; MacKillop, Emily; Gojmerac, Christina; Losier, Bruno; McKinnon, Margaret; Bieling, Peter; McNeely, Heather

Abstract: *Electroconvulsive therapy (ECT) for Major Depressive Disorder (MDD) is typically prescribed to patients resistant to more common treatments, such as antidepressants and psychotherapy. However, only 50-70% of patients administered ECT truly respond. This study aims to identify pre-treatment psychological factors that could better identify which patients will respond to ECT. Patients (N = 57, M age = 46, SD = 9.95yrs) receiving out-patient ECT at St. Joseph's Healthcare Hamilton were recruited. Patients were administered the Beck Depression Inventory-II (BDI-II) and the Personality Assessment Inventory (PAI) at pre-ECT baseline and 2-4 weeks post-ECT. After ECT, 10 were classified as responders (50% or greater reduction in depressive severity pre- to post), 14 were classified as remitters (post-ECT BDI-II score in the non-clinical range), and 33 were non-responders to ECT. Results from this study indicated a significant effect of baseline depression severity, $F_{(2, 49)}$ = 3.43, p = .020, and baseline anxiety severity on ECT response, $F_{(2, 49)}$ = 3.83, p = .015, with ECT non-responders displaying more severe baseline depression and anxiety relative to ECT remitters. Although preliminary, these results may help clinicians better identify which patients are more likely to benefit from ECT, by screening for severity of baseline anxiety in addition to depression.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 65193 - Printed Poster

Examining the Healthy Immigrant Effect on Youth Alcohol Use

Presenting Author: Muyingo, Lydia

Additional Authors: Mahmoud, Aram; Saade, Aida; Sherry, Simon; Mackinnon, Sean; Stewart, Sherry ; Conrod, Patricia

Abstract: *The "healthy immigrant effect" (HIE) is a phenomenon observed in developed countries in which recent immigrants report better health compared to the majority population. The HIE on substance use and its underlying mechanisms have been well researched in adult populations. Conversely, there is less research on the HIE in adolescents and results have yielded mixed findings. The objective of this study is to further examine the HIE by comparing levels of alcohol use (assessed with the DEP-ADO) across three adolescent groups of differing immigration status longitudinally. We use data from the Coventure project, a longitudinal survey of secondary school students in Montreal. The baseline sample consists of 813 students of 1.5 generation (n=81; born outside Canada but immigrated in their early teens), second generation (n=181; born in Canada with a least one parent born outside Canada) and third generation (n=551; participants and both parents born in Canada). Generalized linear mixed models were conducted to examine the five-year trajectory of alcohol use for each generation cohort. Findings indicated significant differences in alcohol quantity among the immigrant groups consistent with the HIE and demonstrated third generation immigrant adolescents reported more alcohol use than 1.5 and second generation adolescents in assessment years 4 and 5. Results suggest immigration status may be a protective factor against alcohol use and could inform culturally sensitive alcohol use prevention programs in Canadian schools.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 65194 - Printed Poster

Self-Compassion and Grit in the Context of Social Stress

Presenting Author: Hytman, Lauren

Additional Author: Kocovski, Nancy

Abstract: *Self-compassion and grit are each positively associated with adaptive characteristics, and negatively associated with negative mental health outcomes. Limited research exists on the relationship between grit and self-compassion, and research has yet to examine the relationship between grit and social anxiety. In this study, undergraduate participants (_N_ = 184) completed measures of grit, self-compassion, well-being, and psychological distress. Given these constructs are relevant during times of stress, they were asked to bring to mind a recent social stressor (i.e., a social situation where they felt judged) and report state levels of self-compassion. As expected, a positive relationship was found between grit and self-compassion; the grit perseverance subscale (rather than the consistency of interests subscale) was more strongly correlated with self-compassion. The constructs were also similarly correlated with psychological well-being and negatively associated with social anxiety and depression. Finally, how self-compassionate participants reported being in their social judgement situation was significantly predicted by their trait self-compassion and state anxiety. Overall, these results are the first to demonstrate relationships between grit and self-compassion, and grit and social anxiety. Findings suggest continued research on how these constructs influence one another.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65195 - Printed Poster

Retrospective experiences of non-suicidal self-injury and self-disclosure among emerging adults

Presenting Author: Furlano, Amanda

Additional Authors: Rawana , S Jennine; Sutherland , Jessica ; Gentile, Petrice

Abstract: *Non-suicidal self-injury (NSSI), defined as the intentional infliction of physical harm on the body without the intention of death, is a common behaviour among youth. Little is known about disclosure experiences, which are important to understand as disclosing to others is key for accessing treatment. The overall study objective was to analyze retrospective self-reported accounts of NSSI disclosure among emerging adults. This study was part of a larger study on NSSI (_N _= 1,074) and involved a subset of participants who had disclosed their NSSI to others (_N_ = 343). Participants completed measures of age of onset of NSSI, most recent self-harm behaviour, types of self-harm behaviours engaged in, individuals disclosed to, and perception of disclosure experiences. Participants ranged from 18-29 years old. Participants were separated into two groups based on their initial onset of NSSI behaviours: early-adolescence (9-13 years old), mid-to late-adolescence (14-21 years old). Results indicated that the early-adolescent group had a higher number of disclosures and total NSSI behaviours than mid-to-late adolescents, retrospectively. Adolescent NSSI onset groups reported disclosing to a peer, but disclosure was not related to psychological adjustment. The study has implications for the inclusion of disclosure facilitation information in NSSI psychoeducational and intervention programs.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65205 - Printed Poster

Social Distancing Adherence among Adults with and Without Self-perceived COVID-19 Symptoms

Presenting Author: Benchimol-Elkaim, Brandon

Additional Authors: Coroiu, Adina; Moran, Chelsea

Abstract: *BACKGROUND. Social distancing (SD) has long been touted as an effective strategy to slow the spread of COVID-19. However, SD effectiveness depends on public compliance, which might be affected by one's susceptibility to COVID-19. This study aimed to compare adherence to SD among adults from Canada and the United States with and without self-perceived symptoms of COVID-19. METHOD. Participants were English-speaking adults recruited via Facebook between March 30 and April 16, 2020. Measures included a composite measure of COVID-19 symptoms experienced the week prior to participation and three SD behaviours (limiting contact with high-risk people, self-isolating, maintaining a 2-meter distance from others). RESULTS. 762 participants (_Mage=_40.8 years, SD =15.5) completed the study, of which 175 reported COVID-19 symptoms. Compared to people without symptoms, those with symptoms were less adherent on all three SD behaviors. Exploratory analyses revealed that people with symptoms were younger and less educated (_M=_37.7yrs, SD=14.4, 62% university-educated) than those without symptoms_ _(_M=_41.7yrs, SD=15.6, 74% university-educated). CONCLUSION/ACTION. Our findings have implications for future public health campaigns promoting SD, which should consider addressing increased adherence to SD recommendations, particularly among individuals with symptoms.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 65216 - Printed Poster

Examiner les Résultats Relatifs au Parentage et les Facteurs Prédicteurs Issus du Programme Positive Discipline in Everyday Parenting (PDEP)

Presenting Author: Broussard, Cathy

Additional Authors: Romano, Elisa; Gallitto, Elena

Abstract: *L'utilisation de la punition physique reste une pratique punitive courante et est liée à nombreuses conséquences négatives sur les enfants. Dans le but de réduire aussi bien l'utilisation de la punition physique que non-physique, le programme PDEP vise à offrir des techniques alternatives aux parents en promouvant la discipline positive. Cette étude évalue de façon préliminaire l'efficacité du programme PDEP sur des variables de parentage telles que la discipline positive, l'utilisation de la punition physique et l'utilisation de la punition non-physique. Nous examinons aussi si ces changements sur les pratiques parentales, suite à la participation au programme, sont prédits par certaines variables, notamment l'approbation de la punition physique et non physique ainsi que la régulation émotionnelle et les normes subjectives. L'échantillon était composé de 60 parents qui ont participés au programme PDEP. Ils ont été recrutés par le biais d'agences communautaires à Ottawa et ses environs. Les parents ont répondu à un même questionnaire avant et après leur participation au programme. Après avoir mesuré les changements dans les pratiques parentales avec une série de Tests-T, des analyses de régression ont été effectuées afin d'analyser les variables prédictives mesurées avant le début du programme. Les résultats des Tests-T montrent une différence significative sur l'utilisation de la punition physique et non-physique, ainsi que la discipline positive suite à la participation au programme. Les résultats des analyses de régression indiquent que les scores plus élevés des parents en matière dimpulsivité prédisaient des scores plus bas pour lutilisation de punition non-physique après le programme. Ces résultats suggèrent que les parents les plus impulsifs ont tendance à profiter le plus du programme. De plus, des stratégies plus faibles de régulation émotionnelle et des attitudes favorables à légard des punitions physiques prédisaient de manière significative des scores plus faibles en discipline positive après le programme. Ces résultats ont des implications importantes concernant les facteurs déterminants pour le succès du programme et les éléments qui peuvent influencer des changements dans l'utilisation des stratégies parentales punitives.*

Section: Family Psychology / Psychologie de la famille
Session ID: 65222 - Printed Poster

The continuity of parenting stress and household chaos across time during COVID-19

Presenting Author: Manoiu, Roxana

Additional Author: Jiang, Yuanyuan

Abstract: *Parenting stress has increased with COVID-19, creating considerable challenges for families. Further research is needed to examine the longitudinal trajectory of parenting stress and household chaos among families during COVID-19. This study (_n_ = 36) investigated parenting stress and household chaos at two time-points while families were under the impacts of COVID-19. The Parenting Stress Index (PSI; Abidin, 2012) and the Confusion, Hubbub, and Order Scale (CHAOS; Matheny et al., 1995) were completed by parents of children between 6 and 11 years of age during the last four months of the school year. Results showed that higher parenting stress at the first time-point was related to higher parenting stress at the second time-point, _r_ = .85, _p_ < .001, and greater household chaos at the first time-point was associated with more household chaos at the second time-point, _r_ = .89, _p_ < .001. Higher parenting stress was also related to higher household chaos within the first, _r_ = .51, _p_ < .01, and second time-points, _r_ = .53, _p_ < .01. Household chaos significantly decreased between time-points with no significant increase in parenting stress across time. Future research should examine these questions with a larger sample. These preliminary results suggest that parenting stress and household chaos are correlated across time, and household chaos has decreased over time during COVID-19.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65224 - Printed Poster

Perceived social support and various mental health outcomes among survivors of sexual violence in university

Presenting Author: Deleurme, Kendall

Additional Authors: Willcott-Benoit, Whitney; Cummings, Jorden

Abstract: *For survivors of sexual violence, social support has a critical role in post-trauma wellbeing. This is particularly important for university students, who are exposed to additional stressors. However, a gap exists in literature examining social support and mental health outcomes in students with sexual victimization experiences. Self-report measures of sexual victimization, perceived social support, stress, anxiety, depression, and posttraumatic stress were administered to a non-clinical university sample (_N_ = 197). Bivariate correlations were computed, and linear regression analyses were conducted. Sexual victimization positively correlated with stress, anxiety, depression, and posttraumatic stress severity, while perceived social support negatively correlated with these variables. Regression analyses demonstrated that among survivors of sexual violence (_n_ = 119), perceived social support predicted all mental health variables, having the greatest effect on posttraumatic stress and explaining the greatest variance in depression. Findings suggest that for university students with sexual violence histories, perceptions of social support can help protect against stress, anxiety, depression, and posttraumatic stress. Results might have implications for postsecondary sexual violence responses. Future research should investigate social support efforts in these programs.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 65236 - Printed Poster

Body Image and Eating Behaviours during COVID-19

Presenting Author: Philteos, Jonas G.

Additional Author: Mills, Jennifer

Abstract: *Because of the COVID-19 pandemic, many countries across the world have implemented various restrictions in an effort to control the spread of the virus. These restrictions, such as gym and restaurant closures, and regional curfews, are likely to have affected individuals' eating habits, behaviours, and body image. The authors conducted a systematic review of the literature to-date (March 2020 – December 2020) on the individuals' perceived changes to their eating and related behaviors during the pandemic, both for individuals with eating disorders (ED) and for their healthy counterparts. The results suggest that, for both individuals with and without ED, COVID-19 restrictions have significantly altered their eating habits, physical activity levels, and lifestyle behaviours. Additionally, for many individuals with EDs, the pandemic has resulted in an exacerbation of their pre-existing symptoms, such as bingeing. Research suggests that these perceived changes stem from numerous different risk factors, such as increased exposure to media messages and limitations to exercise COVID-19 has led medical professionals to resort to using telemedicine with their patients, and while initial results reveal that the practice is feasible for patients, the effectiveness of virtual interventions for problematic eating and associated behaviours is not yet established.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 65305 - Printed Poster

Perfectionism predicts compulsive buying problems via a financially focused self-concept.

Presenting Author: Williams, Grace M

Additional Author: Tabri, Nassim

Abstract: *Background/rationale: Although substantial research has examined the psychological consequences of compulsive buying (CB) problems (e.g., low levels of self-esteem), there are few studies that have examined its antecedents (Villardefrancos and Otero-López, 2016). A recent review suggests that perfectionism may be an antecedent of CB (Rieppi and Petrucelli, 2019). Theory and research suggest that people with perfectionistic tendencies tend to focus on a specific life domain in the self-concept. In the context of other addictive behaviours, namely gambling, perfectionism was found to be associated with gambling problems. This association was further mediated by having a financially focused self-concept (FFS; Tabri et al., 2018). Herein, we examined whether perfectionism is also associated with CB via FFS. Methods: A sample of undergraduate students (N=391) completed valid and reliable self-report measures of perfectionism, FFS, and CB problems. Results: As expected, results of a mediation analysis showed that perfectionism was indirectly associated with CB via FFS, b = .08, 95%CI [.04, .13]. Conclusion: Findings suggest that perfectionism and FFS may underpin various addictive behaviours. Action/Impact: Having a focused self-concept in the domain of financial success may be an important target for prevention and treatment interventions for CB.*

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 65330 - Printed Poster

Self-efficacy and role attributions of general practitioners in Shanghai regarding Attention-Deficit/Hyperactivity Disorder (ADHD) assessment and treatment across time

Presenting Author: Jiang, Yuanyuan

Additional Authors: Hudson, Benjamin; Bahraini, Sayna; Miao, Qun; Wang, Yuwei ; Li, Feng; Li, Fei; Robaey, Philippe

Abstract: *ADHD is significantly impacting youth in China. There is a need to better understand the self-confidence (self-efficacy) of general practitioners (GPs) in China in ADHD assessment and treatment and their beliefs regarding their roles (role attributions) in providing ADHD services collaboratively with specialists. We developed two self-report questionnaires to assess the self-efficacy and role attributions of GPs in Shanghai: (1) the Provider Self-Efficacy Scale for ADHD (PSESA) and (2) the Provider Role Attributions Scale for ADHD (PRASA). At Time 1, seventy-one GPs completed the PSESA and PRASA prior to participating in an online ADHD training from a larger study. At Time 2, fifty-nine GPs completed the two questionnaires after participating in the online ADHD training. At Time 3, fifty-two GPs completed the two questionnaires after completing a later ADHD virtual workshop. Across time-points, self-efficacy and role attribution ratings among physicians yielded beliefs between _mildly agree_ and _agree_ regarding statements of self-efficacy (_m_T1 = 4.39, _m_T2 _ = 4.34, _m_T3_ =_ 4.44) and attributions of responsibility in providing ADHD services (_m_T1= 4.62 , _m_T2 = 4.53,_ m_T3 _ = _4.68). Findings suggest that GPs in Shanghai have generally positive levels of self-efficacy and role attributions regarding ADHD assessment and treatment, which are relatively constant across time and training.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65333 - Printed Poster

We're All in This Together: Importance of Family-Based Treatment for Adolescent Substance Abuse

Presenting Author: Eastabrook, Jennifer M

Additional Author: Nocera, Katherine

Abstract: *It is well established that aspects of the parent-child relationship can prevent early substance use among adolescents and that family-based programs are helpful in preventing youth addiction. There is, however, limited research examining the effectiveness of such programs for youth already struggling with an addiction. The purpose of this study was to examine if parental variables (family functioning and parental boundaries) improve during treatment and whether this improvement is related to treatment success. The sample consisted of 66 adolescents attending a family-based addiction treatment center (53% females; _M_ = 17.14 years of age). Participants completed self-report measures of family functioning, parental boundaries, substance abuse, internalizing and externalizing symptoms, and overall well-being at various time points during treatment and post-treatment. Results suggest that adolescent's quality of family functioning and parental boundaries improved across treatment and that improved family functioning was related to indicators of treatment success, specifically decreased alcohol consumption, fewer internalizing symptoms, and better overall well-being. Results highlight the importance of parent-child relationships during adolescence and provide insight to the usefulness of family-based programs in adolescent treatment.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65341 - Printed Poster

Are there Subtypes of Gamers More at Risk of Developing Pathologies?

Presenting Author: Aguiar, Beatriz

Additional Authors: Keough, Matthew; Goldberg, Joel; Rapinda, Karli

Abstract: *Gaming Disorder (GD) is a recurrent set of behaviors that include excessive gaming, even in the face of negative consequences and may result in a person pushing away their responsibilities in order to continue gaming. This disorder has been seen to have overlaps with other addictive pathologies, such as gambling and substance abuse. It also overlaps with emotional pathologies, such as depression, anxiety and ADHD. Because gamers, as a group, as a heterogenous group, the current study intends to subtype people based on the risk*

factors that are affecting them and could develop into later pathologies. This was done using a latent class analysis and because this was an exploratory data analysis, there was no set hypothesis in order for the data to be tested against. Based on the subtyping analysis that was done, three groups were able to be distinguished, with class one being the normative group, class two being the high-risk group and class three being the low-risk group. This study allows us to be able to tailor interventions for those who had pathological gaming habits and other risk factors based on the group of the subtyping analysis that they fell into.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65399 - Printed Poster

Qualitative analysis of conflict resolution strategies of adolescents in romantic relationships

Presenting Author: Bouvier, Jeremie

Additional Authors: Fernet, Mylène; Paradis, Alison; Couture, Stéphanie

Abstract: *The emergence of intense emotions in adolescence often leads to more conflicts in romantic relationships than in adult intimate relationships. While essential for clarifying expectations and developing constructive conflict resolution strategies, conflicts can escalate into violence if not managed effectively. Despite the growing interest in conflict management in adolescent romantic relationships, coercive resolution strategies have been found to be difficult to capture in quantitative studies. Therefore, the aim of this study was to describe the different conflict resolution strategies used by adolescents in their romantic relationships. To achieve this objective, semi-structured individual interviews were conducted with 10 adolescents aged 16-19 years old and currently involved in a romantic relationship. A thematic analysis revealed 4 main themes: 1) integrating needs of partners and searching for effective solutions; 2) trivializing, ignoring or avoiding conflicts and their resolution; 3) expressing disproportionate negative and harmful emotions and reactions; and 4) pressuring and controlling the partner. These results provide insights into conflict resolution strategies used in adolescent romantic relationships, including coercive strategies. It provides guidance on avenues for violence prevention and interventions to promote healthy dating relationships in adolescence.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65401 - Printed Poster

Perceived mental illness dangerousness and its relationship to self-stigma: Barriers to seeking help

Presenting Author: Shetzen, Ariel P

Additional Authors: Battaglia, M Anthony; Goldberg, Joel O

Abstract: *BACKGROUND: Fearful misconceptions about perceived dangerousness of persons with serious mental illness is a key aspect of public stigma, yet few studies to date have examined its impact on self-stigma as a barrier to seeking help. METHODS: Participants (n = 255) were psychology undergraduates who completed on-line survey questionnaires as part of a larger study examining mental illness stigma. Correlational analyses were conducted as well as independent t-tests comparing those who self-disclosed mental health concerns (n = 50) with those who did not. RESULTS: Participants who self-disclosed their own mental health concerns were less fearful of dangerousness in people with serious mental illness such as schizophrenia [$t_{(253)}$ = 4.28; p*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65406 - Printed Poster

Social Functioning of Young Adults with Differing Types of Epilepsy

Presenting Author: Aguiar, Beatriz

Additional Author: Desrocher, Mary

Abstract: *Epilepsy is a neurological disorder that consists of seizures that may affect the entire brain (generalized seizures) or specific portions of the brain (partial seizures). Several subtypes of epilepsy exist, yet most studies combine findings across people regardless of the subtype. Research on social functioning in those with epilepsy has not made a distinction between those with generalized versus partial epilepsy in terms of outcomes experienced by those with either type. The current study used a qualitative approach to understanding social functioning, including social skills and relationships in 3 people with generalized seizures and 3 people with partial seizures. Analysis of themes was accomplished through NVIVO. Preliminary findings suggest that those with generalized epilepsy expressed more themes of rejection and social exclusion, especially when related to other's opinions when they learn of their epilepsy diagnosis. Themes of rejection were found in interviews of those who experience partial seizures as well. In both groups, there were also participants who also reported that they did not face any challenges in their social functioning because of their epilepsy. This study is the first step in understanding perceptions of social functioning in persons with generalized and partial seizures, and can aid in targeted interventions for areas that patients report as being difficult in their interactions with others.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 65410 - Printed Poster

Keeping the spark alive: Closeness and novelty as mechanisms for desire.

Presenting Author: Goss, Sophie

Additional Authors: Muise, Amy; Raposo, Stephanie; Balzarini, Rhonda

Abstract: *Sexuality is a key factor in the maintenance of high quality romantic relationships, yet sexual desire tends to decline with time as partners become more familiar. _Self-expansion_ with a partner—experiences that facilitate growth through new perspectives, knowledge or identities—has been shown to boost desire but _how_ this occurs is not well-understood. Our research consists of two studies: a 21-day daily experience study (_N=_121 couples) and a 1-month weekly experience study of couples isolating together during the COVID-19 pandemic (_N_=184 couples). Using multilevel mediation analyses, we tested whether _closeness_ and a new construct termed _otherness_—seeing a partner in a new light—account for the association between self-expansion and desire. Our findings demonstrate that closeness consistently mediates the link between self-expansion and desire. While otherness was directly correlated with both self-expansion and desire, we find mixed evidence for its role as a mediator. In Study 3, currently underway, we are conducting a pre-registered experiment to test the causal relationship between self-expansion and desire in an online recall task (_N_=600 people). Our research confirms that closeness is important for sexual desire in relationships and provides novel evidence that acknowledged differences between partners (e.g. otherness) may also play a role in the maintenance of desire.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65411 - Printed Poster

Evaluating the Contribution of General and Specific Forms of Anxiety to Predict Depressive Symptoms Using Bifactor Modeling

Presenting Author: Yale-Soulière, Gabrielle

Additional Authors: Morizot, Julien; Wuthrich, Viviana; Belcher, Jessica

Abstract: *The role of anxiety to predict depression during adolescence is well established. However, the specific contribution of different forms of anxiety has not been studied. This can be challenging given the strong comorbidity among several distinct anxiety disorders, which suggests the existence of a general propensity for anxiety. The present study aims to (1) establish the latent structure of different forms of anxiety using bifactor modeling, and (2) analyze the specific and independent contribution of the specific forms of anxiety to predict depressive symptoms in adolescents. The study involves 481 Australian students in their final year of secondary school. The results showed that a bifactor model comprising a general anxiety propensity and six specific forms of anxiety adequately fits the data and that test anxiety is the best defined specific anxiety factor after accounting for the general anxiety propensity. The results also confirmed that the general anxiety propensity is a strong predictor of depressive symptoms, but that all specific anxiety factors predict depressive symptoms beyond the contribution of the general anxiety propensity. This study contributes in better understanding the latent structure of anxiety and the contribution of different forms of anxiety in predicting depressive symptoms during adolescence.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65415 - Printed Poster

Social Norms Intervention Changes Knowledge but not Behavioral Intentions in Prescription Drug Users

Presenting Author: Isaacs, Jason Y

Additional Authors: Yakovenko, Igor; Thompson, Kara; Strickland, Noelle; Stewart, Sherry

Abstract: *Background: Social norms interventions (SNIs) reduce undergraduates' substance use by correcting perceived overestimates of peer use. Little work has investigated SNIs as a tool for reducing students' prescription drug use (PDU). We pilot-tested the impact of an SNI targeting perceived PDU social norms on students' norm perceptions and intentions to change PDU behaviour, using quantitative and qualitative methods. Methods: N=36 PDU students participated in an SNI where they were provided with corrective norms information about actual rates of university peers' use of opioids, stimulants, and sedatives/ tranquilizers. A questionnaire investigated perceived rates of peer PDU and PDU behaviour change intentions pre- and post-intervention. A focus group then explored participants' reactions to the SNI. Results: Participants significantly overestimated all types of peer PDU pre-intervention relative to true norms, and significantly reduced perceived rates following the SNI. PDU behavioural intentions did not change significantly. A content analysis of focus group data revealed themes that help explain the lack of change in PDU intentions. Conclusions: While SNIs can impact PDU knowledge, low 'buy-in' of students to true rates of PDU in peers may hamper the SNI's impact on behaviour change. Action: Future research should investigate ways to enhance student 'buy-in' during SNIs for PDU.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65421 - Printed Poster

Mortality trajectories by non-communicative diseases over time: A first step towards isolating associated psychological risk factors

Presenting Author: Briner, Esther L.

Abstract: *BACKGROUND: Non-communicative diseases (NCDs) are responsible for around 70 percent of all deaths globally. Identifying trajectories of NCD-caused mortality over time at the population-level is an essential first step towards capturing international variability and isolating psychological risk factors associated with NCD-caused mortality. METHODS: Longitudinal data for years 2000, 2005, 2010, and 2015 were obtained*

from World Health Organization resources for probability (%) of dying by NCDs (cardiovascular disease, cancer, diabetes, chronic respiratory disease). A latent class growth modeling approach was applied to estimate NCD-caused mortality trajectories over time in 37 member countries of the Organization for Economic Cooperation and Development (OECD). RESULTS: Four distinct trajectories of NCD-caused mortality were identified over time: high decreasing (n=6, 16.2%), medium decreasing (n=4, 10.8%), low decreasing (n=13, 35%), and very low decreasing (n=14, 37.9%). CONCLUSIONS: All trajectory groups decreased over time; evidence that overall NCD-related deaths are declining among developed countries. Distinct outcomes suggest that other factors—beyond those shared among OECD member countries—may be influencing trajectory groups over time. ACTIONS: Future exploration will focus on psychological risk factors to predict the four trajectories of NCD-caused mortality.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65424 - Printed Poster

Health, Health-Related Quality of Life and Executive Functioning in Young Adults Diagnosed with Fetal Alcohol Spectrum Disorder

Presenting Author: Ghani, Aisha

Additional Author: Weber, Rachel

Abstract: BACKGROUND: Recent research has demonstrated that when compared to the general population, the Fetal Alcohol Spectrum Disorder (FASD) population has a greater prevalence of chronic health conditions. Executive functioning is important in managing chronic health conditions and research suggests that they influence the quality of life in multiple clinical populations. However, this relationship has not been examined in the FASD population, where executive functioning deficits are characteristic. Therefore, this study investigated how executive functioning ability in young adults diagnosed with FASD relates to the presence of their chronic health condition(s) as well as their health-related quality of life. METHODS: Young adults diagnosed with FASD or FAS were recruited, and 12 participants were included in the analysis. Non-parametric statistics (specifically Spearman Rank Correlations and the Mann-Whitney U test) were used to analyze the survey data. RESULTS/CONCLUSIONS: The findings suggest a relationship between the presence of chronic health conditions and health-related quality of life, and between executive functioning and health-related quality of life. Half of the sample was diagnosed with at least 1 chronic health condition, and the majority reported some impairment in health-related quality of life and executive functioning. IMPACT: The results have implications for future practice with this population for health care providers and mental health practitioners. It also supports consultation and collaborative efforts and relates to future interventions

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65451 - Printed Poster

The effect of repeated hypoglycemic stress in rats on blood glucose and locomotion

Presenting Author: Scott, Matthew W

Additional Author: Leri, Francesco

Abstract: There is evidence that hypoglycemia is a physiological stressor that occurs during changes in glucose metabolism. Hypoglycemic stress can negatively impact several behavioural and physiological functions including negative, depressive-like behavior in mice, and avoidance behaviour in rats. In addition, hypoglycemia is associated with neural and hormonal changes including activation of the hypothalamic–pituitary–adrenal axis (hpa axis), leading to increased levels of the stress steroids. However, it is unclear if recurrent hypoglycemia can lead to changes in behaviour and function of the hpa axis stress response over time.

The current research tested the hypothesis that hypoglycemia is a stressor that produces lasting physiological and behavioural changes. To test this, male sprague-dawley rats received repeated administration of the glucose antimetabolite 2-deoxy-d-glucose (2-dg; 0,100, 200 or 300 mg/kg). First, animals were separated into two groups and received the challenge dose (0, 100 mg/kg) and were tested for response of blood glucose and locomotor activity. Then, the same animals were separated into three groups that received a single injection of 2-dg (0, 200 or 300 mg/kg) each day for 10 conditioning days. During this time changes in blood glucose and locomotor activity were assessed 3 times. Finally, 10 days after the last conditioning day, animals received a second challenge dose (0, 100 mg/kg) and were tested for changes in blood glucose and locomotor activity compared to challenge 1. Results showed that 2-dg increased blood glucose and decreased locomotion during all conditioning days. Significant reduction of the glycemic response to 2-dg was observed after 5 days of repeated injections. As well, 100 mg/kg 2-dg significantly decreased locomotion during challenge 1, but not challenge 2. These results in rats demonstrates that the physiological but not behavioural effects of hypoglycemic stress can be blunted with repeated occurrence, and that lasting changes can occur.

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 65466 - Printed Poster

Facilitators and barriers to engagement with nature for youth living with mental illness

Presenting Author: McMillan, Rachel L

Additional Author: Johnson, Shannon

Abstract: *Rationale: Improved mental health is one of many benefits to spending time in nature, yet youth spend little time doing so. No prior research has examined time in nature for youth living with mental illness. Given the benefits, understanding nature engagement in this population is important for identifying ways to increase this behaviour. Method: Participants of this study were Laing House members, a drop-in centre for youth living with mental illness. A mixed method sequential design, including questionnaires and focus groups, was used to examine facilitators and barriers impacting the behavior of spending time in nature. Study materials were based on theoretical domains framework (TDF) within the Capability, Opportunity, Motivation, and Behaviour model. Participants self-identified as regular or rare nature users. Results: Participants who rarely accessed nature identified barriers in capability and motivation, but not in opportunity. Focus groups revealed that both user groups identified a more complex relationship with nature than previously reported. Participants described time in nature as a mood amplifier that can enhance both positive and negative mood states, depending on use of and perception of nature. Conclusions: This study points to the importance of understanding an individual's relationship to nature before recommending it as a therapeutic intervention. Actions: By understanding the behavioural barriers of spending time in nature, Laing House can develop interventions to decrease these barriers, increasing participation in nature-based programming*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 65467 - Printed Poster

Associations between Orthorexia Nervosa, Thin-Ideal Internalization, Self-Esteem, and Attachment Style

Presenting Author: Jahim, Fatmah

Additional Authors: Mills, Jennifer; Minister, Claire

Abstract: *Eating disorders (ED) are among the deadliest mental health disorders. Orthorexia Nervosa (ON), a severe and impairing preoccupation with healthy and/or clean eating, has received little empirical research. The current study aims to add to knowledge around the profile of individuals with Orthorexia Nervosa by examining*

*its relation to self-esteem, thin-ideal internalization and attachment style. Participants completed established measures of ON , trait self-esteem, thin-ideal internalization , and insecure attachment style. Results reveal a strong positive correlation between trait self-esteem and ON,_ r_(290) =.85, _p_*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65474 - Printed Poster

How have parenting and child externalizing behaviour changed in the last school term during the COVID-19 pandemic?

Presenting Author: Montazeralsedgh, Pooneh

Additional Author: Jiang, Yuanyuan

Abstract: *Research has investigated parenting practices as related to child externalizing behaviour. However, more studies are needed to examine how the specific parenting practices of parental involvement, positive parenting, poor monitoring, and inconsistent discipline are related to child externalizing behaviour during the COVID-19 pandemic. Thirty-six parents (mean age = 38.72; 92% mothers) of children between the ages of 6 and 11 (mean age = 7.97; 42% female) participated. Participants completed the Alabama Parenting Questionnaire (APQ; Frick 1991) and the Child Behavior Checklist (CBCL; Achenbach and Rescorla, 2001) at two time-points in the last four months of the 2020 school year. Although parenting practices were not related to child externalizing behaviour over time, parental involvement, positive parenting, poor monitoring, and inconsistent discipline were related between timepoints, _r_ = .58, _p_< .01, _r_ = .67, _p_< .001, _r_ = .47, _p_< .01, _r_ = .68, _p_< .001, respectively. Child externalizing behaviour was correlated across timepoints as well, _r_ = .95, _p_< .001. There was a marginally significant increase in involvement across timepoints, with no changes in positive parenting, poor monitoring, and inconsistent discipline. Future research with a larger sample size is needed. Preliminary results show that parenting practices were correlated across time during COVID-19.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65499 - Printed Poster

SUPPORTING THE SUPPORTER: EXPLORING WELL-BEING IN THE FACE OF VICARIOUS TRAUMA

Presenting Author: Lee, Victor Jun Hyung

Additional Author: McDonald, Marvin

Abstract: *Helping professionals working with clients who have lived through trauma often carry with them a risk of vicarious traumatization (VT) as well as the potential for vicarious posttraumatic growth (VPTG). While the vicarious impacts of trauma have been explored among various populations of frontline helping practitioners, the literature on VPTG of survivors of refugee-related trauma has been relatively scarce. A thematic narrative inquiry and analysis were used to explore how service providers can be personally thriving as a result of working with refugees who have lived through trauma. Preliminary results include several themes: frustration with the immigration system, identification with helplessness, differentiation of self from clients, a growing sense of privilege and compassion as an emerging consequence of working with refugees, empowerment and being empowered. These themes demonstrate resistance to a common narrative that VT reflects the consequences of working with traumatized refugees. Participants reported that engaging in dialogue about VPTG as an alternative narrative to VT was personally empowering despite exposure to refugee clients' trauma. Given the relative absence of research on Canadian professionals working with refugees, these findings have important implications for service providers' wellbeing, service quality, policy, and refugee clients' lives._ _*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65508 - Printed Poster

Perceived physical and psychological health factors leading to unhealthy weight in Canadian men and women

Presenting Authors: Beaulieu, Danie ; Best, Lisa

Additional Authors: Lamont, Allyson; Speed, David

Abstract: *In 2016, approximately 16,000,000 Canadian adults were considered overweight or obese (Statistics Canada, 2021); in 2015, 736,800 Canadian adults were underweight (Statistics Canada, 2020). Individuals who are underweight, overweight, and obese experience more medical problems and increased psychological distress (Harriger and Thompson, 2012); psychological distress associated with obesity is more common in women (Carpenter et al., 2000). Our goal was to examine the relationship between unhealthy weight status and perceived health in Canadian men and women. We accessed the 2015/2016 Canadian Community Health surveys (minimum $N > 40,000$) to explore whether self-rated health, self-rated mental health, depression, satisfaction with life, or self-reported anxiety predicted BMI (underweight, normal weight, overweight, obese) and whether these predictors were modified by sex. Using weighted multinomial logistic regression models, we found that our predictors were differentially related to BMI categories, and that sex modified several of these relationships. Self-rated physical and mental health (including satisfaction with life) separately predicted membership in the normal weight category; this effect was more pronounced for females. Depression was positively associated with being overweight, an effect that was stronger for females. Anxiety tended to be associated with being overweight or obese (relative to normal) and was more pronounced in females in some cases. Results highlight the effects of mental and physical health on BMI and suggest that targeting health variables, not weight, may influence BMI.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 65532 - Printed Poster

A Qualitative Study Exploring an Equine-Assisted Program for Military Veterans' and First Responders with Operational Stress Injuries.

Presenting Author: Grimes, Katie N

Additional Authors: Buchanan, Marla; Haney, Colleen

Abstract: *The involement of horses to improve mental health and wellbeing is a relatively new area that is growing in popularity and increasing worldwide (Germain et al., 2018). While equine-assisted therapies are being implemented, the research literature into its effectiveness has only begun to emerge in the last 20 years (Latella and Abrams, 2019; Wharton et al., 2019). More recently, the literature has seen a surge of equine-assisted interventions targeting military veteran populations (Arnon et al., 2020; Burton et al., 2019; Johnson et al., 2018; Romaniuk et al., 2018; Shelef et al., 2019). Exploring the effectiveness of alternative approaches to support veteran's psychological health and wellbeing is essential among veteran populations with trauma stress injuries who prefer not to engage in more traditional forms of therapy. The purpose of this study was to evaluate the experiences of military veterans and actively serving RCMP officers with occupational stress injuries who participated in an exploratory study using an equine-assisted learning program. Using a focus group research design, 20 veterans and five RCMP officers were interviewed about their experiences in a 4-week equine-assisted learning program. A thematic content analysis method revealed five main themes: (a) appreciation for the value of learning new skills; (b) connection with the horse is key: The human-animal bond; (c) self-regulation and learning to speak horse; (d) sense of accomplishment and competence; and (e) transferable skills to everyday life. The qualitative findings of this study provide support for the use of equine-assisted learning*

programming with military veterans and RCMP members and demonstrate potential as an alternative therapeutic intervention for occupational stress injuries in these populations.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65534 - Printed Poster

Importance of Emotional Maturity in a Youth Addiction Treatment Program

Presenting Author: Eastabrook, Jennifer

Additional Author: Merela, Ashley

Abstract: *Substance abuse is highly prevalent among adolescents and is associated with a variety of detrimental effects to both physical and mental health. One aspect of adolescent development that has been found to impact substance use is emotional maturity, which can act as either a risk or protective factor in adolescent substance abuse. The current study examined the effectiveness of an adolescent substance abuse treatment program at fostering the development of emotional maturity. We also examined whether increased emotional maturity was related to treatment success, namely substance use habits, mental health, and overall functioning. The sample consisted of 15 youth (53% males; M = 17.53 years of age) who completed self-report questionnaires assessing emotional maturity, substance abuse, internalizing and externalizing symptoms, as well as overall functioning. Questionnaires were completed at the beginning of treatment, as well as various timepoints throughout the treatment process. Results found significant improvements in emotional maturity from the start of the program to the end. Additionally, it was found that greater emotional maturity was associated with decreased substance use and fewer symptoms of mental illness. Results suggest that emotional maturity is an important aspect for consideration in adolescent substance abuse treatment and prevention programs.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65556 - Printed Poster

Growth After Lockdown: Examining the Role of Basic Psychological Need Support in Facilitating Posttraumatic Growth from COVID-19 Pandemic Trauma

Presenting Author: Spence, Tom

Additional Author: Grouzet, M. E. Frederick

Abstract: *The COVID-19 pandemic has negatively affected everyone in the world, however the phenomenon of growth following intense suffering has been well-documented over the past few decades (Tedeschi et al., 2018). Drawing from Joseph and Linley's (2005) organismic valuing theory model of posttraumatic growth, we examined the role of the psychological needs of autonomy, competence, and relatedness (during the onset of the pandemic and in Fall 2020) in fostering posttraumatic growth (PTG). University students (N = 289) completed a survey assessing the impact of the pandemic, basic psychological needs, and posttraumatic growth. We hypothesized that onset and current satisfaction of basic psychological needs would positively predict PTG. Using regression analyses, we found that current satisfaction of psychological needs significantly predicted posttraumatic growth (β = .42, p < .001) whereas satisfaction of psychological needs at onset did not. We also found that current autonomy support significantly predicted posttraumatic growth above and beyond the other needs (β = .29, p < .001). These findings suggest that support of basic psychological needs is particularly important in the post-trauma phase. This research has implications for interventions aimed at facilitating growth for students in the aftermath of the pandemic.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65537 - Printed Poster

Evaluating the Utility of Self-Reported and Clinician-Ascertained Screening of Suicidality in Acute Inpatient Psychiatry

Presenting Author: Rodrigo, Achala H

Additional Authors: Amlung, Michael ; MacKillop, James ; MacKillop, Emily

Abstract: *Although suicidality is a major societal and mental healthcare concern that impacts care and patient safety, there is a lack of uniformity in the procedures used to evaluate suicide risk. Accurate and clinically useful assessment is essential in high-risk acute inpatient psychiatry. While questionnaires and clinical interviewing are both widely used, limited research exists on whether either approach may impact the quality of the information obtained. The present study examined the implications of disagreement between self-reported and clinician-ascertained suicidal ideation on the Columbia-Suicide Severity Rating Scale (C-SSRS) in a diagnostically diverse sample of participants receiving inpatient psychiatric care (_N_ = 47; 63.8% female; _M_age=38,7, _SD_=15.1). Clinician-Ascertained C-SSRS (CA-C-SSRS) ratings were obtained via a brief clinical interview in routine daily monitoring, and on the same day, participants also completed a self-report questionnaire version of the C-SSRS (SR-C-SSRS). Results demonstrated that total symptom scores and suicide risk level were significantly higher on the SR-C-SSRS, while symptoms were reported as being more recent on the CA-C-SSRS. SR-C-SSRS risk and recency (but not total score) were associated with participants' length of admission in the unit, while CA-C-SSRS variables were not. Neither SR- nor CA-C-SSRS were associated with readmission due to suicidality over a period of one year following discharge. In sum, patients responded differently to the same questions about suicidality, based on how they were asked. While both methods were not useful for predicting future suicidality requiring care, SR-C-SSRS provided a better indicator of inpatient treatment duration. Findings have implications regarding the method of assessing suicidality in inpatient psychiatric settings.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 65561 - Printed Poster

The Influence of Self-Regulated Learning and Exercise on Postsecondary Students Wellbeing

Presenting Author: Matyjanka , Ocean

Additional Authors: Albrecht, Kelly ; Schroeder , Meadow ; Hindes, Yvonne

Abstract: *Almost half of students enrolled in postsecondary studies report above average levels of stress and its negative impact on their mental wellbeing, physical health and academic performance. It is crucial to understand strategies and supports that can help to decrease stress within this population. Research has shown that the use of self-regulated learning strategies (e.g., coping and time management) can decrease stress. It has also been found that exercise has a positive impact on mental wellbeing and physical health. Therefore, this study sought to investigate the relationships between postsecondary students' use of self-regulated learning strategies, exercise habits (i.e., intensity and duration) and reported stress. The survey results from 331 first year university students found students who used task-oriented coping and time management strategies in times of stress reported better well-being than students who relied on emotion-oriented coping strategies. Exercise habits had no effect on reported well-being. The results of this study suggest that it may be beneficial to cultivate positive coping strategies and time management skills in students before they enter postsecondary in order to foster a more positive first year experience.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 65571 - Printed Poster

Parent self-efficacy and attributions in longitudinally predicting the relationship between parents and teachers

Presenting Author: Jiang, Yuanyuan

Additional Authors: Rogers, Maria; Montazeralsedgh, Pooneh; Manoiu, Roxana

Abstract: *Home-school collaboration is important to child academic and behavioural outcomes. Central to such collaboration is the parent-teacher relationship. Research is needed to examine how parent cognitions, such as parent self-efficacy in collaborating with teachers, and parent attributions regarding teacher behaviour may predict the parent-teacher relationship. Thirty-six parents of elementary school-aged children participated in this study. The following questionnaires were completed at two time-points during the last term of the school year: the newly-developed Parent-Teacher Self-Efficacy Scale (PTSES), measuring parent self-efficacy in collaborating with teachers, and the Parent-Teacher Attribution Scale (PTAS), measuring parent attributions of teachers. Parents also completed the Parent-Teacher Relationship Questionnaire (PTRS; Vickers and Minke, 1995). Preliminary findings show that parent self-efficacy at the first time-point uniquely and positively predicted parent-teacher relationship quality at the second time-point, even when controlling for parent-teacher relationship quality at the first time-point, $\beta = .38, p < .05$. Parent self-efficacy uniquely predicted perceived parent-teacher relationship quality even while data collection occurred during COVID-19. Findings suggest the clinical importance of prioritizing parent self-efficacy to enhance parent-teacher partnerships.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65596 - Printed Poster

Exploring the Impact of a Gratitude-Focused Meditation on Body Dissatisfaction

Presenting Author: Fraser, Erin

Additional Authors: Misener , Kaylee ; Libben, Maya

Abstract: *Given the distressing nature of body dissatisfaction (BD), interventions to minimize and prevent such concerns holds a great deal of importance in psychological research. Thus, the purpose of the study was to explore the impact of a gratitude-focused meditation on issues related to body image and social media. Specifically, the study aimed to determine if a brief period of gratefulness had a significant effect on body dissatisfaction, and whether it served as a protective factor from exposure to thin-idealized images. Participants included 140 female undergraduate students from the University of British Columbia, Okanagan. Participants completed several self-report measures and engaged in two experimental tasks. The first task included listening to one of three meditations, and the second task involved viewing a series of either neutral or thin-idealized images. Two one-way Analysis of Variance (ANOVA) tests were conducted to determine the effects of state gratitude on BD. The results of the study will be discussed. The findings of this novel and important investigation enhance our understanding on how to improve body image among young adult women, an essential step in ameliorating body image disturbances and other severe mental health outcomes including eating disorders, anxiety, and depression, that are associated with BD.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65655 - Printed Poster

Emotion Mindset and Trait Anxiety Predict Strategies for the Successful Regulation of State Anxiety

Presenting Author: Khanna Roy , Anjalika

Additional Authors: Colasante, Tyler; De France, Kalee ; Lin, Lauren; Hollenstein, Tom

Abstract: *The ability to regulate anxiety is important for mental wellness. The roles of emotion mindset and trait anxiety in successfully regulating state anxiety have yet to be examined. We examined a) what emotion regulation (ER) strategies young adults use to regulate state anxiety and their regulatory success, and b) if individual differences in trait anxiety and emotion mindset are predictors of strategies used to regulate state anxiety and regulatory success. Participants (_n_ = 173) completed measures of trait anxiety, emotion mindset, and an experience sampling smartphone app. We hypothesized that 1) reappraisal would be positively associated with successfully regulating state anxiety, 2) rumination would be negatively associated with successfully regulating state anxiety, and 3) the combination of a fixed emotion mindset and higher levels of trait anxiety would be the least successful in regulating state anxiety. Distraction was the most frequently used ER strategy, and reappraisal the least despite being the most successful. Multilevel modelling analyses showed that trait anxiety was negatively associated, whereas emotion mindset was positively associated with successfully regulating state anxiety, but their interaction was not significant. Identifying more successful ER strategies for regulating anxiety and assessing emotion mindset have implications for managing anxiety.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65666 - Printed Poster

Comparing the Basic Psychological Need satisfaction of relatedness in committed and casual romantic relationships

Presenting Author: Chazan, Devon

Additional Authors: Goegan, Lauren; Pelletier, Gabrielle N; Le, Lily; Daniels, Lia

Abstract: *Maintaining close relationships with others is one of the most universally valued life motives. Self-Determination Theory argues that the basic psychological need of relatedness, feeling a sense of belonging and connectedness with others, is essential for individual and relational psychological wellbeing. In romantic relationships, relatedness satisfaction is attained when one's partner is responsive and supportive. Given that casual relationships, as opposed to committed ones, are becoming increasingly popular among adolescents and young adults today, we sought to examine how need satisfaction for relatedness compares between the two relationship types. To do this, a cross-sectional survey, comprising of the Basic Need Satisfaction in Relationships Scale (La Guardia et al., 2000) among other measures, was completed by 400 individuals ranging in age from 18-34 years old (_M_=22). 300 were in committed relationships and 100 in casual romantic relationships. An independent-samples t-test was conducted and showed a significant difference in the need satisfaction of relatedness among those in committed (_M_=6.40, SD=0.79) and casual (_M_=4.27, SD=1.49) relationships; t(398)=17.98, p=0.000. Our results suggest that individuals in casual relationships attain lower levels of relatedness satisfaction than their counterparts in committed relationships. Individuals engaged in casual dating may not be feeling connected and cared for by their partners and might even experience greater feelings of rejection. Implications related to the thwarting of this basic psychological need on wellbeing as well as possible buffers will be discussed.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65677 - Printed Poster

Distress and Coping Among Women With Infertility Attempting to Conceive Without Medical Assistance

Presenting Author: Balsom, Ashley A

Additional Author: Gordon, L Jennifer

Abstract: *BACKGROUND: Infertility is disproportionately associated with distress in women yet there has been limited research focusing on the influence of coping strategies and fertility-monitoring techniques on distress.   METHODS: Fifty-eight women with infertility completed measures every second day in the morning and again in the evening over the course of one full menstrual cycle. Women's depressive and anxious mood were assessed along with their psychological coping strategies, the use of fertility monitoring techniques, and Fertility Quality of Life emotion subscale.   RESULTS: During menstruation, active coping (β(SE) = -1.35 (0.36), _p_ < .001) and behavioural engagement (β(SE) = -0.98 (0.35), _p_ =.006) were associated with less depressive mood. Social support seeking was associated with greater anxiety (β(SE) = 0.50 (0.20), _p_=.013) and lower emotional quality of life (β(SE) = -0.82 (0.32), _p_ = .011). Fertility monitoring techniques were associated with heightened anxiety (M(SE) = 6.7 (0.2) vs. 5.9 (0.2), _p_*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65684 - Printed Poster

The Effect of Attachment and Relationship Satisfaction on Loneliness During the COVID-19 Pandemic

Presenting Author: Mudryk, Sabrina M

Additional Authors: Snaychuk, A Lindsey ; O'Neill, Melanie L

Abstract: *Self-isolation measures put in place by the Canadian government in response to the COVID-19 pandemic have resulted in drastic changes to everyday social behaviours. While necessary for public health, unexpected repercussions such as loneliness may become increasingly prevalent. The current research examined the relationship between loneliness, attachment style, and relationship satisfaction during the current pandemic in Canada. It was hypothesized that relationship satisfaction and secure attachment would be negatively correlated with loneliness. Participants (N = 119) from across Canada completed the UCLA Loneliness Scale (Russell, 1996), the RAS (Hendrick, 1988), and the AAS (Collins and Read, 1990). Bivariate correlation analysis revealed that loneliness was inversely related to attachment style (r = -0.26, p = .013) and relationship satisfaction (r = -0.49, p < .001). These results suggest that the quality of intimate relationships may play a critical role in mitigating loneliness during lengthy periods of regulated social distancing and quarantine. Additional clinical and public policy implications will be discussed.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65691 - Printed Poster

Depression, anxiety and insomnia after 7 years of untreated Obstructive Sleep Apnea

Presenting Author: Bailes, Sally

Additional Authors: Huynh, Nelly; Rizzo, Dorrie; Fichten, Catherine; Creti, Laura; Libman, Eva

Abstract: *Introduction. Significant levels of depression, anxiety and insomnia may be present in as many as 30% of older adults diagnosed with OSA. Treatment of OSA has been shown to improve these symptoms, but most individuals who are prescribed treatment either discontinue it or fail to use it as recommended. In this study, we followed the 7-year trajectory of 20 individuals with OSA, who never began their prescribed treatment.Methods. Consecutive older family medicine patients (n=20, mean, age = 56) completed the Insomnia Severity Index (ISI) and the Hospital Anxiety and Depression Scale (HADS) and underwent polysomnography (PSG). Those diagnosed with OSA were prescribed treatment and were re-contacted after 7 years to inquire about treatment adherence and psychological functioning.Results. Paired t-tests indicated that untreated individuals showed improvement on both the anxiety (p=.030) and the depression (p=.007) scales. Insomnia did not significantly improve with time (p=.080). Contrary to the literature, depression and anxiety improved over*

time, despite non-adherence to OSA treatment. Insomnia symptoms did not improve over time in individuals with untreated OSA.Conclusion. Results of this study may suggest that our participants with untreated OSA may have learned to live with their sleep disorder or have adopted other means of dealing with their impaired sleep quality.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 67812 - Printed Poster

THE IMPACT OF COVID-19 ON MENTAL HEALTH AMONG CANADIANS: SEX AND AGE DIFFERENCES OVER TIME IN THE ICARE STUDY

Presenting Author: Fortin, Annabelle

Abstract: *The crisis caused by COVID-19 is having repercussions on the mental health of communities. Methods: The multi-wave cross sectional iCARE study (International COVID-19 Awareness and Responses Evaluation Study; www.icarestudy.com) involved assessing mental health impacts. Two representative samples (each 3,005 Canadians aged 18+) completed the iCARE survey between June 4-17 (sample 1) and October 29-November 11, 2020 (sample 2). Results: General linear models analyses indicated that the mental health of women and young adults was disproportionately low. For example, 25% of women (versus 12% of men) reported significant anxiety (to a great extent/upper quartile), and 31% of young people aged 18-25 reported significant anxiety symptoms at time 1, compared to 23% in adults aged 26-50 and 11% in adults over age 50 (p's*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 68046 - Printed Poster

Review Session

Is the Emperor Finally Dressed or Still Naked? Recent Meta-Analyses of Antidepressant Effectiveness

Presenting Author: Paterson, Randy J.

Abstract: *Since Kirsch et al.'s 2008 reanalysis of FDA-submitted studies examining the effectiveness of antidepressant medication, there have been several additional attempts to tease out evidence of antidepressant effects, side-effects, and acceptability. In 2018 Cipriani et al. published a systematic review of the evidence associated with all major antidepressant medications released since the 1960s, finding in every case better results with medication than placebo, and presenting the Odds Ratios (OR) associated with each. This study was reported in the popular press worldwide as putting the debate firmly to rest, supporting the effectiveness of antidepressant medication. Most of the reporting misunderstood the interpretation of OR data, however, and scant attention was given to antidepressant effect size which, overall, was slightly lower than that found by Kirsch and below commonly-accepted thresholds for clinical (as opposed to statistical) significance. A subsequent re-analysis (Munkholm, Paludan-Muller, and Boesen, 2019) has further cast the conclusions of Cipriani et al. into question. This brief review covers the basics of the debate and invites the question: Whichever side is correct, what does it mean that after fifty years of antidepressant medications their effectiveness remains a matter of debate?*

Section: *Psychopharmacology / Psychopharmacologie*
Session ID: 61709 - Review Session

"War Stories": Capturing the complexity of weight with experts in eating disorders and obesity

Presenting Author: Russell-Mayhew, Shelly

Additional Authors: Moules, Nancy; Estefan, Andrew

Abstract: *Background In professional practice, body weight issues are typically considered from an individual-level standpoint. In contrast to this dominant perspective, we highlight that body weight has prominent social, economic, and political influences and connotations. An examination of the social complexity of weight provides opportunity to shift focus from individual to societal and structural influences on perceptions of weight. Methods Eight renowned experts in weight-related issues with at least 10-years experience in various fields from across Europe, Australia, the United States, and Canada participated in interviews about their professional experience with weight. Interviews were analyzed using hermeneutics, via an iterative interpretive process. Findings The interviews revealed a battlefield; a war waged on weight. The war on weight emerged as metaphor with "entrenched" notions of health, "feint attacks" by industry, "prisoners" enslaved to numbers, and "soldiers" fighting a war where there can be no victor. Discussion/Action In many ways, language itself limits us from capturing the complexities of weight. The war metaphor provides a way of understanding the intensity of the firestorm surrounding the construct of weight. New understandings from veterans of the war on weight offer hope for transformation, not just win or lose.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61745 - Review Session

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

Presenting Author: Connors, John B.

Additional Author: Craig, Kenneth

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

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 64961 - Review Session

The Role of Meaning in Life in Potentially Promoting Psychological Well-Being and Reducing Risk for Suicide among Older Adults

Presenting Author: Heisel, Marnin J.

Abstract: *Older adults have high rates of suicide and typically employ violent and lethal means of self-harm (WHO, 2014). The rapid expansion of the older adult population and the availability of medical assistance in dying as an end-of-life choice necessitate theoretical approaches that promote psychological resiliency and well-being and a sustained wish to live among older Canadians experiencing loss, loneliness, hopelessness, pain, and suffering. This review session will focus on theory (e.g., Frankl, 1985), research, and practice highlighting the role of meaning in life (MIL) in potentially enhancing psychological well-being, enduring and overcoming existential anxiety and distress, and offering meaningful alternatives to hastening death or suicide among older adults. Examples will be shared from aging and mental health research demonstrating significant positive associations among perceptions of meaning in life, social connections, and psychological well-being, negative associations between MIL and the presence and exacerbation of depression and suicide ideation (e.g., Heisel and Flett, 2008, 2016), and a reduction in depression, hopelessness, the desire to hasten death, and suicide ideation with meaning-centered intervention in community and clinical contexts (e.g., Breitbart et al., 2015; Heisel et al., 2015; Heisel and the Meaning-Centered Mens Group Project Team, 2020; Lapierre et al., 2017). Interactive discussion will focus on opportunities for promoting meaning-centered perspectives and approaches in psychological research, training, and practice to benefit older Canadians.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65685 - Review Session

Section Chair Address

CPA Section Chair Address: The Rise of Bio-hacking and Implications for the Field of Biofeedback

Presenting Author: Hartney, Elizabeth

Abstract: *Bio-hacking is a term that has become increasingly popular in online circles to refer to an overall philosophy of self-modification with the goal of optimizing one's body and biological functioning. Bio-hacking is grounded in the self-empowerment movement, so over-laps with patient-centred care, self-help, and health promotion approaches. Self-described bio-hackers range from amateur to expert scientists, and include people as diverse as body builders, supplement and drug developers and marketeers, and legitimate healthcare providers, sometimes with overlap between these roles. Biohacking activities are based on gathering biological data to guide and manipulate one's own health and performance. As biofeedback and neurofeedback have been recognized as forms of bio-hacking by famous biohackers, qualified psychologists have an important ethical role to determine and advocate for professional standards to protect the public.*

Section: *Quantitative Electrophysiology / Électrophysiologie quantitative*
Session ID: 64368 - Section Chair Address

Section Featured Speaker Address

The Importance of Social Connectedness: From Psychopathology to Well-Being

Presenting Author: Dozois, David

Abstract: *Having stable and satisfying relationships is critically important for psychological health. Lack of connectedness and the breakdown of intimate relationships have devastating consequences for well-being. For example, meta-analytic work has revealed that subjective loneliness, social isolation, and living alone, corresponded to a 26%, 29%, and 32% increased risk of mortality, respectively (Holt-Lunstad et al., 2015). Social isolation has become such a problem in our modern society that in January 2018, the U.K. government appointed a Minister of Loneliness. In this presentation, I will highlight a program of research that began with a focus on depression. A series of studies have demonstrated that negative self-schemas, particularly for interpersonal content, are well-organized and appear to represent stable vulnerability factors for depression.*

Fortunately, this negative interpersonal structure is also modifiable through effective treatments (both psychological and pharmacological). Interpersonal core beliefs and schema structures also predict negative interpersonal behaviors (e.g., excessive reassurance seeking), life events (i.e. stress generation), and subsequent depression. Following this review, I will introduce the dyadic partner-schema model, which articulates how self- and partner-schemas impact relationship functioning, and highlight some empirical findings related to well-being.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61736 - Section Featured Speaker Address

Child sexual abuse: Looking back and moving forward

Presenting Author: Hébert, Martine

Abstract: *Child sexual abuse is a significant public health issue due to its high prevalence and associated adverse consequences. This presentation aims to reflect on how some of our questions regarding outcomes following child sexual abuse have evolved over the past three decades and on why we are still facing challenges in designing and implementing efficient treatment and prevention programs to tackle this issue. Drawing upon findings from academic centers in Quebec engaged in collaborative efforts with practitioners, this presentation will highlight the diversity of profiles in youth confronted with sexual abuse and the crucial mediators influencing outcomes including revictimization in other contexts (peer victimization, teen dating victimization) as well as potential trajectories of resilience. Findings from an evaluative study of Trauma-Focused Cognitive Behavioral Therapy as implemented in the Child Advocacy Center situated in Montreal will be summarized. The presentation will also illustrate promising initiatives emerging in Quebec to address prevention of sexual violence in school and community settings across different developmental stages.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61749 - Section Featured Speaker Address

Nature as a Path to Healthy People, Communities, and Environments

Presenting Author: Zelenski, John

Abstract: *Canada is fortunate to have abundant natural environments spanning vast remote green spaces to urban parks. Although we sometimes overlook it, 'nearby nature' can be a source of well-being for individuals and the broader community. Dr. Zelenski will describe recent research on the potential benefits of nature with a focus on positive emotions, pro-sociality, and sustainable behaviours. Beyond time actually spent in nature, developing a subjective sense of connection with the natural world is associated with many of the same desirable outcomes. Dr. Zelenski will argue that incorporating nature into daily life has good potential for making happier people and a healthier community and planet.*

Section: *Environmental Psychology / Psychologie de l'environnement*
Session ID: 61706 - Section Featured Speaker Address

MDMA-assisted Cognitive Behavioral Conjoint Therapy and Cognitive Processing Therapy for PTSD – A Program of Research

Presenting Author: Wagner, Anne

Abstract: *In this overview talk, Dr. Wagner will share about her team's program of research investigating MDMA-assisted Cognitive Behavioural Conjoint Therapy and MDMA-assisted Cognitive Processing Therapy for PTSD. Results from the pilot trial of CBCT+MDMA will be shared and methodological decisions for the*

CBCT+MDMA randomized controlled trial will be discussed. Additionally, the current pilot trial of CPT+MDMA will be explained, including an eye to future applications of different therapeutic modalities of MDMA-assisted psychotherapy.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65648 - Section Speaker

Occupational Mental Health: Building Adaptive Coping and Fostering Resilience

Presenting Author: Mota, Natalie

Abstract: *Members of several occupational groups face a disproportionately high prevalence of mental health conditions related to their work, and the COVID-19 pandemic has further increased stress on workers, particularly those serving as essential services personnel. In this talk, I will present results from an ongoing study examining the mental health and coping resources of Canadian essential workers during the pandemic. I will then discuss exciting data on risk and protective factors for posttraumatic stress disorder (PTSD) in a nationally representative sample of active duty Canadian Forces service members and veterans, 16 years following their initial assessment in 2002. Finally, I will present emerging results from a study examining the neurobiological underpinnings of participation in an introductory cognitive behavioral therapy skills class among public safety personnel. Findings from these three studies will be discussed in the context of leveraging potentially protective factors for mental health problems in our evidence-based psychological prevention and intervention initiatives, and of increasing access to care for the improvement of occupational mental health and well-being.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 67505 - Section Speaker

Improving the Methodology for Assessing for Mild Cognitive Impairment Across the Lifespan

Presenting Author: Iverson, Grant

Abstract: *The accurate identification and quantification of cognitive impairment is the _sine qua non_ of clinical neuropsychological assessment. However, comprehensive, psychometrically sophisticated approaches to identifying and quantifying cognitive impairment, across a battery of tests, have not been widely adopted in research or in clinical practice. In this presentation, definitions of, and classification systems for, cognitive impairment will be reviewed. Five fundamental psychometric principles for interpreting a battery of test scores will be illustrated using analyses of standardization samples from co-normed batteries of tests (e.g., WAIS-IV/WMS-IV, NEPSY, NIH Toolbox Cognition Battery, and NAB). These fundamental principles are as follows: (1) low scores are relatively common across all test batteries; (2) low scores depend on where you set your cutoff score; (3) low scores vary by the number of tests administered; (4) low scores vary by demographic characteristics of the examinee; and (5) low scores vary by level of intelligence. Empirically based, psychometrically-derived criteria for identifying mild cognitive impairment, applicable to children, adults, and older adults will be presented.   LEARNING OBJECTIVES As a result of attending this presentation, attendees will be able to: * Use refined definitions of cognitive impairment in research and clinical practice. * Apply analyses from co-normed batteries to inform decisions relating to whether combinations of low scores reflect acquired cognitive impairment. * Explain how using different cut-off scores, and combinations of low scores, can improve the accuracy of identifying cognitive impairment in people with below average or above average intelligence.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 67770 - Section Featured Speaker Address

Section Invited Symposium

PHHC Graduate Student Research Symposium

Moderator: Santiago, Vincent A

Abstract: *Psychologists and researchers working in hospitals and health centres are faced with complex challenges and unique opportunities to solve them. Such challenges include improving mentorship of early career healthcare professionals, preventing domestic violence, and ensuring equitable care among transgender patients. In line with this year's themes of improving lives and advancing the discipline, and the sub-theme of improving and promoting health, the following three presentations will discuss how research led by graduate students can fill gaps in knowledge that can advance psychological care in healthcare settings. The first presentation compares a semi-structured mentoring curriculum between psychologists and psychiatrists and their trainees, when compared to unstructured mentoring as usual. The second presentation discusses how domestic violence-related risks are (and are not) recognized in healthcare settings based on interviews with healthcare professionals across Canada. The third presentation reviews the research examining experiences of cancer by transgender patients and discusses research and clinical recommendations and feedback from key stakeholders. This symposium will inform psychologists and trainees about the latest research conducted by psychology graduate students and their colleagues within hospitals, health centres, and related settings.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 61219, Presenting Papers: 61602, 61643, 61644 - Section Invited Symposium

Is a semi-structured mentoring curriculum effective? Preliminary findings of a randomized controlled trial on curriculum guided sessions and unstructured mentoring

Presenting Author: Lau, Chloe

Additional Authors: Ford, Jennifer; Van Lieshout, Ryan J; Saperson, Karen; McCabe, Randi E

Abstract: *RATIONALE: Mentorship is important for personal and professional development in early career professionals in healthcare. The current study presents preliminary findings of an institution-initiated mentoring program comparing a semi-structured manualized curriculum with mentoring as usual. METHODS: Mentors (i.e., faculty psychiatrists and psychologists) and mentees (i.e., junior faculty, psychiatry residents, psychology residents) were matched based on the mentees' personal preferences and academic interests. Dyads (N = 14) were randomly assigned to six monthly, one-hour-long curriculum guided sessions (CGS) or mentoring as usual (i.e., unstructured mentoring). The six-session manualized curriculum contained various discussion topics (e.g., curriculum vitae review, enhancing professional identity). Dyads completed questionnaires at pre-, post-, and six-month follow-up and were interviewed upon completing the full six sessions. RESULTS: Mentors from both groups reported higher mentoring competency assessment (MCA) scores after participating in CGS and unstructured groups (M_{pre} = 5.17 [.88], M_{post} = 5.67 [.95], p < 0.05, $Bayes factor_{10}$ = 5.28). Change in mentoring competency sustained six months following program completion (M_{post} = 5.67 [.95], $M_{follow-up}$ = 5.81 [.90], p > 0.05, $Bayes factor_{10}$ = .39). Results from the mentee profiles questionnaire revealed the CGS group discussed opportunities for publication, new leadership opportunities, and personal development (e.g., better at negotiation) more extensively than the unstructured curriculum. Qualitative post-intervention telephone interviews revealed that almost all participants believed the mentee's initial goals were met. CONCLUSION: While mentoring competency is enhanced in both groups, curriculum-guided mentoring may confer benefits in areas of discussion over and above traditional mentoring as usual. ACTION/IMPACT: Results can inform the implementation of an effective mentoring curriculum in academic health centres.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 61602 - Paper within a symposium (Symposium ID: 61219)

"The average counsellor wouldn't know": Exploring how general health practitioners understand and respond to domestic violence

Presenting Author: Loncar, Nicole

Additional Author: Scott, Katreena

Abstract: *Domestic homicides account for 1 in 5 Canadian murders, with members of vulnerable groups over-represented as victims. General health and mental health practitioners are frequently in contact with domestic homicide victims and perpetrators around mental health issues in the year prior to the homicide. The present study explores data from the Canadian Domestic Homicide Prevention Initiative with Vulnerable Populations, which collects information on risk assessment, risk management, and safety planning practices from service providers so that we may better understand how we can prevent these tragedies. Specifically, we examine interviews with informants–including nurses, social workers, and psychologists–who work in health settings across Canada and who report not having specialist training or a background in issues related to domestic violence (N=17). Through thematic analysis, we uncover ways in which domestic violence-related risks are (and are not) recognized and responded to within general health and mental health practice. We find that processes for assessing and responding to concerns about domestic violence are often idiosyncratic and very seldom include considerations of the needs of children or risk management with perpetrators. Moreover, practitioners report a lack of comfort, knowledge, training, and resources related to this domain. By better understanding current protocol and identifying gaps in response to domestic violence, we hope to provide implications and improvements for practice in these general health settings that will help prevent domestic homicides in the future.*

Section: Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé
Session ID: 61643 - Paper within a symposium (Symposium ID: 61219)

Investigating the psychosocial needs and experiences of transgender cancer patients: A descriptive review and recommendations for equitable care

Presenting Author: Squires, Lauren R

Additional Authors: Bilash, Tristan; Kamen, Charles; Garland, Sheila N

Abstract: *BACKGROUND/RATIONALE: Those who are transgender can experience cancer differently compared to their cisgender counterparts. While previous research has evaluated the psychosocial experiences of LGBTQ cancer patients, the experiences of transgender patients are often aggregated with those of cisgender sexual minority patients. This limits our understanding of their unique experiences and challenges. Through our review we aimed to gain a better understanding of the psychosocial experiences of transgender cancer patients to inform future research and clinical practice. METHODS: Relevant electronic databases were searched for research published between January 2000 and January 2020 that assessed the experiences and impact of cancer on transgender patients. Following thematic analysis of included studies, an online survey of key stakeholders was conducted to assess the feasibility of our recommendations. RESULTS: Through our literature searches, nine studies were located. The findings were collated into five key themes representing the variety of cancer experiences reported by transgender patients. From these themes research and clinical recommendations were made. Initial feedback from key stakeholders was largely positive, and emphasized a need for greater collaboration between researchers and policy changes to implement equitable care for transgender cancer patients. CONCLUSION: Sex and gender play a large part in determining numerous aspects of the cancer journey. Cancer experiences of transgender patients can be very different from those of cisgender patients and must be recognized as such. ACTION/IMPACT: Our review is a call to action to improve research on the psychosocial experiences of transgender cancer patients, and ultimately to improve their cancer care.*

The role of Canadian Health Psychology during the COVID-19 pandemic: Showcasing national and international studies

Moderator: Presseau, Justin

Abstract: *The COVID-19 pandemic and Canada's response to it has produced an unprecedented impact in the daily lives of all Canadians, and on consequent mental and physical health and well-being. As a result, the COVID-19 pandemic has also served to underscore the role and opportunity for health psychology and behavioural medicine to contribute to understanding and supporting Canadians' health, and informing how best to support adherence to personal protective health behaviours, vaccination uptake and the concomitant need for behaviour change initiation and maintenance over time. In this symposium, we showcase the work of three teams that from the start and throughout the pandemic, have leveraged insights from health psychology and behavioural medicine to understand and support Canadians' through the pandemic. Each speaker leads major national or international studies and will highlight key findings and their implications for continuing to support Canadians through this pandemic and perhaps enable greater preparedness for the next one.*

Understanding the Complexities of Pandemics: Network Analyses from the COVID Stress Study

Presenting Author: Taylor, Steven

Abstract: *_Background_: Pandemics are psychologically complex phenomena involving extremes of over-responding (e.g., excessive anxiety) and under-responding (e.g., disregard for social distancing). Accordingly, research methods are needed to capture and understand these complexities.   _Methods_: Our research group has collected data on several thousand Canadian and American adults, the results of which have been analyzed by network analysis, which is a method well-suited for understanding the complexities of pandemics.   _Results_: The findings from several of our studies are summarized, which shed light on the range of phenomena. Evidence is found for a COVID Stress Syndrome and a syndrome of COVID-related disregard. Network analyses revealed ways in which these syndromes are related to substance abuse, stigma, panic buying, belief in conspiracy theories, and non-adherence to masks, social distancing, and vaccination.   _Conclusions_: Complex phenomena require complex data-analytic methods. Network analyses revealed various ways in which pandemic-related phenomena are inter-related.   _Action/Impact:_ The findings have potentially important implications for mental health treatment and for developing public health messages to address problems such as mask non-adherence and disregard for social distancing.*

Psychological and Social Responses to COVID-19: A Longitudinal Study

Presenting Author: DeLongis, Anita

Additional Authors: Zheng, Jason ; Morstead, Talia ; Klaiber, Patrick; Sin, Nancy L.

Abstract: *_Background_: COVID-19 has wreaked havoc around the globe. In addition to the primary threat of infection, widespread secondary stressors associated with the pandemic include social isolation, financial insecurity, resource scarcity, and occupational difficulties. These have the potential to impact wellbeing, social*

relationships and health behaviors. _Methods_: To examine the impact of these stressors across the pandemic, participants were invited to enroll in an online longitudinal study, beginning March 2020, at the time the WHO declared a pandemic. To date, over 8000 participants have enrolled, with over half residing in North America. Data on psychological wellbeing, health behaviors, social relationships, stress and coping are collected monthly. _Results/Conclusions_: Perceived COVID-19 threat to health of self and family was associated with increases in depressive symptoms at follow-up. Pandemic secondary stressors were also all independently associated with increases in depressive symptoms. Women, young adults, and those with lower income were all at higher risk for subsequent depressive symptoms. Empathic responding is emerging as an adaptive coping response, both for psychosocial wellbeing and health behavior change. _Action/Impact:_ Findings identify key groups at risk for mental health problems during the pandemic, and indicate actionable areas for targeted intervention.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65675 - Paper within a symposium (Symposium ID: 65318)

Determinants of adherence to COVID-19 prevention behaviours in Canada and the rest of the world: Results from the iCARE Study

Presenting Author: Lavoie, Kim

Abstract: *_Background_: Key to slowing the spread of COVID-19 is adherence to preventive behaviours promoted through government policies, which may be influenced by the nature of people's COVID-19-related concerns. _Methods_: We assessed rates of adherence to prevention behaviours and associations with people's COVID-19-related concerns among individuals participating in the global iCARE Study (www.icarestudy.com [1]). Data was captured using online survey methods and convenience snowball sampling between March and December 2020. _Results_: Results from 59,107 respondents from 175 countries including Canada showed high levels of adherence (>80%) to prevention behaviours 'most of time' between Mar. and Dec. 2020, except for avoiding social gatherings which dropped to 35%. Though self-isolation if symptomatic or infected remained stable at 85%, self-quarantine after travel dropped from 85% in Mar. to 70% in Dec. Overall, adherence worldwide was lower among men and young people. Women had higher concerns than men, and health concerns predicted better adherence while personal financial concerns predicted worse adherence. _Conclusions_: Results suggest variable levels of adherence to prevention behaviours over time, and how they are influenced by the nature of people's concerns. _Action/Impact:_ Results have implications for tailoring policy and communication strategies during subsequent COVID-19 waves.   Links:------[1] http://www.icarestudy.com*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65676 - Paper within a symposium (Symposium ID: 65318)

Snapshot

De la jeunesse à la sagesse : L'impact de l'âge sur la détresse péritraumatique durant la COVID-19

Presenting Author: Fortin, Justine

Additional Authors: Hassan Omar, Romain; Rivest-Beauregard, Marjolaine; Lonergan, Michelle; Brunet, Alain

Abstract: *CONTEXTE. Bien que plusieurs études montrent que les jeunes adultes ont plus de conséquences de santé mentale que les plus âgés pendant la pandémie, aucune d'entre elles n'a examiné linfluence de lâge sur les niveaux de détresse péritraumatique, un facteur important dans le développement de problèmes psychiatriques liés au stress et au trauma. OBJECTIF. Examiner l'influence de l'âge sur le niveau de détresse péritraumatique durant la COVID-19. MéTHODE. Un sondage international comprenant l'Inventaire de Détresse Péritraumatique (PDI) a été complété par 5,913 adultes. Une ANOVA unidirectionnelle a été appliquée pour*

*évaluer la variation entre les groupes d'âge sur le score total au PDI. Le test de chi carré a permis de comparer l'endossement aux items du PDI pour 3 sous-groupes d'âge (18-39, 40-49, 50+). RéSULTATS. Une différence statistiquement significative entre les groupes d'âge (_F _(5,5615)=31,721, _p_*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61679 - Snapshot

The Role of Emotional Eating in the Relationship Between Perceived Stress and Depressive Symptoms in Undergraduate Students

Presenting Author: Amestoy, Maya E

Additional Author: Fiocco, J Alexandra

Abstract: *With a rise in the prevalence of depression among undergraduate students, it is important to identify potential antecedents and modifiable factors in illness development. One of the most well studied etiological predictors of depression among young adults is perceived stress. However, research further suggests that the impact of stress on health outcomes may largely depend on the coping strategies employed. Emotional eating is an emotion-focused coping strategy that may be used to minimize negative affect stemming from perceived stress. Thus, this cross-sectional study examined the moderating role of emotional eating in the relationship between perceived stress and depressive symptoms among undergraduate students. A total of 100 undergraduate students (mean age = 20.2 years, 83% female) completed questionnaires that tapped into perceived stress, emotional eating behaviour, and depressive symptoms. Moderation analyses revealed a significant moderation effect (b = .016, t(91) = 2.728, _p_ = .008). Simple slopes showed that the magnitude of the association between perceived stress and depressive symptoms increased from low (b = .092) to moderate (b = .147) to high (b = .201) emotional eating tendencies. Findings suggest that perceived stress and emotional eating may have a synergist association with depressive symptoms among undergraduate students.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61297 - Snapshot

Interpersonal dysfunction in individuals high in chronic worry: Relations with interpersonal problem solving

Presenting Author: Malivoire, Bailee

Additional Author: Koerner, Naomi

Abstract: *BACKGROUND: Interpersonal dysfunction contributes to the development and maintenance of chronic worry, however, mechanisms remain largely unexplored. Negative beliefs about problem-solving (PS), unhelpful PS approaches (e.g., avoidant, impulsive), and PS effectiveness are implicated in worry and are proposed to be associated with dysfunctional interpersonal behavior. The present study assessed the indirect effect of PS processes on the relationship between interpersonal dysfunction and chronic worry. METHOD:_ N _=59 community participants high in chronic worry completed questionnaires and an interpersonal PS task. RESULTS: Greater interpersonal dysfunction was significantly associated with greater negative PS orientation (_r_ =.50), greater avoidant (_r_ =.41) and impulsive/careless (_r_ =.44) PS styles, and poorer PS effectiveness when the problem involved conflict with a romantic partner (_r_ =-.29). Negative PS orientation fully mediated the relationship between interpersonal dysfunction and chronic worry, _ß _= 1.59, 95%CI [.41, 3.13]. IMPACT: These novel findings support that greater interpersonal dysfunction is associated with maladaptive PS processes. Further, the findings provide preliminary evidence that negative beliefs about problems is a mechanism underlying the relationship between interpersonal dysfunction and chronic worry. Theoretical implications are discussed.*

A Review of the Quality and Psychological Components Within Chronic Pain Smartphone Applications

Presenting Author: Anderson, Koby M

Additional Authors: MacPherson, Megan; Bakker, Myfanwy; Holtzman, Susan

Abstract: *The ongoing COVID-19 pandemic has catalyzed growth in the areas of telehealth and the psychosocial treatment of chronic pain through online programs and smartphone applications. With hundreds of pain management apps on the market, it can be difficult for patients and practitioners to select an effective and evidence-based app for treating pain. As an updated review of the work by Portelli and Eldred (2016), the current study will systematically identify and evaluate pain management apps within the iOS and Android marketplace utilizing cognitive behavioural and/or mindfulness and acceptance-based approaches to chronic pain treatment that were released during 2014 and 2020. A total of 431 apps were identified, 68 of which have met our initial inclusion criteria and are specific to pain management. Apps incorporating psychological approaches will be assessed using the standardized Mobile App Rating Scale (MARS) and a standardized evaluation of the specific psychological components. Results will provide a robust overview of the features, usability, and the psychological theory implemented within each app, and inform recommendations regarding the most user-friendly and evidence-based pain management smartphone apps available for patient and practitioner use.*

Which sleep processes predict suicide and self-injury urges in borderline personality disorder?

Presenting Author: Varma, Sonya

Additional Authors: Ip, Jennifer; Fitzpatrick, Skye

Abstract: *Suicide and non-suicidal self-injury (NSSI) are highly common in Borderline Personality Disorder (BPD) and often preceded by urges to engage in them. Suicide and NSSI are associated with disrupted sleep processes. However, it remains unclear _which_ sleep processes influence suicide and NSSI urges_ _at rest (i.e., baseline) or following distress (i.e., reactivity) in BPD, obfuscating which distinct sleep processes require targeting in BPD-interventions. Accordingly, this study examined whether homeostatic ((total sleep time [TST]; time in bed [TIB]) and circadian (chronotype) sleep processes predict baseline suicide and NSSI urges and urge reactivity in BPD. Participants with BPD (n=40) completed a sleep diary for seven days to assess TST and TIB, and a questionnaire examining chronotype. They then rated suicide and NSSI urges at baseline and following an emotion induction during an experiment. Generalized estimating equations demonstrated that higher TST predicted lower NSSI urges at baseline (B=-.02, _SE_=.01), χ2(1)=4.61, _p=_.03, and lower suicide urge reactivity (B=-.11, _SE_=.04), χ2(1)=5.98, _p=._02. Higher_ _TIB also predicted higher NSSI urge reactivity (B=.08, _SE_=.03), χ2(1)=5.80, _p=._02. Findings suggest that targeting sleep deprivation and longer TIB in BPD interventions may reduce urges for, and thus decrease the likelihood of subsequent engagement in, suicide and NSSI.*

How relationship quality impacts support seeking and partner support for skin self-exams among melanoma patients

Presenting Author: Castelli, Samantha

Additional Authors: Bergeron, Catherine ; Korner, Annett ; Mackay, Sarah

Abstract: *BACKGROUND: Patients with melanoma use a variety of cognitive and behavioral strategies to cope with the physical and psychological challenges of the disease, such as support seeking. Skin self-examination (SSE) is a means for the early detection of subsequent melanomas among individuals at increased risk and is considered more effective when done with support from others. Given that melanoma can occur anywhere on the body, patients may feel more comfortable seeking self-exam support from a romantic partner. However, little is known about how this kind of partner support is impacted by the quality of the relationship. AIM: The present study examines whether relationship quality mediates the association between support seeking and perceived support for SSE. METHODS: We conducted a mediation analysis on a sample of 189 melanoma survivors (18y+) who completed measures of coping (Brief COPE), relationship quality (DAS), and perceived support for skin self-examination (SSE-support). RESULTS: Relationship quality accounted for the association between support seeking and partner support for SSE (before mediator β = .20, _p_ < .05; after mediator β = .14, p = .13). CONCLUSION: Findings suggest that relationship quality plays an important role in melanoma survivors' support seeking strategies. ACTION IMPACT: Clinicians providing educational interventions on the early detection of melanoma through SSE may address how to effectively communicate support needs within an intimate relationship. It can also be beneficial to include the romantic partner in the education on how to examine the whole body for early signs of skin cancer.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61582 - Snapshot

Factors predicting engagement of veterans and non-veterans with an online weight loss intervention

Presenting Author: Grimard, Natasha O

Additional Author: Knäuper , Bärbel

Abstract: *76% of Canadian veterans have overweight or obesity. Intensive online weight loss interventions are suggested to be a cost-effective treatment of overweight. However, these suffer from low participant engagement, which limits their effectiveness. Factors known to affect engagement in the general population have yet to be investigated in veterans. Considering the distinct socio-demographic and psychological profile of veterans, predictors and barriers to engagement might differ in this population.   Twenty-two veterans and 140 non-veterans participated in a free 10-week online lifestyle intervention for weight loss offered by Mission Vétérans Active Veterans (VAV). Demographic, psychological, and behavioural data were collected. Supported by health coaches and fellow participants, enrolled individuals received psychoeducational materials and tracked both exercise and behavioural change. Health coaches were interviewed post-intervention to gain a qualitative understanding of predictors and barriers to engagement in both groups.   Preliminary linear regression analyses suggest no difference in factors predicting veterans and the general population's engagement. Preliminary thematic analysis of interviews suggest that veterans were more deeply engaged with social aspects of the intervention than non-veterans.   These preliminary results suggest that factors that affect the general population's engagement in online weight loss interventions can be extended to veterans. They also suggest that online intervention developers for veterans should build in robust social components to maximize engagement.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61586 - Snapshot

Cancer du sein : L'impact psychologique de l'annonce du diagnostic

Presenting Author: Leblanc, Mélissandre

Additional Authors: Fortin, Justine; Brunet, Alain; Marin, Marie-France

Abstract: *L'annonce d'un diagnostic de cancer du sein, le type le plus commun chez les femmes, a presque toujours un impact psychologique et cause des symptômes de détresse psychologique. Cette méta-analyse déterminera la prévalence des symptômes à risque après l'annonce du diagnostic de cancer du sein, et avant les traitements. Dix bases de données ont été investiguées, et l'équipe de recherche a sélectionné les articles étudiés. 71 études ont été incluses dans l'échantillon final. La prévalence des symptômes est de 34,2% pour l'anxiété (_n_=21), 19% pour la dépression (_n_=25), 39% pour la détresse (_n_=13), 27% pour le trouble de stress post-traumatique (_n_=10) et 21% pour la mauvaise qualité de vie (_n_=2). Cette étude démontre que des symptômes de détresse psychologique peuvent apparaître après le diagnostic de cancer du sein, et avant le début des traitements. L'importance de cet intervalle de temps permettra aux cliniciens et chercheurs d'être alertes face à ce dernier.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 62436 - Snapshot

Facets of emotion dysregulation moderate the coping motives-cannabis problems relationship in emerging adults

Presenting Author: Shifrin, Alexandra

Additional Authors: Katz, L Jasmin; Goldstein, Abby L

Abstract: *Emerging adults (EAs) have the highest rates of cannabis problems relative to other age groups. Identifying factors contributing to cannabis problems is critical for developing effective methods to help EAs change their cannabis use. The purpose of the study was to examine the impact of specific facets of emotion dysregulation on the relationship between using cannabis to cope with challenging emotions and cannabis problems. Data were collected daily from 64 cannabis-using EAs who reported their cannabis use, motives, and problems over 30 days. Emotion dysregulation was assessed at baseline. Hierarchical linear modelling tested whether emotion dysregulation facets moderated the within-person relationship between coping motives and cannabis problems. Two significant facets of emotion dysregulation emerged: Nonacceptance of Emotional Responses and Limited Access to Emotion Regulation Strategies moderated the relationship between coping motives and cannabis problems. For EAs with greater Nonacceptance and Limited Strategies, cannabis problems were high on both coping-motivated and non-coping-motivated days; for EAs lower in these facets, cannabis problems were higher only on coping-motivated days. These results offer insight into the complexities of cannabis problems among EAs. For some facets, more adaptive emotion regulation strategies are protective against cannabis problems, and not as protective on days when use is motivated by coping with challenging emotions. Interventions may benefit from strategies that bolster specific emotion regulation strategies and address coping-motivated cannabis use.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64226 - Snapshot

COVID-19 and the Experiences and Needs of Staff and Management Working at the Frontlines of Long-Term Care in Central Canada

Presenting Author: Reynolds, Kristin Audrey Alison

Additional Authors: Ceccarelli, Laura; pankrat9@myumanitoba.ca, Lily; Snider, Tara; Tindall, Cameron; Omolola, Daniel; Feniuk, Chelsea; Turenne-Maynard, Julie

Abstract: *BACKGROUND Across the globe, long-term care has been under increased pressure throughout the COVID-19 pandemic. Within the Canadian context, this is the first study to examine the experiences and needs of long-term care staff and management during COVID-19. METHODS Our group conducted online survey research with n = 70 staff and management at public long-term care facilities in central Canada, using validated quantitative measures to examine perceived stress and caregiver burden; and open-ended items to explore stressors, ways of coping, and barriers to accessing mental health supports. RESULTS Findings indicate moderate levels of stress and caregiver burden; and highlight the significant stressors associated with working in long-term care during the COVID-19 pandemic (i.e., Rapid changes in pandemic guidelines; Increased workload; "Meeting the needs of residents and families;" Fear of contracting COVID-19 and COVID-19 coming in to long-term care facility; and Concern over negative public view of long-term care staff and facilities). 11% of our sample identified accessing mental health supports to cope with work-related stress; with most participants identifying barriers to seeking help. CONCLUSION Novel findings of this research highlight the significant and unmet needs of this high-risk segment of the population.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64345 - Snapshot

Can a secondary prevention group program help mothers with PostPartum Depression?

Presenting Author: Narvaez Linares, Nicolás Francisco

Additional Authors: Vandette, Marie-Pier; Firzly, Najat; MacAulay, Mark; Aubry, Tim

Abstract: *CONTEXT. Up to 15% of mothers experience significant symptoms of postpartum depression (PPD). Nonetheless, there are few intervention programs available to support these mothers. In addition, these programs are not always evidence-based.   OBJECTIF. The purpose of this study was to inform stakeholders if a secondary prevention program offered by a community agency, Family Services Ottawa (FSO) is effective to help mothers to cope with mild and moderate PPD symptoms. The 8-session psychoeducational group focuses on providing knowledge about PPD, cognitive-behavioural strategies, parenting, and family relationships.   METHOD. We followed a pre-post analysis (sessions 1, 4, 8) with two groups (n1=7 n2=7) using a combination of scales; the Edinburgh Postnatal Depression Scale (EPDS) and Generalized Anxiety Disorder scale (GAD-7) for group 1 and the EPDS and the Centre for Epidemiological Studies – Depression (CESD) for group 2. We performed paired-samples t-tests to examine differences between the two groups and Cohen's d were calculated to indicate the standardised differences between the mean of the pre- and post-group.   RESULTS. Our results showed that for both groups, there was a significant decrease (p*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 64428 - Snapshot

Making moves toward mental well-being: Male athletes' experiences of self-compassion in sport

Presenting Author: McLaughlin, Brea

Additional Author: Van Vliet, K. Jessica

Abstract: *Research has highlighted the mental health benefits of self-compassion, particularly as it serves an adaptive function in managing personal suffering and rebounding from adversity (Neff, 2003; Robinson et al., 2016). For athletes coping with setbacks in sport, self-compassion has proven effective as an intervention for*

enhancing positivity and perseverance (Ferguson et al., 2015) and buffering against self-criticism and rumination (Mosewich et al., 2013). To date, however, the literature has almost exclusively focused on female athletes. Furthermore, limited research exists on the meaning and experience of self-compassion among male athletes. Therefore, the purpose of our qualitative study was to explore male athletes' experiences of self-compassion in the context of competitive sport. We conducted semi-structured interviews with four male participants from a Canadian university varsity athletics program. Interpretative phenomenological analysis (IPA; Smith, Flowers, and Larkin, 2009) was used to understand how the participants experienced self-compassion in the context of their particular sports. The central themes that emerged will be presented, and the implications that follow from the study findings will be discussed in the context of counselling and psychotherapy.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 64447 - Snapshot

Mental health conditions during the perinatal period: Results from a nationally representative study

Presenting Author: Sommer, Jordana L

Additional Authors: Shamblaw, Amanda; Mota, Natalie; Reynolds, Kristin; El-Gabalawy, Renée

Abstract: *BACKGROUND: While some studies report elevated estimates of mental health conditions during pregnancy and postpartum, others suggest there may be no notable differences compared to non-perinatal females. This study examined mental health profiles of pregnant and postpartum females, with and without perinatal complications, compared to non-perinatal females. METHODS: We analyzed nationally representative data from the 2012-2013 National Epidemiologic Survey on Alcohol and Related Conditions (N =36,309; 51.9% female). A semi-structured interview assessed past-year DSM-5 mental health conditions. Multivariable regressions examined associations between perinatal status and mental health conditions, controlling for sociodemographics. RESULTS: Compared to females who were not pregnant in the past year, all perinatal groups had reduced odds of any substance use disorder (AORs:0.49-0.78), with the exception of those who were postpartum with complication. Those who were pregnant without complication also had reduced odds of any depressive/bipolar disorder (AOR=0.60, 95%CI [0.37-0.97]). Finally, those who were postpartum with complication had increased odds of any depressive/bipolar disorder and posttraumatic stress disorder (AORs:1.57, 1.99). CONCLUSION: Results highlight the importance of mental health screening among postpartum females who experience pregnancy or delivery complications.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 64716 - Snapshot

Understanding Deliberate Self-Harm in Adult Populations: An Integrative Review

Presenting Author: Brekelmans, Stephanie

Abstract: *Self-harm is an important issue and is considered a significant public health problem especially for adolescents (Cottrell, 2013; Mcmahon et al., 2013) and is arguably an important topic for adults. This study therefore looked at creating a more holistic understanding of self-harm in adult populations and examine if there are qualitative differences between adult and adolescent self-harm. This was done by conducting an integrative review on studies done on the topic of self-harm in community based populations of adults between the years 2001 and 2020. The categories of interest consisted of: demographics; risk factors; motivators; techniques of self-injurious behaviour; social contagion; assessment; treatment; and prevention. After this the results were compared to the results found in an integrative review on adolescent self-harm conducted by Wilkinson (2011) that encompassed studies done from 2001-2010 along with an update conducted during this study to encompass 2011-2020 to ensure comparability. An additional analysis was conducted to look at adult self-harm and coping as and the increasing presence of social media. Preliminary results show a large portion of studies are cross-*

sectional in design and utilize college samples. Also, results on gender differences are inconclusive as many find no differences and those that do find contradicting results.

Section: Counselling Psychology / Psychologie du counseling
Session ID: 64936 - Snapshot

Assessing Risk of Perpetrating Institutional Sexual Misconduct: Findings from a Sex Offender Facility

Presenting Author: Mitchell, Damon

Additional Authors: Freidinger, Elissa; Angelone, D. J.

Abstract: *BACKGROUND: In the United States, the Prison Rape Elimination Act (PREA) requires prisons and community confinement facilities to assess prisoners' risk for institutional sexual assault victimization and perpetration. The present study examined the reliability and validity of a new PREA Perpetrator Risk (PPR) scale. METHODS: 172 male sex offenders admitted to a secure residential treatment facility were administered the PPR scale upon admission and 30-days later. Incidents of prisoner-on-prisoner inappropriate sexual behavior yielding a PREA investigation served as the dependent variable. Measures of general criminal risk, sex offense risk, psychological distress, substance abuse, and criminal thinking served as additional correlates. RESULTS: Test retest reliability for the scale was .98. Higher scores were associated with greater overall criminal risk, sex offense risk, poor mood, a history of a substance use problem, and criminal thinking. Receiver Operating Characteristic analysis indicated the scale was somewhat effective in discriminating perpetration while in the facility (AUC = .63) compared to the LSI-R (AUC = .70) and Static-99 (AUC= .45). CONCLUSIONS: Risk for institutional sexual misconduct is an emerging of research. Risk factors for institutional perpetration may be different from those associated with perpetration of sexual offenses in the community. ACTION: Given that the majority of prisoners are not sex offenders and are not held in specialized treatment facilities, the next steps in the validation process include evaluation of the PPR scale in a non-sex offender institution.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 64990 - Snapshot

The Self-Absorption Paradox Revisited: Journaling Improves Psychological Wellbeing for Self-Reflective Individuals

Presenting Author: MacIsaac, Angela

Additional Author: Mushquash, Aislin

Abstract: *Background/Rationale: Self-reflection is often viewed positively; paradoxically, self-reflective individuals tend to be higher in distress, potentially because they also engage in rumination. Journaling is an activity that utilizes self-reflection and is associated with positive outcomes. The purpose of the current study was to assess whether dispositional self-reflection 1) predicts journal use, and 2) moderates the benefit gained from journaling. Methods: For 28 days, participants accessed a smartphone app that contained a variety of features including a journal to promote positive self-reflection. Self-reflection and rumination were measured at baseline and outcomes of self-regulation, affect, and wellbeing were assessed throughout app usage. Journal usage was also measured throughout. Results: Regression analyses demonstrated baseline dispositional self-reflection did not predict journal use; however, multilevel modeling revealed that when controlling for rumination, the extent to which journaling improved wellbeing over time depended on dispositional self-reflection. Conclusions: Journaling improves wellbeing for those who are self-reflective. Action/Impact: Using positive writing prompts when journaling may help steer self-reflection away from rumination in promoting wellbeing.*

Pregnancy During The COVID-19 Pandemic: A Qualitative Examination of Ways of Coping

Presenting Author: Reynolds, Kristin A A

Additional Authors: Pankratz, Lily; Cameron , Emily E; Roos, Leslie E; Giesbrecht , Gerry F; Lebel, Catherine; Tomfohr-Madsen, Lianne M

Abstract: *BACKGROUND: The COVID-19 pandemic and related restrictions have impacted the mental health and coping strategies of many population groups, including people who are pregnant. Our study sought to explore the ways that pregnant people were coping with the pandemic. METHOD: N = 5,879 pregnant people completed the pan-Canadian Pregnancy During the COVID-19 Pandemic Survey between April and Dec 2020. We used descriptive statistics to quantify sociodemographics and thematic analysis (Braun and Clarke, 2006) to examine open-ended responses to the question "_Can you tell us what things you are doing to cope with the COVID-19 pandemic?" _We used NVivo qualitative research software for data organization. FINDINGS: Participant mean age was 32.3 years (SD = 4.4), with the majority identifying as Caucasian (74.3%), married (70.6%), completed post-secondary education (85.7%), and working full-time (69.0%). The most common ways of coping identified by participants included connecting socially (by virtual means, time with immediate family, telephone, and physically distanced visits) as well as taking care of oneself (by accessing supports, spending time outdoors, exercising, and meditating). Though most of the sample described active and helpful ways of coping, participants also endorsed worries about the future, lack of social support, loss of coping strategies, stress associated with changes to prenatal appointments, and specific challenges associated with coping with pregnancy complications or being an essential service worker during the pandemic. CONCLUSION: Findings highlight important implications for targeted supports.*

The relationship between worry-related processes and concreteness in written exposure for GAD

Presenting Author: Vieira, Jenna L.

Additional Authors: Malivoire, L. Bailee; Cupid, Justice M.; Ovanessian, Melina M.; Koerner, Naomi

Abstract: *BACKGROUND: Written exposure (WE) entails writing about a worst fear to facilitate emotional processing. Concreteness, the extent to which one writes in detail about this fear, is implicated in WE's therapeutic potential for generalized anxiety disorder (GAD; Goldman et al., 2007). As concreteness may influence the reduction of GAD symptoms in WE, it is important to clarify whether it differs depending on individual differences in worry-related processes. This study investigated the relationship between concreteness in WE and cognitive avoidance (CA), intolerance of uncertainty (IU), negative problem orientation (NPO) and fear of anxiety (FA). METHODS: _N_=62 adults with GAD completed four sessions of WE; only the first was examined. They were instructed to write in detail about their worst fear unfolding. Scripts were coded for concreteness. RESULTS/CONCLUSIONS: Concreteness was not associated with IU, NPO or FA (all _p_'s>.05) but was positively, significantly associated with CA (_r_=.28, _p_=.03). Those who endorsed a greater habitual tendency to avoid details of feared events wrote more concretely about their worst fear in WE. A third variable, such as greater adherence to task instructions, may account for this paradoxical relationship. IMPACT: Findings broaden our understanding of the role of individual differences in WE and may inform its optimization as an intervention for GAD.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65170 - Snapshot

Examining the Temporal Associations Between Excessive Gaming and Depression

Presenting Author: Rapinda, Karli K

Additional Authors: Kempe, Tyler; Kruk, Richard; Edgerton, Jason; Wallbridge, Harold; Keough, Matthew

Abstract: *Excessive video gaming co-occurs with depression. Current literature provides mixed support for three different models of temporal precedence: the vulnerability model, the scar/complication model, and the reciprocal model. This study examined directional associations between excessive gaming and depression, using a short-term, multi-wave study design. A sample of 289 participants from across North America completed a three-wave fourweek study through MTurk. Participants filled out measures at baseline, two weeks and one month, assessing time spent playing video games, intensity of gaming problems, and depression symptoms. Two cross-lagged panel models (CLPMs) were run to test temporal associations between depression and excessive gaming. The first CLPM showed evidence for reciprocal effects between depression and gaming-related problems; however, effects over time were more consistent for depression preceding excessive gaming problems (vulnerability model). The second CLPM showed no cross-lagged associations between depression and time spent gaming. Both models were invariant across gender. Results further knowledge of temporal associations between depression and excessive gaming and clarify depression's unique relation to gaming-related problems. Results support the utility of targeting depressive symptoms in young people with gaming problems.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65185 - Snapshot

Prospective Association Between Self-esteem and Emotional Distress: Moderating Role of Aspiration to Employability

Presenting Author: Alawie, Fatima

Additional Authors: Bellemare-Lepage, Agathe; Yale-Soulière, Gabrielle; Pascal, Sophie

Abstract: *Emotional distress has become a major issue for adolescent students as they are exposed to academic pressure. As part of a longitudinal study, we used data from 3492 students. We examined the moderator role of aspiration to employability in the relation between positive and negative self-esteem and emotional distress (depressive and test anxiety symptoms) before and after controlling for confounding variables. Results of hierarchical linear regressions showed a significant relationship between positive and negative self-esteem and emotional distress even after adjusting for control variables. Results also showed a statistically significant interaction between positive self-esteem and aspiration to employability in predicting test anxiety symptoms (b= -.013, _p_ < .05). Positive self-esteem was associated with reduce test anxiety symptoms in youth with high level of aspiration to employability (b= -.015, _p_ < .001), but not for those with low level of aspiration to employability (b= -.003, _p _= .494). Students with better self-esteem appear to have less risk for developing emotional distress. This study adds novelty by showing that aspiration to employability is a potential protective factor against emotional distress, especially against test anxiety symptoms. Therefore, schools should create vocational training programs allowing adolescents to project themselves into the future.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65207 - Snapshot

Defining Self-Care in First-Year Undergraduate Students: A Qualitative Analysis

Presenting Author: McGuinness, Claire

Additional Authors: Pagaling, Rachel; Nordstokke, David

Abstract: *IT IS WELL KNOWN THAT STRESS AMONG UNDERGRADUATE STUDENTS CAN NEGATIVELY IMPACT ACADEMIC PERFORMANCE AND PERSONAL WELL-BEING. MINDFUL SELF-CARE HAS BEEN SHOWN TO REDUCE STRESS IN POST-SECONDARY STUDENTS ENROLLED IN A MEDICAL DEGREE. HOWEVER, THERE IS A LACK OF RESEARCH INTO THE ROLE THAT SELF-CARE PLAYS IN FIRST-YEAR UNDERGRADUATE STUDENTS. QUALITATIVE DATA FROM A LARGER STUDY EXAMINING RESILIENCE AND MINDFUL-SELF CARE INCLUDED A SAMPLE OF 165 FIRST-YEAR UNDERGRADUATE STUDENTS. STUDENTS ALSO ANSWERED THE QUESTION: "WHAT DOES SELF-CARE MEAN TO YOU." QUALITATIVE DATA WAS EXTRACTED AND WAS ANALYZED WITH THEMATIC ANALYSIS, WITH 5 THEMES ARISING: (1) HOLISTIC CARE; (2) ENGAGING IN ACTIVITIES THAT BRING JOY AND RELIEVE STRESS; (3) ENGAGING IN INTERPERSONAL ACTIVITIES AND INVOLVE FRIENDS AND FAMILY; (4) CREATING BALANCE; (5) TAKING TIME TO FOCUS ON ONESELF. THE PRESENT STUDY IDENTIFIES WHAT SELF-CARE MEANS TO UNDERGRADUATE STUDENTS AND WILL INFORM PROGRAMS AND SERVICES PROVIDED TO UNDERGRADUATE STUDENTS TO IMPROVE THEIR OVERALL MENTAL HEALTH AND WELL-BEING. IMPLICATIONS FOR PRACTICE AND FUTURE RESEARCH DIRECTIONS ARE DISCUSSED.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65259 - Snapshot

The impact of COVID-19 on mental health around the world: Results from the iCARE Study

Presenting Author: Gosselin Boucher, Vincent

Additional Authors: Deslauriers, Frédérique; Fortin, Annabelle; Woods, Robbie; Joyal-Desmarais, Keven; Stojanovic, Jovana; Vallis, Michael; Corace, Kim; Stewart, Sherry h.; Bacon, Simon L.; Lavoie, Kim L.; on behalf of the iCARE Study Team, -

Abstract: *With the rapidly evolving COVID-19 pandemic, peoples mental health appears to be particularly hard hit, and support is not always present or mobilised for at-risk populations. METHODS: This study aimed to identify the mental health impacts of COVID-19 around the world, and to identify how such impacts vary according to specific demographic characteristics. As part of the iCARE study (_WWW.ICARESTUDY.COM_), general linear modelling analyses were used to compare mental health impact according to age and sex among those who responded to an online survey between May and December 2020 (n=28,005). RESULTS: Compared to men, women reporting feeling _TO A GREAT EXTENT (UPPER QUARTILE)_ more anxious, depressed and lonely (p's*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65265 - Snapshot

Parenting a Child Through Mental Health Difficulties: A Focus on Caregivers with a Self-Reported History of Personal Trauma

Presenting Authors: Panzarella, Emily ; Darking, Serena

Additional Author: Foroughe, Mirisse

Abstract: *Caregivers' responses to their child's mental illness can greatly impact a child's likelihood of recovering. For caregivers with personal histories of intrafamilial trauma, it can be even more challenging to help a child through their emotional and behavioural difficulties. This study compared treatment outcomes for caregivers with and without a reported history of intrafamilial trauma. In total, 356 parents attended a 2-day emotion focused caregiver workshop aimed at increasing parental efficacy and practical skills to support a child recovering from mental health difficulties. A unique aspect of this intervention is the process of identifying, working through, and resolving caregiver's emotion blocks, which can result from a caregiver's own trauma and mental health history. Caregivers completed questionnaires at registration, pre- and post-treatment, and 4-months after treatment. Caregivers in both groups showed significant improvements in their self-efficacy and ability to overcome their emotion blocks. Significant improvement was also found in child mental health and behaviours 4 months following the intervention. Results suggest that this brief, emotion focused caregiver approach holds promise as an intervention to support parents in aiding their child's mental health recovery. Clinical implications and future direction for research will be discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65294 - Snapshot

Empowering Caregivers in Supporting Their Child's Treatment and Recovery: Clinical Applications of the Adult Attachment Interview

Presenting Authors: Panzarella, Emily ; Darking, Serena

Additional Author: Foroughe, Mirisse

Abstract: *The Adult Attachment Interview (AAI) asks parents to reflect on how their intrafamilial history has impacted the relationship with their own child. This study examined: 1) The effectiveness of an emotion focused caregiver intervention for parents caring for children with mental health problems; and 2) Whether administering the AAI before an emotion focused caregiver intervention (Emotion Focused Family Therapy; EFFT) impacts treatment outcomes. Group randomization assigned 243 caregivers to one of two conditions: 1) Standard EFFT; or 2) EFFT paired with the AAI. Parents completed questionnaires before, immediately after, and at 4-, 8-, and 12-months after the workshop. There were significant improvements in parental self-efficacy, parental blocks, and child symptomatology in both conditions. Parents who completed the AAI reported even greater improvements during the follow-up period. While standard EFFT directly acknowledges a parent's response to their child's mental health difficulties, conducting the AAI may improve long-term outcomes for clients. Limitations of the study and implications for clinical practice and future research are discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65297 - Snapshot

The Impact of COVID-19 on the lives of Canadians with non-communicable chronic disease: Results from the iCARE Study

Presenting Author: Deslauriers, Frédérique

Additional Authors: Stojanovic, Jovana; Gosselin Boucher, Vincent ; Desmarais-Joyal, Keven; Woods, Robbie; Fortin, Annabelle; Vallis, Michael; Corace, Kim; Campbell, Travis; Presseau, Justin; Stewart, Sherry H; Bacon, Simon L; Lavoie, Kim L; on behalf of the iCARE Study Team, -

Abstract: *COVID-19 has disrupted life for the vast majority of Canadians. Those with chronic disease (CD; e.g., cardiovascular/ respiratory disease) are more vulnerable to negative impacts of the pandemic due to their disease status and increased risk of COVID-19 complications. _METHODS_: This study aimed to identify the*

impacts of COVID-19 on the lives of Canadians with CDs compared to those without CDs, and to identify the life domains most affected (e.g., interpersonal relationships, health behaviours, access to medical care, mental health). As part of the iCARE study (WWW.ICARESTUDY.COM), a nationally representative online survey of 3005 Canadians aged of 18+ was conducted between June 4-17. RESULTS: General linear model analyses indicated that, compared to those without a CD (N=1783), individuals with a CD (N=1195) reported being more likely to have cancelled medical appointments or ER visits (25% vs 16%), and had more difficulty accessing non-COVID-19-related medical care (14% vs 8%) (p's

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65393 - Snapshot

Characteristics of Onboarding Questionnaires Proposed by Mobile Health Applications for Tobacco Cessation: Reviewing the Content and Quality of Assessment Tools.

Presenting Author: Luce, Christelle

Additional Authors: Hanigan, Éric; Körner, Annett

Abstract: *Background: Cigarette and e-cigarette addiction, like diabetes and obesity, is considered a chronic problem for which behavioral change can be promoted through mobile health applications. There are hundreds of such applications that claim to help smokers overcome their nicotine addiction. Few have empirically demonstrated their effectiveness. Just as the patient evaluation and monitoring guides the clinicians intervention, the initial and ongoing evaluation of the app user is taken into account by the creators of the algorithms to select and organize and personnalize the content and functionalities that will be delivered to the user. However, little is known about the characteristics of the onboarding assessments offered by smoking cessation mobile apps. Methods: 1). We conducted a scoping review of the scientific literature on the development and validation of evaluation tools contained in smoking cessation mobile applications. 2). We conducted a systematic search of English and French smoking cessation apps in Iphone apps store and Android apps store. We selected the top 50 applications that were rated most highly by users and we systematically identified the content of the initial evaluation of each app. We then examined the adherence of these contents to Canadian smoking cessation treatment guidelines. Results: To our knowledge, no onboarding tool assessing smokers who start a smoking cessation process via a mobile application has been empirically developed, validated and published in a peer-reviewed journal. The vast majority of applications do not offer a good quality onboarding evaluation. The assessment tools are very brief and seem arbitrary. They do not correspond to the standards of Canadian guidelines. Conclusions and impact: The onboarding evaluations found in mobile cessation applications should be improved. If it is not a gimmick but truly a device to help individuals change their behavior, then development and validation of assessment tools should be as rigorous and transparent as in traditional clinical settings.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65397 - Snapshot

The Impact of COVID-19 on Mental Health and Substance Use Workforce Capacity

Presenting Author: Atanackovic , Jelena

Additional Authors: Bartram , Mary; Leslie, Kathleen ; Tulk , Christine ; Rice, Danielle; Chamberland-Rowe, Caroline ; Mirshahi, Raha; Bourgeault , Ivy

Abstract: *Psychologists and other mental health and substance use (MHSU) service providers occupy a unique position in responding to rising individual, community and population health needs arising from the COVID-19*

pandemic. Despite their important role, research on the capacity of the broader MHSU workforce to respond to these needs is scarce. We report on a mixed-methods, Canadian study that involves a synthesis of the academic and grey literature (completed), complemented by an online survey of providers and in-depth interviews with stakeholders (both of which are planned for February and March 2020). While few reviewed studies focus on capacity, preliminary results of literature show that: a. COVID-19 or other pandemics/disasters have had negative impacts on MHSU workforce capacity for service provision; b. the MHSU workforce has modified its service provision in order to better respond to the needs of the population during crisis; and c. specific services for different genders and racialized populations are important for meeting MHSU needs during COVID-19. Taken together, our findings will have implications for provision of MHSU care to better match access to MHSU services with the people who need them the most, including equity considerations.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65455 - Snapshot

The Changing Sense of What One Needs: Social Support and Re-negotiating Identity after Sports-Related Concussions

Presenting Author: Kintzel, Franziska

Abstract: *BACKGROUND/RATIONALE: Sports-related concussions and their impact on athletes have been recognized as a pressing concern, as their hidden psychosocial severity is often underestimated. Removal from play and prolonged rehabilitation are common occurrences post-concussion and have been associated with changes in the athlete's understanding of their identity in relation to their sports. Social support has been found to be relevant in this context as it combats isolation of the athlete post-injury and facilitates access to helpful coping tools. Yet, an understanding of the integration of identity after sports-related concussions and social support has not yet been provided. ACTION/IMPACT: This presentation will address the psychosocial implications of sports-related concussions in relation to athletic identity in addition to the relevance of social support in this context. A call for action is made to increase awareness of the mental health implications of sports-related concussions and extend research on the association between social support and identity re-negotiation in athletes post-concussion.*

Section: *Sport and Exercise Psychology / Psychologie du sport et de l'exercice*
Session ID: 65577 - Snapshot

Women Survivors of Adolescent Dating Violence Describe the Maintenance of Their Abuse Relationships: First Person Narratives via YoutTube

Presenting Author: Hegel, Jennifer

Abstract: *Objective: Adolescent dating violence is a prevalent issue affecting adolescent girls at alarmingly high rates internationally. While several theories and previous research on the maintenance of abusive relationships exist, most focus on adult women. Little is known about the maintenance of abusive relationships in adolescence, particularly from the perspective of survivors. The current study explores the narratives of young women on their own experiences with adolescent dating violence and focuses on their perceptions of the relevant factors that maintained the relationship over time. To this end, we analyzed seven publicly available videos on YouTube of women explaining their experiences of adolescent dating violence, including how they perceived their relationships to be maintained over time. Method and Results: Using theoretical thematic analysis, we identified four major sources these survivors perceived as contributing to the maintenance of adolescent dating violence: The Self, the Partner, the Relational Dynamic, and Other People. Conclusion: Many of our findings expand on previous research related to dating violence dating violence, providing support to extend pre-existing theories to adolescent girls. Yet, this study appears to be the first to establish adolescent dating violence as experiences perceived by survivors to have multiple interpersonal influences (i.e., Other People), thereby*

emphasizing the multi-faceted nature of adolescent dating violence. Future research should continue explore the perspectives of adolescent survivors and their social networks to aid in the development of effective bystander training, community and familial supports, and safety plans that can help adolescent girls experiencing dating violence successfully and promptly terminate their relationships.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65694 - Snapshot

Standard Workshop

Self-Care and Wellness for Students During the COVID-19 Pandemic

Presenting Authors: Richard, Alexandra ; Angehrn, Andréanne ; Boles, Nicole Joanna

Abstract: *Students have been found to experience heightened distress throughout their studies (Bewick et al., 2010). The COVID-19 pandemic has substantially impacted student life with the abrupt shift to remote learning, which may further increase students' stress, exhaustion, and may even lead to burnout. Indeed, stress among psychology students can negatively impact academic performance and personal well-being (e.g., El-Ghoroury et al., 2012). Research has highlighted the importance of self-care as a way to prevent the negative consequences of stress and promote well-being (e.g., Colman et al., 2016). In this workshop, we will begin by highlighting the current challenges and stressors faced by students, both generally and in light of the COVID-19 pandemic. We will discuss the importance of self-care, research supporting the use and efficacy of self-care, and will outline how to select different self-care strategies and adopt a self-care plan. During this workshop, participants will be invited to discuss and share their own self-care techniques in an open and collaborative environment. We will also foster a conversation on the importance of and barriers to self-care, with a specific focus on the challenges related to remote learning. This workshop's learning objectives are to 1) inform students on the signs and effects of stress, particularly in the context of the COVID-19 pandemic; 2) provide practical self-care strategies; and 3) facilitate an open discussion about students' own self-care strategies and challenges with implementing self-care.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 61316 - Standard Workshop

Shame in the context of healthcare: A mindful approach.

Presenting Author: Whelan, Beth M.

Additional Author: Luck, Patricia

Abstract: *This workshop will explore shame in the context of health care professionals lives, through interpersonal dialogue and contemplative practice. Bynum et als (2018) recent study calls for this exploration, as the analysis revealed shame to be a highly physical and emotional experience that can be triggered by events related to patient care, learning, and personal goals. The effects of shame were negative and included social isolation, feelings of depression and burnout, diminished physical wellness, unprofessional behavior, and impaired empathy. Mindful Practice is an empirically-validated approach, that assists in exploring awareness of shame, investigating the sources and impact of shame, illuminating the personal impact of such experiences and identifying individual qualities that mitigate the negative effects (Krasner et al, 2009). Mindful Practice impacts clinician well-being, quality of care given, and quality of caring. Participants benefit from sharing their stories, as they experience less isolation and learn self-care tools through the practices. We have developed this session as a powerful and useful response to the need for the cultivation of engagement, empathy and shame-resilience in health care practioners as a strategy to promote wellbeing in the learning and work environment.*

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 61734 - Standard Workshop

"All actual life is encounter": An existential-phenomenological therapy group

Presenting Author: Klaassen, Derrick

Additional Author: Kwee, Janelle

Abstract: *In his book I and Thou (1923/1970), Martin Buber proposed that people develop authentic ways of being through genuine, open and vulnerable relationships with other persons. This dialogical principle serves as a foundational model for present-day Existential Analysis (EA). EA is a phenomenological and person-centered therapy that promotes living with inner consent, making free, authentic choices, and discovering a responsible way of dealing with oneself and the world. The framework of EA articulates four conditions for fulfilled existence: the ability to be, experiencing goodness in life and relationships, being oneself authentically, and engagement with meaningful activities. This workshop introduces participants to a therapy group that facilitates engagement with the existential themes of EA. Through didactic and experiential means, the facilitators outline clinical and methodological features of a process-oriented group aimed at promoting flourishing and existential fulfillment. The aims of the group are to develop and strengthen personal capacities, such as acceptance, emotional attuning to oneself/others, personal positioning, and finding meaning in life. With the guidance of experienced EA therapists and clinical trainers, workshop participants will become familiar with the theoretical basis, phenomenological process, and experiential elements of this group.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61750 - Standard Workshop

Experiential Virtual Psychotherapy & Educational Exercises for Children: A Second Wave Positive Psychology Approach

Presenting Author: Armstrong, Laura L

Abstract: *EDUCATIONAL OBJECTIVE: At the conclusion of this session, the participants should: 1) Have an understanding of an evidence-based Second Wave Positive Psychology framework that integrates Rational-Emotive, Attachment, and Logotherapy theories. 2) Build a repertoire of experiential activities grounded in this framework that can be used in virtual therapy with children and families. 3) Understand educational adaptations of mental health promotion exercises for use in virtual classrooms (or regular classrooms). BACKGROUND/RATIONALE: In normal times, 20% of children and youth experience significant emotional, behavioural, or social challenges. During COVID-19, however, over _half _of parents have reported significant mental health symptoms in their children. Specifically, depressive symptoms, anxiety, contamination obsessions, family well-being challenges, and behavioural concerns have emerged globally for children during the pandemic. Without appropriate treatment or prevention, such concerns may hinder positive development, personal life trajectory, academic success, and inhibit children from meeting their potential. In response to this need, through extensive collaboration with four English and French school board mental health teams, children, families, child media and non-profit experts, school teachers, and mental health experts, we developed a national SSHRC-funded mental health promotion program for children (https://soundofthemuse.com/magic-mirror/ [1]). During this time period, we adapted all of the hands-on exercises for this program for virtual use in the classroom and for virtual therapy. Through our ongoing research, our program has been found to enhance child internalizing and externalizing mental health, openness to experiences such as learning, feelings, and trying new things, self-esteem, and hope for the future. THEORETICAL FRAMEWORK: One of the unique aspects of our program is it's meaning-centred focus, grounded in a Second Wave Positive Psychology framework. As a Second Wave Positive Psychology approach, rather than traditional Positive Psychology, the program emphasizes all feelings as important in the journey toward meaning and well-being, and not just positive feelings. Further, Second Wave Positive Psychology has a meaning-centred focus. A sense of meaning is important to children, as it is associated with positive mental health and fewer behavioural problems. Research has yielded findings that meaning is also particularly relevant during difficult times, such as the current pandemic. The Second Wave Positive Psychology approach that was developed and evaluated in our research*

lab is called R.E.A.L.: Rational-Emotive, Attachment, Logotherapy. To date, to our knowledge, no integrative approaches incorporating meaning have been developed to promote positive mental health in school children.   IMPACT/YOU WILL LEARN: Experiential virtual psychotherapy and educational exercises extracted from our school-based mental health promotion program will include: Social-emotional literacy skills; brief enjoyable activities to use in response to emotional "alarm bells;" mindful relaxation strategies; connection between thoughts and feelings activities; identifying unhelpful thoughts activities; evidence-testing and problem-solving; choice and responsibility regarding thoughts, feelings, and meaningful pursuits; social perspective-taking and connection skills; the relationship between positive feelings, giving, and gratitude; how to make a meaningful difference in the family, school, and community or larger world; planning longer-term meaningful activities, and the relationship between regular activities to look forward to and well-being.Links:------[1] https://soundofthemuse.com/magic-mirror/

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64680 - Standard Workshop

Symposium

Feminist Perspectives on Canadian Women's Experiences with Polycystic Ovary Syndrome (PCOS)

Moderator: Soucie, Kendall

Abstract: *Polycystic ovary syndrome (PCOS) is the most common endocrine disorder in women of reproductive age, affecting 1 in 10 women worldwide (Wolf et al., 2018). It involves metabolic/endocrine and reproductive symptoms including but not limited to insulin-resistance, obesity, menstrual irregularities, infertility, alopecia, and hirsutism. Identity and body image are also affected as women with PCOS position themselves as "masculine," "freakish," and/or "abnormal" in relation to Western ideals of body type and size (Kitzinger and Willmott, 2002). Coffee et al. (2006) argue that PCOS has a greater impact on women's physical and psychological health than other chronic health conditions (e.g., asthma, epilepsy, fibromyalgia, arthritis, heart disease). Despite its prevalence and improved diagnostic criteria over the past two decades, PCOS remains elusive, frequently misdiagnosed, and neglected as a women's health condition (Soucie et al., 2019, 2020). This disconnect is the purpose of our symposium: to bring together the voices and perspectives of women living with PCOS in Canada. Through a series of three papers, we capture the myriad of disparities in the provision of healthcare services that women with PCOS experience on a regular basis (Paper 1). We then explore through the collection of personal narratives how women negotiate femininity and [ab]normality within the context of culturally proscribed standards of beauty (Paper 2). Then, a feminist post-structural discourse analysis interrogating the narratives surrounding health and femininity in relation to PCOS is discussed (Paper 3). Together, we capture, critically interrogate, and then offer practice and policy implications for PCOS healthcare in Canada.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61326, Presenting Papers: 61352, 61353, 61354 - Symposium

The role of obesity stigma in length of time-to-diagnosis in women with polycystic ovary syndrome: A survival analysis

Presenting Author: Soucie, Kendall

Additional Authors: Samardzic, Tanja; Schramer, Kristin; Ly, Cindy; Katzman, Rachel; Citron, Noelle; Elgie, Christine

Abstract: *Polycystic ovary syndrome (PCOS) is the most common endocrine disorder among women of childbearing age (approximately 8-13% of women worldwide; Wolf et al., 2018). PCOS involves a complex*

intersection of reproductive and metabolic/endocrine abnormalities (e.g., insulin-resistance, obesity, menstrual irregularities) as well as mental health concerns (Gibson-Helm et al., 2018), which if untreated can progress into chronic health problems. Despite its prevalence, many women remain undiagnosed/misdiagnosed leading to diagnosis lays (Farrell-Turner, 2015). In the present study, PCOS-diagnosed women (N =131; M = 28.56, SD = 6.93, range = 18-47; average BMI = 32.70) completed online measures regarding their diagnosis experiences including number of practitioners seen, length of time-to-diagnosis (TTD), physical and mental health functioning (SF-30; Ware and Sherbourne, 1992) and PCOS-related symptom concerns (PCOSQ; Nasiri-Amiri et al., 2016). The median length of TTD was 30 months, and women saw four specialists on average. Women with higher BMIs experienced a longer TTD which in turn had a significant impact on mental and physical functioning, but only for women with high PCOS-related symptom limitations. These results suggest that it is crucial to address the socio-cultural implications of obesity stigma on diagnostic delays. These disparities in the provision of health care services place women with PCOS at a greater risk for physical and mental health complications in the future.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61352 - Paper within a symposium (Symposium ID: 61326)

"I didn't feel normal": Young, Canadian women with polycystic ovary syndrome

Presenting Author: Samardzic, Tanja

Additional Authors: Soucie, Kendall; Rakus, Marissa; Shuart, Cheyene

Abstract: *Polycystic ovary syndrome (PCOS) is a highly gendered disorder that involves debilitating symptoms like excess body hair, weight gain, and fertility/pregnancy concerns, all of which disrupt Western conceptions of femininity and violate the bounds of normality (Kitzinger and Willmott, 2002). Societal expectations of femininity are particularly salient for young women, who must conform or be otherized (Piran, 2017; Rice, 2014). The experiences of 10 young women aged 18 to 22 were selected from a larger study on diagnostic experiences with PCOS. Guided by reflexive thematic analysis (Braun and Clarke, 2019) through a critical feminist lens, key themes were highlighted: (a) justifying abnormality, (b) pathologizing the 'abnormal,' and (c) fear of failure in pregnancy. Young women described feeling "weird" and "not normal" as a result of symptoms and expressed worries about their ability to adhere to gendered expectations. We argue that the blanketing of these desirable states as 'normal' has pervasive implications for women's lives and leaves them feeling defective and/or inadequate, which was further reinforced by implicit, gender-based power-dynamics in medical institutions when women sought care. Since up to one-quarter of women worldwide may experience symptoms like excess body hair and persistent weight gain, a reformation of what normal means with respect to the expectations of women in Western society is needed. Implications for future research in terms of body image, intersectionality, and healthcare delivery are discussed.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61353 - Paper within a symposium (Symposium ID: 61326)

Unfeminine, unhealthy and unusual: Women's experiences of polycystic ovary syndrome (PCOS)

Presenting Author: Fabricius, Alexis

Additional Author: O'Doherty, Kieran

Abstract: *Polycystic ovary syndrome (PCOS) is the most common endocrine disorder among reproductive-aged girls and women. Despite its prevalence, we know relatively little about how PCOS shapes women's everyday lives, including their subjectivities, practices or embodiment. While some studies have considered the gendered implications of PCOS, such considerations yield only surface-level understandings of the syndrome, as they often fail to include gendered health implications, as well. As such, this project seeks to achieve a better understanding of how important concepts like health and gender are implicated by a PCOS diagnosis to highlight the ways in which biomedical discourses can serve as regulatory forces in women's lives. Using a*

feminist poststructural discourse analysis (Gavey, 1989, 2011; Weedon, 1987), I analyze 20 interviews with women with PCOS to answer the questions, (1) How do women with PCOS characterize their bodies?, and 2) Into what social and material practices do those characterizations then translate? Drawing on Shildrick (2002)'s theory of the monstrous, as well as Foucault's (1995) concept of technologies of the self (and Bartky's (1997) related concept, technologies of femininity), I construct two characterizations out of the women's talk: Monstrous and Undocile. Taken together, these characterizations demonstrate the extent to which biomedical narratives that construct health and gender as being mutually exclusive pervade the participants' talk, subsequently influencing participants' perceptions of their bodies and capabilities. Implications for healthcare are discussed.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61354 - Paper within a symposium (Symposium ID: 61326)

Mindfulness, relationality and sexuality in survivors of childhood interpersonal trauma

Moderators: Godbout, Natacha ; Dussault, Éliane

Abstract: *Childhood interpersonal trauma (CIT, child maltreatment, sexual abuse, etc.) is an endemic health and social issue affecting at least a third of the population (Stoltenborgh et al., 2015). Because of the interpersonal nature of CIT, it bears long term impacts, particularly within the sexual and relational realms (e.g., conflicts, violence, relational and sexual dissatisfaction) (Dugal et al., 2016). A growing body of literature explores mindfulness (i.e., the awareness arising when one pays attention to the present moment, in an accepting way, Kabat-Zinn, 2003) as a mechanism that may play a key role in survivors' sexual and relational well-being (Godbout et al., 2016). This symposium presents three innovative studies. First, Hémond-Dussault will present profiles of mindfulness dispositions, and their links to experiences of CIT and relationality in adulthood. Second, Dussault will discuss the validation of a French measure of sexual mindfulness, and its implications for survivors of CIT. Third, Marcoux will share results of a qualitative study highlighting how trajectories of mindfulness dispositions, sexuality and relationality are intertwined in CIT survivors. Godbout (discussant) will discuss the results in the context of the current knowledge in research on mindfulness and CIT.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61449, Presenting Papers: 65220, 65226, 65229 - Symposium

Comparing interpersonal trauma and relationality among profiles of mindfulness dispositions

Presenting Author: Hémond-Dussault, Valérie

Additional Authors: Dussault, Éliane ; Hébert, Martine ; Godbout, Natacha

Abstract: *Mindfulness may be assessed through five different facets that have been used to produce profiles representing the heterogeneity in dispositions toward mindfulness in adults (Ford et al., 2020). While impeded mindfulness has been linked with childhood interpersonal trauma (CIT, e.g. child maltreatment, sexual abuse; Godbout et al., 2020) and relational outcomes in adulthood (Brotto and Basson, 2014), inconsistencies seem to remain. The examination of CIT and relational outcomes among profiles of mindfulness dispositions might enlighten these inconsistencies. This study documented profiles of mindfulness, which were compared on CIT experiences and relational outcomes. A sample of 731 adults answered self-reported questionnaires assessing CIT (8 types) and relational outcomes (e.g., partner support). Hierarchical cluster analyses revealed three profiles: 1) High mindfulness with low observation, 2) Low description and observation with high reactivity, and 3) Low non-judgment. Findings highlight that participants in profile 1 reported fewer CIT experiences and higher relational well-being. Survivors of CIT were found in both profiles with lower mindfulness, with distinct patterns on relational outcomes. These results shed light on the relevance of considering the combination of mindfulness dispositions in interventions targeting CIT survivors who report relational challenges.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65220 - Paper within a symposium (Symposium ID: 61449)

Validation of the French Sexual Mindfulness Measure and Implications for Trauma Survivors

Presenting Author: Dussault, Éliane

Additional Authors: Canivet, Cloé ; Jalbert-Marchand, Elizabeth ; Lafortune , David; Leavitt, Chelom ; Godbout , Natacha

Abstract: *Sexual mindfulness is defined as a state of awareness and nonjudgment during sexual interactions (Leavitt et al., 2019). Yet, we lack French measures to adequately assess sexual mindfulness. Since survivors of childhood interpersonal trauma (CIT, e.g., child maltreatment, sexual abuse) tend to display less dispositional mindfulness in their everyday life (Kratzer et al., 2018), they may also experience difficulties to remain mindful in dyadic sexual contexts. This study aimed to validate the French Sexual Mindfulness Measure (F-SMM) and to examine comparisons between levels of sexual mindfulness and CIT. A community sample of 541 adults was recruited to investigate the reliability and validity of the F-SMM and to complete self-reported measures of CIT. Confirmatory factor analyses showed that the two-factor structure (awareness and non-judgement) of the original version of the SMM was replicated, and satisfactory internal consistency was found. ANOVAs yielded significant differences on the nonjudgment scale between survivors of psychological neglect and non-victims, and between participants who experienced none to one type of CIT in contrast with survivors who experienced 2 or more types of CIT. The French SMM is a valid scale to measure state mindfulness within sexual interactions, which presents a few differences between survivors and non-victims of CIT.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65226 - Paper within a symposium (Symposium ID: 61449)

Mindfulness dispositions and sexual/relational well-being in interpersonal trauma survivors

Presenting Author: Marcoux, Lucie

Additional Authors: Dussault, Éliane ; Fernet, Mylène ; Godbout, Natacha

Abstract: *Survivors of childhood interpersonal trauma (CIT; e.g., psychological violence and neglect, sexual abuse) tend to experience long-lasting sexual and relational impacts in adulthood such as relational instability and sexual dissatisfaction (Dugal _et al._, 2016). A mechanism that could explain why CIT survivors tend to experience lower sexual and relational well-being is mindfulness (e.g., Godbout _et al._, 2019), yet studies based on survivors' narratives are limited. The current study aimed to explore mindfulness dispositions, sexual and relational well-being based on 23 adult survivors through semi-structured interviews. Directed content analyses were performed and revealed three main conceptual categories regarding mindfulness dispositions: 1) Engulfed experiences marked by past childhood sexual abuse, involving avoidance to cope with the pain and revival of traumatic memories; 2) Sexual and relational experiences characterized by instability and self-effacement; and 3) An interdependent progression of mindfulness abilities, sexual and relational well-being. These findings highlight that mindfulness, as well as sexual and relational well-being, are described as impaired by survivors. Yet, opportunities to develop mindfulness dispositions were reported as promoting relational and sexual well-being and vice-versa, often offering a powerful leverage in survivors' recovery.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65229 - Paper within a symposium (Symposium ID: 61449)

A Holistic View of Challenges and Contributing Factors to Well-Being across the Military Career

Moderator: Guérin, Eva

Abstract: *Background/rationale: The Canadian Armed Forces' (CAF) physical performance strategy supports a holistic view of health and wellness. While mission effectiveness and well-being optimization are priorities that transcend the military life cycle, unique health and lifestyle considerations can arise at specific stages of members' careers, and as they transition from active duty to post-military life. This symposium will adopt a comprehensive lens to present research highlighting these different challenges and identifying factors that impact well-being across various biopsychosocial dimensions. Methods/results: First, analyses of open-ended survey responses collected at the end of basic military training, describing various factors related to the risk of injury among recruits, will be presented. Second, the results of a study examining demographic (e.g., age) and organizational (e.g., job engagement) correlates of alcohol use in the Royal Canadian Navy will be presented. Third, dyadic analyses of data from the CAF Transition and Well-being Survey, examining intra- and inter-personal factors affecting transition experiences from the perspective of veterans and spouses, will be presented. Conclusions/impact: Collectively, the findings of this research have the potential to inform interventions that target physical, mental, and social wellness outcomes that span the military career.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 61674, Presenting Papers: 64132, 64133, 64134 - Symposium

Identifying Factors Related to Injuries during Basic Military Training

Presenting Author: Guérin, Eva

Additional Author: Laplante, Joelle

Abstract: *Background/rationale: Compared to the general military population, recruits undergoing basic military training (BMT) are at a higher risk of musculoskeletal (MSK) injuries, which can influence performance, well-being, and retention. This study sought to identify potential factors related to injuries during BMT. Methods: Secondary analyses of data from a longitudinal study of early career retention in the Canadian Armed Forces (CAF) were conducted. Responses to six open-ended questions administered at the end of BMT were searched and filtered to extract content that was spontaneously generated and relevant to the context of injury and health. A total of 2,091 responses from 1,540 recruits were coded and a concept map was developed. Results: Injuries may be traceable to recruits' physical condition, as influenced by their nutritional intake, physical training, and disease/illness. Recurrent themes included inadequate rest and recovery, and the prevailing culture and stigma surrounding injuries and treatment-seeking. While some recruits described instructors as being mindful of their well-being, others cited pressures to endure pain and push through an injury. Conclusions: The risk of MSK injury during BMT is multifactorial, and interventions need to consider an ensemble of contributing factors. Action/impact: The findings highlight unique avenues for injury prevention during BMT.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64132 - Paper within a symposium (Symposium ID: 61674)

Correlates of Alcohol Use in the Royal Canadian Navy

Presenting Author: Gottschall, Shannon

Additional Author: Guérin, Eva

Abstract: *Background/rationale: Research suggests that alcohol use may be higher among members of the navy compared to other military personnel. This study examined correlates of alcohol use in the Royal Canadian Navy (RCN). Methods: An online survey was administered to 930 RCN members. The data were weighted to reflect the population, and the majority of the weighted sample were male non-commissioned members of the Regular Force. Logistic regressions identified variables linked to binge drinking and to exceeding Canada's low-risk alcohol drinking guidelines (LRDG) to avoid the immediate and long-term health risks of alcohol use. Members on ship at the time of the survey were excluded given the likelihood that policies restricting alcohol use on ship would impact results. Results: Binge drinking was associated with younger age and greater psychological distress, and distress mediated the relationship between lower job engagement and binge drinking. Younger age and greater distress were associated with exceeding the LRDG for immediate health risks, and younger age, more negative life events, and greater work-family conflict were linked to exceeding the LRDG for long-term health risks. Conclusions: Multiple factors were linked to alcohol use among RCN personnel. Action/impact: Programs and policies to support RCN members' coping skills and ease work-family conflict may reduce alcohol use.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64133 - Paper within a symposium (Symposium ID: 61674)

Military-to-Civilian Transition Experiences: A Dyadic Analysis of Veterans and Their Spouses

Presenting Author: Pearce, Keith

Additional Author: Lee, EC Jennifer

Abstract: *Background/rationale: Research has shown that, while many veterans successfully transition back to civilian life, roughly one third report a difficult adjustment. The present study is a dyadic analysis of intrapersonal and interpersonal factors associated with military-to-civilian transition (MCT) experiences from the perspective of both veterans and their spouses. Methods: Analyses were conducted on a survey designed to assess well-being during MCT among veterans and their spouses. Structural equation models were performed on spousal dyads to investigate the effects of veterans' and their spouses' intrapersonal and interpersonal factors on the number of challenges they faced during MCT. Results: Veterans' social support and sense of community belonging were negatively associated with veterans' own challenges, while spouse social support was negatively associated with spouses' own challenges. Spouses' stress management, social support, and sense of community belonging were negatively associated with veterans' challenges, whereas only veterans' sense of community belonging was negatively associated with spouses' challenges. Conclusions: Transition experiences are influenced by multiple interdependent factors. Action/impact: These findings underscore the importance of taking a holistic perspective when analyzing MCT, including considering both the veterans and their families.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64134 - Paper within a symposium (Symposium ID: 61674)

Is pain stressful or stress painful? Mechanisms and clinical relevance of pain-stress interactions

Moderator: Pagé, Gabrielle

Abstract: *Pain and stress are distinct processes, yet they significantly overlap from a conceptual standpoint and in terms of psychophysiological processes. Recent developments in basic and clinical research have illuminated our understanding of stress-pain interactions and their relevance to clinical practice. Increased understanding of stress-pain interactions is critical for the development of transdisciplinary, integrative theoretical frameworks that comprise many of the neuro-psycho-social factors that affect pain experience and could lead to innovative intervention approaches. This symposium will attempt to decorticate the bi-directional relationship between pain and stress and to identify and illustrate some of the ways in which pain and stress elicit similar neurophysiological and psychological responses. First, novel animal models that explore the modulation of pain*

by social and environmental stress will be presented. Second, experimental findings will highlight the role of associative learning in understanding pain responses and central maintenance of pain. Last, an innovative clinical model that captures the inherent stressful characteristics of pain (novelty, unpredictability, threat to the ego, sense of control) that facilitates appraisal of pain as threatening will be presented.

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61702, Presenting Papers: 61723, 61746, 61747 - Symposium

The modulation of pain by social and environmental stress

Presenting Author: Martin, Loren J

Abstract: *Stress, depending on its nature, duration and intensity can exert profoundly complex changes on pain states typified by either a reduction (analgesia) or exacerbation (hyperalgesia). In humans, psychological factors (e.g., stress, anxiety, expectation) play an important role in shaping pain perception. Thus, behaviors associated with pain may not be intrinsic to the stimulus of pain, but may be a response to external stressors such as social or environmental reinforcers. This talk will focus on the use of novel animal models for the study of stress-induced hyperalgesia and recent efforts to translate these findings to people. We find that familiarity between conspecifics is necessary for a form of empathy and that increased stress hormones prevent the expression of empathy between strangers. We have shown that mice and people become sensitized to their environment when they have had an aversive pain experience within that environment. This sensitization persists for at least 24hrs and is only present in males of both species. In mice we can abolish environmental-specific hyperalgesia by castrating male mice or by blocking the hypothalamic-pituitary-adrenal axis suggesting that testosterone and stress are necessary for this phenomenon. These models provide a new means for studying the pain-stress relationship by examining the influence of social and environmental stressors.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61723 - Paper within a symposium (Symposium ID: 61702)

Psychophysiological mechanisms involved in the effects of pain predictions on pain perception

Presenting Author: Roy, Mathieu

Abstract: *Pain can warn us about potential injuries and is a teaching signal helping us learn about potential threats in our environment, potentially leading to a state of anticipatory anxiety. This anxiety can in turn alter pain perception. Associative learning can provide a framework for understanding central maintenance of chronic pain: previous pain increases anticipatory anxiety, which increases future pain. In experiment-1 (n=40), we demonstrated that cues paired with painful electric shocks (50% reinforcement) increased pain perception compared to unpaired cues. In experiment-2 (n=60) we replicated this effect, and showed that more deterministic cues (100% reinforcement) also increase pain, suggesting that the hyperalgesic effects of predictive cues are related to pain prediction, not just uncertainty regarding pain. Finally, in a third electroencephalography (EEG) experiment (n=50), we observed that the amplitude of the stimulus preceding negativity (SPN) mediated the effects of predictive cues on pain perception, thereby providing a window into cerebral processes involved in the impact of pain predictions on pain perception. Altogether, these studies indicate that associative learning can modulate cerebral processes underlying pain perception in a flexible manner, which could explain the central maintenance of pain when people are subjected to repeated cue-pain associations.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61746 - Paper within a symposium (Symposium ID: 61702)

A qualitative exploration of a stress model to understand patients' chronic pain experiences

Presenting Author: Pagé, Gabrielle

Abstract: *Many psychological characteristics have been known to influence the development and maintenance of chronic pain. However we rarely consider specific characteristics of pain that might make it more stressful and influence one's psychological response to pain. The general stress literature converges on 4 distinctive characteristics that can lead to physiological stress response: Novelty, Unpredictability, Threat to Ego, Sense of Control (i.e. "NUTS"). The goal of our qualitative study was to explore whether and how this model can capture the stressful nature of patients' pain experience. Focus groups were conducted with 42 chronic pain patients and verbatim analyzed using thematic analysis. Results showed that several pain features (intensity, duration, location, interference, treatment and diagnosis) can be stressful when characterized by one or more NUTS features. In the context of pain chronicity, additional themes were identified, including temporality of pain as a disease, accumulating illness burden, and interactional and systemic influences. These results propose new avenue of clinical research that could facilitate integration of psychosocial and neuro-psycho-endocrinological mechanisms of pain. From a clinical point of view, better characterization of stressful characteristics of pain might help identify untapped needs.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61747 - Paper within a symposium (Symposium ID: 61702)

Music and Cross-cultural psychology: Acculturation studies

Moderator: Cohen, Annabel

Abstract: *Beginning in infancy, the emotional, social, and cognitive dimensions of music provide a basis for acculturation. The present symposium explores the power of music in 3 cultural-psychological contexts. First, Dave Miranda examines challenges of multi-ethnic background, reporting results of a study of use of ethnic music as a means of strengthening university student cultural identities and offering protection from discrimination. Xiao Chen next explores a phenomenon of the Shenzhen Special Economic Zone of China which encourages acquiring Western pianist ability as a means for achieving a quality of life. Interviews, focus groups, and archives will reveal how the piano offers a means to cultivate Chinese modern-day culture by integrating Western culture. Finally, Randal Tonks will report results of his survey of over 300 students who provided emotional meanings of songs that most reflected the concept of home. Comparing students born in Canada and those who have immigrated, factor analysis of meanings of the chosen music illuminates the challenges immigration engenders. The acculturation framework of John Berry provides a means for relating the findings of these studies, which together represent an international and cross-cultural territory ripe for exploration, connecting well with CPA's convention theme of psychology in action.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61731, Presenting Papers: 61780, 61782, 61783 - Symposium

Can music help young multicultural people when they experience discrimination?

Presenting Author: Miranda, Dave

Abstract: *During youth development, it is well-known that forming a positive ethnic identity is beneficial, whereas experiencing ethnic discrimination is detrimental. This also applies to multicultural people (multiculturals) who benefit from their mixed cultural heritage, but can also face discrimination because of the complexity of their mixed cultural nature (e.g., others rejecting or denying one's ethnic identity). Although ethnic identity can either make one more resilient or vulnerable when experiencing discrimination; overall, a positive ethnic identity is more protective than not against discrimination (Yip, 2018; Yip et al., 2019). Hence, this study aims to examine if musical ethnocultural identity (i.e., using music to explore and affirm one's ethnic identity on an everyday basis) can attenuate (i.e., moderate via moderated regression) the relationship between perceived discrimination and impaired psychosocial adjustment in young multiculturals. The method consists of an online survey with undergraduate students (17 to 21-year-olds at a Canadian university) whose parents have different cultural or ethnic backgrounds. Preliminary results will be available in May 2020 as the first wave of data collection starts in the winter of 2020. Findings will allow to examine if music may help young multiculturals when they experience discrimination against their personal cultural diversity.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61780 - Paper within a symposium (Symposium ID: 61731)

Cultivating the pianistic self and other in China.

Presenting Author: Chen, Xiao

Abstract: *The Western-rooted piano has caused a mania in China. To comprehend the social-psychological underpinnings of this mania, I examined how individuals from different social groups (i.e., gender, generation, and social class) perceive, construct, and cultivate a piano culture in Shenzhen Special Economic Zone, known as China's Piano City-to-be. I coined a term "pianistic self" to denote an individual's identity associated with the piano. Accordingly, the pianistic selves collectively form the "pianistic other," a socio-psychologically charged phenomenon emerging from and beyond piano-relevant institutions. Analyzing multi-source data (i.e., participant observations, interviews, focus groups, and archives), I constructed a social-cultural history of piano in Shenzhen (1978-). I observed the emergence of professionalized amateurism at the individual (e.g., piano kids), interpersonal (e.g., teacher-parent), intra-organizational (e.g., within a piano school), and inter-organizational levels (e.g., school-government). The pianistic pursuit, individual and collective, is akin to gaining cultural-political capital. Consequently, the enhancement of amateurs' piano literacy has been rationalized and even legitimized as a national means for cultivating suzhi (literally, quality), which departs from the generally perceived Western piano culture of amateurs as a past-time.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61782 - Paper within a symposium (Symposium ID: 61731)

A cross-cultural comparison of music and emotions of home.

Presenting Author: Tonks, Randal

Abstract: *In this study participants of an average age of 21 years were asked to report five songs that give them a sense of home or a feeling of home. Based upon the analysis of emotions associated with music by Zentner et al. (2008) participants were further asked to rate their top "home song" on twenty emotion adjectives. Overall results indicate that strong positive emotions (Happy, Joyful, Nostalgic, Comforted) are associated with songs of home. A comparison of the ratings by 280 Canadian born and 140 immigrant or international student participants (who have lived an average of 6.7 years in Canada) showed varied patterns of emotions associated with these songs where internationally born participants were more likely to endorse the emotions of Sad, Anxious and Depressed. Further analysis of emotion ratings by gender showed males to recognize more active emotions (Enthused, Energized and passionate). Factor analysis on the emotions birthplace resulted in a four factor solution of: Joyful / Happy, Sad / Depressed, Anxious, and Agitated factors. Discussion of the potential use of music in ameliorating acculturation is also made.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61783 - Paper within a symposium (Symposium ID: 61731)

Identifying Strengths and Needs in Vulnerable Families

Moderator: Quan, Cindy

Abstract: *Families have different vulnerabilities and strengths. Families can experience stressors within the family, such as raising neurodiverse children, as well as stressors from outside the family, such as frequent moving in military families or economic pressure. This symposium brings together information about family vulnerabilities, research required to understand family strengths, and ideas for interventions that draw on the resilience present in these families. In paper 1, Colucci examines how family interactions and family mental health outcomes may be influenced by economic pressure. Data from observed interactions in a round-robin*

design with parents and children were used to test the Social Relations Model at the individual, dyadic, and family levels. In paper 2, Smythe examines how social support among parents with children with Attention-Deficit/Hyperactivity Disorder (ADHD) relates to parenting stress. Parenting stress was compared between parents who had children with ADHD and parents who had children without ADHD using self-report questionnaires. In paper 3, Dominique presents results from their scoping review on the needs and strengths of military families. The scoping review follows the framework by Arksey and O'Malley and the PRISMA-ScR guidelines. It provides information on target areas to support treatment programs for military families from a client-centered approach.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 62743, Presenting Papers: 65351, 65353, 65355 - Symposium

How does disadvantage shape family processes? A systematic test of the Family Stress Model

Presenting Author: Colucci, Laura

Additional Authors: Sokolovic, Nina; Jenkins, Jennifer ; Browne, Dillon

Abstract: *INTRODUCTION: Given the inherent complexity of family interactions, disentangling sources of variance in family relationships and related outcomes is critical for conceptualizing family functioning. This includes assessing how disadvantage impacts the family system at different levels of analysis. METHODS: Canadian families from Toronto and Hamilton, Ontario (n=224) were observed interacting in a round-robin design. Families included 4 members, each with 2 children (ages 5-9 and 9-13 years). Participants completed a co-operative Lego-building task for 5 minutes and interactions were coded for expressed positivity. Confirmatory factor analysis was utilized to test the Social Relations Model (SRM; with individual, dyadic and whole family analyses) and its relation to economic pressure and family mental health outcomes, within several nested models. RESULTS: Acceptable model fit was achieved for all models. Significant variance in family positivity was found at the individual, dyadic and whole-family level. It was also found that the impact of economic pressure may compromise family dynamics in individual members and specific relationships, by negatively impacting mental health. CONCLUSIONS: These results advance previous literature analyzing family functioning with the SRM and explore how family interactions may be influenced by contextual factors and individual-specific mental health outcomes. Implications for clinical practice are discussed.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65351 - Paper within a symposium (Symposium ID: 62743)

Social Support among Parents of Children with Attention-Deficit/Hyperactivity Disorder

Presenting Author: Smythe, Heather

Additional Authors: Ritchie, Tessa; Rogers, Maria

Abstract: *Parents of children with Attention-Deficit/Hyperactivity Disorder (ADHD) consistently report increased parental and psychological stress, which has been linked to elevated conflict in the home setting and difficulty implementing parent-based treatments. However, studies have found that social support acts as a protective factor for parents of children with disabilities, as it decreases stress and promotes resiliency. Despite this connection between the positive benefits of social support and parenting, few studies have examined the social support networks among parents of children with ADHD. Thus, this study examined the number of sources of support and overall helpfulness of the social support networks of parents of children with ADHD (n = 53) and parents of children without ADHD (n = 48). Children with (experimental group) and without (control group) a diagnosis of ADHD and their parents were asked to complete a series of assessments and questionnaires, including the Family Support Scale, the Conners' Parent Rating Scale, and the Parenting Stress Index. Based on previous research documenting increased levels of social isolation among parents of children with ADHD, we predicted that they would report less available sources of support and weaker overall helpfulness of the social support network when compared to parents of children without ADHD. Contrary to the hypothesis, there was no*

significant difference between the two groups on the social support measures. However, as expected, parenting stress was significantly greater for the parents of children with ADHD. A sequential analysis revealed that considering both ADHD and social support predicted overall parenting stress significantly better than an ADHD diagnosis alone. These results contribute to the literature on social support and its relationship to parenting stress, and could help inform intervention programs to be more focused on supporting parents of children with ADHD through positive sources of social support.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65353 - Paper within a symposium (Symposium ID: 62743)

Exploring the Needs and Strengths of Military Families: A Scoping Review

Presenting Author: Bonneville, Dominique

Additional Author: Mudry, Tanya

Abstract: *The demands of military service and deployment are accompanied by frequent moves, family stress, perceived loss, worry of loved ones' safety, and repetitive reconfiguration of the family system and social supports. Military service can have a considerable impact on members and their families, leading to intensified needs for the entire family system. The adjustment and accompanying stressors associated with parental military service have been linked to increased social, behavioural, academic, and emotional risk for children as they develop. A wealth of research has been published regarding the unique challenges that military families face, however, there remains a paucity of research addressing the needs, strengths, and sources of resiliency for military families. Much of the literature on military families is illness- or problem-focused, largely discounting the strengths resulting from military service for members and their families. This presentation will summarize a scoping review of current findings on the needs, strengths, and sources of resiliency for military-connected families. This scoping review adheres to the framework proposed by Arksey and O'Malley and the PRISMA-ScR guidelines. Relevant literature was screened from the following databases: PsycInfo, CINAHL, EMBASE, ERIC, and Medline. The results of this review provide clarity on areas that should be targeted in military family support and treatment programs from a client-centered approach. This review will be of interest to those researching or providing services to military families.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65355 - Paper within a symposium (Symposium ID: 62743)

Deepening Psychology through Research on Spirituality and Well-Being

Moderator: Pargament, Kenneth

Abstract: *The spiritual dimension has been generally overlooked in the field of psychology. Religion is also an important aspect of diversity and cultural competence, as referenced in Canadian ethics codes for counsellors. Studies indicate that attending to religious/spiritual factors increases predictive power and our ability to understand the full range of human experience. However, research in this domain is relatively new in Canada. This symposium presents some advances in the psychology of religion and spirituality (r/s), spanning their explicit and implicit manifestations. Using a national sample, the first paper explores the relations among r/s, age, and psychological flourishing across the adult lifespan. Findings suggest that adults who engage with r/s have better mental health, particularly in older adulthood. Using a U.S. sample of music listeners, the second paper explores the prevalence, context, and perceived consequences of sacred moments in music. Findings supported the healing and transformative role of the sacred in diverse musical contexts. Beliefs about death are also founded upon r/s. The final paper is an online study that explores the relationships among personality traits, the fear of death, and ageism. Results illuminate the complex roles of the fears of death in predicting avoidance and discrimination in relationships with older adults. Overall, these topics underscore the importance of fostering a healthy spirituality in adulthood.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64155, Presenting Papers: 64168, 64169, 64170 - Symposium

Religion/Spirituality, Positive Mental Health, and Psychological Distress across the Adult Lifespan

Presenting Author: Manoiu, Roxana

Additional Authors: Stinchcombe, Arne; Hammond, Nicole

Abstract: *Increasing positive mental health and decreasing mental illness are global priorities. Older adults often draw from religion/spirituality (R/S) to increase wellbeing and cope with adversities. We examined the role of R/S in relation to positive mental health and psychological distress in adulthood and hypothesized that these relationships would be most salient among older adults. Data were drawn from the 2012 Canadian Community Health Survey-Mental Health, a national population health study. R/S was measured by asking participants how important R/S was in their lives and whether they drew strength from R/S. Participants with positive mental health were categorized as flourishers and established cut-off ranges were used to categorize levels of psychological distress (n=20,019). Multiple logistic regressions adjusted for known covariates were conducted in order to examine the effects of R/S on positive mental health and psychological distress. High R/S was associated with increased flourishing status across all age groups, an effect that was strongest among older adults. There was no significant association between R/S and psychological distress. Our findings suggest that R/S plays an important role in flourishing status across adulthood, specifically for older adults. Attending to diverse R/S beliefs/ practices may assist in supporting the needs of the growing aging population.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64168 - Paper within a symposium (Symposium ID: 64155)

Sacred Moments in Music: Prevalence, Context, and Correlates with Well-Being

Presenting Author: Wong, Serena

Additional Authors: Pargament, Kenneth; Exline, Julie

Abstract: *Khalil Gibran said, "Music is the language of the spirit." The spiritual dimension of musical experiences may have a unique role in psychological wellbeing. Sacred moments are brief periods of time involving experiences of transcendence, boundlessness, ultimacy, deep interconnectedness, and spiritual emotions (Pargament et al., 2014). Using a cross-sectional, online sample of music listeners (N = 301), this study explores the prevalence, context, and correlates of sacred moments in music. Over two-thirds of respondents reported having such moments, which occurred across music genres. Participants often endorsed having non-theistic, theistic, or both elements within a single, important musical moment that they selected. The intensity of the sacred moment predicted multiple indicators of wellbeing above demographic control variables. Significant outcomes in regression analyses included meaning in life, personal growth, oneness, and positive consequences attributed to the moment. Sensing God's presence in the moment also predicted greater life satisfaction and faith. Furthermore, contextual factors predicting more sacred moments included a prior state of tension. Trait mindfulness and openness also lent themselves to more sacred moments. Overall, findings suggest that sacred moments in music can be cultivated as a spiritual resource to foster wellness.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64169 - Paper within a symposium (Symposium ID: 64155)

The Relationships between Personality Traits, Death Attitudes, and Ageism

Presenting Author: Galton, Nicolas

Additional Author: Stinchcombe, Arne

Abstract: *Ageism is a prevalent concern in Canadian society. Terror Management Theory suggests that aversive attitudes towards different groups, in this case, older adults, are rooted in defensive attitudes towards the fear of death (Greenberg and Kosloff, 2008). Individual differences also have a role to play in the way people perceive older adults (Allan et. Al, 2014). This cross-sectional online study explores the relationships between personality traits, the fear of death, and ageism, conceptualizing fear of death as a multidimensional construct including the fears of the process of dying and the state of death, both for self and others. It was hypothesized that Agreeableness, Extraversion, Conscienciousness and Openness would predict lower ageism. The different aspects of the fear of death were hypothesized to predict higher ageism. Correlational and regression analyses were conducted. Results suggest that individuals who seek quality contact with others and who are open to new experiences report lower ageism. Worrying about a loved one's suffering during their dying process predicted higher aversive attitudes towards older adults. It was also found that the more individuals feared potential regrets following the passing of a loved one, the less they avoided older adults. This study has implications for spiritually integrated organizational interventions, as it underlines the complex roles of the fears of death and dying in predicting avoidance and discrimination in relationships with older adults. Results also support a meaning-making and positive psychology view of the fear of death.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64170 - Paper within a symposium (Symposium ID: 64155)

Reconsolidation Therapy with propranolol to treat psychological trauma and the role of mismatch

Moderator: Brunet, Alain

Abstract: *While trauma and stressor-related disorders (TSRDs) are widespread, current treatments often do not result in lasting improvements. When administered with a memory reactivation procedure, particularly one that involves mismatch, propranolol dampens the emotional salience of the painful memories, thereby reducing TSRD symptoms. In this symposium, three presenters discuss data from their research on the impairment of memory reconsolidation with propranolol. The symposium Chair (Alain Brunet, McGill University) will present an overview of reconsolidation theory and current clinical evidence suggesting that disrupting reconsolidation offers new hope for the treatment of TSRDs. Results from a meta-analysis of clinical trials examining reconsolidation impairment with propranolol in healthy and clinical samples will then be presented by Dr. Michelle Lonergan. Next, Dr. Ram Sapkota will present secondary data from an open-label clinical trial using mismatch to augment the efficacy of Reconsolidation Therapy (RT). Finally, a pilot randomized controlled trial of the feasibility and efficacy of systematically incorporating mismatch into RT will be presented by Sereena Pigeon. This symposium makes a significant contribution to knowledge of the treatment of TSRDs by disseminating an innovative treatment approach and discussing new unpublished results on the efficacy of RT with mismatch.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64246, Presenting Papers: 65098, 65325, 65329 - Symposium

Reconsolidation impairment with propranolol in healthy and clinical samples: A meta-analysis

Presenting Author: Lonergan, Michelle

Additional Authors: Pigeon, Sereena; Rotondo, Olivia; Yahya, Zainab; Schoenholz, Reagan ; Brunet, Alain

Abstract: *Reconsolidation impairment is an innovative treatment for disorders that stem from a highly emotional memory. To examine the evidence supporting its use as a clinical treatment, the existing literature on the efficacy of reconsolidation impairment of emotional memories with propranolol in healthy and clinical samples was meta-analyzed. Databases were searched for randomized, double-blind clinical trials involving at least one propranolol and one placebo group. The search yielded a final thirteen studies with healthy adults (n = 464) and eight studies with patients (n = 296) that were included in the meta-analysis. Compared to placebo,*

216

reconsolidation impairment with propranolol resulted in a reduction in recall for aversive material and cue-elicited conditioned emotional responses (Hedges g = -0.53, p < .01) in healthy adults. Moreover, reconsolidation impairment alleviated psychiatric symptoms and reduced cue-reactivity (Hedges g = -0.54, p < .05) in clinical samples diagnosed with either posttraumatic stress disorder, addiction, or specific phobia. The results demonstrate that reconsolidation impairment has been successfully replicated across healthy and clinical samples and that adapting this approach to clinical settings requires further controlled investigations. The limitations and implications of the current results for theory and clinical practice will be discussed.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65098 - Paper within a symposium (Symposium ID: 64246)

Re-analyzing the role of mismatch for the potentiation of the efficacy of Reconsolidation Therapy

Presenting Author: Sapkota, Ram Prasad

Additional Authors: Brunet, Alain; Saumier, Daniel; Etienne, Pierre; Pigeon, Sereena; Lonergan, Michelle

Abstract: *Reconsolidation impairment has profound implications for the treatment of mental disorders originating from an emotional memory (e.g., PTSD). However, evidence suggests that a recalled memory becomes labile only when its retrieval involves novel, unexpected information that creates a discrepancy with the original memory (e.g., mismatch). If mismatch is necessary to trigger reconsolidation, the successful reduction of PTSD symptoms observed in previous trials of reconsolidation impairment likely involved mismatch mechanisms. We will present a re-analysis of the results of a recent clinical trial of Reconsolidation Therapy for adjustment disorder. Participants, who had undergone 4-6 sessions of memory reactivation of a betrayal event 60 minutes after taking propranolol, were grouped based on the number of mismatch events they experienced during treatment. Event-related distress was measured using the Impact of Event Scale-Revised at baseline and post-treatment. The 2x2 ANOVA showed a significant Time by Group interaction, $F_{(1, 49)}=4.91$, $p=.03$ ($\eta_2=.09$), with Group 3+ ($n=29$) showing greater symptom improvement compared to Group 2 ($n=22$; $d=0.53$). These results suggest that including mismatch may be necessary in reconsolidation-based therapies aiming to treat mental disorders rooted in emotional memories. These results call for a controlled replication in a larger, randomized sample.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65325 - Paper within a symposium (Symposium ID: 64246)

Incorporating mismatch into Reconsolidation Therapy to treat the adjustment disorder: A pilot study

Presenting Author: Pigeon, Sereena

Additional Authors: Lonergan, Michelle; Saumier, Daniel; Brunet, Alain

Abstract: *The impairment of emotional memory reconsolidation with propranolol is an innovative treatment for psychiatric disorders stemming from stressful/traumatic events (i.e. PTSD). However, evidence suggests that to trigger reconsolidation, new learning during memory retrieval is required. Specifically, a mismatch between expectation and reality is needed for memory to destabilize and enter reconsolidation. This pilot study examines whether incorporating mismatch into Reconsolidation Therapy (RT) could improve its efficacy for the treatment of adjustment disorder. In a single-blind clinical trial, participants were randomly assigned to receive 4-6 weekly sessions of standard RT ($n=7$) or RT with mismatch ($n=8$). Both treatments were well-adhered to and well-tolerated, yet participants reported greater satisfaction with RT with mismatch ($d = 1.38$). The effect size for the between-groups difference in change in event-related distress (Impact of Event Scale-Revised) over time was of moderate magnitude ($d = 0.55$) and in favour of RT with mismatch, however the mixed (Time x Group) ANOVA did not yield significant results. Incorporating mismatch into RT was found to be feasible and the study yielded moderate preliminary effects. While these results suggest that using mismatch in reconsolidation-based therapies is feasible, larger clinical trials are needed to confirm its efficacy.*

Section: Traumatic Stress / Stress traumatique
Session ID: 65329 - Paper within a symposium (Symposium ID: 64246)

Standing on guard during COVID-19: Military concerns, readiness to deploy, and protective measures

Moderator: Peach, Jennifer

Abstract: *The COVID-19 pandemic had a dramatic impact on the lives of military members. Many members were required to self-isolate, while others were required to provide emergency support to Canadians when needed. This symposium will present the results of a survey administered to military members during April-May 2020. The presentations will discuss military members main concerns related to the pandemic, their use of protective measures, and their readiness to deploy domestically. Specifically, Paper number one will present an exploratory factor analysis of military members concerns that arose from coping with the COVID-19 pandemic (including work, family, and health concerns). Paper number two will compare Regular Force and Primary Reserve members readiness to deploy domestically during the pandemic. Paper number three will examine military members use of protective measures and their beliefs about COVID-19. This presentation adds to our developing understanding of the impact of the COVID-19 pandemic on military members specifically, and on families and employees in general.*

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 64438, Presenting Papers: 64441, 64455, 64634 - Symposium

Military members' concerns during the first three months of the COVID-19 pandemic

Presenting Author: PEACH, JENNIFER

Additional Authors: Daugherty, Carina; LeBlanc, Manon

Abstract: *BACKGROUND/RATIONALE: The Coronavirus Disease 2019 (COVID-19) created a dramatic world-wide shift in how work was accomplished. On March 13th 2020, many Canadian Armed Forces (CAF) members were ordered to self-isolate to assist Canadas efforts to fight the pandemic. In this presentation, we examine Regular Force members main concerns identified in the COVID-19 Defence Team survey between 29 April and 22 may 2020 (Goldenberg et al., 2020).   METHODS: We conducted an exploratory factor analysis (principal component analysis, with oblique rotation) with a sub-set of Regular Force members (n = 990, 14% women, 69% Anglophone, 76% under the age of 45).   RESULTS: We found three factors reflecting work, family, and health concerns (45% of variance). Health concerns focused on the risk of COVID-19 to self and family members. Work concerns focused on increased career uncertainty and work load. Family concerns focused on child care and family stress.   CONCLUSIONS: These results highlight military members main concerns from the COVID-19 pandemic. An exploratory factor analysis of sub-sets of Primary Reserve military members and civilian respondents would be beneficial to identify potential unique concerns and challenges across Canadian military organizations.   ACTION/IMPACT: As the pandemic continues, employers should continue to listen to employees concerns and monitor them for change.*

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 64441 - Paper within a symposium (Symposium ID: 64438)

Canadian military readiness for Operation LASER: Comparisons between Regular and Reserve Force members

Presenting Author: Daugherty, Carina

Additional Authors: Goldenberg, Irina; Comeau, Caitlin; Blais, Ann-Renee

Abstract: *BACKGROUND: The Canadian Armed Forces (CAF) played a key role in the COVID-19 pandemic. As part of Operation (Op) LASER, CAF members took part in unprecedented measures to protect the health and well-being of Canadians.   METHODS: The COVID-19 Defence Team Survey was administered in spring 2020 to help understand members experiences and needs during the pandemic. A total of 13, 688 Regular Force (Reg F) and 5,985 Primary Reserve (P Res) members completed the survey.   RESULTS: One-third of P Res and 7% of Reg F respondents reported being deployed on Op LASER. For non-deployed members, readiness and willingness to deploy was high, especially among the P Res. However, some members had reservations about deploying. While family was a main concern for all members, Reg F members were more concerned than P Res members about lack of fit between their skills and the nature of the deployment, whereas P Res were more concerned about conflict with their civilian responsibilities.   CONCLUSIONS: These results highlight the key role that CAF members played in Op LASER. P Res members were particularly leveraged in the response to the pandemic. Understanding unique concerns of members in each component will inform future preparedness and personnel support requirements.   ACTION/IMPACT: Understanding readiness in the context of Op LASER for both components will help inform similar future operations.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64455 - Paper within a symposium (Symposium ID: 64438)

To mask or not to mask: Psychosocial correlates of mask-wearing among military personnel

Presenting Author: Lee, Jennifer E. C.

Additional Authors: LeBlanc, Manon; Pearce, Keith

Abstract: *BACKGROUND: Without widespread vaccination, personal protective measures remain the best means to prevent the spread of COVID-19. Whether or not individuals engage in protective measures against a disease has been associated with a number of psychosocial factors, including their concerns about the health risk it poses and their perceived efficacy of these measures. This study examined the prevalence and psychosocial correlates of mask-wearing among Canadian Armed Forces (CAF) Regular Force personnel. METHODS: Analyses were performed on data from the COVID-19 Defence Team Survey — a cross-sectional survey administered to military and civilian defence personnel (N ≈ 27,000) early during the pandemic. RESULTS: 18% of CAF Regular Force members indicated that they frequently or almost always wore a mask outside of the home. More frequent mask-wearing was associated with stronger beliefs that ones actions could reduce the spread of COVID-19 and greater concern about contracting COVID-19. It was not associated with concern about a loved one contracting COVID-19. CONCLUSIONS: Mask-wearing was primarily associated with personal concerns about contracting COVID-19 and the perceived efficacy of mask-wearing. IMPACT: Health promotion approaches emphasizing personal health risk and the efficacy of mask-wearing may help bolster adherence to public health guidelines on the use of face masks.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64634 - Paper within a symposium (Symposium ID: 64438)

Violence in adolescent dating relationships: A multi-method assessment of antecedents and correlates

Moderator: Paradis, Alison

Abstract: *The prevalence of dating violence (DV) among adolescents remains alarmingly high making it an important public health concern with significant short- and long-term associated consequences. Compared to the abundant literature on adult intimate partner violence, DV remains an understudied phenomenon. In the last decade, findings have emphasized the need for a greater focus on promoting positive relationship dynamics and have highlighted the importance of directing efforts toward understanding and preventing conflicts from escalating to violence. This symposium brings together three presentations based on various methodological approaches and explores antecedents and correlates of DV in adolescents' relationships. The first presentation*

(Hébert et al.) will assess risk and protective factors associated to chronic trajectories of DV victimization in teens. The second presentation (Paradis et al.) draws a picture of the different profiles of adolescents' DV perpetration and victimization and their association to daily conflicts in dating relationships. The last presentation (Fernet et al.) will qualitatively document the meanings attributed to the use of DV in a sample of adolescents and emerging adults who reported parental neglect or who have been exposed to interparental violence. Together, findings will offer new, much needed knowledge for the prevention of DV.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64991, Presenting Papers: 64998, 65000, 65307 - Symposium

Risk factors of teen dating violence: Distinguishing trajectories of chronic victimization

Presenting Author: Hébert, Martine

Additional Authors: Paradis, Alison; Fortin, Andréanne; Petit, Marie-Pier

Abstract: *For a number of teens, their first romantic relationships are characterized by violence. Prevention is clearly warranted and the identification of risk factors associated with teen dating violence (TDV) is key in the development of efficient prevention. The aim of the present study was to contrast risk and protective factors between teens reporting TDV once versus those reporting it over time. Data are drawn from the Youths' Romantic Relationships Project conducted among 8,194 students in Quebec. Multinomial regressions were conducted with a subsample of 2,160 teens in a romantic relationship at Wave I and Wave II (6 months later). Common factors associated with reporting TDV either at one or two periods included: high psychological distress, being sexually active, a history of childhood neglect and affiliating with delinquent peers. Factors specifically associated with experiencing TDV at two periods were being a girl, delinquency, acceptance of TDV and a relationship with the same partner. Among peer and family factors, teens who experienced sexual harassment by peers and with friends who are victims of TDV were more likely to report TDV at two periods. Conversely, reporting higher levels of resilience, peer support and self-efficacy decreased the odds of reporting TDV at two periods. These findings identify targets for the design of TDV prevention programs.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64998 - Paper within a symposium (Symposium ID: 64991)

A Latent Class Analysis of Teen Dating Violence: Associations with Daily Conflict Management

Presenting Author: Paradis, Alison

Additional Authors: Fortin, Andréanne; Van Camp, Tinneke; Dewar, Michelle; Hébert, Martine

Abstract: *Despite significant advances in the field of dating violence (DV), the context in which violence arises remains elusive. In this respect, gaining a deeper understanding of how conflicts relate to DV is important. The general purpose of this study was twofold: 1) to identify homogenous subgroups of DV based on directionality (perpetration and victimization) and types of abusive acts (threatening behaviors, physical, sexual, relational and emotional abuse); and 2) to examine the associations between these subgroups of DV and daily conflict management. A sample of 216 adolescents (girls=57.4%; age=14-19 years) currently involved in a dating relationship completed an online baseline survey, followed by brief daily questionnaires for 14 days. A latent class analysis found five DV classes: (1) Low DV, (2) Emotional DV, (3) Emotional and sexual DV, (4) Psychological DV, and (5) Multiple DV. As expected, teens in the Low DV class reported the most positive outcomes on daily conflict measures. In contrast, adolescents in the Psychological DV and Multiple DV classes reported more daily conflicts and an increased use of negative conflict management strategies. They also attributed more hostile intents to their partner' behaviors. By incorporating a daily set of measures, this study is unique as it enhances our understanding of the context-specific conflict behaviours related to DV.*

Section: Traumatic Stress / Stress traumatique
Session ID: 65000 - Paper within a symposium (Symposium ID: 64991)

Meanings attributed to dating violence among youth exposed to interparental violence or parental neglect

Presenting Author: Fernet, Mylène

Additional Authors: Hébert, Martine; Brodeur, Geneviève; Lachapelle, Maude

Abstract: *Dating violence (DV) is a highly prevalent health concern among youth and has frequently been associated with experiences of child victimization. Exposure to interparental violence and parental neglect are victimization experiences that increase an individuals risk for future violence perpetration and have been shown to influence subsequent romantic relationships. These experiences can induce maladaptive dating behaviors and normalize aggressive behaviors. The aim of this qualitative study was to document the meanings attributed to the use of DV in youth who reported parental neglect or exposure to interparental violence. Data were drawn from a larger mixed-method study on youth romantic and sexual trajectories. A subsample of 58 youth (14- to 25 years old) who reported parental neglect or exposure to interparental violence were interviewed on conflict management and DV. Results show that youth perceived DV as: 1) a continuity of parental interactions and toxic family environment; 2) a way to defend themselves when their partner perpetrated violence and; 3) a symptom of poor anger and impulsivity management. Targeted interventions for youth with childhood victimization experiences should consider the family environment while also addressing emotional regulation strategies.*

Section: Traumatic Stress / Stress traumatique
Session ID: 65307 - Paper within a symposium (Symposium ID: 64991)

THEME: IMPROVING PSYCHOLOGICAL RESEARCH

Highlights the ways in which psychological research - methods, analyses, design - can be improved and better used to inform the science, practice, and education of psychology

12-Minute Talk

Development and validation of gender distress and gender positivity measures for transgender youth

Presenting Author: Gotovac, Sandra

Additional Author: Bauer, R Greta

Abstract: *BACKGROUND: The Trans Youth CAN! cohort study developed new gender distress and positivity scales (TYC-GDS and TYC-GPS), to ensure inclusivity of non-binary identities, parallel items for sex assigned at birth, sensitivity to early non-surgical changes, and positivity as different from lack of distress. METHODS: Distress and positivity scales, each with 2 subscales related to gendered identity and the sexed body, were developed based on existing research and lived experience. Data were collected for 174 youth attending a first clinic visit for hormone care. Validation included measures of internal consistency, confirmatory factor analyses (CFAs), convergent/divergent validity, and divergence between the TYC-GDS and TYC-GPS. RESULTS: For the TYC-GDS one item was dropped and one grouped into the body subscale. CFA analyses show that factor loadings support the proposed factor structures. TYC-GDS and TYC-GPS scores were negatively correlated (r =-0.45, p >0.001); most youth reported high levels of both gender distress and gender positivity. CONCLUSIONS: Results support that distress and positivity related to social gender and sexed body are distinct constructs, with distress and positivity as co-occuring and not poles on a spectrum. IMPACT: Nuanced understandings and measures of gender-related feelings are needed to better assess these psychological constructs and their roles in health.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 62437 - 12-Minute Talk

Prevalence of Questionable Research Practices Among Canadian Psychology Students

Presenting Author: Moran, Chelsea

Additional Authors: Richard, Alexandra; Wilson, Kaitlin; Twomey, Rosemary; Coroiu, Adina

Abstract: *Questionable research practices (QRPs) have been identified as a driving force of the replication crisis in the field of Psychological Science. The aim of this study was to estimate the prevalence of QRPs among psychology students enrolled at Canadian universities. Participants were recruited via online advertising and university email invitations to complete a national bilingual survey. Respondents were asked how often they and others engaged in seven QRPs, how acceptable they found each QRP, and to estimate the proportion of psychology research impacted by each QRP. Data were analyzed using descriptive statistics. Between May 2020-January 2021, 425 psychology students completed the national survey. The majority of respondents were enrolled in graduate programs(59%), followed by undergraduate programs(40%) and post-doctoral fellows(1%). Overall, 68% of respondents reported engaging in at least one QRP, while 79% indicated they had observed others engaging in one or more QRPs. The highest rates for self-engagement were for p-hacking(46%),*

not submitting null results for publication(31%) and selective reporting(30%). These were also the QRPs most often observed in others and rated as the most acceptable. Most Canadian psychology students report using QRPs in their university research, which is unsurprising since they witness others engaging in them and estimate that they are prevalent. The results of this study highlight the need to examine the pedagogical standards and cultural norms in academia that may promote or normalize QRPs in psychological science, to improve the quality and replicability of research in this field.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64766 - 12-Minute Talk

Assessing Qualitative Variation

Presenting Author: MacLennan, Richard

Abstract: *Most introductory statistical textbooks in psychology are limited in describing analysis methods for nominal, categorical, or qualitative variables. They sometimes recommend the use of the mode to assess the central tendency of qualitative variables or the most frequently occurring category (such as for ethnic group membership). Frequency tables are also sometimes recommended as a tool for the "eye-ball" estimation of the dispersion of such variables. However, there are also explicit quantitative procedures for estimating the variation of qualitative variables, which unfortunately seem to be little known to behavioural researchers (or at least are not described in their introductory statistical textbooks). This paper will advocate for the use of one such index of variation in qualitative variables, that specifically ranges between 0.0 (for no variation, or everyone is in only one category) to 1.0 (maximum variation, or everyone is evenly distributed across all the available categories). This index is a relative index, comparing the actual variation in a variable as a percentage of the maximum variation possible. It is derived from information theory (Shannon, 1948), and is sometimes used in biology to assess _biodiversity_ or conversely the uniformity of different species in a given environment (Zar, 1999). Such a statistical tool might also be useful in psychology (say to assess the ethnic diversity of different groups, etc.). It is hoped that this proposed analytical procedure can help build a bridge between qualitative and quantitative approaches to psychological research.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 64928 - 12-Minute Talk

An Equivalence Test for Normality

Presenting Author: Farmus, Linda

Additional Author: Cribbie, Robert

Abstract: *Researchers in psychology are often interested in evaluating whether a distribution is normal in form. For example, normality might be an assumption of a statistical model being adopted or an effect size measure could be sensitive to nonnormality. Traditional methods to determine normality include visualizations and null hypothesis tests. However, visualizations are often ambiguous regarding the degree to which the distribution deviates from normality and statistical tests suffer from reverse hypothesis testing logic (i.e., researchers are typically interested in retaining the null hypothesis that the distribution is normal in form). We propose a novel equivalence test (et) for normality that seeks evidence that a sample distribution is similar enough to a normal distribution to be deemed equivalent. This et establishes an equivalence interval that reflects distributions that are approximately normal, such that any test result and confidence interval that falls within the range of the upper and lower limits of the equivalence interval would be considered normal. The minimally meaningful effect size (mmes) representing the largest deviation from normality that would still be considered equivalent to normal (and determines the equivalence bounds) was selected based on characteristics of normal distributions (e.g., skew, kurtosis) and test statistics. We conducted a series of simulations comparing type i error and power rates between the equivalence-based approach and common traditional (i.e, difference-based) methods (e.g., kolmogorov-smirnoff, anderson-darling, shapiro-wilk, jarque-bera test, and d'agostino-pearson test). For each*

condition, we conducted 5000 simulations drawn from g-and-h distributions with varying degrees of skewness/kurtosis, with sample sizes ranging between n = 10 and n = 1000. Preliminary results suggest that, as expected, with small sample sizes the et method has low power to detect normality, whereas the traditional methods have low to detect nonnormality. In other words, the traditional methods often indicate that distributions are normally distributed when in fact they are not; this false conclusion could provide researchers with a false sense of security regarding the validity of their tests/models. One the other hand, the et method almost never falsely concludes normality with non-normal distributions and small samples. Further, with large sample sizes, the traditional methods often indicate that distributions are non-normal even if the level of nonnormality is very minor (such that it would not affect the validity of statistical tests/models). Although robust tests and methods to correct for non-normality are available for many testing situations, researchers often favour a two-step approach wherein initial tests are conducted to choose between traditional (i.e., nonrobust) and robust approaches. Thus, it is important for appropriate tests of normality to be available. The et for normality offers an appropriate alternative that works well with large samples and provides safer conclusions with small samples.

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 65124 - 12-Minute Talk

Creating a short-form measurement instrument: A multifaceted approach using the Multidimensional Social Competency Scale

Presenting Author: Hohn, Richard E

Additional Authors: Iarocci, Grace; Slaney, Kathleen L

Abstract: *Oftentimes, short-form versions of psychological scales offer more practical utility to researchers than do longer scales. However, there exists no clear methodological guidelines that inform the abbreviation of established psychological scales. Rather, there are myriad approaches by which researchers may reduce the number of items of a scale, including statistical techniques found in classical and modern test theory, simulation-based techniques, and qualitative approaches. The present study demonstrates a multifaceted approach that balanced these reduction techniques, using the Multidimensional Social Competency Scale. Using a sample of 1608 participants, we obtained psychometric information including item loadings, _R_2 estimates, item-total correlations, and item parameters, among others, as well as simulated which items would produce optimal fit. Together with qualitative conceptual rankings, we organized the psychometric information into an _item decision matrix_ and used visualization techniques to create a "bird's eye view" of how items compared across all reduction techniques. We reduced the number of items from 77 to 42 while improving model fit and observed a similar pattern of structural loadings, reliability estimates, and criterion measure correlations compared to the full scale. We hope this approach provides a framework for future item reduction efforts.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 65264 - 12-Minute Talk

Panel Discussion

Inspiring psychologists to respond to global issues

Moderators: Veitch, Jennifer; Koerner, Naomi

Panelists: Kelly, Jennifer; McLaughlin, Hazel ; Tan, Josephine C.H.; Zalaquett, Carlos P.

Abstract: *The CPA is a member of the Global Psychology Alliance (GPA), a body comprising over 60 psychology associations from around the world to apply psychological science to large-scale problems of global consequence. Leaders from participating associations collaborate on issues relevant to human rights, health,*

and well-being and examine ways in which evidence-based solutions can be applied. Notably, during the COVID-19 pandemic, members of the GPA have joined forces on several initiatives, including a resource to help psychologists respond to home-based violence, a streamlined stress-management resource for essential workers, and a joint statement on the importance of psychology to humanity. Member organizations have also engaged in local responses to the pandemic in their own spheres of influence. This panel discussion, with panellists drawn from the leadership of a few GPA member organizations, will address the initiatives of GPA member associations in response to the COVID-19 pandemic, and will use that experience to inspire psychologists and trainees to use their knowledge and experience to contribute to solving global problems.

Section: *General Psychology / Psychologie générale*
Session ID: 66052 - Panel Discussion

Printed Poster

A Psychometric Examination of Short Forms of the Body Shape Questionnaire

Presenting Author: Wood, Lydia

Additional Authors: Misener, Kaylee; Fraser, Erin; Lieuwen, Senja; Libben, Maya

Abstract: *_Background._ The Body Shape Questionnaire (BSQ) and its short forms are commonly used self-report measures of body image. The English version of the Negative Physical Self Scale (NPSS) was recently validated in a North American sample, however, its relationship with the BSQ has yet to be examined (Ly et al., 2019). The current study attempted to replicate the findings of Evans and Dolan's (1992) validation study of short forms of the BSQ, as well as examine the criterion validity of the BSQ with the NPSS. _Methods._ Female undergraduate students (_N_ = 201, _M_age = 19.6) completed the BSQ and NPSS, as well as a demographic questionnaire, as part of a larger body image study (see Misener and Libben, 2020). _Results._ The short forms of the BSQ demonstrated sufficient reliability, with internal consistency values ranging from .85 to .94, in comparison to the full 34-item version (α = .97). Total scores for the full and short forms of the BSQ were significantly correlated with the NPSS. _Conclusion._ The current findings support and extend the work of Evans and Dolan (1992). Results show that the short-forms of the BSQ are empirically valid in a female Canadian sample. The BSQ demonstrates sufficient criterion validity with the NPSS. _Action/Impact._ The results of this study support the inclusion of the BSQ, including its short forms, and the NPSS in future studies examining body image.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61253 - Printed Poster

Looking for a safe haven online: Development and psychometrics of the Seeking Online Safety Questionnaire

Presenting Author: Kamalou, Somayyeh

Additional Authors: Shaughnessy, Krystelle ; Moscovitch, David

Abstract: *The Seeking Online Safety Questionnaire (SOSQ) is a new self-report measure developed to assess the extent to which individuals prefer specific methods of online communication that provide the perception of interpersonal safety and control in online contexts. Indeed, internet-based social interaction provides users with greater anonymity and asynchronicity. Thus, depending on such features for one's online social interactions may constitute a type of safety behavior (SB) that allows socially anxious individuals to hide their perceived deficits, and therefore, mitigates the anxiety they feel in online interactions. In the present study, we developed SOSQ items and administered them to a large sample of community participants (_N_ = 374), who completed an online survey. We examined the factor structure and psychometric properties of the new measure. Explanatory factor*

analysis supported the presence of two correlated but distinct factors: _control over self-presentation_ and _control over personal information_. Good convergent validity was also established by examining correlations with other conceptually related scales. Specifically, as SOSQ scores increased, so too did participants' trait social anxiety, concerns about self-attribute flaws, fear of negative evaluation, and use of offline SBs. The results of regression analyses suggest that control over self-presentation predicts unique variance in social anxiety symptoms and fear of negative evaluation over and above control over personal information. Results have important implications for conceptualizing social anxiety-driven SBs in the modern age.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61256 - Printed Poster

The equal effectiveness of a written shame induction task with and without social evaluative threat

Presenting Author: McGarity-Shipley, Ellen

Additional Author: Pyke, E Kyra

Abstract: *BACKGROUND: Social evaluative threat (SET) is a key elicitor of shame and cortisol elevation in speech-oriented stress tasks. However, the effect of SET on the effectiveness of _written_ shame tasks, which are more useful for specific shame induction, is unknown. This study was the first to evaluate the impact of adding SET on the effectiveness of a written shame task to induce shame. METHODS: 48 participants were randomized to 3 tasks (except n = 5 in control group): a written shame task where participants were told their response would be 1) read (SET, n = 20); or 2) immediately shredded (No SET, n = 20); or 3) a control task where participants wrote objectively about their past 24 hours (CON, n = 8). The Experiential Shame Scale was completed immediately before and after the tasks. RESULTS: A linear mixed model found that shame increased significantly in response to the SET (Pre: 2.9 ± .3; Post: 4.0 ± .8; _p_ < .001) and No SET tasks (Pre: 2.9 ± .5; Post: 4.1 ± .6; _p_ < .001) but, not the control task (Pre: 3.0 ± .4; Post: 3.0 ± .3; _p_ = .96). The shame response did not differ between the SET and No SET tasks (Pre/post: _p_ = .99). CONCLUSIONS: The addition of SET did not change the effectiveness of the written shame task to induce shame. IMPACT: Future research on the acute effects of shame can use written shame tasks with or without SET to induce shame with equal effectiveness.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61339 - Printed Poster

Picturing Femininities & Masculinities: Using Visual Methods to Explore Gender Relations

Presenting Author: MacIsaac, Janet

Abstract: *BACKGROUND: Arts-informed methods are becoming more visible in qualitative psychological research. This study demonstrates how two visual methods—photo-elicitation (PE) and photovoice (PV)—act as an innovative research tool for researchers studying gender relations. METHODS: A systematic search across 10 health/social science databases retrieved 2,478 potential articles, 197 articles were identified for review, and 75 articles met inclusion criteria. Qualitative synthesis and thematic analysis were selected as flexible framework for addressing the research question. RESULTS: Two major themes demonstrate the value of visual methods for studying gender relations. First, _visual methods materialize individual-level relations_ shows how visual methods helped participants/researchers materialize practices that can resist or reproduce normative gender relations. Second, _visual methods materialize structural-level relations_ shows how visual methods helped participants/researchers materialize structural level forces that work to ensure the (re)production of normative gender relations. CONCLUSIONS: Visual methods present researchers with an innovative process for*

generating new insights and perspectives into gender relations. IMPACT: Methods that can materialize practices of femininities and masculinities can help us understand how hegemonic practices within communities are established, perpetuated, and changed.

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 61362 - Printed Poster

The Role of Attachment Style in Resolution of Self-Criticism Process

Presenting Author: Kamalou, Somayyeh

Additional Author: Watson, Jeanne

Abstract: *Clients' attachment styles have been shown to be a consistent predictor of therapeutic processes. However, how clients' attachment styles impact the resolution of self-criticism, an important process in emotional-focused therapy (EFT), is not well understood. The main objective of this study was to examine whether the resolution of self-criticism mediates the relationship between clients' pre and post therapy attachment style. To this end, data from a randomized control trial (RCT) conducted by Watson et al. (2003) was used. Results indicated that clients may engage and successfully complete in-session resolution of self-criticism irrespective of their pre-therapy attachment style. Moreover, although clients' attachment styles change over the course of therapy, resolution of self-criticism did not contribute to changes in post-attachment style. However, resolution of self-criticism contributes to clients' self-reported post-session changes and these changes predict improvement at the end of therapy. Results have important theoretical and clinical implications for fostering a comprehensive understanding of the change processes that underlie the course of therapeutic sessions for clients.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61372 - Printed Poster

How's that for communication: A systematic review of language research in pediatric epilepsy

Presenting Author: Bailey, Katharine

Additional Authors: Pascoe, Paige; Im-Bolter, Nancie

Abstract: *Studies that investigate language in children with epilepsy are varied in their focus with respect to language measurement (e.g., semantics; Sepeta et al., 2015 vs. syntax; Caplan et al., 2015) and categorization of epilepsy (e.g., etiology vs. seizure classification; Bailey and Im-Bolter, 2020). Thus, it is unclear which aspects of language are affected in different types of childhood epilepsy. This knowledge is crucial to the understanding of language development in this population. A systematic review of research published between 1996-2016 resulted in 78 articles that examined language in childhood epilepsy. This review showed language is studied most in children with benign rolandic epilepsy with centrotemporal spikes (k = 20; BECTS), but that most studies included samples with a mixture of epilepsy syndromes (k = 37). More studies examined language in idiopathic (k =37) rather than symptomatic epilepsy (k =15), but it was common for studies to includde a combination of both. Semantic language was most commonly assessed, but few studies examined specific aspects of language, especially in children with generalized seizures (k =7) and/or symptomatic (k = 16) cases. These findings highlight a need for research that focuses on specific aspects of language and specific epilepsy syndromes to provide a more informative picture of language development in children with epilepsy.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61382 - Printed Poster

Equivalence Testing for Multiple Regression

Presenting Author: Alter, Udi

Additional Author: Counsell, Alyssa

Abstract: *Psychological research is rife with inappropriately concluding "no relationship" between a predictor and the outcome in regression models. This conclusion is fallacious, however, as failing to reject the null hypothesis is equated with the null being true. Instead, researchers should use equivalence tests to evaluate if observed effects are small enough to be considered statistically and practically negligible. Although the use of equivalence testing (EQ) has been discussed extensively for group means in psychology, little research explores using EQ in multiple regression. This study illustrates how EQ can be applied to test each predictor in a multiple regression model. Additionally, a simulation study was employed to evaluate the performance of the predictor-level equivalence test (i.e., power and error rates) and compare it to the common, but inappropriate, method of concluding "no effect" by failing to reject the traditional null hypothesis that a predictor's effect equals zero in regression. Results demonstrate that using EQ instead of a difference-based test is the appropriate statistical choice. Further recommendations for using EQ for regression in applied research will be discussed.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 61755 - Printed Poster

Reassessing the Factor Structure of the Three-Dimensional Wisdom Scale in Canada and South Korea

Presenting Author: Munroe, Melanie

Additional Authors: Sardella, A Nicole; Kim, Juensung J; Bang, Hyeyoung; Ferrari, Michel

Abstract: *Background/rationale: The Three-Dimensional Wisdom Scale (3D-WS; Ardelt, 2003) has been shown to maintain validity across North American and Western European samples, however, no studies have examined the validity of the 3D-WS in South Korea. The purpose of this study was to explore and confirm the cross-cultural validity and reliability of the 3D-WS. The 3D-WS is conceptualized as a three-factor model, including a cognitive, affective, and reflective dimension.   Methods: Participants were 220 younger (18-28) and older (60+) adults from Canada and South Korea. Participants completed the 3D-WS, which was translated into Korean for participants in South Korea. The factor structures of the 3D-WS were analyzed through confirmatory and exploratory factor analysis.   Results: Confirmatory factor analysis revealed poor model fit conforming to the three dimensions, within and across Canada and South Korea. Moreover, the three-factor model did not replicate in exploratory factor analysis, both within and across Canada and South Korea.   Conclusions: Findings suggest that the 3D-WS cannot be applied in South Korea, specifically when using the three-dimensional structure (i.e., cognition, reflection, and affect).   Action/Impact: Theoretical and practical implications for scale revision will be discussed.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 61766 - Printed Poster

Informant Reports of Children's Behaviours Predict Children's Observed Social Competence

Presenting Author: Baptiste, Anne D

Additional Authors: Paré-Ruel, Marie-Pier; Dickson, Daniel J; Stack, Dale M; Leong, Elizabeth; Serbin, Lisa A

Abstract: *Children's social competence has been largely assessed using informant reports, yet few studies have explored how these ratings reflect real life behaviors. In the present study, children between 9- and 13-years-old (n=119, 66 girls) were observed in their homes discussing a topic of conflict with their mothers. Children's engagement in behaviors classified as socially competent and less socially competent during the discussion were systematically coded. Associations between observation and informant ratings of children's social competence were examined. Informants were children's mothers, teachers, and themselves. Path analyses explored the relationship between questionnaire data and children's observed social competence. Results indicated that mothers' ratings of children's social incompetence on questionnaires predicted less child engagement in socially competent behaviors during the interaction. Teachers' ratings of children's social incompetence predicted greater child engagement in less socially competent behaviors. Results from this study demonstrate that mothers and teachers' ratings of children's social incompetence have different predictive values with regards to children's behaviors. This study takes a first step in providing a greater understanding of how to interpret different informant reports in terms of expected child behaviors within a naturalistic interaction.*

Section: Developmental Psychology / Psychologie du développement
Session ID: 61795 - Printed Poster

Item Response Theory Analysis of the Dysfunctional Beliefs and Attitudes About Sleep-16 (DBAS-16) Scale in a University Student Sample

Presenting Author: Castillo, Louise IR

Additional Authors: Hadjistavropoulos, Thomas; Tan, Odell; McNab, Ying C

Abstract: *BACKGROUND: Maladaptive cognitions and unhelpful beliefs about sleep have been identified as factors that exacerbate arousal and distress associated with insomnia symptoms. The Dysfunctional Beliefs and Attitudes about Sleep-16 (DBAS-16) is a widely used instrument that assesses for the presence of sleep-disruptive cognitions. Although some psychometric support for the DBAS is available, Item Response Theory analysis is needed to systematically examine its properties at the item level. METHODS: We examined the psychometric properties of the DBAS-16 using Item Response Theory based on a large sample of 759 university students. RESULTS: Our results indicated that many DBAS-16 items adequately differentiated between individuals who held dysfunctional beliefs and attitudes about sleep and those who did not, and some items did not adequately discriminate between these two categories of individuals. CONCLUSION: Overall, the DBAS-16 is a valuable instrument to assess dysfunctional beliefs and attitudes about sleep. Certain items within this scale were identified to best discriminate between those with low and high levels of dysfunctional beliefs and attitudes. ACTION/IMPACT: We outline item-specific recommendations (i.e., omission of certain items) to improve the discriminatory ability of the instrument. Future investigations should establish cross-validation with a clinical sample.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 64123 - Printed Poster

Examining Items Associated with Imminent Risk of Probationers to Predict Short-Term Reoffending

Presenting Author: Qwai, Senah

Additional Authors: Dwyer, Mackenzie; Maltais, Natasha; Perley-Robertson, Bronwen; Serin, Ralph C.

Abstract: *In the United States, the majority of justice-involved persons (JIPs) are serving community supervision sentences. For instance, recent research found that 68% of JIPs are in the community, and 80% of these individuals are on probation (Kaeble and Cowhig, 2018). Notably, between 44% and 63% of recidivists*

reoffend within their first year of release (Dalsklev et al., 2019; Vasiljevic et al., 2020). To accurately assess recidivism risk and reduce the likelihood of future criminality, correctional agencies must identify both who is likely to reoffend and when they are likely to do so. Predicting when someone is likely to reoffend involves the assessment of acute risk factors that signal imminent offending. However, there is limited research on imminent recidivism in community contexts and few community-based risk tools that measure acute risk (Lloyd et al., 2020). The current study therefore aims to identify predictors of imminent recidivism in two US community-based samples (_N_ = 68), half of whom committed a serious offense during their supervision. Data were collected from JIPs' case files, coded for the presence and severity of 45 risk factors derived from existing research. Recidivists and non-recidivists will be compared on these factors to advance imminent risk management strategies, further develop community-based tools, and allow for larger validation studies.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64127 - Printed Poster

Measuring Students' Attitudes Toward Statistics and Statistical Software

Presenting Author: Rovetti, Joseph

Additional Author: Counsell, Alyssa

Abstract: *While the misuse of statistics and statistical tools has been discussed as exacerbating the replication crisis, little research has assessed attitudes toward statistical tools and software. One reason may be that there are few measures that evaluate such attitudes, and the measures available have little evidence of their psychometric properties. The current study evaluated the reliability and validity of a recent measure assessing five attitudinal domains of learning statistics with technology (SASTSc). Participants included students enrolled in a statistics course using software at the time of participation. Results revealed a factor structure that mostly replicated the original structure reported by the creators of the SASTSc: as in the original factor structure, a five-factor solution was best, with most of the same items loading onto these factors. The measure also demonstrated high reliability scores and generally high factor loadings and communalities for the items, supporting its use. However, there are some problematic items that warrant revision or removal. This study supports the use of the SASTSc (with minor modifications) and furthers the conversation around the importance of measurement in thinking about our constructs; the validity of results in psychology hinges on the validity of the measures that we use. Implications for teaching statistical software, using the scale in classrooms, and adapting it for use in a non-student population will also be discussed.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 64141 - Printed Poster

How prevalent is overfitting of regression models? A survey of articles in three psychology journals

Presenting Author: Dalicandro, Lauren

Additional Authors: Harder, Jane ; Mazmanian, Dwight; Weaver, Bruce

Abstract: *Since 2011 there has been much discussion and concern about a "replication crisis" in psychology. One contributor to this crisis may be the practice of overfitting regression-type models. Overfitted analytic results may reflect the "idiosyncratic characteristics" of the current sample but will not extrapolate to the population of interest (Babyak, 2004). Babyak provided several recommendations for avoiding these types of overfitting errors. The current study provides a review of 170 recent articles from three major academic journals within the field of psychology to survey the use of practices that may lead to overfitting. We found that 96 articles included at least one of the types of regression models Babyak discussed. When using Babyak's recommended 10 observations (or events) per explanatory variable (OPV/EPV) cut-off, 97 of the 286 models*

(33.9%) used at least one practice that leads to overfitting; and when we used 15 OPV/EPV as the cut-off, that number rose to 109 models (38.1%). The most frequently occurring practice that yields overfitted models was univariable pretesting of candidate predictor variables, found in 61 of the 286 models (21.3%). These findings suggest that overfitting of regression models remains a problem in psychology research, and that we must increase our efforts to educate researchers and students about this important issue.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 64400 - Printed Poster

Recognition of significant distress in food addiction: A deeper understanding through depression and anxiety severity

Presenting Author: Legendre, Maxime

Additional Author: Bégin, Catherine

Abstract: *The Yale Food Addiction Scale (YFAS), based on the diagnostic criteria for DSM-5 substance use, is the most popular scale for food addiction (FA). The YFAS diagnosis requires at least two of 11 symptoms to be endorsed plus the significant distress criterion. Therefore, an individual can endorse up to 11 symptoms without being diagnosed if he did not endorse the significant distress criterion. This study aims to determine if this criterion is a valid indicator of depression and anxiety severity. A sample of 105 overweight individuals completed measures about FA, depression and anxiety. Univariate general linear model was used to compare individuals according to the distress criterion endorsement (yes/no) with the number of FA symptoms as a covariate. Global model was significant for both depression ($F_{(2, 102)}=4.983$, p=.009) and anxiety ($F_{(2, 102)}=7.184$, p=.001); the group with distress had more depression and anxiety. However, this difference was only significantly explained by the covariate and the distress endorsement alone was not significant (p=.845 and .299). Like two previous studies, these results question the relevance of this criterion when it is self-reported, but for the first time, using depression and anxiety as indicator. Considering the number of FA symptoms instead of the diagnosis when using the YFAS appears to be the most appropriate indicator of severity.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64411 - Printed Poster

Assessing the acceptability and usability of a digital mental health intervention for anxiety and depression in post-secondary students

Presenting Author: Patterson, Taylor

Additional Authors: Peynenburg, Vanessa; Hadjistavropoulos, Heather

Abstract: *RATIONALE: Digital mental health interventions (DMHI) can address common mental health concerns among post-secondary students, although there are low treatment completion rates among students compared to non-students. Further research is warranted to improve engagement. METHODS: Students (n = 122) answered a series of closed and open-ended questions following a 5-week cognitive behavioural DMHI offered with once-weekly therapist support for anxiety and depression. RESULTS: Satisfaction rates were provided and content analysis was used to code students' open-ended responses. 92.6% (n = 113) considered the treatment was worth their time and 86.9% (n = 106) would recommend it to a friend. Few students (7.3%, n = 9) reported unwanted negative effects during treatment. Thought challenging was the most helpful skill (65.6%; n = 80). Negative feedback included concerns about the case stories not being relevant to the students' experiences (17.2%; n = 21). Suggested changes included more than once-weekly therapist support and more interactive content (e.g., audio recordings, videos, fillable worksheets). CONCLUSIONS: Positive feedback outweighed negative feedback. Ideas for improvement were generated that can increase student engagement in*

DMHI. IMPACT: Future studies should examine the potential benefit of improved stories, interactive content, and more frequent therapist support.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64677 - Printed Poster

A Critical Investigation of Observational Protocols for Motivationally Supportive Instruction

Presenting Author: Zheng, Qiyuan

Additional Authors: Potola, Sanheeta; Lee, So Yeon; Deshpande, Harshadaa; Christiaans, Ella R; Friedman, Solomon; Rudakova, Kira; Horrocks, Phoenix; Choi, Sun Jung; Robinson, Kristy A

Abstract: *ABSTRACT (1395 CHARACTERS INCLUDING SPACE) RATIONALE: Observational measures of teaching are scarce in the motivation literature, but are needed for furthering theoretical knowledge and recommendations for how teachers can support motivation. To inform the development of effective observational tools, particularly for STEM settings, we synthesized evidence on current practices for observing motivational teaching. METHOD: A literature search for empirical studies using theoretically-driven coding schemes for teacher practices (e.g., autonomy support, relevance) theorized to support student motivation. Synthesis of the available evidence of their effectiveness and applicability to various settings. RESULTS: Our literature search yielded 10 coding schemes; most were used in science or mathematics (70%) and early secondary settings (60%). Validity evidence (e.g., interrater and internal reliability, factor structure, relations to correlates) was inconsistent. Only 30% of studies disclosed training procedures. ACTION/IMPACT: Systematic development and research, including standardized indicators of validity, are needed to arrive at best practices for observing motivational teaching. We recommend clear operational definitions, transparent training protocols, and systematic replication studies to build comprehensive coding schemes that can capture motivationally supportive instruction in secondary STEM classrooms and beyond.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64852 - Printed Poster

Impact of Language Complexity on Typing Speeds of School-Aged Children: A Pilot Study

Presenting Author: Staffiere, Emily

Additional Author: Cunningham, Todd

Abstract: *Despite decades of literature on typing proficiency, a valid and consistent tool to measure this skill has yet to be developed. Replication and generalization of findings is thus convoluted by inconsistent methodologies. This pilot study utilized a novel typing copy-paradigm to explore the impact of language complexity on typing speed, measured in net characters per minute (CPM), and the relationship of typing speed to other academic skills. Students (N = 28) in grades 2 through 4 were shown three standardized passages in succession and were given two minutes to copy each accurately. Each student was shown a passage at the grade one level, their previous grade level, and their current grade level. Repeated measures ANOVAs indicated that passage difficulty only impacted net CPM produced by grade 2 students such that they typed more characters when copying the grade 1 passage relative to the higher grades. A hierarchical regression demonstrated that typing performance was largely dependent on age, such that older students typed more than younger students. Reading, motor coordination and spelling were not found to have any influence on typing speed. These findings will aid in selecting appropriate text passages to comprise a standardized measurement tool to be used in further studies examining typing skill acquisition for students with and without a writing disability.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64952 - Printed Poster

Qualitative and Quantitative Analysis of the Emotionality of Language Through Distance Communication Platforms

Presenting Author: Nichol, Chad

Additional Author: Dotta, Blake

Abstract: *Background As communication continues to progress towards more online and remote platforms, it is crucial to determine which form of technology-based communication is most accurately portraying your message. The impact of COVID-19 has significantly altered how we communicate with one another as communication moves towards online platforms. Given this abrupt shift in communication, it is essential to determine which form of online communication is most effective in communicating with someone. Methods Participants consist of undergraduate students at Laurentian University who have been recruited through the SONA system. Participants were randomly assigned to one of the three conditions (text, telephone, or video chat). Through a 50 item questionnaire, the number of words used are counted to produce a quantitative measure of the amount of emotional language will be assessed through input into the Dictionary of Affect in Language (DAL). Results Results of this study will be reported following the completion of the study March 2021. Conclusions The results will highlight any significant differences in the number of words one uses depending on the platform of communication they are using and if one form of communication produces more emotional language than another. Impact Psychological research into the emotionality and implications of online communication is in the beginning stages and is a growing field of interest and importance. Although research has been conducted between online and in-person communication this is one of few experiments assessing the difference between one online communication medium to another.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64964 - Printed Poster

A Meta-Analytic Software Comparison: Comprehensive Meta-Analysis, ProMeta 3.0, and Review Manager 5

Presenting Author: Fisher, Reyna N.

Additional Authors: Sepehry, A. Amir; Maglio, Asa-Sophia T.

Abstract: *Meta-analyses are useful methods to summarize and advance empirical research. This study's objective is to compare two widely used meta-analytic software with a newer program. Comprehensive Meta-analysis Version 2.2 (CMA), ProMeta 3.0, and Review Manager 5.4 (RevMan 5) were chosen for this review a priori. CMA had the most functions of the three programs but was only available commercially on Windows systems. ProMeta 3.0 was a free, open-licensed software that was compatible with multiple operating systems. CMA and ProMeta 3.0 were highly correlated and provided comparable analyses and results. RevMan 5 was freely accessible for students and Cochrane reviewers and easy to use due to the plethora of guides, but the software could not be used in the statistical comparison and validity tests because of the limited functions. The choice of program to use will depend on the researcher's preferences and needs; this review should help users make an informed decision.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65013 - Printed Poster

Replication and Validation of the English Negative Physical Self Scale in a Female Sample

Presenting Author: Lieuwen, Senja

Additional Authors: Misener , Kaylee; Wood, Lydia; Fraser, Erin; Libben, Maya

Abstract: _Background. _The Negative Physical Self Scale (NPSS; Chen et al., 2006) was developed as a measure of body image (dis)satisfaction for a Chinese population. Ly and colleagues (2019) explored the validity of an English translation of the NPSS in a young, female, North American sample. This study attempts to replicate their findings. _Method_. Female undergraduate students, 18 to 25 years old (_N_ = 201) were recruited for the study. They completed three measures of body image: the Body Shape Questionnaire (BSQ; Cooper et al., 1987), the Eating Disorder Evaluation Questionnaire (EDE-Q; 6.0; Fairburn and Beglin, 2008), and the English NPSS. _Results._ Exploratory factor analysis was completed for the NPSS. Parallel analysis suggested five underlying factors accounting for 57.96% of variance. In order to replicate the previous study, a four-factor structure was chosen for further analysis. It accounted for 53.79% of variance. Internal consistency for each factor was high: body concern α = .93, shortness α = .88, thinness α = .87, and facial appearance α = .89. The majority of item loadings matched the previous study. Finally, the NPSS was significantly correlated with the BSQ (_r_ = .82, _p_ < .001) and the EDE-Q (_r_ = .80, _p_ < .001). _Conclusion/Impact. _This replication provides further support for the English NPSS as a valid measure of body image concerns in a North American female population.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65046 - Printed Poster

Rosenberg Self-Esteem Scale: A Popular Measure with Surprisingly Little Psychometric Evidence

Presenting Author: Hubley, Anita M

Additional Author: Ruddell, J Robert

Abstract: *Self-esteem is one of the most investigated constructs in the social sciences and the Rosenberg Self-Esteem Scale (RSES) is the most prevalent measure of self-esteem. We conducted a research synthesis of reliability and validation studies for the English version of the RSES as per the Standards for Educational and Psychological Testing (AERA, APA, and NCME, 2014). Of the 21 articles reporting such evidence, 19 reported on internal structure. Although the RSES is purported to be unidimensional, research suggests the underlying factor structure may be more complex. Thirteen articles reported internal consistency reliability evidence but did not take into account the ordinal nature of the response scale. Reliability was consistently satisfactory only for a total score. Just five articles investigated evidence based on relations to other variables, but two articles only included one convergent measure, only one article stated the rationale for the choice of measures, and clarity in the interpretation of validity evidence was generally lacking. No articles examined validity evidence based on test content, response processes, or consequences of testing. Consequentially, the evidential basis to support the interpretation of RSES scores is extremely limited. We will present specific recommendations to improve validation practice generally as well as the evidential basis for the RSES.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65080 - Printed Poster

COVIDTogether: Experiences of Growth and Conflict Among Couples During the COVID-19 Pandemic

Presenting Author: Benyamin, Veronica

Additional Authors: Goss, Sophie; Balzarini, Rhonda; Muise, Amy

Abstract: *The COVID-19 pandemic is a time of stress for many couples who are working, parenting and living together. Research shows that couples who report experiencing more pandemic-related stressors also report poorer relationship quality and more frequent conflict. Yet challenging times can also present opportunities for growth. Self-expansion theory posits that through new experiences, people learn new things about their partner, which is associated with higher relationship quality. COVIDTogether [1] is a dyadic, longitudinal study of 220 couples (_N_ = 440) living together during the COVID-19 pandemic. At the outset, both partners reported on relationship changes from before the pandemic. We found that 10% of participants perceived their relationship as less satisfying, 36% felt it was the same, and more than half (54%) felt it was more satisfying. Also, 29% reported experiencing more conflict compared to pre-pandemic, but 75% reported spending more quality time together. Each week for three weeks, partners described their experiences of conflict and growth. We coded their open-ended responses using thematic analysis with most couples reporting multiple growth and conflict experiences that were both in line with and extend themes from past research. Future work can extend these findings by investigating the factors that contribute to conflict and growth during times of stress.Links:------[1] https://www.COVIDtogether.me*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65100 - Printed Poster

Student's Motivational Profiles Across Life Domains

Presenting Author: Slobozianu, Monica

Additional Authors: Maillet, A. Myles; Grouzet, Frederick M. E.

Abstract: *Self-determination theory (SDT; Deci and Ryan, 2000) proposes that individuals may have different reasons to engage in various behaviours, which represents different forms of intrinsic and extrinsic motivation. While the majority of research has examined the effect of certain forms of motivation on various outcomes, using a variable-centered approach, person-centered approaches have also been adopted to determine distinct motivational profiles within specific domains (e.g., Boiché et al., 2008; Ratelle et al., 2008). However, few studies have examined whether people's motivational profiles are consistent across life domains. To address this gap, we asked undergraduate students (_n_ = 361) to complete a series of questionnaires measuring motivation for leisure (Pelletier et al., 1989), education (Vallerand et al., 1992), sport (Pelletier et al., 2013), and pro-environmental behaviours (Pelletier et al., 1998), as well as global motivation (Pelletier and Dion, 2007). Hierarchical cluster analyses were performed to identify the emerging clusters in each domain and globally, and compare them for each individual. Results suggest that there are both similarities and differences in motivational profiles across different life domains. They also confirm the importance of a person-centered approach to conceptualize and measure motivation within SDT. This person-centered approach is also important to understand individual differences in motivation across life domains.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65197 - Printed Poster

What is a Language? Who is Bilingual?

Presenting Author: Wagner, Danika

Additional Authors: Bialystok, Ellen; Grundy, John G

Abstract: *Research on the cognitive consequences of bilingualism typically compares individuals across groups that are designated "monolingual" or "bilingual," but as recent studies have shown, this designation is not straightforward. The problem is particularly acute when participants are asked to make the classification themselves, either by deciding which group they belong to or by simply declaring how many languages they speak. The present study asked participants to judge the extent to which hypothetical "languages" should be considered as a unique language and hypothetical individuals should be considered as bilingual. The results revealed variability in these judgements that identified several factors responsible for each. The results give more credence to the findings that bilingualism is not categorical. Language experiences are important markers of what constitutes a language and the necessary criteria for being bilingual. These results are important for interpreting group differences in research on the cognitive effects of bilingualism.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 65231 - Printed Poster

Rôle facilitateur du sentiment de compétence dans l'adaptation des élèves au début du secondaire

Presenting Author: Labranche, Andrée-Ann

Additional Author: Bouffard, Thérèse

Abstract: *La perspective de la transition au secondaire est connue pour induire chez nombre d'élèves un mélange d'anticipations positives et négatives (Akos, 2002). Cette transition concorderait aussi avec l'émergence chez certains d'un sentiment d'imposture (Fruhan, 2002) reflétant leur croyance d'être moins compétents qu'autrui semble le croire. À l'instar des anticipations négatives, se sentir imposteur peut contribuer à des difficultés d'adaptation en secondaire 1. Cependant, arriver à cette transition avec un sentiment de compétence positif serait un atout et faciliterait l'adaptation à la transition (Denoncourt, Bouffard, Dubois, and Mc Intyre, 2004). Cette étude chez 578 élèves examine si un sentiment de compétence positif à la fin du primaire médiatise les liens entre le sentiment d'imposture et les anticipations d'une part, et des indices d'inadaptation ou d'adaptation en secondaire 1 d'autre part. Les analyses de médiation indiquent que le sentiment de compétence à la fin du primaire n'est pas associé aux difficultés d'adaptation qui sont cependant liées positivement aux anticipations négatives et au sentiment d'imposture. Pour les indices d'adaptation, le sentiment de compétence diminue significativement les liens positifs entre les anticipations et le sentiment d'imposture qui demeurent toutefois significatifs. Le lien positif ressortant avec les anticipations négatives une fois le sentiment de compétence inclus suggère que ce dernier peut permettre aux élèves de se préparer aux situations craintes et de mieux les affronter. Le rôle positif du sentiment de compétence lors des transitions sera discuté.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65308 - Printed Poster

Contribution du style et du soutien des parents dans l'adaptation à l'arrivée au secondaire

Presenting Author: Labranche, Andree-Ann

Additional Authors: Bouffard, Thérèse ; Gauthier, Yimin-Léa

Abstract: *Arriver au secondaire est une expérience marquée par des défis adaptatifs sur plusieurs plans. Cette arrivée devrait être d'autant mieux vécue que la qualité des relations du jeune avec ses parents et leur encadrement sont adéquats. Cependant, peu d'étude ont vérifié si les styles parentaux et la qualité du soutien des parents, spécialement son caractère conditionnel, contribuent à une transition réussie du jeune au*

secondaire. Cette question a été examinée dans une étude faite chez 475 élèves questionnés au printemps de leur 6è année du primaire et une seconde fois à la même période l'année suivante sur leur perception de compétence, leur préoccupation des erreurs, leur motivation et leur sentiment d'aliénation scolaires. En secondaire 1, ils ont aussi rapporté leur perception du style démocratique, autoritaire, permissif et surprotecteur de leurs parents et du caractère conditionnel de leur soutien. Les enseignants ont indiqué leur évaluation de l'autorégulation des jeunes et leur rendement. Une fois contrôlées les mesures en 6è année, le soutien conditionnel (p < 0.01) et le style permissif (p < 0.05) sont liés négativement à la perception de compétence et la motivation, et positivement au sentiment d'aliénation (p < 0.01) et à la préoccupation des erreurs (p < 0.01). Le style démocratique présente un patron inverse et est aussi lié positivement au rendement rapporté par les enseignants (p < 0.01) alors que le style permissif est lié négativement à l'autorégulation et au rendement (ps < 0.01) rapporté par les enseignants. L'importance des parents dans l'adaptation des jeunes aux transitions scolaires sera discutée.

Section: Developmental Psychology / Psychologie du développement
Session ID: 65309 - Printed Poster

A comparison between gamblers and spouses/cohabitants who call a gambling helpline

Presenting Author: Sciola, Anthony

Additional Authors: Derevensky, Jeffrey; Marchica, Loredana

Abstract: ABSTRACT OBJECTIVES. Gambling helplines have progressed to offer support and brief interventions for both the gambler and their 'significant others'. Helpline workers report that spouses/cohabitants frequently call concerning their partners problem gambling. The current study examined and compared similarities and differences between significant other's and problem gambler's calls to a state gambling helpline. METHODS. 1,119 callers to the Florida gambling helpline between July 2019 to June 2020 participated. Data collected included demographic information (gender, relationship to the gambler), the precipitating event leading to the call, and the primary type of gambling problem (e.g., lottery, casino, racetrack, etc.). Chi-Square analyses examined the relationship between problem gamblers and spouses/cohabitants precipitating event and reasons for calling the helpline. RESULTS. Significant differences between problem gamblers and their spouses/cohabitants' reason calling the helpline were identified. Results indicate that gamblers, compared to spouses/cohabitants, who call the helpline are more likely to report suffering substantial financial losses (28.2% vs 1.6%) whereas their partners tend to report greater relationship problems (78.3% vs 14.7%). CONCLUSIONS AND IMPLICATIONS: Gambling helplines can provide different types of support for problem gamblers and their partners.

Section: Addiction Psychology / Psychologie de la dépendance
Session ID: 65344 - Printed Poster

Exploring the Impact of Actual-ideal Weight Discrepancy on Body Image Measures

Presenting Author: Fraser, Erin

Additional Authors: Wood, Lydia; Misener , Kaylee ; Lieuwen, Senja ; Libben, Maya

Abstract: SEVERAL STUDIES HAVE SUPPORTED BMI AS A RELIABLE CORRELATE OF BODY DISSATISFACTION, DISORDERED EATING, AND OTHER BODY IMAGE RELATED OUTCOMES. HOWEVER, FEW STUDIES HAVE EXAMINED THE INFLUENCE OF ACTUAL-IDEAL WEIGHT DISCREPANCY ON SELF-REPORTED BODY IMAGE MEASURES. THUS, THE PURPOSE OF THIS STUDY WAS TO DETERMINE WHETHER ACTUAL-IDEAL WEIGHT DISCREPANCY ACCOUNTS FOR A

SIGNIFICANT AMOUNT OF VARIANCE IN THREE WIDELY USED BODY IMAGE MEASURES, ABOVE AND BEYOND BMI. 201 females completed measures of the Eating Disorder Examination Questionnaire (EDE-Q), the Body Shape Questionnaire (BSQ), and the Negative Physical Self Scale (NPSS) as part of a larger body image study (see Misener and Libben, 2020). Actual-ideal weight discrepancy was calculated by subtracting participants' current weight from their reported ideal weight. Hierarchical multiple regression analysis found that actual-ideal weight discrepancy accounts for significant variance in EDE-Q, BSQ, and NPSS scores, above and beyond BMI. THE CURRENT FINDINGS SUGGEST THAT SUBJECTIVE VIEWS ABOUT BODY WEIGHT AND SHAPE ARE AN IMPORTANT FACTOR TO CONSIDER IN BODY IMAGE RESEARCH. GIVEN THE EMPHASIS PLACED ON BMI ALONE IN PREDICTING BODY IMAGE MEASURES, THE RESULTS OF THIS STUDY WARRANT FUTURE INVESTIGATION INTO THE USE OF ACTUAL-IDEAL WEIGHT DISCREPANCY AS A KEY VARIABLE TO ENHANCE METHODOLOGICAL PRACTICES IN BODY IMAGE RESEARCH.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65449 - Printed Poster

Validation of a short version of the Brief Symptom Inventory in a German sample.

Presenting Author: MacDonald, Ceilagh

Additional Authors: Brophy, Kyla; Coroiu, Adina; Braehler, Elmar; Körner, Annett

Abstract: *The Brief Symptom Inventory-9 (BSI-9) was recently developed as a shorter alternative to the 18 item version, which itself was a brief alternative to the original 53 item version. The BSI-9 is a nine item self-report tool to assess psychological distress in terms of somatization (S), anxiety (A), and depression (D) - also known as the "SAD Triad", which has been shown to be valid in the German general population. The present study assessed the construct validity of the BSI-9 using the Patient Health Questionnaire (PHQ-4) and Hopkins Symptom Checklist (HSCL-25). A representative sample of 2516 German-speaking participants was recruited via a demography-consulting company. Participants were surveyed for demographic information and completed a variety of questionnaires, including the BSI-18. The new short-form was shown to be significantly associated with other measures of distress, the PHQ-4 and HSCL-25. This scale provides researchers and clinicians with a valid, brief and effective tool to screen for anxiety, depression and somatization, thus preventing potential overload for research participants and flagging clients who may need further assessment.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65557 - Printed Poster

The General Self-Efficacy Short Scale in a general German sample: Validation and normative data

Presenting Author: MacDonald, Ceilagh

Additional Authors: Brophy, Kyla; Bigelow, Alan; Braehler, Elmar; Körner, Annett

Abstract: *General self-efficacy has been defined as the appraisal of one's own capabilities and competence to successfully plan and execute actions to achieve goals. Understandably, general self-efficacy plays an important role in daily life activities, in both occupational and home settings. To easily assess general self-efficacy, Beierlein et al. (2013) developed and validated the General Self-Efficacy Short Scale (ASKU in German), a self-report measure containing only three items. The present study will validate and establish normative cut-offs for the ASKU in a general German sample. Construct validity for the ASKU will be assessed using correlational analyses with the Beck Hopelessness Scale, Patient Health Questionnaire (PHQ-4), Perceived Stress Scale (PSS), and the UCLA Loneliness Scale. The results of this study will contribute to evidence assessing the ASKU*

as a valid and reliable measure. Further, the development of normative cut-off scores will improve the ease of interpretation of the ASKU for both clinicians and patients.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65570 - Printed Poster

Self-Sabotaging Behaviors in Romantic Relationships: The Relationship with Self-Esteem and Anxiety

Presenting Author: Leachman, Caitlin E

Abstract: _*Romantic relationships are vulnerable to self-sabotaging behaviors, such as defensiveness and lying (Gottman, 2008). Only recently have such behaviors come into focus under the lens of self-sabotage. Current literature provides a thorough understanding of behaviors that comprise self-sabotage in romantic relationships, and an inventory to measure these behaviors was developed (Peel et al., 2019). The Relationship Self-Sabotage Scale (RSSS) will be utilized in this study to address the relationship between self-esteem, attachment, relational anxiety, and relational awareness and monitoring with self-sabotage behaviors in romantic relationships. It is predicted that low self-esteem, insecure-anxious or avoidant attachment, high relational anxiety, and low relational awareness will be positively associated with self-sabotage behaviors. This study will be the first to implement this inventory, and to examine these underlying factors from this perspective. Ethics has been approved, and data collection will remain ongoing for the next 60 days, with 259 participants to date. The results of this study will add to the body of knowledge about self-sabotage behaviours in romantic relationships, which is a significant resource for those working with couples. Romantic relationships are of vital importance to understanding human behaviour and improving mental health and overall well-being._*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65572 - Printed Poster

Development of the Compassion Fatigue in Familial Caregivers Scale

Presenting Author: MacDonald, Ceilagh

Additional Authors: Brophy, Kyla; Côté, Catherine; Körner, Annett

Abstract: *The stress experienced by caregivers can ultimately result in compassion fatigue, a condition characterized by physical and emotional exhaustion, the reduced ability to feel compassion for others, and even secondary traumatization as a result of caring for people in distress. Until recently, the majority of research has addressed compassion fatigue in professional caregivers (e.g., psychologists, social workers, medical doctors, etc.), despite familial caregivers' increased risk of compassion fatigue as a result of their close relationship with patients. To date, there are no psychometrically valid measurement tools to assess compassion fatigue in familial caregivers, thus preventing the advancement of research on interventions to better support this vulnerable group. The present study will develop the first measure of compassion fatigue for familial caregivers. Familial caregivers of dementia patients will be recruited via social media platforms. The sample will be split to 1) conduct exploratory factor analysis to examine the factorial structure of the scale and construct, and 2) assess construct validity using confirmatory factor analysis. This measure will be a useful tool for both clinicians and researchers who seek to better understand the experiences of familial caregivers.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65578 - Printed Poster

Culturally sensitive Chinese translation of a Canadian depression measure using current guidelines

Presenting Author: Tang, Xuyan

Additional Author: Hubley, M Anita

Abstract: *Commonly used measures of depression in China tend to be overly long, costly, dated, or lack consistently strong psychometric evidence in Chinese samples. The Canadian Hubley Depression Scale for Older Adults (HDS-OA) is relatively short, follows DSM-5 criteria, and has exhibited satisfactory psychometric properties. We translated the HDS-OA into Chinese, following the International Test Commission's (2017) guidelines for translating and adapting tests as well as Sousa and Rojjanasrirat's (2011) framework for cross-cultural adaption of measures. The HDS-OA was forward-translated independently from English to Chinese by two translators. A synthesized Chinese version (C-HDS-OA) was generated and back-translated into English independently by two new translators. An expert review panel of 3 bilingual content, language, and methods experts compared the C-HDS-OA to the HDS-OA and rated each item for similarity of meaning, difficulty, familiarity, and cultural specificity. Following revisions, 15 Chinese adults completed the C-HDS-OA and rated the instructions and each item for clarity using a 3-point scale, and provided feedback. Our results show the C-HDS-OA items have similar meaning, clarity, difficulty levels, experiential familiarity, and cultural appropriateness to the original. We describe the areas of greatest challenge in translating this measure from English to Chinese.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65583 - Printed Poster

Screening for depression in university students: Promising psychometric results for the PHQ-9

Presenting Author: Zhang, Wen Qian

Additional Author: Hubley, M. Anita

Abstract: *Effective depression screening measures are important in depression detection, progress monitoring, and research. The Patient Health Questionnaire-9 (PHQ-9) is ideal, as it is only 9 items, freely accessible, and reflects current diagnostic criteria. Plenty validity evidence exists for the PHQ-9 in medical settings, but it is scarce for university students. In fact, such evidence for the English PHQ-9 in university students is limited to a single secondary analysis in the U.S. We examined score reliability and convergent/discriminant evidence for validity with the English PHQ-9 in 204 Canadian university students using an online survey. Students were 18-45 years old, mostly female (68%), primarily White or Asian, represented multiple disciplines, and included both undergraduate (52%) and graduate (39%) students. Most respondents (79%) reported no previous diagnosis of depression. PHQ-9 scores showed high internal consistency (Cronbach's alpha and ordinal omega >0.85). PHQ-9 scores also demonstrated the expected pattern of convergent and discriminant validity coefficients, with a stronger correlation with depression (CES-D: r=0.86) than anxiety (GAD-7: r=0.74) and mental health functioning (SF-12 MCS: r=-0.72) and a low correlation with physical health functioning (SF-12 PCS: r=0.12). Based on these findings, the PHQ-9 is tentatively recommended for use with university students.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65603 - Printed Poster

Screening for depression in Chinese adults: Reliability and validity with a newly translated measure

Presenting Author: Tang, Xuyan

Additional Author: Hubley, M Anita

Abstract: *Depression tends to be poorly identified in China and many commonly used depression measures are dated and show poor psychometric properties with Chinese samples. The Chinese Hubley Depression Scale for Older Adults (C-HDS-OA) is a recently translated 16-item measure that is consistent with DSM-5 criteria for depression. Although the English version has shown good psychometric properties, no reliability or validity evidence has been collected with the C-HDS-OA. We examined the factor structure, reliability, and convergent/discriminant evidence for validity of the C-HDS-OA with a nonclinical sample of 364 adults ages 18 to 81 years in China who completed an online survey. Results of a confirmatory factor analysis using robust diagonally weighted least squares estimation supported the theoretically expected unidimensional structure (CFI = .98; TLI = .97; RMSEA = .04; SRMR = .09) of C-HDS-OA scores. Internal consistency was satisfactory (Cronbach's alpha and ordinal omega >.85). C-HDS-OA scores also correlated with Chinese translated measures of: depression (PHQ-9; r = .75), hopelessness (BHS; r = .68), anxiety (GAD-7; r = .67), mental health functioning (SF-12 MCS; r = -.63), and physical health functioning (SF-12 PCS; r = -.28), as theoretically expected. This study shows strong preliminary psychometric evidence for the C-HDS-OA with Chinese adults.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65612 - Printed Poster

The Services Needs Inventory: Predictive validity of the Psychiatric Symptomatology Scale

Presenting Author: Ross, Kymmalett

Additional Authors: Heinz, E Robin; Morgan, Robert

Abstract: *Individuals with serious mental illness (SMI; e.g., major depression, schizophrenia, bipolar disorder) are overrepresented in the criminal justice system (Abramsky and Fellner, 2003; Al-Rousan, 2017; Prins, 2014; Raphael and Stoll, 2013; Skeem et al., 2010; Steadman et al., 2009). Thus, it is essential that mental health practitioners address criminalness (i.e., behavior that breaks laws, social conventions, and/or violates the rights of others) and psychiatric symptoms as treatment targets to reduce recidivism (Morgan et al., 2012, 2015; Wolff, 2005). To effectively treat these co-occurring issues, clinicians must first assess criminogenic and mental health risk and needs (Bonta and Andrews, 2007; Olafsson and Morgan, n.d.). The Services Needs Instrument (SNI) was developed with this aim in mind—to determine what services are needed at intake with justice-involved persons with SMI by assessing the individual's psychiatric symptomology, criminal history, antisocial attitudes and associates, social networking, social functioning, substance abuse, negative affect, and traumatic history (Morgan, Kroner and Mills, 2015). As the measure has adequate reliability and construct validity (Brieann Diss), the aim of the current study is to examine the predictive validity of the Psychiatric Symptomatology scale. Participants consisted of 527 adult male inmates recruited from a residential treatment center for probationers and three county jails in Texas. Participant's mean age was 33.0 years, with a mean of 11.4 years of education. Most participants identified as White/Caucasian (n=136) and Black/African American (n=122); while the remaining participants answered "other" which included bi-racial and multi-racial categories. Of this group, 61 participants identified as Asian or Native American and 206 individuals identified as Hispanic/Latino. Regression analyses will be used to examine if the Psychiatric Symptomology scale of the SNI accurately differentiates jail inmates with and without mental illness, and predicts group membership based on inmate diagnosis (i.e., severe mental illness to include schizophrenia, bipolar disorder, and major depressive disorders, other mental illness, and no mental illness).*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 65614 - Printed Poster

One factor or two? Factor structure of the PHQ-9 depression screen in Canadian university students

Presenting Author: Zhang, Wen Qian

Additional Author: Hubley, M. Anita

Abstract: *The Patient Health Questionnaire-9 (PHQ-9) is a widely used depression screen, including in university settings. However, validity evidence for the English PHQ-9 with university students is scarce and limited to a single secondary analysis in the U.S. The primary goal of the present study was to examine the internal structure of the English PHQ-9 with 204 Canadian university students. Students were 18-45 years old, mostly female (68%), primarily White or Asian, represented multiple disciplines, and included both undergraduate (52%) and graduate (39%) students. We used confirmatory factor analyses and robust weighted least squares estimation to evaluate a one-factor model and three two-factor models identified in the larger PHQ-9 literature, as well as a theoretically proposed ad-hoc two-factor model. Fit indices (CFI, TLI, RMSEA, SRMR) showed a similar pattern of good fit across all models. All of the two-factor models showed high inter-correlations (_r_ =.85-.92) between the factors. The best-fitting two-factor somatic/non-somatic model from extant literature lacked theoretical coherence. We will discuss a novel interpretation of this model and why we believe use of a single total score remains the most efficient and theoretically logical approach in clinical and research settings with university students.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65646 - Printed Poster

The Role Of Conjugal Support In The Quality Of Life Linked To Fertility Treatments

Presenting Author: Joseph, Shanyce Alyssa

Additional Authors: El Amiri, Sawsane; Brassard, Audrey; Péloquin, Katherine

Abstract: *Infertility is associated with poor psychological well-being and reduced quality of life in couples who are touched. Since both partners are the main source of support for each other, it appears relevant to consider conjugal support as a potential protective factor in the context of infertility. However, no study has examined the link between conjugal support and quality of life, in this context, in both the individual and his partner. The Revised Support in Intimate Relationships Rating Scale and the Fertility Quality of Life tool were used to assess the link between conjugal support and infertility-specific quality of life three months later in 83 couples using medically assisted procreation. Using path analyses based on the actor-partner interdependence model, we found that womens and mens perception of informational support is linked to their higher emotional and relational quality of life 3 months later. Their perception of tangible and emotional support is also linked to their higher relational quality of life 3 months later. As a partner effect, we found that the womans perception of physical support is linked to her partner's higher relational quality of life 3 months later. The results suggest that conjugal support could be a protective factor against the conjugal difficulties that infertile couples are facing during fertility treatment.*

Section: Family Psychology / Psychologie de la famille
Session ID: 65594 - Printed Poster

Section Featured Speaker

Equity and Fairness at the Nexus of Data Science, Psychometrics, Digital Innovation & Social Justice

Presenting Author: Zumbo, Bruno D.

Abstract: *Measurement, questionnaires, surveys, and testing in the 21st century are the products of nearly 200 years of critical developments in fields as diverse as education, mathematics, psychology, statistical and computational sciences, sociology, and philosophy. Influenced by historical events, cultures, and technology, we face a new world of digital innovation and a moral and ethical social justice imperative of the consequences of measurement and testing. Today, tests and measures are widely used for decision-making, ranking, and policy purposes in the social, behavioural, and health sciences using large-scale testing, regularly administered tests of a population over time, and social, health, and economic surveys. I describe an emerging paradigm to address the question: To what extent might we be measuring, unintentionally, other (un)important constructs not meant to be included in our inferences of "psycho-social constructs" and "learning outcomes", such as conformity to expected cultural norms (related to, for example, multiculturalism, ethnicity, gender identity, and gender roles)? This paradigm embodies statistical and psychometric models, an ecological model of item and test performance, and a form of abductive reasoning that by observing the testing situation we hope to identify clues about the way the test is constructed, understood and performed as a social occasion.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 61708 - Section Featured Speaker Address

Section Invited Symposium

Intergenerational continuity of child maltreatment: past research and contemporary directions

Moderator: Langevin, Rachel

Abstract: *The intergenerational continuity (IC) of child maltreatment (CM) is a deleterious phenomenon perpetuating harmful family processes and trauma exposure across generations. Fortunately, some parents break these cycles and provide their children with a rearing environment free of violence. Understanding the mechanisms underlying the IC and discontinuity of CM is essential to our ability to help families thrive despite traumatic childhood histories. While dozens of studies have documented the risk and protective factors associated with the IC, no synthesis of that research had been done previously, impairing our ability to propel this field forward. In that context, this symposium proposes first to present a systematic overview of past research on the IC of CM (Rachel Langevin). Then, Julia Garon-Bissonnette will present recent findings from innovative research that looks at intimate partner violence in pregnant women with a CM history and the mediating role of mentalization. Finally, Karine Baril will discuss the challenges associated with the study of the IC of child sexual abuse and recent findings from her research projects examining that issue. Recommendations for policy development, prevention, and intervention will be provided, as breaking these intergenerational cycles is essential to foster healthy family relationships for the generations to come.*

Section: Traumatic Stress / Stress traumatique
Session ID: 66359, Presenting Papers: 66360, 66361, 66362 - Section Invited Symposium

Past research on the intergenerational continuity of child maltreatment: findings from a scoping review

Presenting Author: Langevin, Rachel

Additional Authors: Marshall, Carley; Kingsland, Emily

Abstract: *Child maltreatment tends to show intergenerational continuity (IC), as children of maltreated parents are at increased risk of being maltreated as well. However, a significant proportion of maltreated parents break these cycles, stressing the importance of uncovering the mechanisms underlying these cycles. Thus, we conducted the first systematic scoping review of the literature examining risk and protective factors associated with the IC of child maltreatment. A search in six major databases (PsycINFO, Scopus, Medline, Social Work Abstracts, ProQuest Dissertations/Theses, Web of Science) was conducted. All studies, qualitative or quantitative, involving human participants, and presenting original findings (French or English) were included. A sample of 51 papers was identified. Data was systematically extracted, and the quality of the included research was assessed using the AXIS critical appraisal tool. Parents' individual characteristics (e.g. mental health) and childhood adversity, as well as relational (e.g. attachment) and contextual (e.g. disadvantage) risk and protective factors were identified. Important limitations of previous findings were uncovered (e.g. samples, suboptimal designs). Additional efforts are required and high-quality research is needed in order to help families break these deleterious cycles of trauma and foster resilience in Canadian families.*

Section: Traumatic Stress / Stress traumatique
Session ID: 66360 - Paper within a symposium (Symposium ID: 66359)

Intimate partner violence during pregnancy in trauma-exposed mothers: the role of trauma-specific mentalization and psychological symptoms

Presenting Author: Garon-Bissonnette, Julia

Additional Authors: Lemieux, Roxanne; Loiselle, Mathilde; Berthelot, Nicolas

Abstract: *Intergenerational cycles (IC) of trauma may begin before childbirth. This study aims to evaluate (1) the association between maternal trauma and IPV during pregnancy and (2) a developmental model in which difficulties in mentalizing past trauma (i.e. to think coherently about the experience of trauma and to understand its impacts) contribute to poor mental health, which in turn increases the risk of current victimization. Pregnant women (n= 161; Mage = 28.61, SD = 5.05) were recruited in prenatal classes. They completed self-report measures of developmental trauma, IPV, mentalization of trauma, and psychiatric symptoms (PTSD, dissociation and personality disorders). Trauma-exposed women were at increased risk of physical (OR = 4.06, p = .03) and psychological (OR = 4.02, p < .001) IPV during pregnancy. Structural equation modeling analyses revealed that the association between developmental trauma and IPV was mediated by difficulties in mentalizing trauma and by current psychological symptoms. The findings confirm that IC of violence begin before childbirth and that the association between childhood exposure to trauma and IPV is mediated by psychological variables. This study is the first to document that the ability to mentalize trauma protects against current victimization. This offers a conceptual model for prenatal interventions with trauma-exposed women.*

Section: Traumatic Stress / Stress traumatique
Session ID: 66361 - Paper within a symposium (Symposium ID: 66359)

Maternal factors associated with the intergenerational continuity of child sexual victimization: A study on a non-clinical sample of women sexually abused in childhood

Presenting Author: Baril, Karine

Additional Author: Tourigny, Marc

Abstract: *Despite an important prevalence, there is little research on the intergenerational continuity (IC) of child sexual victimization (CSV). This is probably due to distinctive methodological challenges associated with this specific form of IC (victim-to-victim cycle). The current study aims to identify maternal factors associated with the IC of CSV in a non-clinical sample of women. A second objective is to highlight the methodological*

issues that arise in studying this phenomenon. Mothers reporting a history of CSV (n=161) answered a survey in which life-long experienced traumas and their psychiatric symptoms (alcohol abuse, mood disorders, PTSD and suicide) were documented. They were compared according to whether one of their children was also sexually abused (n=45). The logistic regression showed that the variables that best predicted maternal belonging to the IC group were: current clinical PTSD symptoms [Exp(B)=2.88]; physical intimate partner violence suffered in the last year [Exp(B)=11.64]; and having been sexually abused before the age of 6 [Exp(B)=5.92] or during adolescence [Exp(B)=3.68]. Mothers involved in an IC were those who showed greater presence of adversity and unresolved trauma, consequences that can become CSV risk factors in the next generation. Results from this study support the relevance of early screening and trauma-related interventions to prevent CSV.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 66362 - Paper within a symposium (Symposium ID: 66359)

Snapshot

Are Journals Using Clickbait Strategies? How the Writing of Abstracts Has Changed Over Time

Presenting Author: Huneault, Luc

Abstract: *Clickbait is a term often used to describe a style of writing meant to entice readers to click on the link of an article. Free-text search engines have created a competitive market, and it is believed that academic authors and publishers have become increasingly incentivized to apply clickbait strategies to attract more readers. The aims of this study were 1) to analyze the pervasiveness of clickbait strategies in two Canadian journals and 2) to assess how these variables changed over time. A MANOVA was conducted to compare clickbait strategies identified in prior research in two Canadian journals by analyzing their abstracts (N=176) and titles (N=176) from 1977/1978 to 2017/2018. As predicted, a significant increase in abstract length, title length and the use of interrogation marks in titles was observed over time. However, results failed to support hypotheses predicting an increase in readability, an increase in language pleasantness and a decrease in the use of rare words. Although certain clickbait strategies were not as pervasive as expected, these results highlight a writing trend which suggests that authors and journals are attempting to attract readers by publishing works with longer abstracts and longer titles containing more interrogation marks. These finding might also inform authors on how to apply clickbait strategies in their writing to attract readers to their publications.*

Section: *General Psychology / Psychologie générale*
Session ID: 61607 - Snapshot

What immigrant parents think about scales that measure their understanding of social-emotional skills?

Presenting Author: Brekelmans, Stephanie

Additional Author: Tze, Virginia

Abstract: *While there is ample evidence supporting the effectiveness of social-emotional interventions in North American K-12 schools (Chu et al., 2010; Durlak et al., 2011), the majority of the reviewed social-emotional interventions were developed in Western contexts. In particular, there is currently no literature investigating new immigrant parents' perceptions of and involvement in their children's development of social-emotional skills. Based on Collaborative for Academic, Social, and Emotional Learning (CASEL; 1994-2020) framework, three measures were developed to assess new immigrant parents' knowledge and perception of social-emotional skills. Hence, the primary purpose of this study was to strengthen these tools by having immigrant parents who had been in Canada for at least ten years give feedback on the three developed measures. Two parents*

participated and several strengths and suggestions for development emerged. The strengths consisted of: well designed, an important topic to research, and encouraged thinking and reflection. The suggestions consisted of: be mindful of language barriers, make items more specific to guide people, include definitions and examples for more complex words, and break down questions so each question assess only one aspect. These qualitative comments provided directions to improve the content and face validity of the three newly developed scales that are intended to measure immigrant parents' perceptions of and involvement in their children's social-emotional skills in a subsequent quantitative study.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61668 - Snapshot

What Regression-Coefficient Effect Sizes Should Researchers Report for Multiple Regression under Non-Normal Data?

Presenting Author: Gonzales, Ian

Additional Author: Li, Johnson Ching-Hong

Abstract: *Researchers are advised to report research findings that utilize effect sizes (ESs) and confidence intervals (CIs) rather than relying heavily on null-hypothesis significance testing (Cumming, 2014). Although the linear models (e.g., multiple regression) are reasonably robust to violations of many of its assumptions, the models robustness is not tenable under violations of normality and homoscedasticity of error distribution: Especially in conditions common in behavioural research (Yuan and MacKinnon, 2014). When the underlying data is non-normal or heteroscedastic, researchers may observe inaccurate findings from the ES estimate. In multiple regression models, researchers have various ESs at their disposal: standardized regression coefficient, semipartial correlation coefficient, squared multiple correlation coefficient , squared partial correlation and novel ES—common language effect size index (Krasikova et al., 2018). However, no study has systematically evaluated their robustness in practice, and the issue of which one is most appropriate to use remains unresolved. Therefore, this Monte Carlo simulation study evaluates the robustness of these ESsand the associated CIs based on manipulated levels of sample size, magnitudes of ES, number of predictors, and data normality and homoscedasticity violations (i.e., heavy-tailed, skewed, contaminated, lognormal, and heteroscedastic distributions of errors). This study offers guidelines regarding how robust these ES are to report the most appropriate ES in their research studies.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 61695 - Snapshot

Knots to the rescue! Piecewise growth models to analyse change around the COVID-19 pandemic

Presenting Author: Rioux, Charlie

Additional Author: Little, D. Todd

Abstract: *The COVID-19 pandemic and related shutdowns were found to have potential impacts on many areas of development of interest to psychologists, including physical and mental health, parenting stress and practices, psychosocial support, education, nutrition, and social development. Researchers who were conducting ongoing longitudinal data collections may find that an expected growth pattern (e.g., linear, quadratic) is not supported by the data because the data post-pandemic onset do not behave the same as the data pre-pandemic. Thus, researchers may find that models they commonly fit to their data to examine developmental change are not adequate. A model that may be particularly relevant to the examination of changes in growth patterns following the onset of the pandemic is the piecewise growth curve model, which directly tests hypotheses related to growth patterns around a knot (i.e., turning point), which in this case would be the onset of the pandemic. Accordingly,*

this model would estimate a slope before and after pandemic onset, with a turning point at pandemic onset. In the long term, models with knot points at pandemic onset and at the end of the pandemic could also better estimate certain developmental trends. These models will be briefly presented in a visual manner as a powerful method to examine how change/growth occurred before, during, and after the pandemic.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 64989 - Snapshot

The EPIC Psych Project: Creating an open-access toolbox for cognitive research with engaged participants

Presenting Author: Wilbiks, Jonathan

Additional Author: Hirst, Rebecca

Abstract: *In cognitive psychology participants are often presented with many trials, sometimes across several testing sessions. Whilst this is necessary for accurate measurements, the repetitive presentation of similar stimuli may limit engagement, particularly when working with children or clinical groups. This is detrimental to participant experience, leading to attrition and limiting data quality (Milyavskaya et al., 2019; Pattyn et al., 2008). The EPIC Psych Project is an effort to evaluate the scope of this problem, through gauging researcher experiences, as well as create a library of tasks adapted to engage children, whilst enabling high-quality data collection. Currently, we are surveying researchers on their experiences, both as a researcher and participant, to identify what tasks they think are most engaging and share recommendations for improving engagement. Following this we will obtain feedback from children (aged 4 – 15 years) on a range of 'normal', un-adapted cognitive tasks. Children will be asked to complete short versions of existing tasks, rate their interest in them and provide suggestions to make them more exciting. All of the tasks will involve presentation of basic visual and/or auditory stimuli (e.g. circles, tones, letters), and will be completed online, in their own homes. In a final stage, we will use knowledge gleaned from phases 1 and 2 to adapt the tasks, make them more "fun", and compare participant ratings across the standard and fun task types. We hope this will provide much needed data in the field of motivation and cognitive measures as well as an open-access library of tasks to be used by researchers.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 65030 - Snapshot

The Multidimensional Lexicon of Emojis: A new tool to assess the emotional content of emojis

Presenting Author: Godard, Rebecca

Additional Author: Holtzman, Susan

Abstract: *Emojis are an important component of digital communication, and are commonly used to express emotion, modify tone, and convey friendly intentions in text messages, social media posts, and other digital messages. Consequently, analyses of the emotional content of digital communication that do not take emojis into account miss out on an important source of information. This study presents the development and validation of the Multidimensional Lexicon of Emojis (MLE), a lexicon of approximately 500 popular emojis that provides scores on anger, disgust, fear, sadness, anticipation, joy, surprise, trust, negativity, and positivity. The lexicon was developed using large-scale Twitter data collection, and is currently undergoing validation using human raters. It is the first lexicon to 1) include a large number of emojis, and 2) score emojis on multiple emotional dimensions beyond positive and negative sentiment. The MLE is relevant to a broad range of research applications and can be used to improve understanding of emotional communication in a variety of digital contexts (e.g., text messaging, social media, instant messaging, etc.).*

Examining Approaches to the Study of "Culture" in Young/Emerging Adulthood: Can we Make Space for Context, Agency, and Social Negotiation?

Presenting Author: Mazurik, Kathrina

Additional Authors: Desjardins, Michel; Gelech, Jan

Abstract: *In discussing the nature of "young adulthood," "emerging adulthood," or the "transition to adulthood," developmental psychologists have often emphasized its historical and cultural specificity. Despite this, robust cultural-psychological work on this transitional life stage has been slow to materialize. In this presentation, we identify, describe, and critique the ways in which culture has been approached in studies of young adulthood. Conducting a critical literature review of 329 peer-reviewed articles accessed through PsycINFO, we find that over two-thirds of studies approach culture by identifying group differences and disparities. Given the limitations of such approaches, we draw on critical interpretivist frameworks from anthropology and philosophy to offer suggestions for diversifying and extending understanding of the cultural basis of this life stage. Specifically, we highlight possibilities for studying culture as actively-interpreted, locally-enacted, and socially-negotiated.*

A literature review of the CCHS-Mental Health Support Utilization Variables

Presenting Author: Southcott, Jordan

Additional Author: Cutumisu, Maria

Abstract: *BACKGROUND: The Mental Health Support Utilization survey is included in the latest Canadian Community Health Survey - Mental Health Component and it records data on types of mental-health supports. METHODS: This scoping review analyzed 65 fully peer reviewed publications on the validity of health-care utilization variables, which were retrieved from the Google Scholar, PSYCInfo, PubMed, and JStor databases. RESULTS: The findings showed that each of the survey variables was valid based on levels of utilization, demographic patterns, and general efficacy. Although other models largely supported the types of data collected by the CCHS-MH survey, our results revealed a gap in these models, as they neglected non-professional supports. The results also indicate that most items were useful inclusions, but they could be improved in future iterations. Specifically, an item combining counselors and social workers could be separated into two categories, because they function very differently in the support ecosystem. CONCLUSION: Overall, the survey seems to be adequate in its coverage, but further improvements may maximize its value. ACTION/IMPACT: Implications of these results may inform further research and policy in the medical and political spheres.*

Can you spot the bot? How to protect online survey data from bot attacks

Presenting Author: Storozuk, Andie

Additional Authors: Ashley, Marilyn; Delage, Véronic; Maloney, Erin A.

Abstract: *The Internet is a popular source for data amongst academic researchers. Recently, a new concern associated with online data collection has been noted. Bots (a.k.a., automatic survey-takers, fraudsters) have begun invading surveys, ultimately threatening the integrity of online research. Few researchers have reported the techniques they use to address bot respondents. As such, we aim to share what we have learned using various bot-detection strategies. We canvased scientific literature and social media postings and identified nine bot-detection strategies. We then applied them to our own online surveys. We categorized strategies by level of effectiveness (i.e., most, moderately, least effective) based on the proportion of bots each tactic identified. The most effective strategies were: (1) screen email addresses for patterns, (2) screen open-ended data for nonsensical or copy-and-pasted responses, (3) monitor survey completion time, and (4) monitor survey completion speed. The new, disturbing, reality is that bot-activity in survey data is inevitable. Researchers must not become complacent or rely solely on automated techniques (e.g., CAPTCHAs) to remove bots. With protections in place, the speed at which bots learn suggests they will continue to bypass our protections. To uphold high quality research, we must remain vigilant in our fight against bots.*

Section: *General Psychology / Psychologie générale*
Session ID: 65230 - Snapshot

Use of Arts-Based Photography Methods to Examine Educational Transitions Among Syrian Female Youth

Presenting Author: Nathoo, Jasmine

Additional Author: Yohani, Sophie

Abstract: *Research demonstrates that while many refugee youth aspire to attend post-secondary institutions, there are significant challenges that make this transition difficult. My research employs a community-based participatory research framework (CBPR) to explore the challenges, needs, and strengths of Syrian female youth as they navigate the transition from high school to post-secondary settings. This research approach is collaborative, with the aim of empowering participants to develop solutions that meet the needs that they identify as important to them. To engage youth in this process, an arts-based photography method (photovoice) is utilized. In this presentation, I discuss the challenges and opportunities of using photovoice as an engaged research method, with particular focus on adapting this method for an online setting. I also present implications for future research.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65476 - Snapshot

Predictive Properties of the Ontario Domestic Assault Risk Assessment (ODARA) in a Northern Canadian Prairie Sample.

Presenting Author: Hegel, Jennifer

Abstract: *The present study examined the predictive properties of the Ontario Domestic Assault Risk Assessment (ODARA) on a large Canadian predominantly Indigenous sample from a geographic region with the highest rates of IPV in the country. A random stratified sample of 300 men (92.7% Indigenous) court adjudicated for an IPV offense was drawn from six Northern Saskatchewan Royal Canadian Mounted Police detachment regions. The ODARA was rated from police records and recidivism data were obtained via official criminal records over a mean 4.7-year follow-up. ODARA scores had significant, broadly small predictive accuracy (AUC/C = .58 to .67) for IPV and other recidivism outcomes in the aggregate sample and Indigenous subsample. E/O index analyses demonstrated that the ODARA Ontario norms overpredicted IPV recidivism at high scores but underpredicted it at lower mid-range scores. Implications for use of the ODARA to assist frontline police personnel in IPV risk assessment and management are discussed.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 65693 - Snapshot

Standard Workshop

A brief introduction to longitudinal measurement invariance and cross-lagged panel models using lavaan

Presenting Author: Mackinnon, Sean P

Abstract: *Cross-lagged panel models attempt to make stronger causal claims than cross-sectional data by using longitudinal data. They help get at issues of directionality (i.e., does X cause Y or vice versa?). These structural equation models are among the most common ways to analyze bivariate relationships between two variables measured longitudinally. This workshop will introduce participants to cross-lagged panel models using the lavaan package in R software. Moreover, it will explain the concept of "measurement invariance" and why it is important for proper causal inference with longitudinal data. This workshop is aimed at graduate students and researchers with some basic experience with structural equation modelling in any software. Using real data from an openly available study on perfectionism and drinking problems, I will provide a general introduction to these topics, how to test them in R software, how to interpret the results, and where to go for more information. Given the complexity of the subject matter, this workshop is accompanied by a longer tutorial paper and open dataset to further self-understanding after the workshop. This paper can be found at https://psyarxiv.com/tkzrb/ [1] and the accompanying data can be found at https://osf.io/hwkem/ [2].Links:------[1] https://psyarxiv.com/tkzrb/[2] https://osf.io/hwkem/*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 64367 - Standard Workshop

Effective Research Dissemination Skills for Students

Presenting Author: Ho, Jolie

Additional Author: Angehrn, Andréanne

Abstract: *In addition to conducting empirically sound research, clearly communicating research ideas and findings with others—whether it be with fellow researchers or laypeople—is key in psychological science. Developing effective research dissemination skills not only empowers students to make valuable contributions to their fields, but can also open up a variety of unique possibilities, such as productive collaborations, funding opportunities, and community engagement. In particular, the evolving COVID-19 pandemic has shifted a large proportion of research opportunities to a virtual context, and students are in a unique position to adapt to these modalities as they move forward in their education and careers. The goals of this workshop are to: 1) practice composing an efficient lay summary and improve the accessibility of their research; 2) discuss how to utilize and create research and outreach opportunities, particularly in the current virtual landscape; and 3) learn about the effective components of a research proposal (using the CPA Student Section grant competitions as a practical example). The current workshop will also provide students with an interactive forum to practice applying these skills and engage with each other.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 64911 - Standard Workshop

Supporting tele-assessment with performance-based cognitive and neuropsychological tests: Evidence and test selection

Presenting Authors: Raiford, Susan ; Miller, Jessie

Abstract: *BACKGROUND/RATIONALE: In the wake of the COVID-19 pandemic, the use of performance-based tests via tele-assessment was rarer than it has become in 2021. There is an urgent need to review and apply the Standards for Educational and Psychological Tests (AERA, APA, and NCME, 2014) as well as relevant evidence supporting tele-assessment with performance-based tests to establish best practices for current use. METHODS: All available equivalence evidence for administration of performance based tests across face-to-face and tele-assessment modes is reviewed. The ages, populations, and tasks that have been investigated are detailed, and gaps in the literature are identified. RESULTS: A system used to analyze task demands and apply the available evidence to interpretation of other tests is discussed. Many tasks are well supported among certain age groups and populations, but significant literature gaps exist. The gaps, how to supplement the information, and research designs used to establish equivalence are discussed. ACTION/IMPACT: Clinicians will understand how to apply the existing research to improve the practice of psychological tele-assessment with performance-based tests. Researchers and clinicians can focus their efforts on the gaps to improve the breadth of the research on psychological tele-assessment with performance/based tests.*

Section: General Psychology / Psychologie générale
Session ID: 65099 - Standard Workshop

Symposium

New Developments in Multivariate Modeling

Moderator: Cribbie, Robert

Abstract: *This symposia presents recent advances in evaluating and conducting multivariate models, including structural equation modeling, extended redundancy analysis, and generalized structural component analysis. The first presentation looks at novel equivalence-testing based fit indices for structural equation modeling that are more theoretically appropriate for evaluating model fit than traditional fit indices. The second presentation introduces bayesian extended redundancy analysis and uses this methodology for modeling multivariate ordinal outcomes. The final presentation demonstrates the value of a prediction-oriented model search algorithm for generalized structured component analysis which can be adopted when there is little a priori knowledge about the structural relationships among the variables. Together these talks highlight the value of incorporating modern modeling techniques when analysing the results of psychological studies.*

Section: Quantitative Methods / Méthodes quantitatives
Session ID: 65038, Presenting Papers: 65044, 65045, 65048 - Symposium

Evaluating the Performance of Equivalence Testing Fit Measures in Structural Equation Modeling

Presenting Author: Beribisky, Nataly

Additional Author: Cribbie, Robert

Abstract: *It has been suggested that equivalence testing be used to evaluate model fit in structural equation modeling (SEM). Equivalence-based fit measures such as adjusted RMSEA and CFI have been proposed. However, there has not yet been an extensive investigation of the performance of these methods. This study uses Monte Carlo simulations to compare the performance of traditional fit indices with recently introduced equivalence-based fit measures. We compare the fit measures' performance for both correctly specified and misspecified models across a wide range of sample sizes, models and types of misspecification. Preliminary*

results indicate that for correctly specified models, equivalence-based fit measures are comparable to traditional fit indices, despite lower power at small sample sizes. For misspecified models, equivalence-based fit measures are better at detecting poor fit than traditional fit indices. Equivalence-based fit measures are more theoretically appropriate than some of the traditional fit measures in SEM and may be used to supplement the information provided by traditional fit measures. Given their performance, this study recommends that equivalence testing based fit measures be reported in tandem with traditional fit indices.

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65044 - Paper within a symposium (Symposium ID: 65038)

Applications of a Bayesian Approach to Component-Based Regression

Presenting Author: Choi, Ji Yeh

Abstract: *Extended Redundancy Analysis (ERA) combines linear regression with dimension reduction to explore the directional relationships between multiple sets of predictors and outcome variables in a parsimonious manner. This presentation will introduce research that extends ERA models to integrate Bayesian inference, called Bayesian ERA, formally incorporating relevant information obtained from previous research into analyses by specifying informative power prior distributions. Moreover, as one of the main advantages of adopting Bayesian approach amounts to the flexibility in handling different types of variables, such as binary or ordered categorical variables, we will apply a new Bayesian methodology for modeling multivariate ordinal outcomes within an ERA model. As an empirical illustration, we will analyze a subset of data that investigates risk factors of four different forms of bullying perpetration and victimization: physical, social, racial, and cyber.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65045 - Paper within a symposium (Symposium ID: 65038)

An Automatic Prediction-Oriented Model Search Algorithm for Generalized Structured Component Analysis

Presenting Author: Cho, Gyeongcheol

Additional Author: Hwang, Heungsun

Abstract: *Generalized structural component analysis (GSCA) is a multivariate technique that allows for specifying and testing relationships among observed variables and constructs, while representing constructs as weighted composites of observed variables (or components). As GSCA provides unique individual component scores, it is well-suited for predictive modeling that aims at constructing a model that can best predict new observations on target variables. GSCA is currently able to perform prediction-oriented model selection, comparing predictive generalizability of competing plausible models that are specified based on prior theories, using a cross-validation index named the out-of-bag prediction error (OPE). However, it has not been used for prediction-oriented model selection when no theories are available for specifying the relationships between variables. In the paper, we propose an automatic, prediction-oriented model search algorithm for GSCA, in which researchers do not need to specify all structural relationships among variables in advance. Instead, they can only decide on target variables and a set of candidate predictors for the target variables. Our simulation results show that the final models selected via the algorithm include only true predictors when the sample size is small, while they converge to the true model when sample size becomes large. Therefore, the proposed algorithm can be a useful tool for researchers to develop a prediction model in GSCA when there is little knowledge about the structural relationships between variables.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65048 - Paper within a symposium (Symposium ID: 65038)

Enhancing psychological research through use of publicly available data

Moderator: Miocevic, Milica

Abstract: *Data sharing by scientists is on the rise (Tenopir et al., 2011), which enhances opportunities for data synthesis, secondary data analysis, and reanalysis of data from original studies using new statistical methods. This symposium features three papers detailing the benefits and challenges of using publicly available data to enhance psychological research. The first paper describes the reanalysis of data from a study of training effects on implicit attitudes using regularized regressions and neural nets, which led to slightly different conclusion for the same research question. The second paper describes a multiverse analysis performed prior to a secondary data analysis of 5 studies of maternal and infant health that required creating a commensurate measure for maternal alcohol consumption during pregnancy. The third paper shows how publicly available data can increase power to detect effects in Bayesian mediation analysis with power prior distributions. The field of psychology is entering an era of increased data sharing, which in addition to providing unprecedented opportunities also presents novel methodological challenges. Topics described in this symposium are timely as they provide researchers with ideas, tools, and recommendations for ensuring researchers make full use of publicly available data.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 64749, Presenting Papers: 65211, 65212, 65213 - Symposium

Can modelling of individual differences reveal lasting training effects on implicit attitudes? A reanalysis of Lai et al 2016

Presenting Author: Kim, Sunmee

Abstract: *Automatic, implicit racial biases, typically measured on Implicit Association Task (IAT; Greenwald, McGhee, and Schwartz, 1998), have been found to correlate with explicit racial attitudes, and the past decade has seen the rise of interventions designed to reduce implicit racial attitudes. One recent study (Lai et al., 2016 Study 2) examined the effectiveness of 9 different training interventions (e.g., an evaluative conditioning procedure pairing Black faces with positive words) on reducing IAT bias scores. This study found that, although there were immediate benefits, none of these interventions succeeded in reducing implicit racial attitudes by the following day. In this paper, we seek to re-examine these data using widely-used machine learning workflows (e.g., iterations of randomized train-test data split to prevent overfitting, comparison of different analytic techniques to choose the best one for a specific task) to see if a lasting effect (i.e., change from baseline persisting to the next day) will be found for participants who were assigned to their personal "optimal" training condition. For this, we first predicted individuals' IAT change scores using conventional regression, regularized regressions (ridge and lasso), and neural net. We then used each derived model to identify, for each individual, the condition that would be predicted to be most effective for them in producing an attitude change toward being less negatively biased (i.e., optimal condition). Finally, we examined whether those participants who had by random assignment been in fact assigned to their optimally effective condition were compared to those in the control condition, to see if cognitive training – when personally optimized - could indeed produce bias-reduction effects lasting to the next day. The data being used in the present study have already been collected by Lai et al (2016) and are provided as open access through Open Science Framework.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65211 - Paper within a symposium (Symposium ID: 64749)

A multiverse analysis for measures of alcohol consumption in secondary data analysis

Presenting Author: Zahedi, Nika

Abstract: *Despite the severity of consequences of Prenatal Alcohol Exposure, no study to date has examined the pattern of prenatal alcohol consumption and its effect on the child's health in Canada. To address this issue, we synthetize alcohol exposure data available through five Canadian studies. In secondary data analyses, measures used in the original studies may not be optimal for the analyses. In our case, each study used different questions and response options for alcohol exposure, therefore, we first needed to make the measures commensurate. Because there are inevitably multiple ways of reconciling the measures, a multiverse analysis is used where the analysis of interest is conducted across all possible choices of data processing and the effect of each choice on the results is assessed (Steegen et al., 2016). A multiverse of logistic regressions conducted four ways (multilevel modelling, regression analysis on pooled data, and fixed and random effect meta-analyses) is constructed where different conceptualizations of alcohol exposure (frequency of drinking, number of drinks, and binge drinking) are the predictors and birthweight the outcome. We examine the effect of each choice made by the analyst on the conclusion of the secondary data analysis. Recommendations for researchers conducting primary studies and secondary data analysis are provided based on findings from the project.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65212 - Paper within a symposium (Symposium ID: 64749)

Bayesian mediation analysis with power prior distributions informed by historical data

Presenting Author: Miocevic, Milica

Abstract: *Bayesian mediation analysis with accurate prior distributions can have adequate power to detect the mediated effect with half of the sample size needed by methods that do not make use of prior information (Miočević, MacKinnon, and Levy, 2017). Despite the increasing availability of data from previous studies, informative priors based on past studies that differed from the current study in important ways could bias conclusions about the mediated effect. This paper describes an evaluation of the potential to increase power and obtain unbiased point summaries of the mediated effect with the use of power prior distributions (Ibrahim and Chen, 2000) based on publicly available data. The use of power priors based on publicly available data will be illustrated using an example from the PROsetta Stone(R) project and evaluated in a simulation study. The study examined situations where borrowing from the previous study is appropriate (i.e., there are no relevant differences between the previous and current studies) and where borrowing is inappropriate (i.e., the true mediated effects are different in the populations of the previous and current studies). Recommendations for applied researchers and future directions for methodological research are provided based on the findings from the simulation study.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65213 - Paper within a symposium (Symposium ID: 64749)

New Developments in Effect Sizes for Psychological Research

Moderator: Cribbie, Robert

Abstract: *Effect sizes are the primary outcome variable from quantitative psychological research and, along with the associated confidence interval, provide information regarding the magnitude and precision of effects of interest. Although researchers now commonly report effect size measures, research on effect sizes is still in its infancy and new developments are rapidly occurring. This symposium discusses three new developments in research on effect sizes. The first talk highlights a new effect size measure for equivalence testing that incorporates information regarding the width of the equivalence interval. The second presentation discusses best practices for reporting and interpreting effect sizes in structural equation modeling, a practice that has often been ignored. The last talk discusses effect sizes for mediation, including proposing a novel common-language based effect size. The goal of these talks is to provide psychological researchers with improved tools for summarizing effect size magnitude.*

A Novel Effect Size Measure for Equivalence Testing

Presenting Author: Martinez Gutierrez, Naomi

Additional Author: Cribbie, Robert

Abstract: *Equivalence testing (ET) is a statistical framework used to determine if an effect is small enough to be considered meaningless, where what is considered meaningless is determined a priori by a researcher (and expressed as an equivalence interval, EI). Although traditional effect sizes (ESs) are meaningful as accompaniments to equivalence tests, these measures exclude information about the EI. Incorporating the EI is valuable for quantifying the magnitude of an effect; namely, how far the effect is from the bounds of the EI. An ES measure we propose is the proportional distance (PD) from an observed effect (e.g., mean difference) to the smallest effect that would render it meaningful (i.e., nearest boundary of the EI). The PD provides valuable information over and above traditional ES measures that do not consider the width of the EI. We also use bootstrapping to generate an associated confidence interval (CI). We conducted two Monte Carlo simulations to evaluate the capture rate and bias of the PD when applied to (1) mean differences and (2) correlations. Study One contained 98 conditions that were derived from varying: 1) Population mean differences; 2) Sample sizes; and 3) EI. Study Two contained 56 conditions that were derived from varying: 1) Population correlation; 2) Sample size; and 3) EI. Preliminary results indicate that both the coverage rate and bias of the PD were excellent within the investigated conditions. To further investigate the value of the PD, we applied it (and its associated CI) to two recent psychological studies. This applied example revealed the beneficial properties of the PD, namely its ability to supply information above and beyond other statistical tests and ESs. The use of the PD allows researchers to supplement their tests of statistical equivalence and traditional ES measures with information that incorporates the respective EI.*

Effect Sizes in Structural Equation Models

Presenting Author: Flora, David

Additional Author: Bell, Stephanie

Abstract: *The importance of effect sizes for reporting and interpreting statistical results and for sample size planning has continued to be emphasized by methodologists. However, despite the popularity of structural equation modeling (SEM), there is very little guidance available regarding effect size interpretation for SEM, as researchers continue to focus on model fit and patterns of statistical significance. In this talk, we will explain how the parameter estimates from various types of SEM (path models, factor analysis models, structural regression models) are interpretable effect estimates. Furthermore, although there is a large literature on sample size planning for SEM, it also tends to focus on overall model fit. We will also explain how sample size planning for SEM can be informed by effect sizes of individual model parameters in addition to (or instead of) overall model fit.*

Effect Size Measures for Mediation Analysis

Presenting Author: Li, Johnson

Abstract: *Mediation analysis, a statistical technique that examines whether intermediate variables (e.g., classroom learning) can further explain or mediate the relationship between an antecedent variable (e.g., cognitive ability) and an outcome variable (e.g., academic achievement), has become a widely employed method in psychological research. It is important for researchers to know how to report and interpret effect size (ES) measures that can explain the magnitude of a mediation effect in a research study. In this talk, I am going to present various types of ES measures (e.g., full/partial mediation, coefficient of variation, proportion of variance explained, etc.; Preacher and Kelley, 2011) that can quantify the strength of a mediation effect, and discuss the pros and cons of using each of these measures. In addition, I propose and develop a new ES measure, a common-language approach in evaluating the probability of superiority of mediators in explain such a relationship, that has the potential to be widely used in mediation research. Implications and applications of these methods are also discussed in this talk.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65272 - Paper within a symposium (Symposium ID: 65261)

Methodological Insights from Community-Based Participatory Research Psychosocial Groups with Syrian Refugees

Presenting Authors: Yohani, Sophie ; Nathoo, Jasmine; Kirova, Anna

Moderator: Yohani, Sophie

Abstract: *This symposium explores critical aspects of studying the psychosocial adaptation of diverse groups of Syrian refugees (men, women, youth, seniors; N=61) revealed in our community-based participatory research (CBPR) project. Rooted in Lewin's action research and Freire's anti-oppression tradition, CBPR bridges the research-practice gap, addresses social disparities, and emphasizes socially, culturally, and historically situated evidence. Our project is founded on principles of co-learning and a commitment to mobilizing knowledge for action. Using a train-the-trainer model, 7 community leaders and 4 cultural brokers were trained to facilitate 7 Community Learning for Empowerment Groups (CLEGs) using a trauma-informed model of psychosocial adaptation (ADAPT Model; Silove, 2013). Each paper examines both the researchers and participants' experiences in the research contact zone and how power, roles, languages, and responsibilities were negotiated in (1) the application and evaluation of the train-the-trainer model and facilitation of CLEGs, (2) running of CLEGs with youth, and (3) negotiating 'insider-outsider' positionality and language translation issues. We reveal participatory ethics informed by an ethic of care in its most profound sense as a "deep respect for relationships and humanity" (Cahill, Sultana, and Pain, 2007, p. 306) and with implications for research and practice in psychology.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65132, Presenting Papers: 65617, 65619, 65623 - Symposium

Researching Psychosocial Adaptation with Syrians using Community Learning for Empowerment Groups

Presenting Author: Yohani, Sophie

Abstract: *Psychosocial adaptation in resettlement settings is influenced by five psychosocial domains (safety, relationships/bonds, identity, justice, and meaning; Silove, 2013). Our project explored the psychosocial adaptation of Syrian refugees within each of these five domains, using a community based participatory research framework. We utilized a train-the-trainer model to train Syrian community leaders and cultural brokers to facilitate Community Learning for Empowerment Groups (CLEGs) with Syrian community members. Seven leaders were trained in the ADAPT model, and subsequently ran seven groups with diverse groups of Syrian refugees (men, women, seniors, and youth; N=61). This presentation focuses specifically on the establishment, application, and evaluation of the train-the trainer model and facilitation of CLEGs using data gathered through short surveys and focus groups. Key findings including the challenges and opportunities associated with*

engaging and conducting research with Syrian leaders, as well as the leaders' perceptions of their ability to fulfill their role in leading CLEG discussions and their overall impact on the community are discussed. Findings will highlight the critical role of relational ethics in the process of negotiation of roles, power and responsibilities, including how this was done during the COVID-19 pandemic.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65617 - Paper within a symposium (Symposium ID: 65132)

Engaging Syrian Youth in Community-based Participatory Research

Presenting Author: Nathoo, Jasmine

Abstract: *In a relatively short time frame, Canada has resettled over 58,000 refugees from Syria, about half of whom are children and youth. Youth face unique challenges and have demonstrated numerous strengths and resiliencies as they navigate the adaptation process. As part of a larger project exploring the psychosocial adaptation of Syrian refugees in Canada, this presentation focuses specifically on the methodological processes of conducting research with Syrian youth as they adapt to life in Canada. The project utilized a community-based participatory CBPR framework, in which a Syrian community leader was trained to facilitate a Community Learning for Empowerment Group (CLEG) with youth (N=10) that focused on five pillars of psychosocial adaptation (safety, relationships, identity, justice, and meaning). The challenges and opportunities associated with engaging and conducting this type of research with Syrian youth are discussed, along with implications for research with refugee youth in general. Findings reveal the importance of understanding the social realities of youth who are in the midst of shifting identities and supporting their families while adapting to Canada.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65619 - Paper within a symposium (Symposium ID: 65132)

The Persistent Issue of Language and the "Insider-Outsider" Positionality in Research: Lessons from Research with Syrians

Presenting Author: Kirova, Anna

Abstract: *Syrians who recently migrated to Canada are highly diverse in terms of their ethnicity (e.g., Arabs, Kurds), religious beliefs (e.g., Muslim, Christian, Druze), education (e.g., post-secondary degrees, less than high school), and lifestyle (e.g., rural vs. urban living). Our research process has included learning to understand, appreciate, and respond to the diversity within the population. Challenging the traditional view which dichotomizes insider/outsider positioning in research processes, this presentation will discuss the relationships and boundaries between insider and outsider as fluid and shifting, influenced by elements in context (i.e. Arthur, McNess, and Crossley, 2015; Thomson and Gunter, 2011). One critical aspect of this research process has been dealing with language and translation issues as it relates to the "insider-outsider' positionality of all involved in the project. This presentation will focus on the experience of working with Arabic and Kurdish-speaking research participants and the implications for data collection, analysis and knowledge mobilization.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65623 - Paper within a symposium (Symposium ID: 65132)

THEME: INFORMING PUBLIC POLICY

Highlighting the ways in which psychology can and does inform public policy

12-Minute Talk

THE ROLE FOR CLINICAL PSYCHOLOGY IN A HIGH-RISK OBSTETRICAL SETTING.

Presenting Author: Horsley, Kristin

Additional Author: Nguyen , Tuong-Vi

Abstract: *BACKGROUND: Women with medically high-risk pregnancies face unique stressors and are at greater risk for antenatal depression. Despite this knowledge, depressive symptoms are not routinely assessed and access to mental health services are scarcely available. This is concerning given established long-term effects of antenatal depression on maternal and infant health outcomes. We aimed to ascertain the incidence of clinically significant depressive symptoms and basic psychological treatment preferences in a high-risk obstetrical setting. METHODS: Maternal demographics, self-reported depressive symptoms (Edinburgh Postnatal Depression Scale; EPDS), and preference for group or individual psychological services (response options: yes, no, maybe but I need more information) were available from 1270 women referred to the high-risk obstetrics clinic at the McGill University Health Center in Montreal, Quebec. RESULTS: Previous diagnosis of major depressive disorder, anxiety disorder, bipolar disorder, or postpartum depression was reported by 7.4% (_n=_95). Clinically significant depressive symptoms (EPDS≥10) were present in 25% (_n_=320). Group therapy services were desired by 14% of women (_n_=176), and individual services by 11% (_n_=139). CONCLUSIONS: One quarter of pregnant women referred to a high-risk obstetrics clinic report clinically significant depressive symptom severity, and 10-15% of women indicate that they want psychological services to alleviate distress. ACTION: Clinical psychologists are needed to fill a need for psychological services in high-risk obstetrical settings, and to better understand how psychological factors such as clinically significant depressive symptoms influence maternal health and pregnancy outcomes within the context of a medically high-risk pregnancy.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 61575 - 12-Minute Talk

Mental health help-seeking during and before the COVID-19 pandemic

Presenting Author: Tolentino, Mauriene Jean

Abstract: *BACKGROUND: Disparities in help-seeking and the rising mental health impacts of the COVID-19 pandemic pose a concern for policy and programs. This research aims to review the literature to contextualize the current state of help-seeking for psychological and other mental health issues. METHODS: A research synthesis was conducted to collect 1) emerging evidence on help-seeking and mental health service uptake during COVID-19 including national polling data from CPA and other organizations, peer-reviewed articles, and grey documents; and 2) scholarly and grey literature on the factors shaping help-seeking patterns. RESULTS: Help-seeking rates during the pandemic have been relatively comparable to pre-COVID levels, despite a significant increase in anxiety, depression, and burnout. This signifies a decline in the _proportion_ of people seeking care. Access to services have also been impacted by shifts to virtual delivery and limited in-person outreach. Help-seeking factors were identified from the literature: social and structural stigma, inequities across groups, preferences to self-manage, fragmented systems, poor quality of care, and private/public funding. CONCLUSIONS: The unprecedented impacts of COVID-19 have significantly transformed how people seek out care for their mental health. Further research is essential to understand how factors to help-seeking patterns shape service uptake and access in the pandemic context. IMPACT: A policy*

brief was developed and disseminated to help policy makers in understanding various factors that influence low rates of help-seeking both during and before COVID-19.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64861 - 12-Minute Talk

Unmasking the Role of Gender: Canadian Men and Womens'Attitudes and Use of Face Masks During COVID-19

Presenting Author: Sharafaddin-zadeh, Yekta

Abstract: *Some media reports suggested that some men's attitudes and behaviours regarding preventive health measures during the COVID-19 pandemic may be problematic. These reports claimed that compared to women, men are less likely to wear masks, in part because they perceived masks to be wimpy and feminine. in June 2020, we conducted a national survey of 1,513 Canadians (720 males; 793 females) that assessed people's perceived threat of COVID-19; frequency of preventive behaviours, including facemask use; face mask attitudes; and affect during COVID-19. men and women did not significantly differ in overall perceived threat, and generally both groups felt that the Canadian economy was most strongly threatened by COVID-19, followed by fears for the health and wellbeing of others, and lastly by concerns about Canadian culture, threats to human rights and freedoms, and civil disobedience. However, men perceived greater threat to freedom and democracy than women, whereas women were more concerned about their personal well-being and the well-being of others than men. The groups also differed in that men engaged in preventive behaviours and used face masks less frequently than women. Multiple regression analyses examined the relations between perceptions of threat and preventative health behaviour. These results are discussed in terms of developing health messaging that resonates with both gender groups.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 65365 - 12-Minute Talk

Parenting Stress and Early Years Mental Health: A Key, Modifiable Risk Factor to Dampen the Mental Health Impacts of COVID-19 on infants, children and families.

Presenting Author: Hey, Brandon

Abstract: *BACKGROUND: Infants and young children are susceptible to changes in their living environment. The least of which are perturbations in the psychological availability of their primary caregivers. As a field overshadowed by child and youth mental health services, COVID-19 has combined with pre-existing vulnerabilities to create and compound mental health risks for these groups. Consequently, we sought to examine modifiable risk factors and identify policies that may promote protective factors while fostering resilience across the family system. A sex and gender-based analysis was used to account for intersectional vulnerabilities across diverse caregiver populations both prior to and during the COVID-19 pandemic.   METHODS: We conducted a rapid research synthesis of scientific and grey literature between July and October 2020. All literature was sought from Canadian, U.S., U.K. and commonwealth countries. Content, framing and distillation of findings was vetted and approved by an expert advisory group with relevant clinical, research and policy expertise (e.g., in mental health, substance use, pediatrics, public health, child and adolescent psychiatry).. RESULTS: Parenting stress represents a significant modifiable risk factor to prevent or mitigate against cascading adverse childhood experiences and negative/poor mental health in the early years. Human, social and financial capital and resources in the community combine with intra-personal and interpersonal/familial coping capacities to determine family's cumulative risks for mental health, substance use sequalae and subsequent impacts on the developing child. While limited data exists, cumulative risks appear to be especially great for single/divorced parents, Indigenous and racialized families, parents of young children, and parents of children with developmental needs. These disproportionate impacts are worsened by pre-existing*

and current disparities in virtual mental health service access, limitations of the reach/durability and impact of remote/online-based early education resources. Resources providing/augmenting the availability of human, social and financial resources for families at risk, such as peer and financial support are well-positioned to foster resilience, mitigate and prevent cascading impacts of COVID-19 on parent, infant and child mental health. CONCLUSION: Pre-existing gaps in early years mental health, early education and upstream public policies are combining with COVID-19 infection control and prevention measures to create and compound mental health risks for infants, young children and their families. Emerging evidence on the psychological impacts of quarantine, education, employment disruption and unsustainable caregiver burdens provide much fodder to incentivize and spur investments in the field. ACTION/IMPACTS: Areas of strategic investment included innovative, targeted interventions reducing disparities in caregiver burden, social isolation, and opportunities for environmental enrichment of children and caregivers (e.g, such as digital early learning, parenting interventions and peer support). Psychological practitioners and the mental health workforce should join broader chorus of calls to implement a national, universal early education program, shared parenting, continuation of the CERB benefit/universal basic income and stabilization/continuity of mental health, substance use services in the community – including harm reduction and affordable housing. Targeted investments should be made into improving the accountability, performance measurement, monitoring, funding of evidence-based mental health interventions across levels/complexity of need for the early years populations and their caregivers. An audit of gaps in service, supports and policy frameworks for caregiver population facing greater cumulative risk is warranted.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65626 - 12-Minute Talk

Conversation Session

Gay-straight alliances: Student experiences inform policy and practice

Presenting Author: Di Stasio, Maria

Additional Authors: Plante, Maureen ; Alston, Lauren; Konishi, Chiaki; Harley, Jason

Abstract: *Background/rationale. Changes in the Alberta Education Act have resulted in controversy regarding the implementation of Gay-Straight Alliances (GSA) in schools. GSAs are student-run and teacher-supported groups with the goal of creating a welcoming and safe space for students of diverse genders, sexual orientations, and their allies. Methods. Research data will be collected to examine the impact GSAs have had on students' sense of safety, well-being, self-identity, and empowerment. In this forum, discussion questions will be provided. Participants will engage in focused conversations in small group settings exploring themes gathered from student experiences on topics and issues. Results. Findings from the study will be explored in a discussion format to help better inform practices for school policies. Conclusions. Information and insight shared in our discussions will further inform the qualitative aspects of the research study. Actions/Impact. Lesbian, gay, bisexual, transgender, queer (LGBTQ+) students face difficulties related to their identity. A significant amount of LGBTQ+ experience bullying and report suicidal ideation. Since legislation regarding the establishment of GSAs has been recently compromised, understanding the implications of GSAs on students' well-being will be identified. Recommendations based on the findings will inform school districts and government.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61764 - Conversation Session

Printed Poster

Teacher Feedback on CBT-Informed Strategies for Students with Anxiety

Presenting Author: Coleman, Sydney

Abstract: *Due to the increasing prevalence of anxiety disorders among children and youth, several reports highlight the importance of schools in supporting students with anxiety (Mental Health Commission of Canada, 2012). However, educators have voiced concerns about feeling ill-equipped to support students (People for Education, 2019). Research consistently demonstrates that cognitive behavioural therapy (CBT) is the most effective treatment for anxiety disorders and includes simple techniques that may be applied in a classroom setting (Southam-Gerow, 2019). However, research has not yet examined educators' perspectives about employing these techniques. This poster will present the methodology and preliminary findings from a Master's thesis project that was designed to address these research gaps. Specifically, focus groups were conducted with classroom teachers in London, Ontario to examine how educators identify and support students with anxiety in the classroom as well as educator perspectives about implementing CBT techniques. Although the study is still underway, preliminary results from thematic analyses suggest that teachers are experiencing increased demands to support the mental health needs of students, often without additional mental health education or training. Furthermore, preliminary findings outline a range of potential opportunities and barriers that educators identified with regards to implementing CBT techniques in the classroom. This poster will present the implications of these findings as they apply to the field of education.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64179 - Printed Poster

The role of risk perception in sexual victimization

Presenting Author: Khoury, Juliana M. B.

Additional Author: Watt, C. Margo

Abstract: *Close to one in three Canadian women will be sexually assaulted in their lifetime (Cotter and Savage, 2019) with university students being particularly vulnerable (Burcyzcka, 2020). Survivors of sexual victimization (SV) are at increased risk for re-victimization (Neilson et al., 2018). Deficits in risk perception (i.e., subjective assessment of ones chance of experiencing something negative; Paek and Hove, 2017) are presumed to increase ones vulnerability to SV. Risk perception can be global—ability to identify generalized factors (e.g., social) that elevate risks to an individual and their group, or specific—ability to perceive threat cues in particular situations (Mitchell et al., 2017). Present study used MacLeod Assessment of Risk Knowledge, a vignette-based tool, to compare global and specific risk perception in university women with (N=47) and without (N=64) history of SV, and predictive value of personality traits (Big Five, optimistic bias). Preliminary findings indicate significant between-group differences in global risk perception with women with (vs. without) history of SV showing better global risk perception at medium and high levels of risk. No significant between-group differences in specific risk perception. Data analysis is ongoing, including 6-month longitudinal data (N=27). Results will be discussed in terms of implications for SV prevention policies._ _*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64229 - Printed Poster

The relationship between victim characteristics and referral for a court-ordered forensic assessment.

Presenting Author: Hilkes, Gabriella

Additional Authors: Mathias, Michelle; Healey, Lindsay V

Abstract: *Many factors may be related to the decision to refer a defendant for a full court-ordered forensic assessment (i.e., fitness to stand trial, criminal responsibility). However, little is known about whether referral is associated with index offence characteristics, including victim characteristics. Most previous research has looked at factors associated with the outcome of a forensic assessment (rather than the referral). 65-80% of*

those found not guilty on account of a mental disorder had offences involving victims as opposed to offences without victims (Crocker et al. 2015; Pasewark et al., 1978). Gulayets (2016) report that those found NCRMD averaged more victims per offence, and having a victim was the strongest predictor of the designation. The purpose of the current study is to describe index offence characteristics related to victims (e.g., victim type, injury) in individuals assessed at a mental health court (MHC) and assess the relationship with referral for complete forensic assessment. The study will use data from (n~200) defendants screened at Ottawa's MHC between 2016-2018. Logistic regression analyses will assess the relationship between victim characteristics and forensic assessment referral (45% of sample referred for assessment) in the sample. There is limited research on the link between the involvement of victims in alleged offences and referrals for court-ordered forensic assessment. This study may contribute to a better understanding of the role of the victim characteristics in recommending a complete court-ordered NCR or Fitness assessment subsequent to a brief screening assessment in the MHC.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64372 - Printed Poster

Emotions, reasoning, and mental health as predictors of behavior during the COVID-19 pandemic

Presenting Author: Leblanc-Sirois, Yanick

Additional Authors: Gagnon, Marie-Ève; Blanchette, Isabelle

Abstract: *Canadians have been asked to adopt new behaviors in response to the COVID-19 pandemic, a public health crisis of rare proportions. There was a pressing need to identify individual differences that predicted pandemic-related behaviors and their evolution throughout the pandemic. We undertook a survey of behavior, emotions, reasoning style, and mental health in the province of Quebec at the beginning, at the peak, and in the aftermath of the first wave of the COVID-19 pandemic. We recruited 530 responders from a convenience sample; 154 responded to all three surveys. Emotions were most intense at the beginning of the pandemic, not at the peak of its first wave. Responders' compliance with three public health measures (mask-wearing, avoiding touching one's face, social distancing) decreased between the peak and the aftermath of the first wave of the pandemic; however, mask wearing also became more common. Pandemic-related behavior was predicted by avoidance-related emotions such as fear during all phases of the pandemic. Additionally, approach-related emotions linked to the societal response predicted compliance with public health measures. In contrast, reasoning styles and mental health symptoms did not consistently predict pandemic-related behavior. Our research may help inform public health policy during future public health crises.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64456 - Printed Poster

The impact of media coverage of police, schizophrenia, and mental health messaging on public perceptions

Presenting Author: Battaglia, Anthony M

Additional Author: Goldberg, O Joel

Abstract: *This past year has seen increased public attention towards police interactions with individuals from marginalized communities, including individuals suffering from severe mental illness. Media coverage has scrutinized police in mental health wellness checks and headlined cases of police-involved deaths of individuals with schizophrenia. This on-line research project investigated how such media exposure influences stigma perceptions. Participants (_N_ = 255) viewed social media images depicting real news stories of negative outcomes of police interactions with individuals with schizophrenia, and then images of research facts and*

public statements by mental health organizations. Participants completed established pre- and post-measures of social distancing, perceived dangerousness, and beliefs towards mental illness. After viewing the images, participants reported significantly reduced social distancing attitudes (_p _ < .05) and reduced perceptions of dangerousness about schizophrenia (_p _< .05). Opinion polling indicated over 90% of the sample believed mental health workers should accompany police in wellness checks. More supportive attitudes towards those with schizophrenia and their need for mental health intervention were fostered when media coverage of these events was combined with mental health messaging. Public opinion favours implementation of more programs involving both police and mental health workers in wellness checks and crisis calls involving serious mental illness.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64732 - Printed Poster

A Prolonged Pandemic: Personality, Psychological Distress, Public Policy Perceptions and Adherence

Presenting Author: Harper, Caitlyn

Additional Authors: Proctor, Cecile; Beaulieu, Danie; Law, Moira; Roach, Sean; Wilbiks, Jonathan ; Best, Lisa

Abstract: *In the first wave of COVID-19, Canadian governments implemented various public health measures in efforts to reduce infection rates (Government of Canada, 2020). While these measures addressed initial physical health concerns, their relationship with personality factors, psychological distress and public perceptions may predict adherence to pandemic regulations in the second wave. Measures of public perception of government performance and compliance with public health directives were added to a pre-existing survey which already consisted of the Big Five Inventory-2 (Soto and John, 2017) and the RAND-36-Item Health Survey (Hays and Morales, 2001). It is expected that agreeableness, conscientiousness, openness, and neuroticism will be associated with increased compliance, whereas extraversion will be associated with non-compliance. Additionally, agreeableness and conscientiousness will be associated with a favourable perception of government response, whereas neuroticism will be associated with government dissatisfaction. More favourable views of government performance are expected to be associated with increased adherence, whereas prolonged distress will be associated with reduced compliance. Our results will support government officials in their development of messaging and interventions for those who are vulnerable to non-compliance and distress during a prolonged pandemic.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64750 - Printed Poster

Between two worlds: Exploring eSports betting in relation to problem gambling, gaming, and mental health problems

Presenting Author: Marchica, Loredana

Additional Authors: Richard, Jeremie; Mills, Devin; Ivoska, William; Derevensky, Jeffrey

Abstract: *eSports betting is an emerging gambling activity where individuals place bets on an organized video gaming competition. It represents only one of several gambling activities commonly endorsed by adolescents. To date, limited research has explored the relationship between eSports betting and mental health among adolescents and its convergence with both problem gambling (PG) and problem video gaming (PVG). The present study examined the relation between eSports betting, PG, and PVG, and both externalizing and internalizing problems among adolescents while accounting for adolescents video gaming intensity (i.e., how often they play 2 hours or more in a day) and engagement in other gambling activities. Data was collected from 6,810 adolescents in Wood County Ohio schools. A subset of 1,348 adolescents (Mage = 14.67 years, SD =*

1.73, 64% male) who had gambled and played video games during the past year were included in the analyses. Approximately 20% (_n_ = 263) of the included sample had bet on eSports during the last year. eSoprts betting was positively correlated with other forms of gambling, both PG and PVG, and externalizing behaviors. Mediation analyses revealed eSports betting was associated to both internalizing and externalizing problems through PVG and not PG. eSports betting may be particularly appealing to adolescents who are enthusiastic towards video games. As such, regulators must be vigilant to ensure codes of best practices are applied to licensed eSports betting operators specifically for underaged individuals.

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64776 - Printed Poster

Mental health service use trends reported by youth and emerging adults in Canada

Presenting Author: Sivayoganathan, Thipiga

Additional Author: Reid, Graham

Abstract: *RATIONALE: Mental disorders among youth (age 12 to 17) and emerging adults (18 to 24) in Canada are common but a minority receive mental health (MH) services. Thus, we examined trends of MH service use in this population. METHODS: Data were from 6 cross-sectional cohorts of the Canadian Community Health Survey from 2011 to 2016 (N=39 643; 48.8% male). Prevalence outcomes were frequency of MH service use, type of health professional contacted and self-report diagnosis of mood or anxiety disorder. RESULTS: From 2011 to 2016, the prevalence of MH service use increased from 11.5% (10.4-12.6; 95% CI) to 15.8% (14.3-17.3). Among those that sought MH services, the mean number of visits also increased from M=7.8 (SE=0.81) to M=9.5 (SE = 0.60). Family physicians were the most common professional seen: 42.7% (2011); 35.9% (2016). There was also an increase in the prevalence of mood (3.7% to 7.0%) and anxiety (5.4% to 10.1%) disorders. CONCLUSION: Increasing awareness on MH in recent years may enable youth and emerging adults to recognize MH problems. This could lead to increased MH service use and therefore, increased diagnoses of a mood or anxiety disorder. IMPACT: The increased prevalence of MH service use may mean anti-MH stigma campaigns are working but the majority of those with MH problems still do not receive treatment. An effective and accessible mental healthcare system is needed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64778 - Printed Poster

Mental Health Needs of Thunder Bay and District Injured and Ill Workers in the WSIB Process

Presenting Author: Noel, Chelsea A

Additional Authors: Scharf, Deborah; Hawkins, Joshua; Lund, Jessie ; Kozik, Jewel; Kone, Anna

Abstract: *BACKGROUND: Ontario's Workplace Safety and Insurance Board (WSIB) should mitigate the negative impacts of workplace illness/injury, yet the WSIB process can be difficult. Supports for injured/ill workers are fragmented and scarce, especially in underserved areas. We describe the mental health needs of injured/ill Northwestern Ontario workers in the WSIB process to help promote positive system reform. METHOD: Injured/ill workers (n=16) and community service providers (n=12) completed semi-structured interviews about the mental health needs of workers in the WSIB process. Additional injured/ill workers (n=40) completed surveys on-line.   RESULTS: Workers described workplace injury/illness impacts including professional, family, financial, social, and general health concerns. They also reported WSIB process impacts such as hopelessness and retraumatization, describing the process as opaque, arduous, and invalidating. Workers reported regional issues such as few employment opportunities, privacy concerns, and*

*care-related travel (esp. during COVID-19). Worker and provider suggested improvements
included streamlining and explicating processes, continuity of care, and adding arms-length worker supports
(e.g., navigators, advocates). IMPACT: WSIB, policymakers and stakeholders can use these findings to improve
processes and outcomes for Northwestern Ontario injured/ill workers.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 64984 - Printed Poster

Stopping the Harm: Psychological Outcomes of Families of the Opioid Epidemic

Presenting Author: Coady, Alanna

Additional Authors: Koersen, Brooke; Piercy, Jamie; Johnston, Cara

Abstract: *Between 2016-2020, 17,602 opioid-related deaths occurred in Canada, with devastating impacts on families, such as increased risk of mental illness, social isolation, and stigma. Evidence shows these strains are exacerbated by the COVID-19 pandemic. More research is required to ensure policy and services are meeting the needs of affected families. Thus, this study aims to identify and describe the characteristics and perceived needs of families affected by the opioid crisis. Participants (N = 552) recruited from late November to mid-January through Moms Stop the Harm (MSTH), a network of Canadian families impacted by substance-use related harms and deaths, completed an online battery of self-report measures. Preliminary results reveal the participants are predominantly female (n = 529), many of whom (n = 387) have lost a loved one to the opioid epidemic, with many (n = 259) endorsing changes in health after loss. Further analyses will explore demographic and psychosocial predictors of main health outcomes, including depression, substance use, and physical health using multiple regression. Rates of interest in supports and perceived barriers to services will also be described. As opioid-related deaths in Canada rise, understanding the impacts of opioid-related harms is paramount to meeting the needs of families within the converging crises of COVID-19 and the opioid epidemic.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 65009 - Printed Poster

Attentional changes in a pandemic: The impact of COVID-19 prevention measures on aspects of everyday attention

Presenting Author: Hicks, Lydia J

Additional Author: Smilek, Daniel

Abstract: *Following the announcement of the COVID-19 global pandemic, people around the world experienced drastic changes in their daily activities. In two studies, we examined concerns regarding (a) the impact of pandemic-related changes on aspects of students learning experiences and (b) the impact of pandemic-related changes on broader attentional experiences. In our first study, students from the University of Waterloo completed a short survey after their university transitioned from conducting courses in-person to fully online. Questions assessed students' perceptions of changes in their attention, affect, and time perception. Students reported significant increases in their negative attention-related behaviours (e.g., mindless tech use) and school-related anxiety, while reporting significant decreases in their positive attention-related behaviours (e.g., tendency to experience flow), motivation, and abilities to keep track of time. Similar results were found in our second study, collected via Amazon's Mechanical Turk, examining perceived changes in time perception and attentional measures, as well as additional perceived changes in social isolation. In this presentation, we discuss correlations found in both studies and the implications that these correlations may have for education, public policy, etc.*

Section: Brain and Cognitive Science / Cerveau et sciences cognitive
Session ID: 65171 - Printed Poster

Prevalence of trauma- and stressor-related symptoms following the 2019 Spring floods in Québec.

Presenting Author: Bove, Cristina

Additional Authors: Généreux, Mélissa; Brunet, Alain; Rivest-Beauregard, Marjolaine

Abstract: *BACKGROUND. Natural disasters, such as floods, can have potentially traumatizing effects, leading to trauma- and stressor-related disorders, such as posttraumatic stress disorder (PTSD) and adjustment disorder (AD). METHODS. The psychological effects of the 2019 floods were explored in 37 participants from Québec, Canada, by phone interviews. The severity of trauma- and stressor-related symptoms was measured using the 6-item Impact of Event Scale-Revised (IES-6). Symptom severity and descriptive statistics were computed to describe our sample. The proportion of participants scoring above the clinical cut-off score for trauma- and stressor-related symptoms on the IES-6 was also calculated. RESULTS. The sample reported a mean score of 7.73 (_SD_ = 6.29) on the IES-6, which was below the clinical cut-off score of 10 suggesting possible PTSD or AD. Furthermore, 32% of our sample scored above the clinical threshold, indicating a need for psychological help. The most widely reported symptoms were involuntary and intrusive thoughts related to the floods and their consequences. CONCLUSION AND IMPACT. Our results suggest that many individuals present trauma- and stressor-related symptoms in the aftermath of floods, especially intrusive thoughts, which can lead to distress. Although these symptoms alone may not lead to a diagnosis of PTSD, psychological help should still be offered to the victims of such traumatic events. Trauma- and stressor-related symptoms should be addressed as early as possible following natural disasters to promote psychological wellness and prevent potential mental health disorders.*

Section: Traumatic Stress / Stress traumatique
Session ID: 65244 - Printed Poster

Section Chair Address

Psychological Contributions to Understanding and Reducing Extremism and Terrorism

Presenting Author: Nussbaum, David

Abstract: *Description of Issues: Abundant theories exist concerning psychological susceptibility to embracing extremist ideologies and engage in terrorist or supportive behaviours. Existing approaches are limited by focusing on a narrow range of micro-issues, resulting in seeing the trees but not the forest. Consequently, psychologists and other behavioural scientists are less than optimally successful in formulating effective measures to eliminate extremism and terrorism in Western societies. Resolution of Issues: These limitations will be addressed by presentation of a multilevel framework that models extremist/terrorist organizations from a hierarchical organizational perspective. A literature review then examines differential psychological traits, abilities and motivations within rungs of the hierarchy. Convergent evidence from social psychology to cognitive neuroscience will be presented.*

Section: Extremism and Terrorism / Extrémisme et terrorisme
Session ID: 65238 - Section Chair Address

Snapshot

Believing in science: Religious beliefs, vaccination intentions, and trust in science during COVID-19

Presenting Author: Tippins, Emily

Additional Authors: Anisman, Hymie; Ysseldyk, Renate; Peneycad, Claire

Abstract: *Despite clear evidence supporting numerous scientific issues (e.g., climate change, vaccinations), many Canadians still doubt the legitimacy of scientific findings or confuse science with opinion. During the global pandemic of COVID-19, public trust in science is being tested like never before. The goal of this study will be to determine whether differential relations between religious identity (or lack thereof) and vaccination intentions exist between atheists and religious individuals, as well as the potential mediating role of trust in science in the midst of the current global pandemic. The proposed research will build on previous research (e.g., Beauchamp and Rios, 2020; Taha et al., 2013; Ysseldyk et al., 2010, 2012, 2019) to investigate links among religious beliefs and identity, trust in science (as well as government and media), and COVID-19 vaccination intentions in two samples, comprising an online community sample of Canadians as well as a student sample. Canada's multicultural society (Berry, 2013), along with the recent history of younger adults assembling in large groups and thereby increasing community spread (Zhou et al., 2020), make these samples particularly appropriate for the proposed research. This research will aim to inform urgent public health initiatives as well as knowledge mobilization strategies for relaying scientific findings to the public.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61430 - Snapshot

Insider Knowledge: Canadian Police Practices and Perceptions on the Cautioning Suspects

Presenting Author: Connors, Christina J

Additional Authors: Snow, D Mark; Eastwood, Joseph

Abstract: *Prior to interrogation, Canadian police "caution" suspects about their rights to silence and legal counsel. Research shows that Canadians have limited knowledge of their rights, and low comprehension of police cautions (Eastwood and Snook, 2010; Patry et.al, 2017). This poses a significant practical issue to both suspects (who face a power imbalance during interrogation) and police (who may compromise statement admissibility). Yet, little empirical research has examined actual cautioning practices of Canadian police. We sought to gain insight into Canadian police perceptions and practices of caution delivery. A preliminary sample of Canadian officers ($N = 25$, ongoing) completed an online survey. Over a third of officers ($n = 11$) reported being unaware of research on this topic. Of the subset of officers whose duties include cautioning suspects ($n = 15$), most (60%) recite cautions verbatim, 20% caution both orally and written, and half ($n = 8$) believe their existing cautions are effective and comprehensible (estimates >75%). Most (60%) believe cautions should be standardized, but only 20% would be willing to use a longer more informative caution. Our results may reflect a disconnect between officer views of caution effectiveness and existing evidence of the Canadian comprehension, highlighting a need for increased evidence-based training and researcher-practitioner collaboration.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 61829 - Snapshot

Development of Gender and Sexuality: Diverse-Affirmative Approaches and Policy Require Research

Presenting Author: Ray, Janine M.

Additional Authors: Bhattacharya, Godhuli; Bucher, Taylor; Jacquin, Kristine M.

Abstract: _BACKGROUND:_ _Sexuality begins developing early in life, yet we investigate very little about this part of childhood. By extension, less is known about development of human sexuality and gender—appreciation of these requires studies into child sexuality and identity construction. Especially unsupported are investigations into child sexuality, and there is no published work about how children conceptualize their gender identity (Flanagan, 2012). Unfortunately, few studies with children are approved by IRBs. Child sexuality is a socially sensitive issue on many fronts (Sparrman, 2014). There are ethical concerns about studying a vulnerable population. It is also culturally distasteful (Lumby, 2020; Sauerteig, 2012). _METHOD:_ _A systematic literature review was conducted to identify relevant research on child sexuality and gender identity development. _RESULTS:_ _Research in this area may positively influence sexual and gender minority conceptualizations (Jones, 2011). Unique protocols for ethical and safe research with children must be established, and perhaps the development of a select IRB committee in the area is required (Flanagan, 2012). _CONCLUSION:_ _Child sexuality and gender identity must be studied ethically, despite societal misgivings, to shed light on this integral human development component (Uprichard, 2010). _ACTION/IMPACT:_ _Findings should inform policy and collective attitude construction that permeates culture, language, school systems, sex education, parenting, and diverse-affirming healthcare treatment (Laiti et al., 2019; Mkumbo et al., 2009; Pop and Rusu, 2019).*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 64670 - Snapshot

Symposium

How does psychosocial research influence public policy in preventing cervical cancer?

Moderator: Rosberger, Zeev

Panelist: Rosberger, Zeev

Abstract: *The Human Papillomavirus (HPV) is the known cause of cervical cancer. Highly effective vaccines and a more sensitive HPV DNA screening test have been developed recently. While provinces have implemented free, school-based HPV vaccine programs for children since 2007, overall uptake remains below targets to support adequate herd immunity. Primary HPV testing programs for women have yet to be implemented and currently low opportunistic testing levels reflect cost and access issues. Our team has carried out a number of studies exploring the psychological and social factors influencing decision-making of Canadian parents to accept the HPV vaccine for their young children. We have also explored similar factors in the decision-making process of Canadian women and healthcare providers regarding the challenge of implementing HPV testing as a primary screening tool instead of traditional Pap testing. In both cases, we have adopted theoretical models (e.g., Health Belief Model and Precaution Adoption Process Model, etc.) to guide our research methodology. Using our data, we have also participated in many advocacy efforts to influence public policy with significant success. In this symposium, we will review our major findings to date, current research challenges, and efforts to engage and influence stakeholders to improve uptake of Canadian women's cervical cancer prevention behaviours.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61770, Presenting Papers: 61801, 61802, 61804 - Symposium

Measuring Change in Knowledge and Attitudes in Human Papillomavirus (HPV) Vaccine Decision-Making

Presenting Author: Perez, Samara

Additional Authors: Rosberger, Zeev; Tatar, Ovidiu

Abstract: *Guided by well-known health behaviour change theories and the literature, our objective was to 1) extend and validate an HPV knowledge scale and; 2) to develop a reliable and valid parent's vaccination attitudes and beliefs scale. Methods: Using a national representative sample of eligible Canadian parents, we included items from published scales and the literature, and used EFA with varimax rotation to investigate dimensionality (Eigenvalue, 1 factor % common variance) and CFA to investigate model fit on 4 criteria e.g., χ2, CFI, CD, RMSEA at both time points. Results: The 25-item HPV general knowledge and 11-item HPV vaccination knowledge scales were unidimensional, showed high internal consistency and had good model fit. The 46-item HPV Attitudes and Behaviour Scale (HABS) contained 9 factors: Benefits (10 Items), Threat (3 items), Influence (8 items), Harms (6 items), Risk (3 items), Affordability (3 items), Communication (5 items), Accessibility (4 items), and General Vaccination, Attitudes (4 items). Model fit parameters at time two were acceptable: χ2/df = 3.13, standardized RMSEA=0.056, RMSEA= 0.039, CFI=0.962 and Tucker-Lewis index = 0.957. Cronbach's alphas were greater than 0.8 and intraclass correlations of factors were greater than 0.7. Conclusion: The extended general and vaccine-specific knowledge scales and the HABS, are valid, reliable and comprehensive tools.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 61801 - Paper within a symposium (Symposium ID: 61770)

Untangling Psychosocial Predictors of Human Papillomavirus (HPV) Vaccine Decision-Making in Parents

Presenting Author: Perez, Samara

Additional Authors: Tatar, Ovidiu; Shapiro, Gilla; Rosberger, Zeev

Abstract: *Our objective was to assess the relationship between key psychosocial factors and parents of boys' HPV vaccine decision-making stage. Methods: Data were collected from a nationally representative sample of Canadian parents of boys at T1 and T2. We assessed 12 socio-demographics (e.g., parent's and son's age), 4 health behaviours (e.g., having received other childhood vaccines), HPV and HPV vaccine knowledge (2), and 9 attitudes/beliefs from the HABS. Our outcome variable was parents' stage according to the Precaution Adoption Process Model (PAPM), which theorizes that people commence health behaviours as a series of distinct, categorical stages. Multinomial logistic regression was used to test the association between predictors and PAPM stage at T1 and T2. Results: Discussion with a health care provider (ORT1=40.04; ORT2=30.59), increased perception of risks (ORT1=2.47; ORT2=1.30), increased perception that others endorse HPV vaccination (ORT1=2.30; ORT2=2.09) were associated with being in the decided to vaccinate stage. Perceived harms increased (ORT1=3.48; ORT2=0.52), and perceived benefits of HPV vaccination (ORT1=1.77; ORT2=0.49) decreased the odds of deciding not to vaccinate. Conclusion: Targeted interventions to influence parents' stage e.g., social norms, knowledge and beliefs about benefits or risks should facilitate parents' decision-making and improve vaccine uptake.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 61802 - Paper within a symposium (Symposium ID: 61770)

Integrative Synthesis of Psychosocial Factors that Impact Human Papillomavirus Test Acceptability

Presenting Author: Tatar, Ovidiu

Additional Authors: Perez, Samara; Rosberger, Zeev; Shapiro, Gilla

Abstract: *Recommendations for primary cervical cancer screening are changing worldwide to include HPV testing, as it is more sensitive than Pap testing in detecting precancerous cervical lesions. Moreover, HPV testing permits a shift from the long-standing practice of one to three-year interval Pap testing to five-year screening intervals. As uptake is currently low, significant changes in women's screening behaviors and health care providers' (HCPs) delivery of HPV testing will contribute significantly to cervical cancer prevention. We used rigorous review methodologies to include journal articles from six major databases. We used the Health Belief Model and Theory of Planned Behavior to synthesize psychosocial factors in women (review 1) and the Patient Pathway framework in HCPs (review 2). Results were integrated to provide a multi-perspective overview of psychosocial factors influencing HPV test acceptability. For knowledge, attitudes and beliefs, subjective norms, emotional-behavioral control, health behaviors, healthcare system, and personal determinants, we provide barriers (e.g., increased screening intervals) and facilitators (e.g., HCP recommendations). By integrating the two distinct perspectives of women and HCPs, we make recommendations for timely, targeted interventions that will improve HPV testing uptake by Canadian women and reduce cervical cancer incidence and morbidity.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 61804 - Paper within a symposium (Symposium ID: 61770)

THEME: PROFESSIONAL AND TRAINING ISSUES

Examining issues related to our discipline as a profession including accreditation, ethics, funding, training

12-Minute Talk

Where Are the Research Experts? : Assessing the Quality of Clinical Practice Guidelines in Quebec.

Presenting Author: Ciquier, Gabrielle C

Additional Authors: Hébert, Catherine; Trepanier, Lyane; Azzi, Michelle; Reyes, Andrea; Stamoulos , Constantina; Drapeau, Martin

Abstract: *Background/rationale: The development and implementation of clinical practice guidelines (CPGs) has flourished over the past two decades. Unfortunately, studies have found that the quality of CPGs is highly variable. Since the quality of many CPGs is poor due to little rigour in their development, we hypothesized this may be a reflection of the composition of the CPG development groups, which may be lacking in research expertise. Methods: Two studies were carried out to evaluate the quality of 13 Quebec CPGs using the Appraisal of Guidelines for Research and Evaluation II instrument. A third study examined CPG development committee members at the Order of Psychologists of Quebec, as defined by research productivity. To do so, we analyzed the peer-reviewed publication productivity of committee members using PsycINFO and MEDLINE and retrieved their h-index from Scopus and Web of Knowledge. Results: Most of the CPGs assessed have major shortcomings, with rigour of development being one of the lowest scoring domains. Furthermore, a clear imbalance was found between clinical and research expertise among CPG development committee members, with only a small percentage of researchers represented on these committees. Conclusions: Our findings highlight the need for improved methods and group composition for the development of future CPGs. Action/Impact: Bringing science to practice.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61761 - 12-Minute Talk

Exploring Best Practices of Albertan Mental Health Professionals Providing Services to Refugees

Presenting Author: Rozendaal, Kate

Additional Author: Yohani, Sophie

Abstract: *Between January 2015 and July 2020, Alberta admitted 12,915 refugees as permanent residents with these numbers projected to increase. Within the counselling context, refugees are identified as being at risk for developing complex psychological challenges (i.e., complex trauma), requiring culturally sensitive counselling that incorporates diverse culture and language differences. To explore current training and informal experiences that contribute to attaining competencies required for providing effective, culturally sensitive interventions to incorporate the unique needs of refugees, I conducted a collective case-study of three Albertan counsellors, sampled via a nomination process by multicultural counselling professionals. Through semi-structured, audio-recorded interviews, and master's-level cross-cultural training document analysis, significant themes were distilled within- and across-cases to reveal essential features training methods for the professional development of multicultural counsellors working with refugees. Results indicate that among expert Albertan*

mental health professionals, current training and supervision experiences have not been sufficient in equipping these counsellors with the necessary competencies for providing effective services for refugee clients. The implications of this work outline Canadian residents' culturally diverse needs and identities within the counselling context, inform best practices for developing professionals and outline training requirements for governing bodies.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64705 - 12-Minute Talk

The Impact of Stepped Care Implementation on Registered Psychologists in Newfoundland and Labrador

Presenting Author: Moores, Lisa

Additional Author: Button, Pamela

Abstract: *Stepped Care (SC), developed in the U.K. and implemented in Australia, has captured the interest of administrators within several Canadian health systems and post-secondary institutions through promises of rapid access and wait-list elimination. Psychologists working within these models, however, have raised concerns about the associated challenges of SC for our field. This session will share the experiences of registered psychologist members of the Association of Psychology Newfoundland and Labrador (APNL), regarding the implementation of an interprofessional SC approach to Mental Health Services in that province. APNL psychologists were invited to a feedback forum and participated in a focus group on SC experiences. Findings were triangulated and extended through an association-wide online survey. Major themes emerging from data analysis included concerns about lack of role clarity, perceived devaluing of psychologists and their reservations, ethical and professional practice concerns, and reported pressures to reduce specialized practice to staff low-intensity programs, among other topics. Despite the professed promise of SC, such concerns are validated by the research literature and can be viewed as common barriers intrinsic to the model that must be acknowledged, anticipated, and addressed if successful implementation is to be achieved. We aim to begin this discussion.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65519 - 12-Minute Talk

Conversation Session

New Possibilities for Counselling Psychology Training in the Wake of COVID-19

Presenting Author: Van Vliet, K. Jessica

Abstract: *With the onset of the COVID-19 pandemic, counselling psychology programs across Canada were tasked with quickly porting their programs online. For those programs that had relied primarily on in-person approaches to counsellor training and psychotherapy, the rapid transition to the virtual world was especially challenging. At the same time, the training challenges brought on by COVID-19 have stimulated new ways of thinking and doing when it comes to preparing graduate students for careers in counselling psychology. In this conversation session, we will discuss how the adaptations that counselling programs have made during the pandemic have opened up new possibilities for the training and education of graduate students. In particular, we will focus on changes that might be retained or further developed once the pandemic is behind us.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64888 - Conversation Session

Psychologist Impairment and Wellness: A Comparison of Provincial Regulatory Guidelines in Canada

Presenting Author: Lund, Tatiana

Additional Authors: Dobson, Keith; Malone, Judi

Abstract: *This conversation session addresses the ethical implications of impairment in practicing psychologists, and the current lack of consensus on a definition of impairment in Canadian professional psychology. A manuscript will be presented to act as a springboard for discussion with two foci. First, the current guidelines related to impairment for practicing psychologists across regulatory bodies in Canada were examined. Second, based on this examination, recommendations will be provided for practice and training in psychology related to impairment and self-care practices. Indeed, regulatory colleges have appropriately emphasized their responsibility to protect the public. However, the other issue which is more pertinent to the lives of most professional psychologists is the promotion of their own self-care. The manuscript's lead author (Tatiana Lund, University of Calgary) will be joined by Dr. Judi Malone (Psychologists' Association of Alberta) to discuss the implications of this work across professional associations and regulatory bodies in psychology. The conversation session will be chaired by Dr. Keith Dobson (University of Calgary, manuscript co-author). It is hoped that this session will promote productive discussion regarding these issues in professional psychology, and the promotion of wellness in professional psychologists.*

Section: Ethics / Déontologie
Session ID: 64938 - Conversation Session

Navigating the Transition to Online Graduate School During COVID-19: Sharing Graduate Student Experiences

Presenting Author: Kalchos, Linnea F

Abstract: *The COVID-19 pandemic has resulted in an unprecedented shift to online graduate studies for Canadian students. Studies have shown that communication and forward planning ensure success in online graduate studies (Payne and Johnson, 2005). However, universities across Canada have had to transition in-person programming to online platforms in a short time. This shift has resulted in a rapid transition for both students and instructors. This critical issue will be explored from the perspective of graduate students. Traditional approaches paralleled in online formats have been identified as best practices (APA, 2002). However, new challenges to graduate student success include navigating time zone differences, synchronous and asynchronous approaches, work/study permits, funding opportunities, lack of community and connection, shifting to online student support services, and limited practicum experience and professional development. Diverse learners with additional needs also face nuanced challenges navigating the online environment. The presenter will outline these challenges and supplement discussion with their own experiences navigating this transition. Facilitation of discussion will make use of interactive tools, such as live word cloud generators based on participant feedback and anonymous comment boards to encourage sharing of ideas and experiences. Capturing the diverse experiences of graduate students will inform future online learning design and delivery. The discussion will provide graduate students with strategies for moving forward successfully in their online studies.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 65111 - Conversation Session

An Ecological Perspective on School Psychology: Implications of Community Psychology for School Psychology

Presenting Author: Ford, Laurie

Additional Authors: King, Rachel; Bailey, Darcie-Anne

Abstract: _As highly trained professionals with expertise in both mental health and education, school psychologists play an integral role in supporting the psychological and educational well being of children, youth, and their families, not only in schools, but also many other settings (health, mental health, neighborhoods). Despite years of debate on the role of the school psychology practice and training models at universities for broader roles and functions, school psychology practice in many settings continues to focus on one, often narrowly defined role, psychoeducational assessment (Ford, et al, 2019; Montrueil, 2016). Preparing school psychologists for a broader role is a multi-dimensional challenge. It is important that school psychology training programs continue to prepare students for a wide array of roles including assessment, intervention, and consultation, in both education and mental health, in a wide array of practice settings including, but not limited to schools. However, in addition to preparation in skill areas such as cognitive assessment, classroom based consultation, child behavioral intervention, etc., if we are to truly make a change in our role and function, school psychologists need preparation in making systems level change. Ecological perspectives and core values from Community Psychology (Kloss, et al 2020) can serve as a strong foundation for school psychologists in their quest for greater diversity in their role. The purpose of this presentation is to explore the theoretical foundation and core values of community psychology and their implications for school psychology training and practice._

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65381 - Conversation Session

Vanished: Understanding clients who drop out of therapy from multiple perspectives.

Presenting Author: Theriault, Anne

Additional Authors: Gazzola, Nick; Chenier Ayotte, Natasha

Abstract: *Psychotherapy is often described using a linear stage/phase model. This presumes that therapy will unfold along a sequence such as establishing a relationship, assessment, setting goals, conducting interventions, and finally, termination (Hackney and Cormier, 2013). While this neat depiction is representational, many therapeutic encounters are interrupted before this cycle is complete; clients often leave before reaching an agreed upon termination. Estimates of premature termination range from 20 percent (Jensen, Motensen, and Lotz, 2014) to 53 percent (Hatchart and Park, 2003). Understandably, the act of 'dropping out' of therapy has nefarious consequences for clients, for therapists, and for mental health delivery systems (Roos and Werbart, 2013). Our conversation session will focus principally on presenting what is known about why and how this negative therapy event happens with a view to engage participants in exploring their own experiences. In the spirit of the scientist-practitioner model, participants will be guided through a structured exercise to reflect on research directions. Their insights will inform a burgeoning program that aims to delve into premature termination from multiple angles and perspectives.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65394 - Conversation Session

Costs and benefits of clinical supervision via teleconferencing: Should we keep it after the pandemic?

Presenting Author: Johnson, Edward A

Abstract: *Since it began in March 2020, the global COVID-19 pandemic has necessitated alterations to virtually all aspects of human society including the clinical supervision (CS) of psychology trainees. Arguably the most important adjustment to the delivery of CS has been the widespread adoption of teleconferencing. This conversation will explore the impact of the use of teleconferencing on the practice of CS (such as the opportunity for conducting live supervision), the experiences of supervisors and supervisees, and consider the question of whether remote supervision via teleconferencing should be retained or jettisoned when the pandemic is over and it is no longer a necessity. Discussion of this question among participants will be facilitated by: (a) a clear presentation of the author's view (synthesized from experience and the emerging literature) of the main costs and benefits of remote CS via teleconference, (b) subsequent exploration of whether and how participants' experiences confirm or differ from the author's, and (c) polling of the audience to inform discussion of how many will choose to retain teleconferencing when it becomes optional in the future and why they will do so (or not). The importance of this topic arises from the fact that CS is widely regarded as the most impactful form of professional training for trainees and essential to the welfare of their clients.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65431 - Conversation Session

CPA Working Group on Telepsychology: A Conversation on the Implications and Future of Telepsychology in Canada

Presenting Authors: Ford, Laurie ; Church, Elizabeth

Additional Author: Anderson, Eliah

Abstract: *The COVID-19 pandemic resulted in a significant and rapid increase in the delivery of telepsychology services in Canada. Canadian psychologists are seeking guidance on how to provide ethical, secure, and evidence-based practice and training. In response, the CPA Board established a Working Group in fall 2020 on Telepsychology in Canada. The Working Group has been consulting with groups and individuals across Canada about issues, gaps, opportunities, existing resources and guidelines, and the need for additional resources and guidelines. The purpose of this conversation session is to provide an opportunity for open conversation on telepsychology in Canada. The Working Group wants to hear about the needs of psychologists in Canada in this important expanding area of practice.*

Section: *General Psychology / Psychologie générale*
Session ID: 65668 - Conversation Session

A Conversation with Canadian Educational and School Psychologists on the Impact of COVID-19 on Their Day-to-Day Practice Over One Year Past the Beginning of COVID-19

Presenting Author: Ford, Laurie

Additional Authors: Rogers, Maria; Ritchie, Tessa

Abstract: *In March of 2020, schools across Canada closed due to COVID-19 resulting in the modification of nearly all school psychology services to accommodate the reality. While limited research on the impact of*

COVID-19 on School Psychology practice across Canada is available, the Educational and School Psychology (ESP) section of CPA conducted a study of 267 School Psychologists to examine the initial impact of COVID-19 on ESP practice throughout Canada in the summer of 2020. Overall, results of the initial study illustrated that COVID-19 impacted most aspects of school psychology practice. Many respondents reported a reduction in hours or lay offs and over a third had a decrease in income. Respondents also spoke to a change in job satisfaction and mental health/well-being in both themselves and students that accompanied the changes in practice. These changes occurred at a time when global leaders have highlighted the importance of addressing the mental health/ psychosocial needs of students and increasing need for mental health and and psychosocial support of children and youth. Given the isolation experienced by many school psychologists during COVID-19, a purpose of this conversation is to provide a space for educational and school psychologists to gather and discuss the implications of COVID-19 on their day to day practice, over one year into the COVID-19 pandemic and approximately one year after the initial ESP baseline survey. It is our hope that the conversation will not only provide a means of social support, but also an opportunity for discussion of the next directions in examining the impact of COVID-19 on the day-to-day practice of educational and school psychologists, grounded in the perspectives of education and school psychologists from across Canada. It is our hope that the session will also the help leadership of the Education and School Psychology section in identifying the best ways to provide support for section members, and educational and school psychologists during and post COVID-19.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65670 - Conversation Session

ACCREDITATION CONVERSATION SESSION

Presenting Author: Madon, Stewart

Additional Author: Dobson, Debra

Abstract: *Internship and doctoral programme directors, site visitors, faculty, supervisors, students, and other interested individuals are invited to talk about current issues, developments, needs and concerns regarding training and accreditation of professional psychology programmes. This session will highlight progress toward the 6th Revision of the Accreditation Standards. The Registrar and Chair of the Accreditation Panel will also provide an update on their key activities this year, and programmes will have the opportunity to raise any issues of interest.*

Section: *Accreditation / Agrément*
Session ID: 66912 - Conversation Session

Printed Poster

A Qualitative Investigation of Clinical Supervisors' Self-Confidence: What Boosts it and What Deflates it?

Presenting Authors: Gazzola, Nicola ; Natale, Tessa A D

Additional Authors: Theriault, Anne; Hérard, Ann

Abstract: *Clinical supervision is crucial for the development of clinical competencies and professional development. Although supervision is increasingly viewed as distinct from psychotherapy, with a growing empirical knowledge base, one area that is curiously lacking is how the supervisory process affects the supervisor's self-confidence. Despite the fact that mental health practitioners are increasingly called upon to act as clinical supervisors, only 40% of practitioners report feeling confident in that role (McMahon and Errity, 2014). Our goal in this study was to conduct an in-depth exploration of the supervisors' experience of*

supervision that they perceived contributed to or deflated their self-confidence in that role. Our two research questions for this study were: (1) What has enhanced a sense of confidence in the role of supervisor? and (2) What has deflated the sense of confidence as a supervisor? Our sample comprised of 12 clinical supervisors who were interviewed using a semi-structured interview protocol. Interviews were transcribed verbatim and analysed using Braun and Clarke's (2012) six-step thematic analysis. Findings include 10 themes that describe process issues that deflate the supervisor's self-confidence in performing supervision (e.g., giving negative feedback, discomfort with their evaluative role, among others) and nine enhancers of self-confidence (e.g., witnessing the supervisee's professional growth, witnessing therapeutic success, among others). Implications for clinical supervision, supervision training, and future research will be presented.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61246 - Printed Poster

More than Skin Deep? Feelings Towards Psychologists with Tattoos

Presenting Author: Dutrisac, Shannah

Additional Authors: Zidenberg, Alexandra; Olver, Mark

Abstract: *INTRODUCTION: In the professional workplace, tattoos have historically been viewed unfavourably. While there does seem to be more support for tattoos among "blue-collar" workers, there is still stigma attached (Dean, 2010). Among health care professionals, results seem to be mixed with some studies reporting more negative appraisals of tattooed professionals (Johnson et al., 2016) and some reporting more positive evaluations (Thomas et al., 2010). As there are no studies examining tattooed psychologists specifically, this poster will examine the association of visible tattoos with client perceptions of a clinical psychologist. METHODS: 534 participants were recruited from across Canada through the use of social media and from a large Western Canadian university. Participants were presented with a fictitious profile of a psychologist with one of three photos (no tattoo, neutral tattoo, or provocative tattoo) and were asked to rate their feelings towards the psychologist. RESULTS: The psychologist with the provocative tattoo was rated as more confident, interesting, likable, and less lazy than the psychologist with the neutral tattoo or no tattoo. While the psychologist with the neutral and provocative tattoo was rated as appearing less professional than the psychologist with no tattoo, this appraisal did not appear to translate into negative feelings towards the psychologist or an unwillingness to seek care from them. CONCLUSION/IMPACT: Results indicate that tattoos do not appear to be related to perceptions of competency among the general public psychologists and their trainees may need not to take special precautions to hide visible tattoos.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61673 - Printed Poster

The Process of Providing Therapy to Men who have Experienced Intimate Partner Abuse

Presenting Author: Toews, Kelsi

Additional Author: Cummings, Jorden

Abstract: *Men experience intimate partner abuse (IPA) from female partners at alarming rates but are often reluctant to seek help, despite the deleterious physical and mental health consequences. One commonly cited reason for this reluctance is that men experienced negative responses from service-providers, including disbelief, denial of services, and mocking. Research with service-providers confirms this and shows that while some do hold positive attitudes, many do not. What is missing from this research area is a comprehensive theory explaining how service-providers become willing to provide effective, caring services to men who experience IPA. The purpose of this study is to develop a theory regarding this process, via a grounded theory methodology,*

a social constructionist epistemology, and a relativist ontology. We conducted interviews over the telephone with service-providers who provide therapy (e.g., psychologists, social workers) to both male and female IPA survivors. Preliminary results show a clear theory depicting how service-providers come to accept, understand, and provide supportive services to men who experience IPA, which is influenced by personal characteristics and experiences, professional training, and clinical experiences. The full theoretical model is currently under development, and will be completed by April, 2020. This theory provides pertinent information regarding what points in service providers' lives and training are integral to their attitude development and acceptance of men as survivors of IPA. Understanding this process will help us identify and develop strategies (e.g., training program recommendations, sensitivity training protocols) to encourage all service-providers to approach this population in a caring and accepting way.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61711 - Printed Poster

Program self-care culture is related to trainee self-care behaviours and stress

Presenting Author: Hawkins, Joshua R.

Additional Authors: Harder, Jane A.; Kao, Chiao-En (Joanne); MacIsaac, Angela; Maranzan, K. Amanda

Abstract: *Background/rationale: Research suggests that graduate programs may play a role in promoting self-care amongst professional psychology trainees. This study examined self-care behaviours in professional psychology trainees; here we report on associations between the graduate program/training environment and trainee self-care behaviour, stress, and well-being. Methods: As part of a larger study, Canadian professional psychology trainees (N = 169) completed measures of perceived program self-care culture, self-care behaviours, stress, and well-being. Results: Trainees reported working an average of 46.2 hours/week (SD=18.05) on graduate training-related activities; hours/week was positively correlated with perceived stress (r=.24, N=144, p*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 61729 - Printed Poster

Personal Qualities in Admissions for Canadian Counselling and Counselling Psychology Programs

Presenting Author: Gower, Heather K

Additional Author: Harris, E. Gregory

Abstract: *Counsellor personal qualities are widely cited as central to mastery (e.g., Jennings and Skovholt, 1999), including qualities such as warmth, empathy, flexibility, and self-awareness (Halinski, 2009). Considering that some of these qualities may not be teachable (or even taught) during graduate training (e.g., Orlinsky and Ronnestad, 2005; Pope and Klein, 1999), there have been calls to screen for personal qualities during admissions (McCaughan and Hill, 2015). Unfortunately, research on admissions in counselling programs in Canada is virtually nonexistent (Sebok and MacMillan, 2014) and few studies have explored how admissions committees incorporate personal qualities even outside the Canadian context (Hernandez et al., 2010). Thus, we completed a qualitative study exploring how a small subset of Canadian faculty considered and assessed personal qualities during admissions reviews for their counselling and counselling psychology programs. Participants were interviewed to explore the counsellor personal qualities they deemed important as well as how such considerations played into admissions decisions. Thematic analysis showed that participants assessed commonly valued counsellor personal qualities informally, and half indicated the use of interviews for this express purpose. With a focus on best practices and ethics, implications for counsellor education and gatekeeping are explored.*

Assessing the Quality of Clinical Practice Guidelines in Quebec: We Can Do Better.

Presenting Author: Ciquier, Gabrielle C

Additional Authors: Azzi, C Michelle; Hébert, Catherine; Watkins-Martin, Kia; Drapeau, Martin

Abstract: *Background/rationale: Clinical practice guidelines (CPGs) have become a common feature in the health and social care fields, as they promote evidence-based practice and aim to improve quality of care and patient outcome. However, the benefits of the recommendations issued by CPGs are only as good as the quality of the CPGs themselves. Indeed, rigorous development and strategies for reporting are significant precursors to the successful implementation of the recommendations. Unfortunately, research has demonstrated that there is much variability in their level of quality and the quality of many CPGs has yet to be examined. The aim of this study was to assess the quality of seven CPGs from four Quebec professional regulatory bodies. Methods: The seven CPGs were assessed by four trained appraisers using the Appraisal of Guidelines for Research and Evaluation II instrument. Results: While some quality criteria were met, most were not, denoting that these CPGs are of sub-optimal quality. Conclusions: Our findings highlight that there is still a lot to be done in order to improve the rigour and transparency with which scientific evidence is assessed and applied when developing CPGs. Impacts regarding the implementation of these CPGs are discussed in light of their use in clinical practice. Action/Impact: Our recommendation is that future CPGs be developed more systematically.*

Relationships between self-care, stress, and well-being amongst professional psychology trainees

Presenting Author: MacIsaac, Angela

Additional Authors: Harder, A. Jane ; Hawkins, Joshua R. ; Kao, Chiao-En (Joanne); Maranzan, K. Amanda

Abstract: *Background/rationale: Graduate study in professional psychology brings with it a number of challenges and associated stressors: from academics to research, clinical training, and financial and personal stress. This study examined self-care behaviours in professional psychology trainees; here we report on trainees' utilization of self-care strategies and their relationship with stress and well-being. Methods: As part of a larger study, Canadian professional psychology trainees (N = 169) completed two self-care inventories along with measures of stress and well-being. Results: Among trainees' most common self-care activities were seeking out activities and people that are comforting, and sharing positive training experiences with colleagues/peers. Compared to Master's trainees, Doctoral trainees engaged in more frequent self-care activities [t(151)=-3.16, p*

Teaching perspectives are related to level of education and teaching experience

Presenting Author: Dumoulin, Amanda R

Additional Authors: Justus, J Brandon; Rusticus, Shayna A; Pratt, Daniel D

Abstract: *RATIONALE: The Teaching Perspectives Inventory (TPI) assesses teacher beliefs, intentions, and actions as they relate to five teaching perspectives: transmission, apprenticeship, nurturing, development, and social reform. We explored whether level of education (e.g., elementary) and experience (e.g., novice) were related to one's dominant teaching perspective. METHODS: 54,176 teachers from Canada and USA completed the TPI online between 2001 and 2020. RESULTS: Two chi-square tests of independence revealed predictive relationships between teaching perspective and both level of education (medium effect) and teaching experience (small effect). Nurturing perspectives were more common in elementary/secondary teachers and apprenticeship perspectives were more common in undergraduate/graduate teachers. All experience levels had the same rank ordering: nurturing, apprenticeship, developmental, transmission, then social reform. CONCLUSIONS: Teaching perspectives varied most among post-secondary educators, likely reflecting the wide range of disciplines and professions. Additionally, the greater proportion of apprenticeship perspective may reflect the greater linking of teaching with prior work experience, e.g., health professions, STEM, and law. IMPACT: Understanding teachers' dominant perspectives will allow faculty development programs to foster growth and development of their teachers.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 62452 - Printed Poster

Effectiveness of Experiential Learning to Expand Knowledge of Interprofessional Collaboration Among Behavioural Psychology Students

Presenting Author: Jobin, Marie-Line

Additional Author: Gauvreau, Jacqueline

Abstract: *Despite evidence supporting the benefits of experiential learning, many educational institutions do not regularly emphasize its use in classrooms. For psychology graduates to reliably demonstrate essential employability skills (EES) upon graduation, engagement in experiential learning activities that enhance these skills should be maximized. Collaborative experiential learning may be especially important for psychology students where working as part of interprofessional teams is essential while providing client-centred care. Behavioural psychology students participated in an Interprofessional Collaboration Experiential Learning Event (ICELE) that was hypothesized to enhance their overall knowledge of interprofessional collaboration, development of EES, and confidence as interprofessional team members. The ICELE was facilitated by alumni of the program who shared their real-world experiences of being part of interprofessional teams. The study's overall goal was to determine if student knowledge acquisition of interprofessional collaboration and EES increased following participation in the ICELE and whether students and alumni shared similar opinions about the ICELE's perceived usefulness. Results were analyzed using pre and post knowledge questionnaires. Feedback surveys were also used to determine if the ICELE's perceived usefulness varied between students and alumni. Results suggest that students prefer to learn material via experiential learning methods and that all participants believed that the ICELE was beneficial in increasing students' confidence and ability to work as part of an interprofessional team while developing EES. Engagement in experiential learning activities, specifically relating to interprofessional collaboration, can prepare students with the skills needed to effectively work as interprofessional team members as they enter the workforce.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64355 - Printed Poster

Bridging the Gap: The Mental Health Training Needs of Frontline Healthcare Providers

Presenting Authors: Bhatt, Vibhuti ; Hood, Philippa

Additional Authors: Devitt, Rachel; Simic, Tijana

Abstract: *A growing body of evidence documents the impact of mental health needs (MHN) on patient outcomes in the healthcare system (Johansen and Finès, 2012). Despite this, previous studies have reported that frontline clinicians do not have the skills or support to manage these needs (Gibson et al., 2015; Harrison and Zohhadi, 2005). The aims of this exploratory study were to examine clinicians' perceptions of: 1) their skill and confidence in supporting MHN of medically complex patients, 2) the importance of supporting patients' MHN, and 3) what types of resources and training are needed. A survey (based on Gibson et al., 2015) was completed by physicians and allied health professionals (_N=_88) at a large rehabilitation and complex continuing care facility. Data were analyzed using descriptive statistics. Less than half of clinicians agreed that they had the skills (37%, _N=_32) or confidence (31%, _N=_27) to support patients' MHN, while the majority agreed that it was important (90%, _N=_83), and that they would like to learn how to do so (92%, _N=_81). With respect to training and resources, clinicians highlighted a need for: 1) additional mental health personnel as a team resource, 2) consultation with external mental health specialists, and 3) workshops on mental health conditions and specific therapeutic modalities. These findings highlight the need for greater emphasis on patient MHN in healthcare practice and education, and address the types of support and training that frontline clinicians believe would be effective. The results of this study are being used to inform mental health priorities at the host institution.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 64397 - Printed Poster

Training Practices in Routine Outcome Monitoring Among Accredited Psychology Doctoral Programs in Canada

Presenting Author: Madsen, Joshua W.

Additional Authors: Markova, Veronika; Hernández, Laura; Tomfohr-Madsen, Lianne M.; Miller, Scott D.

Abstract: *Routine outcome monitoring (ROM) is an evidence-based practice that involves regularly measuring treatment progress and alliance/client engagement. ROM use is associated with better client outcomes, and a Canadian Psychological Association (CPA) task force recently recommended that ROM training and supervision be included in CPA's Accreditation Standards. Previous research indicates low ROM use in Canada, including in psychology training. The objective of this study was to gather information about ROM training practices in Canadian psychology programs, with an emphasis on training clinics. Online survey data were obtained for 21 CPA-accredited Clinical, Counseling, or Combined Clinical/Counseling Psychology programs (60% of eligible programs). Only seven (38.9%) of the 19 programs with a training clinic reported that they typically use ROM in their clinics, and the majority of these did not require supervisors to use ROM data in supervision. Top-rated reasons for using ROM focused on the educational benefits for students. The use of ROM to evaluate students' strengths and weaknesses was ranked least important. The most important reasons for not using ROM were resource- and supervisor-related concerns. The low use observed in this study is consistent with past research showing ROM use in Canadian psychology programs is low compared to American counterparts. Potential reasons for this discrepancy are considered. Benefits of and resources for successful implementation in psychology training clinics are discussed.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65246 - Printed Poster

Teaching and learning about memory and narrative scoring: method and reflections from Psychology undergraduate and graduate students

Presenting Author: Webber, Lauren

Additional Author: Pishdadian, Sara

Abstract: *Psychology Undergraduate students are often involved in research as volunteers or paid research experiences, which can be beneficial to the students as well as graduate students and faculty members (Miller et al. 2008; Adedokun et al., 2010; Nadelson et al., 2015). However, there is little research on the pedagogy of this process, and best practices despite the prevalence and importance of research experience for undergraduate students' Psychology degree satisfaction (Sears et al., 2017). Several areas of episodic memory research require detailed scoring of quantitative and qualitative analyses of memories, requiring development of inter- and intra-rater reliability (Grysman and Lodi-Smith, 2019). This poster documents the pedagogy and training taken to teach unexperienced undergraduate students how to reliably score autobiographical interviews (AI) and route descriptions (RD) tasks, commonly used measures in memory research (Levine et al., 2013; Herdman et al., 2015). Reflections on the process from both graduate student (trainer) and undergraduate student (learner) will be provided, which highlight the importance of collaborative, scaffolded learning, and time investment. Study findings will inform undergraduate, graduate and faculty members on the benefits and challenges of engaging students in research, with the aim to increase meaningful undergraduate student participation in research.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65277 - Printed Poster

Review Session

The History of Applied Psychology in Canada up to 1975

Presenting Author: Connors, John B

Abstract: *The History of Applied Psychology in Canada In May 1975 a book project to document the doctoral training programs in Psychology was started by Mary J. Wright and C. Roger Myers. It was published in 1982 as the _History of Academic Psychology in Canada _and is widely regarded as a definitive sourcebook of early Canadian research and university training programs. At about the same time another book intended to document the profession of Psychology issued a draft report entitled_, Psychology and Canadian Society: A Documentary Report _coauthored by David Gibson and Tim Rogers of the University of Calgary. It was rejected by several publishers perhaps due to the fact that after WW II funding focused on favored areas of support such as physiological psychology along with learning and perception which were aligned with the NRC mandate to support the "hard" sciences. Funding for "applied" psychology was left in limbo such as social, child, and personality. At the same time, there was an explosive demand for psychologists which led to a manpower shortage and the importation of foreign psychologists.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 64165 - Review Session

Career Search Support for Instructors: Resources for teaching students about careers in psychology

Presenting Author: Norris, Meghan E

Abstract: *Psychology programs are currently among the most popular for undergraduate students (Higher Education Research Institute, 2008). According to the American Psychological Association and Statistics Canada, psychology is consistently ranked in the top 10 most popular university degree programs (American Psychological Association 2016 and Statistics Canada, 2011). Interestingly, despite the significant interest in psychology undergraduate degree programs, many students in undergraduate psychology programs fail to see the relevance and value of their degree (Borden and Rajecki, 2000). Indeed, when comparing against alumni in other degree programs, psychology graduates reported the lowest perceptions of relatedness between their training and career. For example, when asked if their university degree was directly related to their career, only 20% to 25% of psychology alumni reported a correspondence (Borden and Rajecki, 2000). In this presentation, instructors will be equipped with information on how to support their students in exploring career related*

questions, and Open Access resources, including a textbook and worksheets, will be provided that can be used and adapted to suit unique program and student needs.

Section: *Teaching of Psychology / Enseignement de la psychologie*
Session ID: 65274 - Review Session

Section Featured Speaker Address

Ready, Set, Pivot! Evolving as Psychologists in Hospitals and Health Centres

Presenting Authors: Mushquash, Christopher ; Farrell, Susan

Abstract: *The role of psychologists in hospitals and health centres continues to evolve as the profession faces changing practice demands from across clinical, operational, fiscal, ethical, and inter-professional spheres. Psychologists are well positioned to meet the realities and challenges of practice in hospitals and health centre settings. Never has this been more evident than during the COVID-19 pandemic when psychologists demonstrated the ability to be nimble and pivot to meet unique practice challenges. In this session, participants will hear from psychologists with experience in hospital and related services on how psychologists can thrive and flourish in their unique roles and bring a psychology perspective to the opportunities available in these settings. Diverse perspectives will be represented followed by a panel discussion and interactive forum on topics such as scope of practice, leadership, training, research, turnover and recruitment, and inter-professional practice.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 64963 - Section Featured Speaker Address

Section Invited Symposium

Exploring CPA's Response to Canada's Truth and Reconciliation (TRC)

Moderator: Calvez, Stryker

Abstract: *The TRC's Calls to Action Report was released in 2015 and CPA responded with the Indigenous Task Force which published, Psychologys Response to Canadas Truth and Reconciliation Process, in 2018. In this bold and progressive document, we acknowledged that despite CPA's mandate to improve the health and welfare of all Canadians, we failed the Indigenous Peoples of Canada. Psychology breached its professional ethics and obligations to the First Nations, Inuit and Metis Peoples in Canada. Now it is time to reclaim our code of ethics and the integrity of our profession.   This presentation will explore how Psychology is taking steps toward answering the Calls to Action. Five speakers will highlight the different initiatives that are shaping how Psychology is building more inclusive practices and processes to support Indigenous communities. This is a moment to take stock and engage in self-reflection as we consider the recommendations found in CPA's Response to the TRC and the initiatives and best practices of the Standing Committee for Reconciliation (Dr. David Danto), Council of Canadian Departments of Psychology (CCDP; Dr. Sandra Byers); Canadian Council of Professional Psychology Programs (CCPPP; Dr. Kerri Ritchie), Association of Canadian Psychology Regulatory Organizations (ACPRO; Dr. Philip Smith) and Council of Professional Associations of Psychologists (CPAP; Dr. Judi Malone).*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 64926 - Section Invited Symposium

Where Everybody Knows Your Name: Navigating Ethical Demands of Rural Practice

Moderator: Lints-Martindale, Amanda

Abstract: *Ethical psychological practice in Canada includes adherence to the four overarching principles: respect for dignity of persons, responsible caring, integrity in relationships, and responsibility to society. It is a responsibility that all practicing psychologists share and therefore ethical dilemmas are not unique to rural practice; they exist in all settings and have no boundaries. Nevertheless, there are aspects of rural practice (e.g., geographical isolation, generalist practice, population size) that increase the probability of encountering an ethical dilemma compared to urban practice. However, it is possible to have a satisfying professional and personal life within rural settings, without sacrificing ethical standards. This symposium will use case examples to illustrate successful navigation of ethical dilemmas in rural practice.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 65078, Presenting Papers: 65128, 65129, 65130 - Section Invited Symposium

One hoof forward: Ethically incorporating Equine Facilitated Psychotherapy into a treatment plan

Presenting Author: Goodwin, Shelley

Abstract: *As the profession of psychology grows, it is science and innovation that will move us forward. Our Code of Ethics encourages us to provide evidence-based practices yet what happens when our clients want a therapy that is not yet evidence based? Equine facilitated psychotherapy is one such therapy that is very popular in many rural areas. This presentation will look at the ethical challenges of referring a client for this type of psychotherapy and how Principle IV (Responsibility to society) can guide this process.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 65128 - Paper within a symposium (Symposium ID: 65078)

Could it BE more awkward: Navigating dual relationships and stigma in rural practice

Presenting Author: C, AnnaMarie

Abstract: *The ethical principles of preventing multiple relationships, and maintaining privacy and confidentiality tend to be particularly relevant when practicing in small communities. Psychologists have uniquely made a point of discussing the possibility of incidental contacts (i.e., "if I see you at the grocery store…") with clients at the outset of relationship relative to other disciplines. This session will discuss the potential these discussions may have on the unintended maintenance of stigma of those receiving psychological care, and unnecessarily increasing anxiety in psychologists who are regularly faced with navigating these incidental contacts. Adherence to ethical practice, particularly Integrity in Relationships in rural practice, will be referenced.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 65129 - Paper within a symposium (Symposium ID: 65078)

If a psychologist screams in the woods and no one hears her, is it still a cry for help?

Presenting Author: Dyck, Karen

Abstract: *Self-care has been shown to not only have a positive impact on psychologists' health and wellness but to also affect professional functioning, including impacting patient outcomes. The importance of self-care for psychologists is further emphasized by its' inclusion in principle II.12 of the Canadian Code of Ethics for*

Psychologists which states psychologists "engage in self-care activities that help avoid conditions (e.g., burnout, addictions) that could result in impaired judgement and interfere with their ability to benefit and not harm others" (Canadian Psychological Association, 2017, p. 20). Drawing from personal experiences, the presenter will explore proactive strategies for embracing rural practice in ways that promote a sense of both personal and professional well-being.

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 65130 - Paper within a symposium (Symposium ID: 65078)

Snapshot

Where do clinicians gain the knowledge they use in practice?: Bridging the Science-Practice Gap

Presenting Author: Ionita, Gabriela M

Additional Author: Ciquier, Gabrielle

Abstract: *Background/rationale: Although the Scientist-Practitioner or Boulder Model (1994) has become the official training model in the field of psychology, there remains a significant gap between research and clinical practice. This gap was documented as early as 1961 and continues to be considered a major issue within the field of psychology. While researchers argue that empirical studies have minimal impact on clinical practice, practitioners claim that researchers are not interested in naturalistic or 'real-world' therapy and that research has little relevance to them. In order to build a bridge between research and practice, the literature suggests that the communication between practitioners and researchers needs to be improved. To gain a better understanding of the barriers that exist within this communication, we sought to explore the means by which practitioners prefer to acquire the knowledge they apply in their clinical practice (i.e., research journals, workshops, books, etc.). This information will help us better understand how to move empirical knowledge into action. Methods: Data from 1668 registered psychologists across Canada were collected to examine psychologists' preferred modalities for gaining the knowledge they incorporate in their clinical practice. Action/Impact: Implications for moving empirical knowledge into clinical practice will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61798 - Snapshot

Contre-transfert dispositionnel et situationnel : les contributions relatives des patients et des thérapeutes

Presenting Author: Duquette-Laplante, Romane

Additional Authors: Fortier, Marie-Ève; Crozet, Nolwenn

Abstract: *La recherche empirique au sujet du contre-transfert (CT) est émergente (Betan et al., 2005; Lapointe, 2017) et peu de recherches portent sur le lien entre le CT et les dispositions personnelles des thérapeutes en fonction de leurs patients. Cette étude a pour objectif d'explorer la relation entre le CT du thérapeute, son style d'attachement et son alexithymie, en tenant compte du style d'attachement du patient. Aussi, elle vise à explorer l'interaction possible entre les dispositions du patient et du thérapeute en lien avec un CT situationnel. Ainsi, 137 thérapeutes ont répondu à des questionnaires au sujet de ces dispositions sur la base de leur pratique générale et sur la base d'une relation thérapeutique avec un patient qu'ils ont sélectionné. Les résultats aux régressions multiples indiquent que l'alexithymie du thérapeute est un prédicteur significatif et négatif des CT dispositionnels associés à des émotions plus positives ainsi qu'un prédicteur significatif et positif des CT dispositionnels associés à des émotions plus négatives. Toutefois, elle n'est pas un prédicteur significatif des types de CT situationnels. De plus, la dimension d'évitement de l'attachement du thérapeute est un prédicteur*

significatif et positif des CT dispositionnels associés à des émotions plus négatives. Elle est aussi un prédicteur significatif des CT situationnels _Important_ et_ __Bored_, avec lesquels le lien est respectivement positif et négatif._ _En somme, trois effets d'interaction ont été notés._ _Les résultats offrent une meilleure compréhension du lien entre le CT et les dispositions personnelles du patient ainsi que du thérapeute.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64689 - Snapshot

Professionally Addressing Racial Microaggressions as a Racial/Ethnic Minority Psychologist

Presenting Author: Matias, Revestin S

Abstract: *Racial microaggressions may seem minor but the frequency of experiencing microaggressions is significantly related to experiencing symptoms of depression, anxiety, negative affect, and lack of behavioral control. Additionally, the cumulative number of racial microaggressions an individual faces is related to increases in symptoms of depression, which mediated the relationship between racial microaggressions and suicidal ideation. Racial microaggressions also affect physical health (e.g., poorer respiratory and cardiovascular health). Therefore, it is important for psychologists to educate themselves when working with minority clients to avoid committing microaggressions in therapy. While there are standards and guidelines in place to protect clients from racial discrimination, there is a lack of professional guidelines for racial and ethnic minority (REM) psychologists when dealing with racial microaggressions from clients. REM psychologists will inevitably face racial microaggressions in the practice of psychotherapy but the paucity of guidelines for REM psychologists put REM psychologists in a tricky position. Acts of racism can create strong negative reactions which could cause psychologists to act in an unethical way. This literature review address how to professionally and ethically proceed when clients display racial microaggressions in the therapeutic relationship.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65140 - Snapshot

How to think clearly about the central limit theorem

Presenting Author: Zhang, Cathy (Xijuan)

Additional Authors: Olvera , Oscar ; Kroc, Edward ; Zumbo, Bruno

Abstract: *The main purposes of our paper are to investigate the misconceptions of the central limit theorem (CLT) among researchers in the social sciences, and to addresses these misconceptions by clarifying the definition and properties of the CLT in a manner that is approachable to social science researchers. Our paper included a survey study that we conducted to examine the misconceptions of the CLT among graduate students and researchers in the social sciences. From the survey study, we found that the most common misconception of the CLT is that researchers think the CLT is about the convergence of sample data to the normal distribution. In addition, most social sciences researchers did not realize that the CLT applies to both sample mean and sample sum, and that the CLT is related to many common distributions such as the chi-square distribution. Our paper addressed these misconceptions of the CLT by explaining the preliminaries needed to understand the CLT, introducing the formal definition of the CLT and elaborating on the implications of the CLT. For example, we expanded on the classical definition of CLT to highlight its flexibility, generality and important applications rarely discussed in social science textbooks. We hope that through this article, social science researchers can obtain a more accurate and nuanced understanding of how the CLT operates as well as its role in a variety of statistical concepts and data analytical methods.*

Section: *Quantitative Methods / Méthodes quantitatives*
Session ID: 65356 - Snapshot

The Impact of COVID-19 on School Psychology Practices in Canada

Presenting Author: Ritchie, Tessa

Additional Authors: Rogers, Maria ; Ford, Laurie

Abstract: *In March of 2020, COVID-19 forced schools to close across Canada. While school psychologists typically work directly with students, teachers, and families, nearly all services had to be modified to accommodate the new circumstances. The following presentation will discuss the survey responses of 267 Canadian school psychologists on their experience of the COVID-19 shut down. Overall, results illustrated that COVID-19 impacted most aspects of school psychology practice. More than half had reduced hours or were laid off, and over a third had a decrease in income. Less time was being spent conducting assessments and mental health interventions, while more time was designated to consultations and professional development. Consequently, the changes in professional practice were often accompanied by reported changes in job satisfaction, self-efficacy, and mental health/ well-being. With fewer children receiving direct services throughout the pandemic, it is expected that wait times for services in schools will increase, which comes at a time when global leaders have highlighted the importance of addressing the mental health/ psychosocial needs of students. Moving forward, esuring that schools appropriately identify students who would benefit from special education services may require flexibility on what were the "traditional" requirements and means of determining eligibility for services. In addition, as school psychologists are highly skilled experts in the psychological and educational needs of children, youth and families, their unique competence can be used to inform Canadian schools' COVID-19 response.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65373 - Snapshot

Standard Workshop

Evidence-Based Practice 2.0: The Next Phase of PSY+, a resource for clinicians

Presenting Authors: Ciquier, Gabrielle ; Butler, Bryan; Azzi, Michelle; Holmqvist, Maxine; Korner, Annett; Dozois, David; Piotrowski, Andrea; Drapeau, Martin

Abstract: *The assumption that psychological practice is based upon the best available psychological science is embedded directly into professional psychology's codes of ethics, standards for professional conduct, and professional training accreditation criteria, but research shows the majority of practicing psychologists struggle to implement EBP routinely. One challenge in the Canadian context has been that there has never been a single location to easily access relevant practice resources and tools. Our team of nationally recognized experts, front-line clinicians and learners set out to create a site for providers of psychological services in 2018. The site (https://www.mcgill.ca/psy/) consists of 5 modules which address defining and applying EBP, using and assessing Clinical Practice Guidelines, Progress Monitoring, Practice-Research Networks, and Clinical Tools. In this workshop, we will describe and demonstrate updates made to the site over the past year in response to feedback and testing, including the addition of French language options, the inclusion of explanatory videos and clinician and learner perspectives, case studies and vignettes, a section for users of psychological services, an expanded database of practice guidelines and more comprehensive options regarding clinical tools.*
After completing this workshop, participants will be able to: 1) Appreciate how EBP can be applied in a range of complex clinical scenarios, 2) Understand the changes made to the site and the kinds of resources available there, and 3) Contribute to the site's ongoing development, including its implementation and dissemination strategy.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61364 - Standard Workshop

Effectively Preparing and Communicating Psychological Science Through Poster Presentations

Presenting Authors: Eirich, Rachel ; Madigan, Sheri

Abstract: *BACKGROUND/RATIONALE: In psychology, scholarly ideas and research findings are often disseminated through poster presentations at academic conferences. Putting together a poster presentation that is refined in aesthetic and high in academic appeal is an important, but difficult skill. Indeed, academics report challenges in terms of designing visually appealing poster presentations and providing a succinct but engaging oral presentation at conferences. OBJECTIVES: This interactive workshop will provide tips, strategies, and suggestions for creating visually appealing and effective poster presentations. The presenters are (1) a psychology graduate student with a previous degree in fine arts, and (2) a Psychology professor whose trainees have won 12 "Best Poster" awards in the last 3 years. Attendees will learn about basic design principles, visual resources, and communicating science through storytelling. We will include an interactive component where participants can receive visual and oral poster presentation feedback. LEARNING OBJECTIVES: (1) understand the basic principles of design for posters, including layout, colour theory, image and font selection; (2) effectively select the most essential information using tables, figures and visual aids; (3) establish a "hook" to engage audience members, (4) create a synopsis to quickly communicate findings. CONCLUSIONS AND IMPACT: Honing skills for design, content selection, and brief presentation of findings allows researchers to effectively reach their target audience and also facilitates networking opportunities.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 61563 - Standard Workshop

ABPP Board Certification: Relevance for Canadian Neuropsychologists!

Presenting Author: Spiegler, Brenda J

Additional Author: Pietz, J Christina

Abstract: *This workshop will discuss the benefits of pursuing board certification through The American Board of Professional Psychology (ABPP) and why it is relevant in the Canadian context. The mission of ABPP is to 'serve the public by promoting the provision of quality psychological services through the examination and certification of professional psychologists engaged in specialty practice'. Neuropsychology is a distinct and complex specialty that requires specific and in-depth education and training. Neuropsychologists are responsible to the public to provide competent care, and in this way, provide benefit members of our society. The presenters will provide an overview of ABPP, the clinical neuropsychology specialty board (ABCN) and its subspecialty in Pediatric Neuropsychology. We will describe the process of becoming board certified and connect interested participants with a mentor from ABCN. The developing "culture of competence" in professional psychology has led ABPP to define foundational and functional competencies for practicing psychologists. Canadian Psychologists can best demonstrate competence through Board Certification and ABPP is eager to increase the number of Canadians attaining ABPP Board Certification. The particular relevance of Clinical Neuropsychology board certification to Canadian Neuropsychologists will be discussed.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 61717 - Standard Workshop

Symposium

Process, Progress, and Outcome Monitoring in Psychotherapy: The Good, the Bad, and the Ugly

Moderator: Truscott, Derek

Abstract: *Psychotherapy remains one of the staples of "Psychology in Action." As a profession we are committed to delivering interventions that are maximally helpful without causing harm. In order to achieve these aims, CPA's Task Force on Outcomes and Progress Monitoring in Psychotherapy (2018) recommended that "all psychology practitioners should routinely obtain outcome data on patients." In this symposium we will (1) outline the rationale for the use of progress monitoring in the delivery of effective therapy, (2) describe the important role of process monitoring, and (3) highlight some important cautions associated with the use of routine outcome monitoring. Attendees can expect to gain knowledge about the appropriate use of process, progress, and outcome monitoring in psychotherapy*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61713, Presenting Papers: 61719, 61720, 61721 - Symposium

Progress monitoring in psychotherapy: Why even bother?

Presenting Author: Drapeau, Martin

Additional Author: Korner, Annett

Abstract: *Progress monitoring (PM) involves a repeated assessment of patient or client progress over the course of therapy, typically at every session or every other session. The CPA Taskforce on Outcomes and Progress Monitoring in Psychotherapy recommends routinely implementing progress monitoring in psychotherapy. More specifically, the authors of the Taskforce recommend that all psychotherapy practitioners routinely obtain data on patients they are treating by using valid scales, that clinicians seek out and receive training on how to use PM in their practices, and that they lobby for the use of such measures. The presenter will review the benefits of using PM, as well as the obstacles to its use in routine practice. The limitations of PM will also be presented, as well as resources to support its implementation. There are tremendous benefits in using PM. However, there remains a number of myths about its value, as well as about its limitations. While the use of PM is of great value to clinicians and service users, one difficulty clinicians are often confronted to is finding these measures. Emphasis will therefore be given in this presentation on the different tools that can be used to monitor progress in psychotherapy. The information provided in this presentation will therefore be of use to practitioners, as well as to policy makers.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61719 - Paper within a symposium (Symposium ID: 61713)

Limitations and Challenges of Outcome Monitoring

Presenting Author: MacMurray, Bill

Abstract: *Routine outcome monitoring is an important development in psychology. It represents our best efforts to monitor the effectiveness of our clinical work. Many outcome measures have been developed over the last several decades, and some practitioners have come to see routine outcome monitoring as essential to the ethical practice of clinical psychology. However, a 2016 meta-analysis by Kendrick and colleagues found no evidence that the use of such measures resulted in improved client outcomes, and the authors critiqued the validity of several of the 17 studies examined. This presentation will explore the limitations and challenges of outcome monitoring efforts in the field thus far, including potential bias in some studies supporting the use of outcome*

measures, the difficulty of measuring outcomes in a field with differing ideas about outcome goals, pragmatic implementation concerns, and the balancing act between specificity and broad applicability in creating outcome measures. It is hoped that this presentation will spur further discussion in the field and encourage more appropriate and effective outcome monitoring efforts.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61720 - Paper within a symposium (Symposium ID: 61713)

Turbocharging Psychotherapy: The Many Therapeutic Benefits of Process Monitoring

Presenting Author: Hanson, William

Abstract: *To optimize treatment, clinicians should regularly and systematically monitor patients' treatment-related progress and outcomes. Research also supports the use of process monitoring. Process monitoring involves continuous session-by-session assessment of clinically important treatment processes, such as patient-therapist collaboration, therapist empathy, alliance, positive regard, and patient expectations. It tells clinicians, among other things, how therapy is unfolding and whether key therapeutic ingredients are present. In this presentation, I discuss therapeutic benefits of process monitoring, including, for example, empathy magnification, strengthening and accelerated development of the alliance, and increased satisfaction with treatment. I also discuss the use of process and progress monitoring as therapeutic interventions. Although most monitoring systems are intended for therapists only, I use them first-and-foremost for patients themselves. By integrating feedback into treatment, clinicians can turbocharge therapy and further increase its effectiveness, especially when taking a theoretically and empirically based Collaborative/Therapeutic Assessment approach. To conclude, I discuss practical strategies for therapeutically integrating process and progress feedback into treatment.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61721 - Paper within a symposium (Symposium ID: 61713)

From Knowledge exchange to Knowledge dissemination: A psychopharmacology plan

Presenting Author: Sepehry, Amir

Moderators: Guirguis-Younger, Manal; Nussbaum, David

Abstract: *Prescription privilege (RxP) movement for clinical psychologists had some momentum in the United States, with the offering of post-doctoral master's degree programs in clinical psychopharmacology (See New Mexico State University, Idaho State University, Fairleigh Dickinson University, Chicago School of Professional Psychology, and California School of Professional Psychology). Also, the American Psychological Association (APA) [https://www.apa.org/education/grad/designation [1]] supports it. However, a few proposed psychology courses exist in Canada, amid efforts from various parties (i.e., Task Force). For instance, only non-degree courses are offered by the Canadian Psychological Association (CPA) [https://cpa.ca/professionaldevelopment/webcourses/catalogue/#Course3 [2]]. While, CPA has recommended that ALL Clinical Psychology Grad Programs require a specific core course in "Clinical Psychopharmacology" to be Accredited by CPA, yet there is no sign as to whether all programs offer such courses [currently we know of two programs, University of Toronto (Scarborough) and Adler University (Vancouver)]. Recently a survey was circulated via the CPA listserv to query the knowledge of practicing psychologists about the RxP movement. Notably, a few responses were collected, which forced us to convene CPA-Psychopharmacology executive members at a symposium to plan for a guideline, discuss the organization of courses, and gather information (i.e., knowledge exchange and synthesis). Knowledge translating from the symposium will be disseminated via the CPA-Psychopharmacology newsletter. Links:------[1] https://www.apa.org/education/grad/designation[2] https://cpa.ca/professionaldevelopment/webcourses/catalogue/#Course3*

CPA Psychopharmacology Section to Further Psychopharmacology Knowledge.

Presenting Authors: Sepehry, Amir Ali; Butler, Bryan

Additional Author: Nussbaum, David

Abstract: *In this talk, the CPA Newsletter Editor will detail the various efforts and projects to increase membership in the section, stimulate interest in clinical psychopharmacology for psychologists, including the section Newsletter, and outreach initiatives, courses currently available on the CAP Website to provide Introductory and Intermediate Level knowledge of Clinical Psychopharmacology, and a discussion of the promises and limitations of clinical psychopharmacology for different psychologists engaged in different aspects of clinical psychology (e.g., child psychologists, forensic psychologists, geriatric psychologists.).*

Psychopharmacology Courses, Currently Offered at CPA Accredited Universities.

Presenting Author: Sepehry, Amir Ali

Additional Author: Nussbaum, David

Abstract: *The Canadian Psychological Association (CPA) has recommended that all accredited Clinical Programs include one Graduate Level course in Clinical Psychopharmacology. A survey of Canadian Clinical Psychology Programs was undertaken to determine how many Canadian Clinical Programs have instituted this requirement, in what format. The result of the study for future education will be discussed.*

Status of Prescriptive Authority (PA/RxP) Efforts in the United States and Beyond.

Presenting Author: Nussbaum, David

Additional Author: Sepehry, Amir

Abstract: *Canadian psychologists interested in PA/RxP can examine the evidence, reasoning, and conclusions of the 2010 CPA Task Force on Psychopharmacological Education and Prescription Privileges. However, they can also look at what dedicated psychologists in the United States and elsewhere have accomplished in expanding the utility of psychologists to health care systems and providing help to previously underserved populations, including First Nations, isolated rural dwellers, and the inner-city poor. Nuances in legislation between the five American states with PA/RxP (Louisiana, New Mexico, Illinois, Iowa, and Idaho) will be described, along with training programs, and numbers of prescribing psychologists in each of these states.*

THEME: SERVING COMMUNITIES

Strengthening communities by seeking to understand and address the specific needs of a given community

12-Minute Talk

The Experiences of Transgender or Gender Non-Conforming People Participating in a Non-affirming Religion - An IPA Inquiry

Presenting Author: Babcock, Rachael

Additional Author: Chang, Jeff

Abstract: *Although transgender and gender non-conforming (TGNC) individuals are generally compared with lesbian, gay, and bisexual (LGB) individuals, counsellors cannot assume that their challenges are identical. While there is extensive research about internalized homophobia and the relationship LGB individuals have with religion, there is a lack of research about how TGNC individuals experience internalized transphobia and navigate this complex relationship between gender identity and religion. This study focuses on the experiences that TGNC individuals have navigating their religion and gender identity simultaneously. This base foundation will help mental health professionals understand individuals experiences at a personal level and make room for future studies examining this experience. I approached this study using a participatory research precursor, consulting leaders and members of the transgender and gender non-conforming community in Edmonton, Alberta to inform all aspects of this research. Interpretative phenomenological analysis was used for all other segments of this study. Currently, data analysis is being completed to answer the question "How do transgender and gender non-conforming individuals navigate the complex relationship between their gender identity and non-affirming religions?".*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 61305 - 12-Minute Talk

A Critical Review of Challenges and Dilemmas Surrounding Hymenoplasty in Western Societies

Presenting Author: Zare, Somayyeh

Additional Authors: Morrison , A. Melanie ; Mirzaei, Yaser

Abstract: *Hymenoplasty has gained more popularity in Western societies. This surgery is often demanded by women with Islamic backgrounds to meet their cultures' expectations of female virginity and bleeding on one's wedding night. Rooted in cultural values, this procedure has been surrounded by debates and dilemmas in Western societies. This article achieves four objectives. First, examining the existing scholarship on the topic, it provides a comprehensive review of the current arguments against and for hymenoplasty from medical, ethical, and feminist perspectives. Second, reviewing the studies on the practice of hymenoplasty in different Western countries, it portrays how, in the absence of guidelines, the requests for this procedure is dealt with strikingly differently by healthcare professionals, resulting in the random and inappropriate provision of care to women asking for the procedure. Third, adopting a cultural lens, this paper disputes the arguments against hymenoplasty and provides an alternative perspective to judge this procedure. And fourth, highlighting a protocol developed and practiced in the Netherlands, it provides recommendations in the forms of both long-term and short-term solutions to assure optimal care. Overall, the article demonstrates a paucity of cultural knowledge as well as noticeable confusion surrounding this procedure and highlights an urgent need to consider culturally sensitive and patient-based solutions.*

Ne Kwin Dist Ggan (the Light is Lit Again): Healing Trauma in the Wet'suwet'en Nation with Indigenous Focusing Oriented Therapy

Presenting Author: Panofsky, Sarah

Additional Author: Buchanan, Marla

Abstract: *Contemporary Indigenous mental health research is beginning to address colonization, contextualizing Indigenous health within a history of colonial relationships and inadequate mental health responses. In practice, however, dominant counselling models for mental health in Canada have neglected the Indigenous perspective and there is a paucity of research regarding interventions that address psychological trauma with Indigenous populations. The Wet'suwet'en hereditary chiefs recognize the profound impacts that historical trauma has on Wet'suwet'en people and are utilizing Indigenous Focusing Oriented Therapy (IFOT), a trauma therapy model that is collective, land-based, and intergenerational, to help their Nation heal. Drawing on Indigenous and decolonizing methodologies, and supported by narrative inquiry and analysis, this research explored how IFOT is shaped by Wet'suwet'en ways of knowing and being and mobilized at the level of individuals, families, house groups, and the Nation. 11 Wet'suwet'en members and IFOT practitioners participated in this study that utilized a sharing circle process privileging storytelling for data collection and interpretation. The findings demonstrated that IFOT helped to heal trauma so that Wet'suwet'en people could experience greater connection with Wet'suwet'en_ yintah _(land), and _c'idede'_ (teachings and stories from long ago). The strategic implementation of IFOT by Wet'suwet'en hereditary chiefs created a culturally pertinent model for community-based healing. Through IFOT and in alignment with Wet'suwet'en ways of knowing and being, participants gained connection to _yintah_, ancestors, spirituality, language, stories, and ceremony. IFOT helped individuals to experience a sense of collective belonging that encouraged them to take up their responsibilities as Wet'suwet'en people within the traditional system of governance. IFOT supported the reclamation of Wet'suwet'en identities, which became a foundation for self-determination and social action. IFOT was decolonizing in its promotion of Wet'suwet'en wellbeing and healing from within the community. Continued healing in the Wet'suwet'en Nation will be a gradual process, rooted in Wet'suwet'enways of knowing and being. The field of counselling with Indigenous populations may learn from the various aspects of IFOTs' effectiveness with the Wet'suwet'en Nation to support approaches that are inherently aligned with, and adapted to local contexts; honor interconnection through relationship to land; support collective belonging; cultivate Indigenous identities; are enlivening for practitioners, and are decolonizing by their promotion of Indigenous conceptions of wellbeing.*

Child Maltreatment, Emotion Regulation, and Parenting: The Transmission of Emotion Dysregulation

Presenting Author: Cabecinha-Alati, Sarah

Additional Authors: Langevin, Rachel; Kern, Audrey; Montreuil, Tina

Abstract: *Theories of complex trauma suggest that exposure to child maltreatment (CM) is associated with developmental challenges that persist into adulthood. Specifically, adults who have experienced CM report problems with emotion regulation (ER) and difficulties in the parental role, which have been associated with maladaptation in offspring. We conducted a narrative review of theoretical and empirical literature examining CM, ER, and parenting behaviours, with an emphasis on parental emotion socialization. Articles were identified through PsycINFO, SCOPUS and backwards searching. Building upon existing literature, we developed a*

novel conceptual model that elucidates the mechanisms involved in the intergenerational transmission of emotion dysregulation in parents with a history of CM. Taking into account risk and protective factors identified in the review (e.g., SES, polyvictimization, teen motherhood, social support) our conceptual model identifies direct (e.g., social learning) and indirect (e.g., ER difficulties) mechanisms through which CM contributes to problems with parental emotion socialization and ER difficulties in the next generation. Directions for future research and intervention will be discussed with an emphasis on preventing the continuity of maladaptive parenting by promoting the development of parents' ER skills in a trauma sensitive, resilience focused framework.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61715 - 12-Minute Talk

Interventions psychologiques centrées sur les jeunes : Une évaluation des besoins pour un conseil scolaire

Presenting Author: Firzly , Najat

Additional Authors: Narvaez Linares, F. Nicolas ; Jones , Georden ; Aubry , Tim

Abstract: *Mise en contexte. L'efficacité des services psychologiques scolaires reste une préoccupation majeure dans le domaine de la psychologie et de l'éducation (Kratochwill, Feld, and Van Someren, 2017). Les milieux minoritaires y sont particulièrement touchés ; c'est pourquoi le conseil scolaire des écoles fransaskoises (CÉF) a fait appel à une évaluation des besoins. Objectifs. L'objectif de cette évaluation était de cibler des interventions appuyées par les données probantes qui pourraient être intégrées de manière plus uniforme et constante dans le CÉF pour la gestion des difficultés les plus courantes soit l'anxiété (niveau primaire et secondaire) et les difficultés de comportements (niveau primaire). Méthode. Une revue de la littérature selon différents critères définis par les membres du conseil et l'équipe de recherche (p. ex., âges, approche thérapeutique, contenu de l'intervention, implication des parents, niveau de formation requis, langues disponibles, coûts, niveau d'évidence du California Evidence-Based Clearing house for Child Welfare, lignes directrices) a été menée. Résultats. Parmi 14 types interventions analysés selon les critères, les interventions Coping Cat (Kendall and Hedtke, 2006) qui met l'accent sur les symptômes d'anxiété et Incredible Years (Webster-Stratton, 1994) qui met notamment l'accent sur les difficultés de comportements ont été identifiées comme les services psychologiques les plus efficaces pour les besoins du CÉF. Contributions. Des recommandations et un plan d'implémentation de ces programmes ont été fournis aux intervenants et aux dirigeants du CÉF. Ces résultats portent sur des méthodes de collaboration entre des conseils scolaires et les chercheurs afin d'améliorer l'efficacité des services psychologiques.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 61716 - 12-Minute Talk

Fighting for Our Sisters: Community Advocacy and Action for Missing and Murdered Indigenous Women and Girls

Presenting Author: Mack, Sallie

Additional Authors: Ficklin, Erica; Killgore, Racheal; Isaacs, Devon; Ellington, Tamara; Tehee, Melissa

Abstract: *Over 95% of Missing and Murdered Indigenous Women and Girls (MMIWG) are never covered by the mainstream media (Lucchesi and Echo-Hawk, 2018). To fight this silencing, Native communities across North America have come together to decolonize the narrative, advocate, and honor the lost lives. This presentation combines information from psychology, law, and other disciplines to provides an overview of the history of MMIWG in the U.S., the lack of response by the government, and the decolonial action and advocacy by Native communities. When we began this work, we gathered statistics, articles, and methodically combed*

MMIWG websites and other resources, such as policy briefs, to compile what information was available to the general public, and specifically for families of MMIWG. We wanted to know what was being done to address the issue. What resulted were spreadsheets and lists of citations that quickly leaned toward a Western lens and away from a decolonized method for approaching MMIWG. We reflected, meditated, prayed, and came together cohesively to identify what decolonizing this work might look like. The answer was simple-- stories. This presentation will go beyond the typical academic presentation, in that we present both the factual information behind MMIWG as well as the emotional weight that each of the presenters and those we know carry. We have incorporated stories, pictures, art, and the names of MMIWG to illustrate the ongoing reality of the attempted genocide of our women and girls. We pray that this presentation aids in the honoring of our lost sisters and their families while bringing awareness of this tragedy to the eyes of those who can join us in fighting the silence.

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 61852 - 12-Minute Talk

Predictive accuracy of Static-99R and STABLE-2007 for non-contact vs contact sex offenders

Presenting Author: Usenko, Natasha

Additional Authors: Helmus, L. Maaike; Thornton, David

Abstract: *Risk assessment scales are used to make judicial, forensic, and therapeutic decisions regarding offenders that impact public safety. Although psychologically meaningful risk factors and statistical indicators should be the driving focus when assessing and treating sexual offenders, research underlying risk-instruments typically treats men who have committed sexual offenses as an undifferentiated population. Consequently, little is known whether the same risk factors manifest, guide treatment, and predict recidivism similarly among non-contact and mixed sex offences. The present study seeks to understand the predictive accuracy of two commonly used risk instruments, Statc-99R and STABLE 2007, in a British Columbian correctional sample of contact (n = 3,375), non-contact (n = 381) and mixed (n = 466) sex offenders. Results highlight that contact offenders were assessed as the lowest risk to reoffend whereas mixed offenders were the highest. Demonstrating the robustness of Static-99R and STABLE-2007, total scores significantly predicted sexual recidivism outcomes with moderate to large effects in all but three instances. Clinical implications are considered and posits the need for clinicians to utilize evidence based practice and exude extra caution when conducting and commenting on risk assessments for mixed sex offenders. Research implications are also discussed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 64725 - 12-Minute Talk

A Pandemic's Push to Best Practice: The Child and Youth Urgent Mental Health Clinic (CYUMHC)

Presenting Authors: Roche, Jacqueline ; Goodwin, Jacqueline

Additional Authors: Matters, Rhonda; Moore, Kelsey; Grady, Jayelee; Roche, Tara; Goodwin, Tanya

Abstract: *CYUMHC is a virtual clinic developed in response to the pandemic and changes to acute care that created barriers to service for patients in mental health crisis. In response to a significant reduction in presentations to emergency rooms (ER) and inpatient bed availability, CYUMHC provided access to urgent pediatric mental health care for Island families. Modeled after McMaster Children's Hospital's Mental Health Assessment Unit, CYUMHC provided risk assessment, crisis stabilization, safety planning and connection to community-based services without the use of inpatient admission. From May 8 to September 4, CYUMHC received 49 clinical calls. Primary presenting concerns included suicidal ideation and non-suicidal self-injury*

(61.2%), violence or homicidal thinking (10.2%), situational crises or interpersonal conflict (14.3%) and possible psychosis (6.1%). 55.1% of calls involved primary referral to public mental health services, 34.7% resulted in no new referral and 10.2% involved primary referrals to other services such as a private therapist. During CYUMHC's tenure and with lockdown restrictions in place, use of traditional pediatric mental health acute care services was greatly reduced. Immediate patient feedback on the model was positive. This data supports a community-based model for urgent mental health care that avoids the possible iatrogenic effects of hospitalization.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64825 - 12-Minute Talk

Influence of Operational, Personal, and Organizational Stressors on PTSD Among First Responders

Presenting Author: Gryshchuk, Olena

Additional Author: Campbell, Mary Ann

Abstract: *The current study investigated the link between personal, operational, and organizational stressors and positive post-traumatic stress disorder (PTSD) screens among Canadian first responders, and moderating effect of social support and personal resilience on these relationships. A sample of 276 first responders (police officers, 78.6%; civilian employees, 12%; dispatch operators, 9.4%) from three Atlantic Canadian municipalities participated in a wellness survey. Almost 23% of respondents were flagged for probable PTSD diagnosis as measured by the PTSD Checklist for DSM-5. A hierarchical regression analysis found that, after controlling for age and gender (Block 1), occupational role (Block 2), personal stressors (Block 3), both operational stressors (Block 4) and organizational stressors (Block 5) each predicted PTSD symptom severity. Although operational stress receives more attention as a predictor of PTSD symptoms, organizational stressors accounted for almost 30% of variance in our model. Moderation analyses identified resilience as a significant moderator of the link between PTSD and only the occupational stressor of responsibility. Dimensions of social support also did not emerge as significant moderators in any PTSD-occupational stressor associations. These results support attending to organizational stress as a complicating factor in the severity of PTSD and warrant attention in workplace accommodation and intervention planning. Fostering personal resilience and social support may be insufficient to buffer the influence of organizational stress on PTSD severity or vice versa.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65215 - 12-Minute Talk

From Falling Through the Cracks to Thriving: Exploring Posttraumatic Growth in Canadian Veterans

Presenting Author: Redekop, Michelle

Abstract: *It is estimated that posttraumatic stress disorder (PTSD), one possible outcome of experiencing a traumatizing event, may affect as many as 16% of our Canadian Veterans (VAC, 2017). However, less recognized in the current literature are the potential positive outcomes of experiencing a traumatic event, termed posttraumatic growth (PTG). Research suggests that as many as 75% of Veterans with PTSD may experience PTG as well (Angel, 2016). In this study, Enhanced Critical Incident Technique (Butterfield et al., 2009) was used in order to determine the critical incidents that helped or hindered PTG experience in Canadian Veterans. Seven English-speaking Veterans who had been deployed, were diagnosed with PTSD, and could identify with some element of PTG, were interviewed about factors, events, or incidents that helped, hindered, or would have helped, their experience of PTG. A total of 151 critical incidents pertaining to this question were gleaned from the transcripts and sorted into three overarching categories: Support, Societal Attitudes, and Individual Factors. The pressing need for integrated and holistic Veteran transition services is a major conclusion of this*

study. Other implications and recommendations for clinicians, policy makers, and researchers are also presented.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65423 - 12-Minute Talk

Minority stress, mental health, and well-being trajectories of LGBTQ+ adults during the COVID-19 pandemic

Presenting Author: O'Handley, Bre

Additional Authors: Courtice, L Erin; Blair, Karen L; Quinn-Nilas, Chris; Koziol, Claudia

Abstract: *BACKGROUND: The COVID-19 pandemic has negatively impacted mental well-being for many; LGBTQ+ people may be at especially high risk of mental health challenges related to the pandemic compared to non-LGBTQ+ people. Minority stress theory suggests that LGBTQ+ people experience more stressors compared to non-minority groups; these additional stressors are associated with negative mental health outcomes. During the pandemic, LGBTQ+ people may be experiencing increased minority stress, reduced social support, and therefore more negative mental health outcomes compared to non-LGBTQ+ people. METHODS: _Participants registered for an online study beginning March 30th, 2020. After an intake survey, people could opt-in to a 14-28 day daily diary study. Daily measures included_ perceived social support, coping strategies, depression, anxiety, and stress. RESULTS: Analyses revealed that LGBTQ+ people experienced more psychological distress, less social support, and engaged in less adaptive coping than non-LGBTQ+ people. We used linear growth modelling to examine trajectories of LGBTQ+ people's well-being over 28 days. CONCLUSIONS: LGBTQ+ people are experiencing additional 'minority stressors' and more negative mental health consequences compared to non-LGBTQ+ people. IMPACT: We will discuss implications for mental health professionals and LGBTQ+ specific organizations.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 65550 - 12-Minute Talk

Trans Youth CAN!: Reports on parental support for trans and non-binary youth in clinical care

Presenting Author: Susset, Francoise

Additional Authors: Gotovac, Sandra; Bauer, Greta R; Pullen-Sansfacon, Annie; Temple Newhook, Julie

Abstract: *BACKGROUND: Parents of transgender youth have a range of evolving experiences and emotions after their child comes out to them. Parents may worry about family conflict or discord with their partners. METHODS: Trans Youth CAN! is a 2-year cohort study of youth referred to clinics for gender-affirming medical care. Participants were enrolled at 10 clinics in major Canadian cities. Data are from baseline parent/caregiver surveys. RESULTS: 92% of youth had a parent participate (n=160). Family makeup was diverse, yet most parent-participants were female (85.1%) and birth/adoptive parents (96.1%). 61.7% of parents had strong stable support for their youth's gender, and 30% increased their support over time. 40.8% reported conflict with a spouse/partner regarding the youth's gender at some time, with 21.3% reporting current conflict. CONCLUSIONS: Parents were involved in the process of accessing care for their youth, and most were very supportive of their youth's gender. A significant proportion of parents reported having conflict with a spouse or co-parent initially, yet this was reduced over time. IMPACT: Results are limited to experiences of families in clinics. However, this study provides key insights into the psychosocial experiences of parents of transgender youth, and contributes to discourse on parental involvement for youth accessing gender-affirming medical care.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65597 - 12-Minute Talk

External stressors on families of transgender youth in clinical care: Results from Trans Youth CAN!

Presenting Author: Susset, Francoise

Additional Authors: Douglas, Laura; Gotovac, Sandra; Pullen-Sansfacon, Annie; Bauer, Greta

Abstract: *BACKGROUND: Gender-diverse youth may experience external stressors from social exclusion by family, friends, school or community. Parents of these youth may face stressors in the form of judgements and the need to advocate and protect their children from harm. METHODS: We developed a first of its kind measure, the Stressors on Families of Trans Youth Checklist (SFTYC), to capture the trans-related external stressors on families for the Trans Youth CAN! Study, a pan-Canadian cohort study of 174 youth under age 16 (and 160 matched parents) referred for gender-affirming medical care. RESULTS:_ _70.3% of parents reported at least one external stressor, most commonly friends/family questioning their parenting (47.4%). 64.3% of youth reported at least one external stressor, most commonly the need for parental involvement in school (41%). Sociodemographic factors were associated with the number and types of stressors experienced by families. CONCLUSIONS: The majority of families experienced at least one type of externally imposed stressor, yet youth and parents have differing experiences of these stressors. IMPACT: Beyond internal factors (e.g., distress, dysphoria) experienced by gender-diverse youth, psychological research and practice would benefit from focus on the impacts of externally imposed stressors, and ways to provide appropriate psychosocial supports for the whole family.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65604 - 12-Minute Talk

Indigenous land-based healing within Cree Communities along the James and Hudson Bay coast.

Presenting Author: Danto, David

Additional Authors: Walsh, Russ; Sommerfeld, Jocelyn

Abstract: *Background: A growing body of research indicates that land-based programs have positive effects on mental health within Indigenous communities. In the authors' previous study, data revealed evidence of the benefits of the land in all aspects of health and healing (Danto and Wash, 2017). Furthermore, the land was implicated in bridging diverse spiritual beliefs among community members and facilitated community cohesion. The present study follows up on the authors' earlier study and articulates similarities and differences between land-based interventions within divergent Indigenous communities. Method: The principle investigator will invite several staff members of a land based intervention, all known to each other within the same community, to participate in a conversation regarding the land based intervention with which they are involved. Responses will be audio recorded and transcribed while on site and then analyzed by the authors and the participants to derive a set of key elements and themes. Results/conclusions: The key components and themes as identified and affirmed by community participants will be identified and discussed in relation to the themes discussed in previous studies, and conclusions and implications discussed. Impact: This research suggests the importance of the land in consideration of mental health treatmtent and intereventions for Indigneous Peoples.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 66364 - 12-Minute Talk

Printed Poster

Ethnic differences in coercive intervention and its influence on help-seeking behaviours among Black first episode psychosis patients

Presenting Author: Knight , Sommer

Additional Authors: Jarvis, Eric ; Ryder, Andrew G.; Lashley, Myrna ; Rousseau , Cecile

Abstract: *Past studies have shown that there is differential treatment in psychiatric care among ethnicities. Previous literature in the United Kingdom and United States shows that Black patients are disproportionately diagnosed with schizophrenia or psychosis and are more likely to be involuntarily admitted to psychiatric hospitals. Whether these findings may also hold true in Canada, and how these experiences may have influenced Black patient attitudes towards mental health service are poorly understood. Using a mixed-methods design, the objectives of this study are: 1) to determine whether Black first episode psychosis (FEP) patients are at a higher risk of coercive referral and coercive intervention than non-Black FEP patients, 2) to examine the experiences of Black FEP patients who underwent coercive interventions, and 3) to explore how these experiences may have influenced help-seeking behaviours. Retrospective data from patients referred to a First-Episode Psychosis program from 2015-2018 was collected via chart review (_N_ = 279). A sample of five English-speaking male FEP patients, who self-identify as Black, and are still actively being followed by FEPP were recruited for the study. Participants were interviewed and asked a series of open-ended questions related to their treatment experience for psychosis. Chi-square tests explored the relationship between ethnicity, diagnosis of psychosis and coercive intervention. Thematic analysis guided the analysis of the qualitative data. Results showed that Black FEP patients are significantly more likely to be coercively referred (χ2 = 9.25, df = 2, _p _=.01) and coercively treated (χ2 = 9.21, df = 2, _p _= .01) than non-Black FEP patients. The patients also reported that they perceived _loneliness, feeling unheard, police contact_ and _forced medication_ as contributing to reduced help-seeking behaviours. Information from this study can be used to improve clinical interventions and triage procedures so patients can participate in treatment decisions. The study can also be used to inform policymakers and hospital administration how to promote patient welfare and autonomy in clinical settings.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 61266 - Printed Poster

Trauma-Informed Parenting in Child Welfare: Resource Parent Perspectives on a Training Program

Presenting Author: Zak, Sarah

Additional Authors: Stenason, Lauren; Romano, Elisa

Abstract: *BACKGROUND: Child welfare involved youth have trauma histories that often negatively impact their well-being. As a result, resource parents often face challenges caring for these youth, which can be addressed by ensuring access to training on trauma-informed parenting. The aim of this study is to gain a better understanding of resource parents' experiences after completing an 8-week trauma-informed parenting program developed by the National Child Traumatic Stress Network (_Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents)_. This study is part of an ongoing, quasi-experimental evaluation of the program. METHODS: This qualitative study uses semi-structured focus groups and interviews following completion of the program, which is offered virtually due to COVID-19. To date, we have data from 10 resource parents in one Ontario child welfare agency. RESULTS: Preliminary results using thematic analysis indicate that resource parents found the program to be validating and beneficial for understanding their experiences and challenges from a trauma-informed perspective. Many wished they had participated in such a training earlier as it helped them reflect on past experiences with a clearer understanding of trauma effects. CONCLUSION: Overall, resource parents had a positive response to the program and felt they learned skills that improved their*

parenting challenges by understanding them through a trauma-informed lens. IMPACT: This study contributes to a larger program evaluation, helping to establish evidence for the effectiveness of this trauma-informed resource parent program.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61468 - Printed Poster

Drag IS Employment: An Analysis of the Occupational Experiences of Drag Queens

Presenting Author: Caneira, Kiah E

Additional Authors: Sasso, Thomas; Chu, Hana; Gonzalez-Morales, Gloria M

Abstract: *Drag performance, entertainment involving costumes and highly stylized gender expression, has gained heightened visibility resulting in more employment opportunities for drag performers. Extant literature on drag has largely focused on gender politics and identity expression, often overlooking drag as a livelihood with occupational implications. The current study explores drag as employment through a deductive thematic analysis of content related to occupational issues discussed on the reality series, RuPauls Drag Race (2009-) and RuPaul's Drag Race All Stars (2012-). These conversations provide valuable data for analysis because contestants frequently discuss their employment experiences with drag, including themes of precarious employment, under-compensation, and discrimination. Initial results demonstrate occupational challenges as dominantly material (e.g., financial insecurity) and rewards as immaterial or relational (e.g., self-fulfillment; belonging). Therefore, this study provides insight into the working lives of drag queens and creates a preliminary framework to begin examining and treating drag as a unique and legitimate form of employment. Drag is an occupation that would benefit from research and practical expertise in occupational health, human resource management, and organizational behaviour to support employees and foster safer work contexts.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61627 - Printed Poster

EXPERIENCES & PERSPECTIVES OF INDIGENOUS COMMUNITIES & RECREATIONAL CANNABIS USE & LEGALIZATION

Presenting Author: Zentner, Daysi L.

Additional Author: Wendt, C. Dennis

Abstract: *In the context of recreational cannabis legalization in eleven U.S. states and all of Canada, Indigenous Peoples have expressed concerns about the impact of these regulations on their communities. Such concerns are situated within a (post)colonial context in which Indigenous youth in some communities have substance use disparities. In addition, many Indigenous Nations have complained about inadequate consultation and engagement from federal and provincial officials. Therefore, it is important to understand Indigenous perspectives concerning the use and regulation of recreational cannabis. This systematic review includes epidemiological data of cannabis use, perceived harms, impact on mental health, and potential benefits, as well as perspectives on cannabis legalization and regulation among Indigenous Peoples. Peer-reviewed journals indexed through PsycINFO, Scopus, and Medline, based on search strings including Indigenous Peoples, cannabis use, and recreational cannabis legalization were included. On average, data pertains to ethnoracial comparison in cannabis use, prevalence of usage, and trajectories to initiation. Due to rapid changes in marijuana decriminalization (particularly in Canada), results are contextualized with news articles and policy statements, providing preventative ideas and potential solutions that Indigenous communities may use to reduce negative impacts*

Motherhood and the Broader Autism Phenotype: An Exploration of Similarity-Fit

Presenting Author: Ward, Michelle

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

Abstract: *The broader autism phenotype (BAP) has emerged as a promising construct in the study of autism spectrum disorder (ASD). Given that this pattern of subclinical ASD characteristics is commonly found in parents of children with ASD, it is critical for research to explore the likely interaction between parent and child traits. While many view ASD and the BAP from a deficit perspective, these traits may actually benefit mothers of children with ASD. The present study explored this issue through the lens of the similarity-fit hypothesis, where overlap between parent and child traits is thought to promote a "fit" within the parent-child relationship. North American mothers of boys (ages 6-11, with and without ASD) completed a large online survey. The survey explored the interaction between maternal BAP, child ASD, and parenting outcomes. Data is being analyzed using separate hierarchical multiple regressions to determine whether maternal BAP traits are predictive of parenting outcomes. These analyses are expected to be completed by February 2020. This is the first known study to explore the similarity-fit hypothesis within ASD populations through the lens of the BAP. Findings will help advance existing scientific and clinical understandings of motherhood in ASD populations, and can better position policymakers, clinicians, and community organizations to support this population.*

Preliminary Support for the Effectiveness of Group-Based DBT Skills Training in a Rural Area

Presenting Author: Narduzzi, Karen

Additional Authors: Black, J. Pamela; Gibson, Greg

Abstract: *There is a growing need for psychological services in rural Manitoba, where rates of anxiety, mood disorders, and suicide attempts are increasing (see Chartier et al., 2018). To address this need, a Dialectical Behaviour Therapy (DBT)-informed skills training group (dubbed "Wise Minds") was implemented in the Prairie Mountain Health region in 2013. Wise Minds has run continuously since its initiation; the group is offered to twelve clients weekly for 24 weeks and instructs in mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness skills. Due to system and regional constraints, this program is not fully DBT-adherent, but efforts have been made to ensure access to 24-hour skills support in collaboration with the local Crisis Services program. To monitor program effectiveness and inform further clinical care, participants complete a battery of self-report measures related to symptom severity and skill use pre- and post-enrolment. Preliminary analyses of this data suggest a robust reduction in symptoms of anxiety and stress as measured by the DASS-21 (Lovibond and Lovibond, 1995) and increased use of mindfulness skills (including observing and non-reactivity) as measured by the Five Facet Mindfulness Questionnaire (FFMQ-15; Baer et al., 2008). These results, their limitations and implications for program development, will be discussed.*

Examining public Twitter discourse on mental health during the COVID-19 Pandemic

Presenting Author: Busa, Giovanna

Additional Authors: Buyuktepe, Tuba; Cheema, Harneet ; Konkle, Anne T.M.

Abstract: *This is the first time during a global pandemic that social media is available and being used abundantly. A great deal of information can be gleaned from Twitter, a platform used for microblogging. Thus, the objective of this study was to explore the content of tweets related to mental health during the first wave of COVID-19, from March to June 2020. Tweets (N=503) were collected using various keywords and tagged in 3 Canadian COVID-19 hot spots (Greater Toronto Area, Montréal, and Ottawa). Thematic, sentiment, and metaphor analyses were performed on the lexical units (i.e., words) and sentiment analysis was performed on emotional units (i.e., emojis). The majority (> 38%) of tweets were shared by a (mental) health organization and contained themes about mental health advocacy, positive or negative sentiment, and metaphors about "fighting" against mental illnesses and stigma. Moreover, tweets focused on advocating and maintaining good mental health practices or on addressing the burden that stigma and COVID-19 has on one's mental health. The presentation of different sentiments and metaphors could potentially influence the reader's perspective regarding mental health issues. Future research should study the long-term characteristics of social media content on mental health during COVID-19.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 62449 - Printed Poster

The Relation between Abuse Types and Aggression in Justice-Involved Youth

Presenting Author: Prince, Lauren E

Additional Authors: Ward, A James; Muñoz, Natalia; Espinosa, Erin M; Schmidt, Adam T

Abstract: *Aggression is supported to be related to trauma exposure in Justice-Involved Youth (JIY; Whiting and Bryant, 2007); however, research is still needed to investigate if trauma type influences aggression severity. The current study examined if the type of trauma experienced has an effect on aggression severity in a sample of JIY. 390 JIY were randomly selected and sorted into four groups according to trauma history type (e.g., physical abuse, sexual abuse, emotional abuse, and a no trauma control). The anger-irritability (AI) scale of the MAYSI-2 (completed by JIY) assessed aggression severity in JIY (Grisso and Barnum, 2006). ANCOVA with Bonferroni correction evaluated the difference in mean AI scores between each JIY group. Results support that there is an effect of trauma type on aggression severity ($F_{[3,389]}$ = 7.18, p < 0.001). Specifically, JIY who experienced physical abuse (M = 4.95, SD = .25) had higher aggression severity than JIY who had sexual abuse (M = 3.98, SD = .26, p < 0.05) or no trauma (M = 3.33, SD = .26, p*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 62451 - Printed Poster

The Association Between PTSD Symptoms and Addictive Behaviors In A Sample of Filipina Migrant Workers: A Network Analysis

Presenting Author: Mou, Ngai Lam

Additional Authors: Lei, Wai Kit; Balaji, Suvasini; Contractor, Ateka A; Latkin, Carl A; Hall, Brian J

Abstract: *Background: Filipina migrant workers in Macau are vulnerable to posttraumatic stress disorder (PTSD) and addiction due to trauma histories, post-migration stressors, and access to alcohol and gambling venues. While the PTSD-addiction comorbidity is well-established in existing literature, such research among Filipina migrant workers is lacking. Thus, the current study investigated differential relations between PTSD symptoms and addictive behaviors in a polytrauma exposed sample of Filipina domestic workers in Macau (China). Method: Data were collected from 1375 Filipina migrant workers, a subsample of 1200 participants who reported index traumatic event and PTSD symptoms were used in the analysis. We administered PTSD Checklist-5, gambling disorder symptoms checklist from DSM-5, and The Alcohol Use Disorders Identification Test to participants. We estimated a regularized partial correlation network structure of symptoms of PTSD and addictive behaviors employing graphical LASSO and extended Bayesian information criterion. Results: PTSD symptoms of arousal (jumpy, sleep disturbance, irritability) and negative emotions had bridge connections with gambling disorder symptoms; while PTSD symptoms of arousal (difficulty concentrating, irritability, hypervigilance), restricted affect, negative emotions, and emotional reactivity had bridge connections with alcohol misuse. Conclusion: PTSD's arousal and negative emotion symptoms were common in the networks of PTSD and both addictive behaviors, while PTSD's restricted affect and emotional reactivity symptoms were unique to the network of PTSD and alcohol misuse. Perhaps, different PTSD symptoms (but primarily arousal and negative emotions) may be associated with engagement in different types of addictive behaviors. Impact: Clinical interventions on Filipina migrant workers would yield optimal effects when tailored to specific symptoms.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 62747 - Printed Poster

Understanding mechanisms of interpersonal reconciliation in post-genocide rural Rwanda: the temporal logic model

Presenting Author: Minami, Masahiro

Additional Authors: Bakas, Tania; Hung, Jessamyn

Abstract: *Reconciliation is a complex and dynamic construct. Due to this nature, it is often considered hazy, calling for further systematic efforts to understand. The haziness of the construct can also be attributed to its idiographic nature, particularly in interpersonal reconciliation. Authentic processes of interpersonal reconciliation unfold over time, along with a complex constellation of micro-mechanisms. The present study attempts to illuminate the temporal processes of interpersonal reconciliation. Eight survivors and their direct perpetrators from the 1994 Genocide against the Tutsi participated in eight sessions of a novel interpersonal/psychosocial reconciliation program in Rwanda. Lived experiences of the participants were collected by employing post-session semi-structured interviews. A total of 7,200 minutes of interview data were analysed by employing the hermeneutic phenomenological analysis. Emerged themes were organised per session, compared and contrasted within and between sessions, and meaningfully linked to explicate a logic model which recapitulates both elements of and temporal changes in their reconciliation processes. This poster presentation features a _temporal_ logic model, articulating composites/elements, functionalities/dynamism, fluidity/organicness, directionality, relationality/mutuality, maturity, temporality, and the transformative nature entailed in the complex process of interpersonal reconciliation. The authors also offer implications and applications of the study to enhance reconciliation efforts in war/conflict-affected areas around the globe.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64126 - Printed Poster

Risk and Resilience: Exploring the Relationship Between Parental PTSD and Adolescent Well-Being in Military Families

Presenting Author: Laut, Danae A

Additional Author: Robertson, Sharon

Abstract: *Members of the Canadian Armed Forces are at an increased risk of developing Posttraumatic Stress Disorder (PTSD) and other occupational stress injuries (OSIs). Research has demonstrated that PTSD can not only have a significant impact on the affected individual but also members of that individual's family (i.e., children, spouses). Children living in these families are at an increased risk for mental health disorders and PTSD symptoms may negatively affect a parent's ability to engage with their child. However, limited research has addressed the relationship between parental PTSD and adolescent well-being. Furthermore, limited research has examined the protective process in place that facilitate resilience within these families. The aim of the current study is to better understand the experience of adolescents living with a parent with PTSD and elucidate the ways in which they may be resilient despite the associated stressors. The current study used qualitative interviews from 10 adolescents (14 – 18 years old), who were living with a current or former member of the Canadian Armed Forces who had been diagnosed with PTSD. Interviews were analyzed using Interpretive Phenomenological Analysis (IPA) to gain first-hand accounts of living with a parent with PSTD. Preliminary findings will be presented in addition to implications for future research, practice, and policy related to military families in Canada. Findings will also help identify specific needs within Canadian military families to help target psychological interventions.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 64157 - Printed Poster

Clubhouses Response to COVID-19: Member Challenges and ClubhouseAdaptations

Presenting Author: Junaid, Sana

Additional Authors: McShane, Kelly; Mutschler, Christina

Abstract: *Background/rationale: clubhouses have been found to impact a variety of psychosocial outcomes for individuals with mental health concerns. The COVID-19 pandemic has made many clubhouse members particularly vulnerable due to barriers in accessing care, including programs having to close or restrict their services. The purpose of the present study was to document and synthesize clubhouse member's needs and clubhouse program adaptations during the pandemic. Methods: clubhouse members, staff, and directors from five accredited clubhouses across Canada participated in interviews about their experiences within clubhouse during the pandemic (n=29). Interview notes were analyzed through an iterative process using thematic analysis until consensus occurred. Results: results indicated a number of challenges that clubhouse members experienced during COVID-19 including worsened mental health symptoms, feelings of loneliness, and difficulty accessing services. Clubhouse adaptations included increasing connectivity, expanding existing meal programs and continuing program delivery in a virtual format. The results indicate that COVID-19 provided clubhouses and additional community based organizations an opportunity to innovate to meet member needs. Conclusions: the present study illustrates that the COVID-19 pandemic has resulted in increased symptoms and decreased service provision for individuals with mental health concerns. Clubhouses were able provide an important service to a large group of Canadians with mental health concerns who would otherwise have been unable to receive services for their functional and mental health needs. Action/impact: guided by their clubhouse standards, clubhouses were able to adapt quickly in order to meet the needs of their members. Other community-based organizations that have a collaborative, recovery-oriented approach may benefit from using the process that was used by clubhouses across Canada during COVID-19.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 64235 - Printed Poster

Willingness to help others in pain is influenced by trait empathy and criminality stigma

Presenting Author: Maslouhi, Safae

Additional Authors: Galloway, Eve; Gauthier, Ariane; Boutet, Isabelle; Blais, Caroline; Fiset, Daniel

Abstract: *Racial biases can reduce sensitivity to the facial expression of pain. We previously found similar results for individuals portrayed as criminals. In this study, we investigated whether we could replicate these results online while examining the impact of trait empathy on our variables. Undergraduate participants (ss) viewed faces of individuals who were described as alleged criminals (_n_ = 105) or as good citizens (_n_ = 100). Ss then viewed these same faces expressing varying levels of pain, judged the level of pain intensity and unpleasantness, and rated each individual on valence, willingness to help, and suspicion of deception. Ss higher in empathic concern and psychological distress were more likely to help individuals portrayed as good citizens compared to those portrayed as criminals. For Ss low on trait empathy, there was no difference between criminality conditions. Criminality did not affect perceived pain intensity nor perceived unpleasantness. We suggest that individuals with high-trait empathy may have been more likely to identify with the victims of the alleged crimes, which may have lowered their willingness to help those having committed a crime. These results also suggest that while trait empathy has generally been linked with prosocial behaviours, having individuals with high trait empathy in the penitentiary system may not improve the care of inmates.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 64250 - Printed Poster

Measuring financial literacy: Investing in positive financial futures

Presenting Author: Antoniuk, Andrea

Additional Authors: Philippot, M Chloe; Cormier, Damien C; Yildirim-Erbasli, Seyma N; Bulut, Okan

Abstract: *Canadian households are spending upwards of 183% of their income. This snapshot represents an ongoing trend that, every year, Canadians carry more debt and save less money for retirement. This trend needs to change if Canadians are to avoid significant financial hardships._ _As the country's future economic backbone, younger generations will be key contributors to reversing these annual increases in household debt_._ However, many young adults lack the financial literacy and confidence needed to understand financial concepts and make decisions that will support their short-term and long-term financial well-being. Financial education can be effective if it targets the right areas; yet, little is known about young adults' financial literacy across all domains of financial literacy (money basics, wealth and income, debt and borrowing, investments, financial planning). In the present study, young adults (n = 207) completed a comprehensive measure of financial literacy that we developed to assess respondents' understanding of financial concepts, ability to apply their knowledge to make good financial decisions, and their confidence in using relevant skills (i.e., numeracy, literacy). Our results are discussed in the context of educating young people by addressing priority areas of financial literacy. As a result, we hope to support the efforts of school psychologists, educators, and other stakeholders as they prepare students for their future, which should include the goal of achieving financial autonomy.*

Section: Educational and School Psychology / Psychologie éducationnelle et scolaire
Session ID: 64343 - Printed Poster

Perceptions of Social Capital and Femininity in Women with Turner Syndrome

Presenting Author: Cragg, Stephanie J

Additional Author: Lafreniere, D Kathryn

Abstract: *Background and Methodology: This research focuses on a sample of women diagnosed with Turner Syndrome (TS), a chromosomal disorder diagnosed in approximately 1 in 2,500 females. A mixed-methods study was conducted to answer the question: do women with TS have lower levels of social capital in several areas as a comparison group of the same age range, and does this affect wellness and life satisfaction? Psychological capital was also examined to determine if it mediated social capital and outcome measures of wellness and life satisfaction. In total, there were 35 participants between the ages of 18 and 30: 11 participants diagnosed with TS, and 24 comparison participants. Results: Results revealed no significant differences between women diagnosed with TS and the comparison group in social capital at work, school, online or offline. Psychological capital was found to mediate social capital at work and the outcome variables. Qualitative results revealed that women with TS reported receiving less social capital from family, and women in both groups reported experiencing negative feelings related to stereotypical views of femininity. Implications: This study provides support for the efficacy of TS supports and resources available to women with TS through national groups and online. Additionally, stereotypical views of femininity continue to have a negative impact on women.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64356 - Printed Poster

Environmental Scan of Health Psychology Faculty in Canada

Presenting Author: Hoggan, Ryan

Additional Authors: Presseau, Justin; Campbell, Tavis S. ; Gosselin Boucher, Vincent; Kim, Eric; Lavoie, Kim; Rash, Josh; Rouleau, Codie R.; Stewart, Sherry H.; Ross, Kharah M.

Abstract: *Health Psychology is a fast growing field in Canada. To enhance training and collaboration, we identified Canada-based health psychology (HP) faculty, their affiliations and research. METHODS: We conducted an environmental scan of faculty profiles from 102 Canadian universities, focused on Psychology, Kinesiology, Medicine, and Health Sciences departments/faculty. Inclusion criteria were (1) active affiliation with a Canadian university, (2) psychology-related background, i.e., Psychology or Neuroscience, and (3) health psychology research program (focus on psychology and physical health or disease and/or well-being), based on faculty profile research descriptions. The list was reviewed by the CPA Health Psychology Executive. RESULTS: We identified 285 HP faculty (female, N=189, 66%), representing all provinces and 59 institutions (92% English-speaking). HPs were primarily in Psychology Departments (N=213, 75%), and seven institutions had HP-specific programs. Largest geographic clusters were in Winnipeg (N=52, 18%), Montreal (N=37, 13%) and the Greater Toronto Area (N=31, 10%). Pain research was most represented (N=32, 11%), but other well-represented topics were sleep, cardiovascular disease, cancer and gerontology research. CONCLUSIONS: Canada has a strong capacity in health psychology. Future work will identify opportunities to support collaboration and training.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 64672 - Printed Poster

Breaking Down Business Barriers: The Theory of Planned Behaviour and Employing People with Disabilities

Presenting Authors: Ladouceur , Natasha ; Nakahara, Kim; Kenney, Liam

Abstract: *Most scholars report employment barriers from the perspectives of PWD, which does not provide a holistic perspective. Consequently, we asked: From the perspective of businesses, what are the barriers to providing meaningful employment for people with disabilities? By embedding Ajzen's theory of planned behaviour (TPB), we sought to better understand the social-psychological processes underlying the*

phenomenon. This provided insight into the conditions postulated as barriers by analysing the attitudes, normative beliefs, and perceived behavioural control. Ajzen's theory has previously been applied to social, environmental, and health psychology, but it is novel to an industrial-organizational context. The project contained a mixed-methods design. The TPB Questionnaire was adapted to compare the attitudes, subjective norms, and perceived control among businesses that hired PWD and those who did not. A non-parametric Mann-Whitney U statistic analysed our independent variables, which was complemented by the interview portion. The study directly benefits the PWD community on Vancouver Island since it provides an action plan for our community client to move towards more inclusionary employment practices. Additionally, the study will help to seal the fragmented literature on meaningful employment for PWD, thereby providing a holistic perspective on the phenomenon.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64703 - Printed Poster

An Evaluation of the Quality of Online Perinatal Depression Information

Presenting Author: Hardman, Madison

Additional Authors: Reynolds, Kristin ; Petty, Sarah; Pryor, Teaghan; Pierce, Shayna; Bernstein, Matthew ; Furer, Patricia

Abstract: *The perinatal period, spanning from pregnancy to 12 months postpartum, can be a joyous time; however, physical, emotional, and lifestyle changes in this period can increase the risk of maternal depression. The Internet can provide people who are pregnant and postpartum with accessible information about perinatal depression; however, this information may not be understandable or accurate. The purpose of this study was to evaluate the quality of perinatal depression information websites, according to reading level (SMOG), information quality (DISCERN), usability (PEMAT) and visual design (VisAWI). Using the search engine Google, we identified 37 websites for review. Overall, websites often exceeded the National Health Institute's recommended reading level of 6-8, with scores ranging from 6.8 to 13.5 (M = 9.8, SD = 1.5). Website information quality ratings ranged from 1.8 to 4.3 out of 5 (M = 3.2, SD = 0.7), with websites often containing insufficient information about treatment choices. Website usability ratings varied greatly and were negatively impacted by the lack of visual aids and tangible tools. Visual design scores ranged from 3.3 to 4.5 out of 7 (M = 4.1; SD = 0.3), conveying that websites are often not engaging for users. These findings illustrate that perinatal depression websites could be improved to better meet the public's information needs.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64758 - Printed Poster

The attitudes of healthcare students towards Indigenous people, health, and mandatory Indigenous content

Presenting Author: O'Donnell, Ophelia B

Additional Author: Levin, Elizabeth

Abstract: *The Attitudes of First Year Midwifery, Nursing and Psychology University Students towards Indigenous People, Indigenous Health and Engaging in Mandatory Indigenous Courses: A Qualitative Thematic Analysis Indigenous Canadians face disparities in health care when compared to non-Indigenous Canadians. To mitigate these issues, it has been recommended that healthcare professionals take cultural competency courses. Currently, there has been no Canadian research that evaluates students' feelings towards mandatory Indigenous courses. Thus, this study aims to evaluate students' attitudes towards Indigenous people, Indigenous health, and mandatory Indigenous content. Nine students pursuing nursing, midwifery or psychology participated in semi structured interviews using a qualitative approach. Thematic analyses was used to code*

responses and views of Indigenous health. Preliminary results showed most students support the implementation of mandatory courses, with concerns raised about academic freedom and potential harmful effects for educators. Further coding is ongoing regarding attitudes towards Indigenous peoples and healthcare. It is imperative to understand students' attitudes towards Indigenous health and people, along with their attitudes towards engaging in mandatory Indigenous courses, so that future healthcare professionals can be better trained.

Section: Indigenous People's Psychology / Psychologie des peuples autochtones
Session ID: 64796 - Printed Poster

The challenges of information navigation for older adults and proposed solutions

Presenting Author: Erb, Ashley

Additional Authors: Erb, M. Ashley; Durkee-Lloyd, Janet; Lafrance, Michelle

Abstract: *Older adults in New Brunswick can find it challenging to navigate vast amounts of information about programs and services. A contributing factor to this complicated process is the lack of continuity in the information offered by private and public service providers. As a result, many older adults do not know how to go about finding the information they need or are being misdirected from multiple points of contact when navigating information. To address this, we conducted a qualitative study in the form of action research, which looks at information preferences and the information seeking practices of older adults in New Brunswick (n=33). Through the analysis of the participants accounts, multiple themes emerged with regard to how older adults not only prefer to receive information, but what would make the navigation process more seamless and user-friendly. The results from the study indicate that many older adults struggle to find the information they need, which often leads to frustration and stress. Based on this, we propose several improvements to navigational tools and resources that better fit the needs of older adults. These will result in both improved care and quality of life for older adults living in New Brunswick.*

Section: Adult Development and Aging / Développement adulte et vieillissement
Session ID: 64844 - Printed Poster

A Systematized Review of Youth Mental Health Courts: An Evaluation of the Courts' Operations and Outcomes

Presenting Author: Goldberg, Lauren

Additional Authors: Peterson-Badali, Michele; Skilling, Tracey

Abstract: *Youth mental health courts (YMHCs) operate under a model of therapeutic jurisprudence and aim to divert mentally ill young offenders away from the adversarial system of criminal justice, and connect them with mental health treatment and related services in the community. The objective of the present study was to provide a comprehensive overview of the processes, mechanisms of change and outcomes of YMHCs, via a systematized review. Using the PRISMA-ScR checklist as a guideline, a search of PsychINFO, ERIC, ASSIA, MEDLINE, Sociological Abstracts, Social Services Abstracts, Criminal Justice Abstracts with Full Text, and Child and Adolescent Studies databases was conducted. Inclusion criteria stipulated that studies be original research, and evaluate at least one aspect of the courts' operations or outcomes. Twenty articles satisfied inclusion criteria. Results showed considerable similarities among intake, referral and case monitoring procedures, and recidivism outcomes. Youth reported courts to be collaborative and supportive, with court stakeholders reporting reduced case processing times, improved access to treatment services, and gaps in knowledge dissemination of court processes to youth. Results highlight important information for policymakers on the operations and outcomes of YMHCs by providing insight into areas of strengths and continued development. Results inform how mental*

health access can be better advocated for and addressed by the criminal justice system, representing a critically important step towards building a better system of care for justice-involved youth with mental health needs.

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 64966 - Printed Poster

Family Therapy During COVID-19: How Therapeutic Relationships are Impacted by Online Therapy

Presenting Author: Elliott, Katharine B

Additional Author: Sametband, Inés

Abstract: *due to the COVID-19 pandemic, many mental-health services had to move online (e.g., using different web-based platforms to continue providing services). Although online therapy has been used in individual therapy prior to the pandemic, online methods in family therapy have not received the same attention. The current study aims to understand how online family therapy, due to the COVID-19 pandemic, has impacted family members-therapists relationships. Volunteer families who attended family therapy online, and therapists from a family therapy centre participated in semi-structured online interviews with the researcher. The purpose of the interviews was to explore participants experiences of the therapeutic relationship in online family therapy. Discourse analysis was used to analyze participants' statements. The study's findings provide a better understanding of how the therapeutic alliance between family members and therapists was impacted by the online setting. Results of the study may contribute and inform future developments in online family therapy, as well as inform training of family therapists on managing the therapeutic relationship in an online setting. The results of the study may be used for educational purposes related to conducting online sessions in the future.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 64979 - Printed Poster

COVID-19-related life events and worries on mental health outcomes: A multi-group analysis among White and ethnic minority Canadians

Presenting Author: Barbeau, Kheana

Additional Authors: Boileau, Kayla; Pelletier, Luc

Abstract: *Quarantine, a measure used to reduce the spread of COVID-19, is associated with worsened mental health, especially among ethnic minorities; however, few studies have sought to examine the effects of other important life circumstances and COVID-19 specific worries on mental health outcomes. Additionally, how these stressors affect eating disorder symptoms is currently unknown despite the known link between trauma, isolation and disordered eating. We sought to fill this knowledge gap by examining the relationships between COVID-19-related life events and worries on perceived stress, post-traumatic stress symptoms, depression, and eating disorder symptoms among White and ethnic minority Canadians. Participants (White n = 263; ethnic minority n = 246) completed an online survey. Multi-group path analysis revealed that health worries were positively associated with perceived stress, and financial and food security worries were positively associated with post-traumatic stress symptoms for both groups. Financial and food security worries were positively associated with eating disorder symptoms in ethnic minorities, whereas being an essential worker was positively associated with increased symptoms in Whites. Results suggest that there are ethnic dependent stressors related to worsened eating disorder symptoms, and they highlight potential areas for intervention.*

Section: Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement
Session ID: 65019 - Printed Poster

"Changing the Culture is Going to be Tough": Exploring Campus Needs for Sexual Violence Prevention

Presenting Author: Stinson, Sky

Additional Authors: Buchanan, Carie; Poulin, Erica; Thiessen, Brittany; Anderson, Nicole

Abstract: *In 2019, Statistics Canada (2020) indicated that 71% of university students had witnessed or experienced undesired sexual behaviours at university. To address the issue of sexual violence on campus, scholars have called for researchers to evaluate the efficacy of campus sexual violence prevention initiatives and to explore factors relevant to specific communities (Edwards et al., 2018; McMahon et al., 2019). However, more research is needed to address the barriers that impact engagement with programming (Graham et al., 2020). Therefore, university students, staff, and faculty (_N_ = 608; _M_age = 24.22) completed an online survey and provided responses to open-ended questions regarding perceptions of sexual violence prevention initiatives at a single institution and factors that influenced willingness to attend programming. An inductive thematic analysis was used to identify four themes from the data: community mobilization, environmental needs, external individual barriers, and intrapersonal barriers. Specifically, participants described the importance of a holistic campus shift towards consent-based culture and the importance of creating safe spaces for education that consider participants' comfort. Our findings converge with the Bronfenbrenner's (1977) social ecological model, which describes how the multiple interconnected levels of a community can influence behaviour.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65084 - Printed Poster

Language and Ethnicity: A Thematic Analysis of the Association Between Language and Ethnicity Across Immigrant Generations

Presenting Author: Kalher, Ramanjot K

Additional Author: Noels, A Kimberly

Abstract: *People define ethnicity in diverse ways, including geographical location, religion, and cultural practices; this study examined the connection between ethnicity and language. Participants were recruited from the university of Alberta psychology research participation pool and were selected by virtue of their immigration status, including g1.25, g1.5, g1.75, g2, and g3 Canadians. Through a thematic analysis of responses to the question, "in your opinion, is language related to ethnicity, and if so, what is the nature of that relation?", we investigated the differences in the perceived link between ethnicity and language across generations. For those who perceived a connection between ethnicity and language, we found four major themes: connection (eg. Sense of belonging and comfort), ease of communication, identity, and cultural/ ethnic values. For those who viewed language and ethnicity as unrelated constructs, we identified two themes: multiculturalism (eg. Multicultural societies blur the distinction between a single language and its corresponding ethnicity) and language as an acquired aspect of ethnicity. We hypothesized that earlier immigrant generations will report the strongest connection between language to ethnicity, whereas individuals born in Canada will report a weaker connection. This can be attributed to the acculturation of western values into one's identity which widens the scope of language to more than one's prescribed ethnicity. This analysis will help us better understand how bicultural people define their ethnicity and the role of language in ethnic identity.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65096 - Printed Poster

Listening to caregivers of older adults: How do they cope with the care system?

Presenting Author: Swift, Cassandra

Additional Authors: Lafrance, Michelle; Gouliquer, Lynne; Poulin, Carmen

Abstract: *The COVID-19 pandemic has highlighted urgent concerns about the care of older adults in Canada and abroad. Most older adults want to 'age in place' at home. Doing so, however, often requires considerable support from informal caregivers such as adult children and spouses, who often provide this care with limited knowledge and direction. Recent research has identified that a lack of support in navigating the healthcare system is itself a significant source of caregiver stress. The goal of this study was to gain a better understanding of how informal caregivers of older adults cope with the challenges of navigating the home and health care systems. To this end, semi-structured interviews were conducted with 28 Anglophone informal caregivers of older adults aging-in-place in New Brunswick. These interviews explored topics pertaining to the caregiving experience, such as the challenges, types of supports available, and how they managed. Interview transcripts were analyzed thematically, and nine coping strategies were identified. Participants reported "fighting" the system to receive information and care. In contrast, some also spoke of fear of retribution from healthcare professionals, and thus chose silence. Other coping strategies included relying on insider connections to access knowledge about care and not being able to find help until they were in crisis and ended up at the emergency department. These findings provide valuable insights for informing policy and practice. Recommendations for future changes will be discussed.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65162 - Printed Poster

A program evaluation of a culturally adapted SNAP program for First Nations youth with conduct-related issues

Presenting Author: Dalicandro, Lauren

Additional Authors: Schmidt, Fred; Francis, Meredith; Kleynendorst, Wilma; Dixon, John; Bobinski, Tina ; Mushquash, Christopher

Abstract: *Due to historic discriminatory policies and intergenerational trauma, Indigenous youth are more likely to be exposed to risk factors for developing conduct-related issues. Conduct-related behaviours may include bullying, theft, or other actions that violate social norms and expectations. Evidence demonstrates that early intervention is the best way to prevent future negative outcomes. The Stop Now and Plan (SNAP) program is a well-established early intervention for children with conduct-related behaviours. Despite the increased risk factors for Indigenous youth, this program has rarely been evaluated with this group and has never been adapted for First Nations families. The current study tested a culturally and contextually adapted SNAP program for First Nations youth and families. Mixed model regression analysis was used to evaluate outcomes from the SNAP program for youth and parents. Significant improvement in parenting self-efficacy was found within domains of Control, Discipline, and Pressures for parents of youth at specific age groups. Most youth age groups also showed significant decreases in externalizing symptoms, and overall reported symptoms across time points. No significant gender differences were found. Results are discussed in relation to prior research outcomes with non-Indigenous youth and families. Future research considerations are offered for consideration.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 65175 - Printed Poster

Add to Cart: Shopping More and Earning Less During COVID-19

Presenting Author: Puiras, Erika

Additional Authors: Cummings, Shayna; Oliver, Casey; Mazmanian, Dwight

Abstract: *BACKGROUND: The COVID-19 pandemic has brought financial hardship and uncertainty. Economic fears accompany these challenges, yet the shopping habits and intentions of consumers in these unprecedented times are relatively unknown. METHODS: In this mixed-methods study, Lakehead University students reported on their shopping habits and intentions in the context of COVID-19. RESULTS: Quantitative and qualitative responses were analyzed with SPSS and NVivo. Participants (_N_ = 301) were mostly female (91%), White (78%), and young (_M_age = 21.85 yrs, _SD_age = 1.30 yrs). A majority reported an increase in the frequency of their shopping habits in general (48%) and for non-essential goods in particular (44%), despite a reported decrease (43%) or no change (30%) in income. Participants also reported on their shopping intentions once the COVID-19 restrictions have lifted. Very few participants intend to shop more in general post-pandemic (10%). However, most participants reported the intention to shop more at Canadian (65%) and local (77%) businesses. Qualitative responses surrounding these intentions and what Canadian and local businesses can do to encourage consumerism were also examined. CONCLUSIONS: These preliminary findings highlight the economic effects of COVID-19. The results suggest that individuals are shopping more while earning less and that many intend to support Canadian and local businesses more. IMPACT: Findings on the intentions and means to increase support for consumerism may inform business practices, which may be particularly useful in the current climate of economic instability.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65200 - Printed Poster

Access to Healthcare and Psychological Wellbeing and Distress in LGB Canadians

Presenting Author: Best, Lisa

Additional Authors: Hickey, Patrick; Speed, David

Abstract: *Compared to the general population, research suggest that sexual minorities face barriers to healthcare as well as increased discrimination, stigmatization, and negative experiences during healthcare visits. Because members of the LGBTQ+ community often have specific healthcare needs, the sparsity of providers with specialized training is problematic. Given the limited research on sexual minorities in Canada, differences in healthcare access for LGB and non-LGB individuals are largely unknown. Our purpose was to examine associations between sexual minority status and perceived healthcare access, and psychological wellness and distress. We used data from the 2015-16 Canadian Community Health Survey (CCHS) to investigate perceptions of healthcare access and unmet needs as well as differences in psychological wellness and distress among LGB (_n_=2,033) and non-LGB Canadians (_n_=75,321). We hypothesized that LGB individuals would have lower perceived access to healthcare and report greater levels of psychological distress (e.g., depression). Results indicated that although LGB and Non-LGB Canadians had similar perceived access to healthcare services (M=0.28 vs 0.24), LGB Canadians reported significantly higher unmet health needs (M=0.12 vs 0.03). PHQ-Depression was higher for the LGB sample (M=4.88 vs. 2.62), which is consistent with previous research. As the CCHS does not include questions to differentiate gender and biological sex, research focused on the challenges faced by further marginalized groups, i.e., the transgender population, is necessary and will elucidate barriers and inform health policy.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 65380 - Printed Poster

Prevalence and Predictors of Anxiety Disorder Courses in the Canadian Armed Forces

Presenting Author: Pankratz, Lily Margaret

Additional Authors: Sommer, L Jordana; Bolton, Shay-Lee; Sareen, Jitender ; El-Gabalawy, Renée; Enns, Murray; Mota, Natalie; Affifi, Tracie

Abstract: *BACKGROUND: Limited work has examined the longitudinal courses of anxiety disorders in military members, despite the well-known consequences associated with these disorders. This research seeks to examine the prevalence and predictors of anxiety disorder courses within the Canadian Armed Forces. METHOD: A sample of 2,941 Canadian Armed Forces members and veterans who completed both the 2002 CCHS-CF and CAFVMHS. PROPOSED ANALYSIS: The prevalence of each course for any anxiety disorder (no anxiety disorder, remitted, new onset, persistent) will be examined. I will examine the correlates baseline predictors such as sociodemographic and military characteristics, and other variables assessed in 2002 (such as childhood adversities), as well as interim correlates (such as trauma exposure and social support between 2002-2018, assessed in 2018). Multinomial logistic regressions will examine the association between each baseline and interim correlate (assessed individually) and remitted, persistent/recurrent, and new onset anxiety disorder courses relative to no lifetime anxiety disorder. IMPACT: We will discuss the implications of anxiety disorders in this population. Results may inform policy and intervention strategies to mitigate the experiences of anxiety disorders in Canadian Military members.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65435 - Printed Poster

Making Mindfulness Matter: An Initial Evaluation

Presenting Author: Bax, Karen

Additional Authors: Amico, Christina; Baobaid, Amal; Mueller, Alyssa; Pacholec, Emilia; Wells, Sarah; Read, Melissa

Abstract: *OBJECTIVE: This mixed study design assessed the effectiveness of Making Mindfulness Matter (M3)- a targeted, mindfulness-based community group offered concurrently for parents and children who have experienced adversity. Throughout eight weeks, M3 teaches parents a mindful approach to parenting under stress while children learn how to manage their emotions and behaviours and build caring relationships within their families. The feasibility of the program was assessed by evaluating the effectiveness of the program using a pre-post design of parent reported child behaviour and executive functioning and parent qualitative responses to how they found the program helpful as a parent. METHOD: 72 caregivers of children aged 4-8 completed the Behavior Assessment System for Children-Third Edition, and the Behavior Rating Inventory of Executive Functioning-Second or Preschool Edition at pre-and-post. A generalized estimating equation model was used to assess changes in parent-reported child behaviour prior to and following the completion of participation in M3. Parents were also asked at each session, what they found helpful about what they learned. Inductive content analysis was used to identify key themes pertaining to parents experience with the program. RESULTS: Significant differences between pre-and-post measures of child behaviour and executive functioning were found. Parents reported decreased ratings of externalizing and internalizing behaviour alongside increases in adaptive skills scores from pre-to-post. Additionally, significant reductions in deficits were seen for the child executive composite and sub scales on the BRIEF-2. Results were adjusted for adverse event scores, gender, and child age. Five themes related to changes in parenting were found. Parents responses focused on M3 providing new ways of responding, strengthening the parent-child relationship, and being in the present moment. Parents also noted being hopeful about the program and its influence on their families, as well as gaining insight related to their own and their childs behaviour and parenting. DISCUSSION: Results confirm the feasibility of the M3 program.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 65454 - Printed Poster

How can we help from the home front: Issues for researchers developing evidence-based interventions for Canadian military families.

Presenting Author: Laut, Danae A

Additional Author: Robertson, Sharon

Abstract: *Military personnel in Canada are at an increased risk of experiencing psychological challenges, such as Posttraumatic Stress Disorder, substance abuse issues, mood disorders, and suicidal ideation. Moreover, family members of the service member are also at an increased risk of experiencing mental health concerns (e.g., mood disorders, behavioural disorders). However, there is a significant dearth of psychological research on the well-being of both Canadian military personnel and their families. This lack of research may be partially explained by the significant barriers which exist in completing research with this population. Specifically, recruiting military personnel to participate in studies poses a significant challenge to counselling psychologists conducting research within this population. The resulting lack of research means that it is difficult to develop evidence-based programing and interventions tailored for members of the military in Canada. This policy review examines specific barriers to completing high-quality research with military families in Canada, which were identified during the completion of a research project on military families. These issues include: (a) Canadian Armed Forces research policies and procedures, (b) the Department of Defense Social Science Research Review Board ethics approval process, (c) stigma, (d) ethical considerations, and (e) access to military service members. Implications and recommendations for future policy development and research are discussed. The significance of these challenges for counselling psychologists working with military families in research and clinical settings is also reviewed.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65456 - Printed Poster

Ongoing Coparenting Conflict Impacts Female Domestic Violence Survivors and their Parenting of Very Young Children

Presenting Author: Lawrence, Alena A

Additional Author: Scott, Katreena

Abstract: *BACKGROUND: There are inconsistent findings in the literature on how maternal parenting is impacted by experiencing domestic violence (DV) and most research does not consider ongoing DV or even ongoing conflict. This is an important omission as the recency of women's DV victimization has been shown to be associated with higher levels of post-traumatic stress symptoms (PTSS) and impairment in parenting. The purpose of this study was to examine if ongoing conflict predicts DV survivors' parenting capacity through PTSS. METHODS: In a sample of 42 mothers of children aged 2 months to 77 months, mostly DV survivors, the relationship between mother-reported previous week conflict in the coparenting relationship and perceived maternal parenting capacity was assessed, as well as whether self-reported maternal PTSS mediated this relationship using two independent simple mediation models. RESULTS: Analyses found an indirect, but not direct, relationship between ongoing conflict and maternal parenting capacity, specifically parenting related stress and parenting self-efficacy, through maternal PTSS. CONCLUSIONS: These findings suggest that ongoing conflict impacts a DV survivor's perception of whether she has the resources necessary for parenting her young child(ren) because of how ongoing conflict exacerbates her trauma symptoms.
IMPACT/IMPLICATIONS: The results indicate ongoing conflict may be important to consider in research examining the maternal parenting of DV survivors and that the focus on improving mothers' mental health and parenting may be misplaced if there is still ongoing conflict.*

Section: Traumatic Stress / Stress traumatique
Session ID: 65465 - Printed Poster

The Role of Self-Care in the Mental Health of University Students

Presenting Author: Reeves, Jennifer T. H.

Additional Author: Paterson, S. E. Theone

Abstract: *BACKGROUND/RATIONALE: Many university students struggle with mental health. These students often do not practice sufficient self-care habits (Moses et al., 2016), which are important for psychological well-being. The purpose of this study is to examine the role of self-care habits in the mental health of university students in Canada. METHODS: A sample of university students in Canada (n=1192) completed an online survey with measures of five self-care habits, including sleep, exercise, emotion regulation strategies (ERS), mindfulness, and social support, as well as a composite measure of mental health including anxiety, depression, and stress. RESULTS: A hierarchical regression model including self-care habits and relevant demographic variables (gender, age) explained 52% of the variance in mental health, with significant contributions from all self-care habits with the exception of exercise. ERS alone explained 19% of the variability, more than any of the other self-care habits. CONCLUSIONS: These findings indicate the importance of self-care habits in the mental health of university students, especially ERS. ACTION/IMPACT: This study has implications for potential supports that clinicians may implement to help students. Results suggest that self-care habits, and ERS in particular, should be a target for intervention among university students.*

Section: Clinical Psychology / Psychologie clinique
Session ID: 65542 - Printed Poster

From Falling Through the Cracks to Thriving: Exploring Posttraumatic Growth in Canadian Veterans

Presenting Author: Redekop, Michelle

Additional Author: Robertson, Sharon

Abstract: *It is estimated that posttraumatic stress disorder (PTSD), one possible outcome of experiencing a traumatizing event, may affect as many as 16% of our Canadian Veterans (VAC, 2017). However, less recognized in the current literature are the potential positive outcomes of experiencing a trauma, termed posttraumatic growth (PTG). Research suggests that as many as 75% of Veterans with PTSD may experience PTG as well (Angel, 2016). In this study, Enhanced Critical Incident Technique (Butterfield et al., 2009) was used in order to determine the critical incidents that helped or hindered PTG experience in Canadian Veterans. Seven English-speaking Veterans who had been deployed, were diagnosed with PTSD, and could identify with some element of PTG were interviewed about the factors, events, or incidents that helped, hindered, or would have helped, their experience of PTG. A total of 151 critical incidents pertaining to this question were gleaned from the transcripts and sorted into three overarching categories: Support, Societal Attitudes, and Individual Factors. The pressing need for integrated and holistic Veteran transition services is a major conclusion of this study. Other implications and recommendations for clinicians, policy makers, and researchers are also presented.*

Section: Counselling Psychology / Psychologie du counseling
Session ID: 65643 - Printed Poster

Impact of the LGBTQ Identity on the Therapeutic Alliance

Presenting Author: David, Athourina

Additional Author: Thériault , Anne

Abstract: *LGBTQ (lesbian, gay, bisexual, trans, queer) individuals are at a higher risk of multiple issues, including mental health problems, suicidal ideation and attempts, addictions, and self-harm. To deal with these issues, LGBTQ individuals need appropriate mental health services. Existing research suggests that in counselling settings, the therapeutic relationship between client and therapist is one of the most important factors leading to positive change. In the LGBTQ community, there might be a preference to see a therapist who also identifies as part of this community. This study aims to discover the impact of a shared LGBTQ identification between client and therapist on the development and maintenance of the therapeutic relationship. A qualitative study design will be used, and semi-structured interviews will be conducted. The content of the interviews will undergo a thematic analysis to better understand the factors contributing to the quality of the therapeutic alliance as it relates to a shared identity. Findings will provide insight on improving mental health services for sexual and gender minority individuals.*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 65689 - Printed Poster

Well-Being through the Eyes of Indigenous Knowledge Keepers

Presenting Author: John, Roger E

Abstract: *Rationale/Summary There is limited empirical research related to Indigenous concepts of wellness in the field of counselling psychology or psychology itself. Existing literature related to Indigenous well-being rarely directly cites Indigenous Knowledge Keepers. Little is known about the concept of well-being through an Indigenous lens; the author believes this exploratory research is needed prior to the development of relevant theory or effective interventions.   Research Question: What are Indigenous concepts of well-being according to Indigenous Knowledge Keepers?   The TCPS Chapter 9: describes "Elders" or "knowledge holders" - "Within First Nations, Inuit and Métis communities, persons with special gifts carry varied roles and responsibilities in conserving and transmitting traditional knowledge and expressions of culture…They model respectful relationships and may conduct ceremonies, pass on oral history, and offer guidance in community affairs. Their gifts are normally refined over a lifetime…" Methodology An Indigenous research method called a "Research Conversation" will be utilized. The research conversation will consist of a semi-structured research conversation with each participant. In this method, the participant and researcher co-create the data and the participant determines the direction of the data generation.   The researcher will conduct a thematic analysis and synthesis of data using qualitative research software and manual data analysis-synthesis methods. Participants will receive the main findings of the study as part of an accuracy checking process.*

Section: *Indigenous People's Psychology / Psychologie des peuples autochtones*
Session ID: 65824 - Printed Poster

Section Chair Address

Chair's Address for the Rural and Northern Section: Building Satisfying Careers in Rural and Northern Psychology

Presenting Author: Lints-Martindale, Amanda C

Abstract: *Longstanding challenges exist related to recruitment and retention of psychologists into rural and northern areas of Canada. Within this chair's address, a brief overview of these challenges (e.g., professional isolation, ethical practice, generalist training requirements) will be discussed alongside potential solutions within the context of COVID-19 practices (e.g., widespread adoption of virtual services). Audience discussion will be strongly encouraged.*

Section: *Rural and Northern Psychology / Psychologie des communautés rurales et nordiques*
Session ID: 65028 - Section Chair Address

Section Featured Speaker

Understanding and Preventing Violent Radicalisation in Canada

Presenting Author: Hassan, Ghayda

Abstract: *This presentation will focus on defining and understanding the phenomenon of violent radicalization in Canada as it connects to social polarisations and as it plays out in Canada. It will present data from several studies informing on risk and protective factors among college students in Quebec, trajectories of violently radicalized individuals, and clinical practice based case examples. It will also inform on specific issues such as influence of online exposure to extremist content, mental health issues and the state of evidence on prevention and intervention programs. In conclusion, the presentation will focus on some promising guidelines for researchers, policy makers and practitioners.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 61703 - Section Featured Speaker Address

Moral Injury and the Canadian Armed Forces

Presenting Author: Callaway, Karis

Abstract: *Moral injury is a psychological construct emerging in the academic literature as a relevant area to address in regard to recovery from traumatic stress. It refers to the persistent psychological, spiritual and social distress that can result from one's involvement (either by action or inaction) in a high-takes situation that challenges their deeply held moral beliefs. The resulting sequalae can include many of the DSM-5 recognized Posttraumatic Stress Disorder (PTSD) symptoms, life-altering guilt and shame, as well as self-injurious and self-handicapping behaviours. Preliminary research and clinical perspectives suggest that moral injury is complimentary yet distinct from the fear-based PTSD construct, and that the primary loss of functioning centers on a breach of trust (in oneself and/or others) as opposed to a loss of a sense of safety. This nuanced construct holds substantial implications for the health and well-being of our national defence service members. Utilizing the current academic research, cross-cultural psychology understandings and the clinical lessons learned from assessment and treatment activities, this talk will present an overview of moral injury within a Canadian context. Aimed at engaging audiences from various branches of psychology, the history of moral injury, the available treatment options and potential future endeavours will be discussed as it relates to the promotion of best care for our Canadian Forces members and veterans.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64953 - Section Featured Speaker Address

The Many Patterns of Family Resilience in Challenging Contexts

Presenting Author: Ungar, Michael

Abstract: *In this presentation, I will review what we know about family resilience and show that while we understand much about intrafamilial protective processes, we know less about systemic interactions that are associated with family wellbeing in challenging contexts. My purpose is to address this gap in knowledge and present a map of family resilience that shows how social contexts, adverse situations, values, and resources influence the resilience of family systems. This map, and the social ecological theory of resilience which informs it, accounts for varied adaptational pathways of families coping with adversity. Seven specific pathways to resilience are reviewed along with several dimensions of family resilience that must be considered. These include: the risk factors families face; the social discourses that define families as resilient; and the qualities of families, communities and government systems that affect the availability and accessibility of the resources families need. The presentation concludes with reflection on how we can assess family resilience and the application of this map to family therapy.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65057 - Section Featured Speaker Address

Snapshot

Discovering Women's Sexual Agency: A Qualitative Approach To Understanding Sexual Agency Factors

Presenting Author: Myskiw, Tori

Abstract: *While research shows that sexual agency is important, there is a gap in the literature on what strategies women can use to increase it. Reaching a better understanding of women's experiences around sexual agency could not only fill these gaps but also aid in creating essential community resources. Exploring how women theorize negotiations involved in sexual agency and how it is enhanced made it possible to create a theory about this phenomenon that will improve our understanding of key strategies. The purpose of these studies was to investigate how women understand their agency around sexual encounters. In total 15 participants were recruited and attended in-depth 1-hour interviews. Then, qualitative data was analysed using a three-step approach: open coding, axial coding, and creation of a story-line. Participants defined sexual agency as being enthusiastic, autonomous, and relating to socialization. Sexual agency factors that emerged from the studies were: sexual self-esteem, body image, sexual self-efficacy, sexual assertiveness, sexual confidence, sexual communication, and self-talk. Several strategies to increase these factors emerged from the studies and can help women increase their wellbeing. These findings are informative to counsellors who work with women seeking support for intimate relationships and will ultimately help inform support that empowers women.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61639 - Snapshot

Exploring the Mechanisms of Change in a Community-Based Case Management Program for Frequent Emergency Department Users with Mental Health or Substance Use Issues

Presenting Author: Samosh, Jonathan

Additional Authors: Sylvestre, John; Aubry, Tim

Abstract: *Hospital emergency departments (EDs) typically do not have the resources available to effectively address the complex and chronic health and social needs of individuals with mental health or substance use issues. This leads to increased ED visits, wait times, and costs, while failing to address the needs of these individuals. The Familiar Faces (FF) program in Ottawa was developed to assist frequent ED users – identified*

by two or more visits to the ED within 30 days for mental health or substance use issues – by diverting these individuals from the hospital to more comprehensive and relevant community-based services. The FF program is operated by a community mental health agency and provides clients with system navigation and case management supports. An outcome evaluation was conducted to study the effects of this program, explore possible mechanisms of change, and foster the ongoing development of services to support frequent ED users. Qualitative evaluation data were obtained via interviews with program clients and focus groups with program staff. This presentation will describe the qualitative outcome findings, with a particular focus on mechanisms of change, and their implications for the future development of this and other community-based programs looking to support the health and wellbeing of frequent ED users with mental health or substance use issues.

Section: *Community Psychology / Psychologie communautaire*
Session ID: 61819 - Snapshot

Exploring Resources Provided to General Education Teachers to Enhance Their Understanding and Capacity When Working with Students with Autism

Presenting Author: Pagaling, Rachel J

Additional Author: McCrimmon, W. Adam

Abstract: *The purpose of this study is to investigate learning leaders' perspectives on the most effective resources and strategies provided to general education [GE] teachers to enhance their understanding of autism, as well as build their capacity when working with students with autism in an inclusive classroom. A qualitative design was used, whereby five semi-structured interviews were conducted with learning leaders from a large urban school board in Alberta. Interviews were transcribed and data was analyzed with thematic analysis, with four themes arising: (1) Having conversations around building knowledge; (2) Working relationships; (3) Professional development; and (4) Providing teachers with specific strategies that produce results in the classroom. The present study identifies resources that are most effective in supporting GE teachers' work with students with autism in inclusive classrooms and will inform programs and services provided to teachers to improve their educational practice. Implications for practice and future research directions are discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61862 - Snapshot

"It's Not a Compliment": Investigating Student Bystander Experiences of Sexual Violence

Presenting Author: Anderson, Nicole J

Additional Authors: Thiessen, Brittany; Buchanan, Carie M

Abstract: *Bystander intervention training educates students that sexual violence exists on a continuum (McMahon et al., 2011). This continuum identifies sexual harassment (e.g., catcalling, whistling, sexual jokes) as being more normalized by society compared to sexual assault. Statistics Canada (2020) notes most university students did not intervene in sexual harassment situations as they did not perceive an imminent threat. However, research tends to focus on the prevention of sexual assault rather than all actions on the continuum (Carline et al., 2018; Hoxmeier et al., 2019). Therefore, undergraduate students (N = 15; M_age = 21.20) took part in 90-minute online focus groups to examine student experiences of bystander situations involving sexual violence on and off campus. Audio recordings were transcribed verbatim. An inductive thematic analysis was conducted, and four themes were identified: the need for men as allies, barriers to bystander intervention, bystander situations, and at-risk environments. Participants overwhelmingly described experiencing and/or witnessing instances of sexual harassment, which were often excused by being in an at-risk environment (e.g., bars,*

restaurants, gyms, etc.). Women highlighted safety concerns and lack of respect as barriers to intervention and emphasized the need for empathic responses from men to women's experiences of sexual violence.

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 64214 - Snapshot

Psychological First Aid Training For All: A Platform For Promoting Social Support Within Communities

Presenting Author: Peak, Adriane

Abstract: *Through the promotion of Psychological First Aid (PFA) Training for various groups in the Okanagan, this anthropological study is working to contribute to the evidence of social support in aiding stronger mental health. PFA is training with an "evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis" (https://www.health.state.mn.us/communities/ep/behavioral/pfa.html). Groups of 30-50 individuals are invited to an online session to learn about the principles of PFA, and how to apply them in real-life situations both for others and themselves. Participants also engage in discussions about mental health and are given resources to access more PFA training and learn how to connect with local mental health professionals. The purpose of this project is to increase awareness and communication between individuals within groups as well as their communities. Positive feedback has been received from group leaders, and sessions continue to be scheduled through referrals. Though primarily focused on groups of First Responders, this work encourages facilitating PFA to people in any community, and the project is being expanded to include requests from educators and business owners.*

Section: Traumatic Stress / Stress traumatique
Session ID: 64320 - Snapshot

Bottoms Up: Interpretations of Consent and Culpability with Alcohol Use in Sexual Assault Scenarios

Presenting Author: Rogers, Jill

Additional Author: Peace, A Kristine

Abstract: *In legal and public domains, intoxication of sexual assault victims and perpetrators has been differentially interpreted in relation to culpability for one's actions. The present study was designed to investigate the relationship between alcohol consumption, the sexual history of the persons involved, and sexual assault. Undergraduate participants were presented with an ambiguous sexual assault scenario, a judgment questionnaire, and self-report measures. Scenarios differed according to alleged victim intoxication (sober/mild/moderate/extreme), alleged perpetrator intoxication (sober/mild/moderate/extreme), and the sexual history of the couple (no sexual history/sexual history). We assessed participants' perceptions of perpetrator/victim consent and culpability, as well as their overall assessment of the scenario (i.e., how violent/severe) and general perceptions of alcohol use and sexual assault allegations. Data collection is nearing completion (N = 600+ participants) and analyses/write up will be completed by April 2021. We predict that victim intoxication, as well as previous sexual history with the perpetrator, will be associated with judgments that reflect victim blaming. That said, this effect may be moderated by the degree of intoxication of the perpetrator, with larger differences between victim/perpetrator intoxication leading to greater perpetrator blame.*

Section: Criminal Justice Psychology / Psychologie et justice pénale
Session ID: 64402 - Snapshot

Loss and continuity: Heritage language and cultural identity experiences among second-generation Canadians

Presenting Author: Miljus, Milica

Additional Authors: Montreuil, Frédérique; Garceau, Laurence; Taing, Jennifer; A. Yampolsky, Maya

Abstract: *This qualitative study explores second-generation Canadians' experiences with their heritage language, sense of belonging and cultural identity. One hundred and forty second-generation adults (N = 140) answered an open-ended question in an online survey. The responses were coded and analyzed using thematic content analysis. Participants who were exposed to their heritage cultural community were more invested in their heritage culture (e.g., learning about and feeling connected to their culture, practicing their heritage language), which, in turn, contributed to their sense of belonging. On the other hand, participants who were not exposed to their heritage culture felt more disconnected from it. Some participants believed that knowing their heritage language validated their heritage cultural identity. Lack of language proficiency co-occurred with negative feelings, such as pain, shame, and exclusion from the heritage cultural group. Our findings suggest that heritage language skills play a significant role in second-generation Canadians' identity, affects, and sense of belonging. Future studies should examine how language learning could be incorporated into regular schooling to promote heritage language maintenance. Our findings also draw attention to a potential need to counter the perception that a lack of language proficiency in one's heritage language invalidates one's belonging or identity.*

Section: International and Cross-Cultural Psychology / Psychologie international et interculturelle
Session ID: 64871 - Snapshot

The Working Alliance as a Mediator of the Relationship Between Fidelity to the Strengths Model of Case Management and Client Outcomes: Findings from a Mixed Methods Study

Presenting Author: Roebuck, Maryann

Additional Authors: Aubry, Tim; Latimer, Eric; Manoni-Millar, Stephanie; Briand, Catherine; Bergeron-Leclerc, Christiane ; Vallee , Catherine; Goscha, Rick; Durbin, Janet; Krupa, Terry; Setliff, Alissa

Abstract: *These studies further the development of case management research and practice for people with severe mental illness. Their purpose was to examine the underlying role of the working alliance as a mediator of the relationship between fidelity to the strengths model of case management (SMCM) and clients' quality of life outcomes. Data for study one were drawn from a sample of 311 people with severe mental illness. Fidelity to SMCM, the working alliance, and client outcomes were measured. Ordinary least squares path analysis was used to test simple mediation models. In the second study, twenty people with severe mental illness with a current SMCM case manager, participated in semi-structured, qualitative interviews. Data were analyzed thematically. Study one showed that higher SMCM fidelity predicted better client outcomes (quality of life and hope), indirectly, through the working alliance. In study two, people with severe mental illness attributed personal life change to their relationship with their case manager. Both studies showed that the working alliance serves as a mechanism of change in SMCM, supporting the effectiveness of SMCM and highlighting the importance of developing strong working alliances in case management. The study findings support the use of SMCM in case management for people with severe mental illness.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65056 - Snapshot

Gazing in the therapeutic relationship: Influence of gender norms and implications for counselling

Presenting Author: Lefebvre, Danielle C

Additional Authors: Russell-Mayhew, Shelly; Brun, Isabel; Lambert, Angela; Saunders, Jessica

Abstract: *Counselling is often a way for individuals and communities to work towards growth and empowerment, and mental health professionals are an integral part of this process. Thus, it is critical for counsellors to address how "gazing" manifests in the therapeutic relationship. Gazing involves relationships of power imbalance between privileged and marginalized. The gazes explored include the male gaze (viewing women as objects and scrutinizing them) and cisgender gaze (viewing transgender individuals as objects cisgender people are entitled to). These gazes are influenced by gender norms and may emerge in therapy. Professionals working with transgender clients may overemphasize or underemphasize gender, intentionally or unintentionally perpetuate discrimination, and reinforce power dynamics. Professionals may also be a significant source of support by acknowledging oppression, validating experiences, and supporting the journey towards empowerment and even gender euphoria. Given the significance of the counsellor in the therapeutic process, it is important to be aware of "gazing" upon clients through an oppressive lens. Engaging in reflexivity and challenging ingrained gazing through supervision, consultation, and advocacy are steps toward creating a more equitable counselling experience. Adopting a position of humility also allows for receptiveness to feedback and positive change.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65139 - Snapshot

The Mental Health of Animal Rescue Workers in Canada

Presenting Author: Belland, Stephanie C

Additional Author: Legge, LG Eric

Abstract: *Many animal rescue workers (ARWs) are driven to their work by an intense love for animals and a dedication to animal welfare. Unfortunately, the field of animal rescue is rife with traumatic experiences and stressors that can make ARWs exceptionally vulnerable to negative mental health (NMH) outcomes. Our research program has studied Canadian ARWs and their mental health since 2019. To date, results reveal that 1) most rescue related work, especially hands-on tasks such as administering medical care and picking up unwanted animals, are related to NMH outcomes, particularly secondary traumatic stress; 2) NMH outcomes are moderated by the species an ARW is working with; 3) decision-making responsibility is positively correlated with scores on all NMH measures; and 4) ARWs report very high levels of compassion satisfaction, indicating that they experience substantial fulfillment from their work and feel competent in helping animals. We continue to explore the complex relationships between animal rescue work and mental health. Despite being invaluable to the animals they assist and the communities within which they operate, ARWs are sorely understudied. Our work indicates that many ARWs are struggling with adverse psychological symptoms. Thus, there is a need for more research and appropriate interventions to be directed towards this, predominantly volunteer-based, group.*

Section: *Community Psychology / Psychologie communautaire*
Session ID: 65199 - Snapshot

Examining Psychosocial Adaptation of Syrian Refugee Communities Using Community Learning for Empowerment Groups

Presenting Author: Yohani, Sophie

Abstract: *Canada has currently resettled over 58,000 Syrians who fled the ongoing civil war that began in 2011. Individuals with refugee experiences represent a diverse group whose psychosocial adaptation and well-being is influenced by pre-, trans- and post-migration experiences. Yet prevailing narratives of refugee well-being emphasize pre-migration trauma experiences with Post Traumatic Stress Disorder (PTSD) as the primary outcome. In this visual Snapshot, you are invited to adopt a _more holistic understanding of refugee trauma and migration experiences_. The presentation draws on findings from a community-based participatory research (CBPR) project that explored critical aspects of psychosocial adaptation and integration after trauma using Community Learning for Empowerment Groups (CLEGs) with 61 Syrian men, women, youth and seniors. Qualitative themes generated from 35 CLEG dialogue sessions centred on safety, relationships/bonds, identity, justice and existential meaning highlight both the threats and protective factors that influence psychosocial adaptation. These findings from Syrian experiences provide a more holistic and integrated understanding of refugee trauma and psychosocial adaptation in Canada. The snapshot will also highlight solutions that were generated by Syrian community members during the CBPR project and point out implications for social justice-oriented practice and research with Syrians and other groups with refugee experiences.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65625 - Snapshot

Standard Workshop

A comprehensive school psychology model designed to meet students' needs in diverse communities

Presenting Authors: Kokai, Maria ; Cole, Ester

Abstract: *There is an urgent need to meet the ever-growing challenges faced by educational systems to address the mental health, learning, and socialization needs of all students, especially during the COVID-19 era. A review of professional literature; current research studies; national/international policy documents; guidelines by professional associations (CPA, APA, OPA, NASP); and evidence-based applications of policies, guidelines, and best practices was conducted. The review and analysis of the above material revealed ample evidence that supports A/ the use of schools as hubs to provide mental health support to students; B/ the importance of the continuum of primary, secondary and tertiary prevention/intervention in school setting; C/ the effectiveness of consultation in school psychology. Consequently, a novel and comprehensive consultation and intervention model is being offered for psychology services in schools, with evidence-based guidance that interlinks primary, secondary, and tertiary prevention/intervention applications. This allows for systematic consultation, inclusive planning, and cost-effective services. A recommendation for the use of this clear and easy to apply model for school based psychological services is being offered, which is applicable to national and international populations, to specific student needs commonly encountered in schools e.g., depression, ADHD, giftedness) and to issues that require school-level interventions (e.g., diversity issues, promoting resilience, crisis responses).*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61410 - Standard Workshop

Symposium

Intimate Partner Violence Risk: Validation and Perceptions

Moderator: Jung, Sandy

Abstract: *Studies have shown that intuitive approaches to violence risk assessment are ineffective, inefficient, and inherently flawed. Consequently, empirically based practices allow individuals responsible for appraising and managing risk to be in a better position to accurately assess risk, effectively support their opinions in court, and offer practical and tangible recommendations for risk management of individuals with various types of criminal conduct. When examining intimate partner violence (IPV) risk, there has been a developing body of research focused on predicting whether an individual will commit further IPV, and several risk tools have been empirically validated for assessing individuals who have been charged with IPV. However, often research has been conducted in correctional settings or when used by researchers. Field studies are less commonly executed. Even when risk assessments are conducted, people may carry their own views about the criminally charged individual. Consequently, public perceptions of risk may be unrelated to empirically-relevant risk factors, but rather personal biases or stereotypes of a prototypical offender, resulting in a varying perceptions of that individual's level of violence risk. The present symposium will examine the field validation of an IPV risk assessment tool and laypeople's perceptions of IPV perpetrators and their IPV risk. The first presentation examines an actuarial instrument, the Ontario Domestic Assault Risk Assessment (ODARA), and its predictive validity when the instrument is used by law. The second and third presentations both examine laypeople's perceptions of IPV perpetrators, and whether gender of the perpetrator and the victim play a role affecting perceived risk, as well as the perpetrator's mental illness diagnoses.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 61855, Presenting Papers: 65458, 65460, 65461 - Symposium

A Field Study of the Ontario Domestic Assault Risk Assessment (ODARA) as Used by Law Enforcement

Presenting Author: Himmen, Marguerite

Additional Author: Jung, Sandy

Abstract: *The Ontario Domestic Assault Risk Assessment (ODARA) is a risk assessment tool which predicts the likelihood of an individual committing a violent offence against an intimate partner. Many researchers have corroborated that the ODARA is highly valid when researchers use the ODARA to predict recidivism. The ODARA has specifically been designed for law enforcement who respond to calls regarding intimate partner violence (IPV). Despite the overwhelming literature which suggests that the ODARA is a valid tool, there has been little research conducted to confirm whether the ODARA remains valid when law enforcement use it. Therefore, the present study is a field study that examines the validity of police officers using the ODARA to predict recidivism. We examined a random selection of 100 IPV cases where an ODARA was completed by the primary investigating police officer for the IPV case. The risk assessments were completed on males who were formally charged with a violent offence against their female intimate partner in 2017. Our results indicate that the ODARA scored by trained police officers was able to predict general recidivism significantly greater than chance (AUC_s = .723 to .728). More importantly, police-scored ODARA protocols predicted violent and IPV recidivism significantly above chance (AUC_s = .655 to .717). These findings have significant implications supporting the field use of the ODARA by law enforcement. The risk principle of the risk, need, and responsivity model highlights how we can maximize positive outcomes and reduce further victimization by directing a greater intensity of services to those most at risk. In light of the constraints on police services in allocating resources to partner violence cases, this study offers further support for law enforcement to employ the ODARA for determining a perpetrator's IPV risk and to identify and prioritize high risk cases. The findings contribute to the larger body of research that increasingly supports the use of valid risk tools in policing.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65458 - Paper within a symposium (Symposium ID: 61855)

Perceptions of Risk in Cases of Intimate Partner Violence with a Specific Focus on Gender and Sexuality

Presenting Author: Wood, Becca

Additional Authors: Helmus, L. Maaike; Lysova, Alexandra

Abstract: *Research on how to develop and validate risk assessment scales is plentiful, but less is known about which factors outside a risk assessment scale, such as certain features of the offender and/or victim, will impact the perception of an offender's risk. The purpose of this study was to assess people's attitudes and judgements regarding intimate partner violence offenders and their risk to reoffend. We recruited participants (N=1,481) from Amazon's Mechanical Turk. The participants were asked to read a fictional vignette about an intimate partner violence perpetrator with varying perpetrator gender (cis male, cis female, transgender male or transgender female), victim gender (cis male, cis female, transgender male or transgender female), and risk level (low or high). This project investigates whether the gender of the perpetrator and/or victim is related to perceptions of IPV cases, how risk categories influence perceptions of IPV cases, and whether any of the aforementioned relationships are moderated by characteristics of the participants (e.g. political attitudes, attitudes towards gender roles and LGBTQ+ populations). The overall findings for this project, and the implications for policy and practice will be discussed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65460 - Paper within a symposium (Symposium ID: 61855)

Perceptions of Risk in Intimate Partner Violence: Interactions Between Perpetrator and Victim Gender, Mental Illness, and Risk

Presenting Author: Peikarnegar, Mehrnaz

Additional Author: Helmus, L. Maaike

Abstract: *Despite considerable research on the predictive accuracy of risk scales, there is limited research exploring other factors that influence perceptions of risk held by decision-makers. We recruited participants (N = 1,955) from Amazon's Mechanical Turk to read a vignette about a fictional offender sent to prison for spousal assault. Conditions varied by risk level (low and high), mental health diagnosis (schizophrenia, bipolar, anxiety, and no diagnosis), perpetrator gender (cis male, cis female, and transgender female), and victim gender (cis male and cis female). All four main effects were significant (with risk level showing the strongest effects), and there was a three-way interaction between risk level, perpetrator gender, and diagnosis. The implications of these findings in risk assessment communication will be discussed.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65461 - Paper within a symposium (Symposium ID: 61855)

THEME: UNDERSTANDING AND IMPROVING THE WORKPLACE

Understanding what contributes to a successful workplace; what impact the workplace has on our lives and well-being

12-Minute Talk

Leading Through COVID: An Action Research Study

Presenting Author: Hartney, Elizabeth

Abstract: *Background: COVID-19 created a healthcare crisis in Canada and globally. The Canadian Health Leadership Network (CHLNet) took the opportunity to engage with health leaders during the first wave of the pandemic to better understand effective leadership practices. Methods: We conducted recorded interviews with 18 health leaders. Results: Data were analyzed using grounded theory. Leaders responded to the sudden, unknown and rapidly changing context of the pandemic, with resulting impacts on the health system, by making decisions quickly, often with incomplete information, and involving many people from within and outside the organization. Faster decision-making and innovations, greater collaboration and more supportive workplaces are changes that leaders would like to maintain in the future. Conclusions: The COVID-19 pandemic created increased stress on the health system, and leaders responded with strategies that could potentially add value to the current health system. Action/Impact: The results of wave I are being disseminated and CHLNet is working on expanded the project in wave II.*

Section: *Psychologists in Hospitals and Health Centres / Psychologues en milieu hospitaliers et en centres de santé*
Session ID: 64369 - 12-Minute Talk

COVID-related concerns uniquely predict psychological distress in a workplace well-being context

Presenting Author: Sowinski, Carla C

Abstract: *The purpose of this study is to explore the impact of COVID-19 (C19) concerns within a workplace well-being (WWB) context. The C19 situation is expected to add stress to individual's lives, negatively impacting their well-being. Support services personnel (_N_ = 172; 40% Armed Forces, 60% civilians) working at a Canadian Armed Forces Base in New Brunswick completed an electronic WWB survey (the Unit Morale Profile v2.0) in fall 2020. Significant proportions of personnel self-reported that their stress levels, physical health, and mental health were slightly to significantly worse (56%, 50%, and 42%, respectively) compared to before the start of the C19 pandemic. Personnel also rated their level of concern (_Not at all_ to _Extremely_, with an _N/A_ option) for 31 C19 work, personal, and family concerns (e.g., increase in work volume; limited opportunities for exercise; health of a medically vulnerable loved one). A summed score serves as an overall measure of C19 concerns. Hierarchical multiple regression analyses revealed that C19 concerns had a small but direct impact on psychological distress over and above the other workplace factors (e.g., autonomy; job stress; organizational support). However, C19 concerns did not have a unique direct effect on morale, engagement, burnout, or turnover intentions. The current findings suggest the C19 situation poses unique challenges to personnel. This information can help organizational leaders understand the well-being of their personnel and inform interventions such as additional mental health supports and initiatives to alleviate C19 concerns.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64768 - 12-Minute Talk

Conversation Session

Indigenous employee experiences in the workplace: A wholistic worldview

Presenting Author: Hunt , Jaydum

Additional Author: Adair , Wendi

Abstract: *In 2015, the Truth and Reconciliation Commission of Canada presented their final report with 94 Calls to Action; Call 92 engaged Canada's corporate sector to ensure that Indigenous peoples have equitable access to jobs. Research shows that there is a lack of representation of Indigenous people in the workplace, low job satisfaction, and a high turn over rate. The purpose of this study is to understand how work experiences of individuals identifying as Indigenous can be seen through Indigenous worldviews. Following the examples of Indigenous scholars such as Maggie Kovach, Kathy Absolon, and Shawn Wilson, this research took a relational approach. A total of eight participants had four separate conversations with myself, the researcher. These conversations each had different themes, the first being getting to know each other, the second surrounded identity, the third interpersonal relationships and workplace/workspace, and the last was getting feedback about the process. The analysis was done by listening, reading, and coding the conversations. Using the medicine wheel as the framework (mental, physical, emotional, spiritual), an individual medicine wheel was created for each participant. Common themes and viewpoints that overlapped on the individual participant wheels were used to create a wholistic medicine wheel which informs the results of this research. Today, many organizations are looking to diversify, but employers are not always aware of what would help individuals have a sense of belonging. We would like to discuss how this work might inform additional research and how these findings could help organizations more effectively incorporate Indigenous peoples.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 65087 - Conversation Session

Teamwork in a Gloal Pandemic: Communication, Relationship Building, and Outcomes

Presenting Author: Adair, Wendi

Additional Authors: Buchan, Nancy; Chen, Xiao-Ping; Zhang, Ye

Abstract: *Relationship building and effective communication are reliable predictors of performance for both virtual and face-to-face teams (e.g., Mathieu and Taylor, 2008; Mesmer-Magnus, DeChurch, Jimenez-Rodriguez, Wildman and Shuffler 2011). And while the media richness of videoconferencing creates channels for nonverbal communication akin to face-to-face interaction (e.g., Marlow, Lacerenza and Salas, 2017), we do not know how well team members attend to communication and build relationships in this virtual medium, particularly given competing home obligations and stressors during a pandemic. Based on a survey of this literature, we proposed that employees who are savvy nonverbal communicators are in the best position to build relationships and achieve equivalent team performance in videoconferencing and face-to-face interaction. We surveyed 382 U.S. working adults to identify patterns of communication that are most common when meeting face-to-face (FTF) versus meeting virtually through platforms such as Zoom and Microsoft Teams. We confirmed a three-factor structure including Understanding Nonverbal Communication, Engaged Listening, and Maintaining a Professional Image. Using path analyses we tested the mediating role of team relationship building on the connection between these communication behaviors and perceived team outcomes, namely efficiency and coordination. Results confirmed that work relationships and perceived team performance decreased when employees switched to remote work. However, when working on-line using video calls, focusing on nonverbal communication cues from colleagues and listening attentively helped boost relationship building and promote team efficiency to a level that was comparable to meeting face to face. More impressively, video calls were more effective at coordinating team activities than face-to-face meetings. Discussion questions for conversation participants will focus on research methods and partnerships to extend this work.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65180 - Conversation Session

CPA Keynote

Thriving at Work in the Digital Age

Presenting Author: Gagné, Marylène

Abstract: *It is estimated that people spend 90,000 hours of their lives working. Work impacts on our health and well-being, but also on our development. From the moment someone is recruited, socialized and trained, and then managed and compensated by an organization, their motivation, performance and well-being can be shaped by how these organizational practices are designed and implemented. My research has been devoted to understanding what is good work, good jobs, and good employers by using self-determination theory. This theory of motivation considers that reasons for engaging in any activity have an impact on effort, perseverance, performance, and ensuing well-being. It proposes that if psychological needs for competence, autonomy and relatedness are satisfied by properly designing tasks and environments, people will function more optimally in that context. As work is being transformed by technology, globalization, and increasing political and environmental uncertainty, we need to intervene in the design of future work to ensure people thrive at work. I will illustrate this by discussing projects on work motivation.*

Section: *General Psychology / Psychologie générale*
Session ID: 61714 - CPA Keynote

Printed Poster

On Time Pressure and Negotiation: The Moderating Role of Flexibility with Deadline on the First Offer at a Negotiation Task

Presenting Author: Wang, Le

Abstract: *1. Background: This paper examined the relationship among flexibility with deadline, time pressure, and two negotiation outcome predictors, target price and opening offer. This scientific study drew support from Edward Hall's theory of cultural differences in relying on communication context and the effects of time pressure derived from a meta-analysis and empirical studies. Specifically, higher time pressure would lower the target prices and opening offers made by participants. Moreover, flexibility with deadline would moderate these main effects such that the relationships between higher time pressure and participants' target prices and opening offers would be stronger than those between lower time pressure and participants' target prices and opening offers. Besides the proposed moderator, flexibility with deadline, as a significant theoretical contribution, a critical methodological contribution was to specify a unique non-verbal temporal cue to induce higher time pressure: the watch-looking cue. 2. Methods: The study was a 2 (higher vs lower time pressure) ×2 (high vs low temporal context dependence) mixed design with time pressure as a between-subject factor and temporal context dependence as a measured variable. Time pressure was manipulated, while temporal context dependence was measured. The key dependent variables were the target price and opening offer made by a participant playing the role of a seller in a negotiation simulation. Research assistants were recruited and trained to play the role of the buyer. However, this in-lab experiment did not work out as intended due to the failure of this unique watch-looking cue to produce higher time pressure. Thus, the proposed experiment would be best characterized as a correlational study. Additionally, the sample consisted of university students. 3. Results: Independent samples t-tests were performed to test the hypotheses of the main effects of time pressure. Hierarchical regression was performed to test the moderation hypotheses of the flexibility with deadline after controlling for confounding variables. Overall, independent-samples t-tests found that higher time pressure did not significantly decrease participants' target prices and opening offers than lower time pressure. Similarly, hierarchical regression found that the relationships between higher time pressure and participants'*

target prices and opening offers were not significantly different than those between lower time pressure and participants' target prices and opening offers. Hence, all a priori hypotheses were not supported. Further post-hoc analyses using nuanced operationalizations of time pressure with the same hierarchical regression only revealed the opposite of one hypothesized moderation effect: the relationship between higher time pressure and participants' opening offers was marginally weaker than that between lower time pressure and participants' opening offers. 4. Conclusions: Even though all four a priori hypotheses were statistically insignificant, this insignificance may not be due to the conceptualizations of constructs and the rationale for hypotheses development but may be due to the artificial use of the new non-verbal temporal cue of looking at a watch. This artificialness elicited participants' suspicions that significantly interfered with hypothesis testing. Nevertheless, in a post-hoc manner, flexibility with deadline marginally moderated the connection between time pressure and opening offer. Surprisingly, this moderating effect was the opposite of the hypothesis, suggesting that the artificial use of the new cue may create lower time pressure rather than higher time pressure. Overall, flexibility with deadline is very likely a moderator linking time pressure and two negotiation outcome predictors, target price and opening offer. Furthermore, this new non-verbal watch-looking cue may be modified for further hypothesis testing by eliminating participants' suspicions associated with the use of this cue. 5. Impacts: Individual differences of flexibility with deadline may affect opening offers in a constrained time frame. Negotiators need to be aware of this factor in time-pressed bargaining situations. More importantly, the new non-verbal temporal cue, the watch-looking cue, is a first step to operationalize time pressure non-verbally. This attempt of methodological advance will potentially spark researchers' interests in operationalizing time pressure both verbally and non-verbally beyond its common operationalization of setting deadlines.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61384 - Printed Poster

Exploring how Perfectionists' Trust in their Supervisor Affects Well-Being: A Test of the Social Disconnection Model of Perfectionism

Presenting Authors: Carroll, Taylor A; Vreeker-Williamson, Emma

Additional Author: Gill , Harjinder

Abstract: *The present study tested the Perfectionism Social Disconnection Model (PSDM) by exploring how perfectionistic employees' trust in their supervisor affects their well-being. The PSDM posits that perfectionism leads to poor well-being because perfectionists struggle to connect with others and form healthy relationships. However, little research testing the PSDM has examined all three dimensions of multidimensional (self-oriented, other-oriented, and socially prescribed) perfectionism and even fewer studies have assessed this model in a work context. The current study addresses these limitations by assessing whether the relationship between employees' perfectionism and subjective well-being is mediated by trust in their supervisor. 392 graduate students responded to a Qualtrics survey that included measures assessing their multidimensional perfectionism, well-being, and trust in their supervisor. Semi-partial correlations and bootstrapping were used to test the hypotheses. Results revealed that only participants high in socially prescribed perfectionism experienced poor well-being (_sr_ = -.21, _p_ = .00) and reported lower levels of trust in their supervisor (_sr_ = _-.20, _p_ = .00). Further, only the relationship between socially prescribed perfectionism and well-being was mediated by trust in supervisor, -.065, 95% CI[-12, -.03], _p_ = .00. These findings suggest that supervisors can improve socially prescribed perfectionists' well-being by fostering trusting relationships. Theoretical implications for the PSDM and directions for future research are discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61447 - Printed Poster

Enablers of Employees' Voice Behavior in Organizations

Presenting Author: Agnihotri, Nikita

Abstract: *Firms are becoming increasingly aware that they can gain a greater competitive advantage by extending their knowledge base than by depending only on economies of scale/scope (Grant and Ashford, 2008). They have become more reliant on their workforce as a source of constructive suggestions and insightful ideas (Detert and Burris, 2007; Morrison and Milliken, 2000) and the new ideas are often rooted in voice behavior (Zhou, Feng and Liu, 2017). Thus, firms are encouraging employee voice (or "speaking up") behavior. This research will explore enablers of voice behavior. The purpose of the present study was threefold: (1) to investigate the relationship between organizational based self- esteem and voice behavior, and (2) to test moderation effect, interaction of perceived organizational support and organizational based self-esteem in predicting voice behavior. Based on data from 482 undergraduate students, results suggested organization-based self-esteem is strongly positively related to voice behavior. Additionally, the interaction of organization-based self-esteem with perceived organizational support in predicting voice behavior was not significant. Implications for both researchers and practitioners are discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61591 - Printed Poster

Comparing the effectiveness of faking warning types within pre-employment personality tests: A Network Meta-Analysis

Presenting Author: Moon, Benjamin

Additional Authors: Daljeet, Kabir; Awad, Wahaj; Harwood, Harley; Beletski, Leonid; O'Neill, Thomas

Abstract: *Previous research has demonstrated that applicants tend to fake their responses within pre-employment personality tests. Researchers have developed interventions such as faking warnings to help mitigate the effects of faking. However, there are many different types of faking warnings, and there has been limited research evaluating their relative effectiveness. Using a novel methodological technique, we ran a Network Meta-Analysis to compare the differential effectiveness of a number of different faking warnings identified by Pace and Borman (2006). We found that receiving either a Combination (_i.e., _Identification and Consequences; _d = _.29), Reasoning + Combination (_d = _.30), Moral Conviction (_d = _.20), or Identification (_d = _.14) warning significantly reduced applicant faking compared to not receiving a warning at all. These results were largely supported when ranking the effectiveness of different warning types through p-scores. In addition, there were significant differences in the score inflation effects when comparing different warning types. These results demonstrate that organizations should pay attention to the type and content of the warnings they use, as we found that not all faking warnings were equally effective in reducing applicant faking. We also recommend that future researchers incorporate Network Meta-Analyses into studies where they wish to robustly compare different types of interventions.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61601 - Printed Poster

Are Conscientious Employees More or Less Trusting?

Presenting Author: Zani, Megan

Additional Authors: Gibbard, Katherine; Risavy, Stephen; Gill, Harjinder

Abstract: *Workplace trust has been found to relate to important organizational outcomes, with higher levels of both felt trust (Salamon and Robinson, 2008) and trust in others (Dirks and Ferrin, 2002) leading to better performance. Our research examined the underexplored relationship between conscientiousness (the trait of being organized and diligent), and both felt trust and trust in supervisor. Previous research indicates that conscientious individuals may feel more trusted because they are aware of their diligence (Lau et al., 2013), whereas, conscientiousness individuals are more conservative when trusting others. Thus, we hypothesized a*

positive relationship between conscientiousness and felt trust and a negative relationship between conscientiousness and trust in supervisor. Four hundred eighty-three participants completed a questionnaire that examined conscientiousness, felt trust, and trust in supervisor. Unexpectedly, our results indicated that the relationships between conscientiousness (M = 3.56, SD = 0.57) and both felt trust (M = 4.54, SD = 0.96, r = .12, p = .009) and trust in supervisor (M = 5.30, SD = 1.20, r = .11, p = .013) were positive. Regression analyses indicated that conscientiousness significantly predicted trust in supervisor (β = .24, $t_{(482)}$ = 2.50, p < .001) and felt trust (β = .20, $t_{(482)}$ = 2.64, p < .001). Conscientious individuals are more likely to feel trusted by their supervisors and trust their supervisors, which contradicts previous research (Freitag and Bauer, 2016; Müller and Schwieren, 2020). Our findings indicate that conscientious employees are more trusting. Implications for theory and practice are discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61656 - Printed Poster

Job Burnout and Turnover Intentions Among Frontline Care Workers During COVID-19 Pandemic

Presenting Author: Etezad, Seyedehsan

Additional Authors: Gilin, Debra; Anderson, Gregory; Hayes, Caitlin

Abstract: *Background – COVID-19 has placed dramatic psychological strain on front line health care workers, who show a high prevalence of mental health symptoms, depression, anxiety, insomnia, and distress. Methods – To explore whether burnout levels are higher during COVID-19 than prior to COVID-19, we surveyed a sample of medical workers (nurses, paramedics, and physicians, n=213) and therapists (counsellors and psychologists, n=84) at the peak of the first wave of COVID-19 in the US and Canada (April and May, 2020). Results – Both groups reported elevated burnout risks as shown by higher emotional exhaustion (0.5-1 SD higher) and cynicism (0.25-0.5 SD higher) than pre-COVID samples, but also generally higher professional efficacy (about 0.5 SD). Controlling for pandemic severity, exhaustion and cynicism were both significantly higher for physicians (compared with nurses). Controlling for demographics, pandemic severity, and occupational variables, job burnout strongly predicted turnover intentions accounting for about a third of all variance. While both emotional exhaustion and cynicism contributed uniquely to workers' turnover intentions, professional efficacy served as an additive mitigating factor such that greater professional efficacy is uniquely associated with lower intentions to quit. Impact – Implications for this profile of exhaustion and engagement over the pandemic will be discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 62443 - Printed Poster

Women firefighters: The role of gender and job-status in a non-traditional milieu

Presenting Author: McWilliams, Jennifer M

Additional Authors: Gouliquer, Lynne; Poulin, Carmen

Abstract: *Between 2014 and 2016, roughly 17% and 83% of Canadian firefighters were career and volunteer, respectively (Haynes, 2018). Although career and volunteer firefighters have essentially the same responsibilities (e.g., fire prevention, fire education), they are often perceived differently by the public. In a pan-Canadian study, we examined the experiences of career and volunteer women firefighters (N=127), who comprise 4.4% of firefighters (Statistics Canada, 2017). To do so, we employed the Psycho-Social Ethnography of the Commonplace (P-SEC; Poulin and Gouliquer, 2005) methodology, and explored how the intersectionality of job status and gender shapes experiences. Results indicate that both career and volunteer firefighters experienced complications (e.g., leadership-related issues, being treated as "less than," feeling threatened), and*

that the intersectionality of such factors must be examined to fully grasp the dynamics at play. How both career and volunteer women firefighters make sense of the perceptions of the public is also examined. The discussion highlights the similarities and differences between these two groups of women in a highly male-dominated workplace. Sociocultural recommendations are offered to challenge the public's understanding.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64199 - Printed Poster

A Pairwise Meta-Analysis of Faking Warnings

Presenting Author: Daljeet, Kabir N

Additional Authors: Moon, Benjamin; Harwood , Harley ; Awad , Wahaj ; Beletski , Leonid ; O'Neill , Tom

Abstract: *Faking warnings attempt to modify applicant beliefs and attitudes towards the usefulness of faking, and subsequently reduce faking intentions. However, research on their effectiveness within the context of pre-employment personality testing has produced inconsistent results based on study design characteristics. The purpose of the study was to conduct a comprehensive pairwise meta-analysis on the effectiveness of faking warnings within the context of pre-employment personality tests, by accounting for study design characteristics (i.e., personality traits, setting type, sample type). Overall, the results found that faking warnings were able to significantly reduce observed faking in pre-employment personality tests ($_d_$ = .24). However, there was substantial heterogeneity observed in the results ($_I\_2$ = 85.2%). Faking warnings demonstrated similar degrees of effectiveness for the individual FFM traits ($_d_$ = .19 - .28). Furthermore, faking warnings were more effective for mock-recruitment ($_d_$ = .29) compared to actual recruitment settings ($_d_$ = .18). Faking warnings were also more effective at reducing faking in university student ($_d_$ = .32) compared to non-university student samples ($_d_$ = .15), and there was a significant interaction effect between sample and setting type ($_B_$ = -.25). The results of the study provide a renewed support in the utility of faking warnings. Moreover, the results suggest that there is value in organizations incorporating faking warnings within pre-employment personality tests to reduce applicant faking, although their effectiveness may vary depending on the recruitment context.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64271 - Printed Poster

Gender, Income, and Work-Family Conflict During COVID-19

Presenting Author: Tulk, Christine

Additional Author: Mantler, Janet

Abstract: *The COVID-19 pandemic has resulted in unprecedented changes in the way we work and live. Daycare and school closures have resulted in little or no access to typical childcare arrangements, and many working parents are expected to simultaneously work while caring for children. Given the traditionally gendered division of caregiving and domestic tasks at home and the economic stress created by the pandemic, we examined work-family conflict for mothers and fathers with different levels of household income. Using Amazons MTurk, we recruited 504 American working parents (204 women, 300 men) to respond to a survey in August 2020, approximately five months after the start of physical distancing measures. After controlling for number of hours worked per week, results of a 2 [parent gender: mother, father] x 3 [income: low, medium, high] multivariate analysis of covariance (MANCOVA) using work-to-family and family-to-work conflict as outcome variables revealed no differences between mothers and fathers. High-income parents reported lower work-to-family and family-to-work conflict relative to low- and medium-income parents. Findings suggest that a high level of household income is helpful despite reduced availability of paid external help to manage responsibilities at home and that working mothers who are experiencing higher stress during the pandemic may be more vulnerable to the effects of work-family conflict compared to working fathers.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 64272 - Printed Poster

Bystander Response to Misconduct in the Canadian Military: Content Validation of the Bystander Behaviour Measure

Presenting Author: Rubenfeld, Sara

Additional Authors: Messervey, Deanna; LeBlanc, Manon; Howell, Glen

Abstract: *In 2015, the Chief of the Defence Staff commissioned an external review of the Canadian Armed Forces' (CAF) policies, procedures, and programs related to sexual misconduct. One of the challenges identified in the review was that third-party reporting was rare, despite direction within the Code of Service Discipline requiring CAF members to report violations. Bystander intervention is viewed as a critical component of minimizing or eliminating sexual misconduct because it can address inappropriate behaviour and reinforce expected behaviour. If misconduct goes unchallenged, it signals tolerance or acceptance of it. The Bystander Behaviour Measure (BBM) was developed as an outcome measure for organizational interventions (e.g., training, messaging) aimed at increasing bystander intervention. Using a sample of 119 CAF members who completed a survey and took part in one of six focus groups, an assessment was conducted in order to examine the content validity of the BBM. This assessment also included a comparison of two versions of the BBM, a 59-item version where gender of the target was specified (_n_ = 58) and 35-item version where gender of the target was not specified (_n_ = 61). Results of descriptive analysis of item responses and directed content analysis of focus groups informed revision to the BBM to improve the clarity of instructions, relevance and coverage of items, utility of gender specification, and the appropriateness of the scale for the purpose of assessing action taken in response to sexual misconduct. In follow-on research, the BBM will be used to examine the impact of training to increase respect in the CAF.*

Section: Psychology in the Military / Psychologie du milieu militaire
Session ID: 64365 - Printed Poster

Le rôle du sexisme et du racisme dans l'évaluation du leadership transformationnel de Donald Trump.

Presenting Author: Bonnardel, Dana N

Abstract: *L'étude de Schaffner et al. (2018) montre que lors des élections de 2016, plus le racisme et le sexisme sont forts chez l'individu, plus il aura tendance à voter Trump plutôt que Clinton. Notre étude vise à déterminer si l'évaluation du leadership transformationnel de Trump dépendra de la dimension du sexisme dans les élections de 2020 maintenant que les deux candidats sont des hommes, tout en contrôlant pour le racisme.   Nous avons recueilli nos données, par questionnaire via la plateforme Prolific, d'un échantillon de 260 participants représentatif de la population américaine au niveau de l'âge, du sexe et de l'ethnicité.   Les résultats de nos analyses de régression hiérarchique montrent que l'attitude du racisme partage 5% de variance avec l'évaluation du leadership transformationnel de Trump (_F_ = 12,93, _p_ < 0,01). L'attitude du sexisme, entrée dans le second bloc, ajoute 27 % de variance expliquée (_F_ = 53,86, p < 0,01).   Nos résultats vont dans le même sens que ceux de Schaffner et al. (2018). L'attitude du racisme et davantage celle du sexisme comptent dans l'évaluation du leadership transformationnel de Donald Trump.   Visiblement, les attitudes ont un rôle important dans l'évaluation du leadership de Donald Trump. Les recherches futures pourraient essayer de comprendre pourquoi, ou comment, ces attitudes se traduisent en perception de leadership positif chez cette population.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 64432 - Printed Poster

Understanding the Impact of Virtual Work on Employees

Presenting Author: Brass, Justin

Abstract: *With the emergence of COVID-19, physical distancing requirements resulted in more employees working virtually. In turn, the social relationship between leaders and followers has changed (e.g., greater reliance on email, videoconferencing). The shift in communication creates the potential for new, and sometimes harmful, interpersonal dynamics. In particular, leaders may be perceived by their employees to violate unnamed social and communication norms that result in the employee's experience of harm (i.e., uncivil workplace behaviours). The objective of the current study is to understand the impact of civility and incivility in virtual work between leaders and followers, and its effects on employee outcomes (e.g., burnout, workplace anxiety). This study is in the process of data collection with individuals who have moved to virtual work during the pandemic. Data will be fully collected and analyzed in time for the conference. It is anticipated that the results from this study will be instrumental in helping to understand the leader-follower dynamics during COVID-19's work-from-home context. Additionally, the results may support the development of institutional and interpersonal recommendations that foster more supportive and respectful dynamics between leaders and their followers. In particular, this research will address the largely overlooked topic of communication and social norm violation that is ripe to occur within virtual work-from-home contexts, of which many leaders have not been sufficiently trained. As organizations make decisions about maintaining virtual work, learning more about these dynamics will be essential for fostering psychologically safe workplaces for employees and mutually respectful dynamics between leaders and their followers.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64688 - Printed Poster

What's in it for me?: Linking disability disclosure strategies to individual and workplace outcomes

Presenting Author: Merkand, Rukhsana (Roxy)

Additional Author: Michela, John

Abstract: *BACKGROUND/RATIONALE: Invisible disabilities are conditions that have no visible manifestation or have visible features not clearly connected to a disability. Our previous research has outlined 6 disclosure strategies used by those with disabilities at work. Extending that work, we describe the creation and validation of a disclosure strategy measure and link strategy use to personal and workplace outcomes. METHODS: Through online surveys with multiple independent samples, individuals with disabilities completed measures of disclosure strategies and workplace outcomes. RESULTS: A 6-factor structure of the disclosure strategy measure was found. Interpersonal and power strategies were related to positive outcomes and the remaining 4 strategies were related to negative outcomes alone or both positive and negative outcomes. CONCLUSIONS: Those with disabilities share disability-relevant information using 6 distinct strategies, and the use of these strategies impacts their personal and professional outcomes in positive and negative ways. ACTION/IMPACT: Disclosure may be most effective if delivered with interpersonal or power strategies. Future research will explore moderators of the relationship between disclosure strategy and outcomes, towards developing tailored advice for those considering disclosing their disability in work-related contexts.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64973 - Printed Poster

Gender Differences in Virtual Leadership

Presenting Author: Bakour, Haya

Additional Authors: Keenan, C. Claire; Holley McGee, Maria; Gilin, Debra

Abstract: *The frequency of women in leadership roles has increased considerably. However, there is a disconnect between stereotypical feminine leadership styles and understanding of a leader's attributes (Eagly and Karau, 2001). Due to COVID-19, companies have switched to working from home, allowing a view into employees homes.   Using a 2x2x2 between-subjects design (gender: male, female; gender stereotypic leadership style conformity: aligned, not aligned; virtual etiquette: professional, unprofessional), this study will examine how gendered leadership stereotypes (Fiske et al., 2002) influence perceptions of leadership effectiveness over a virtual setting. The study will assess how both males and females who conform/do not conform differ, and the influence of professionality of virtual backgrounds. We anticipate that leaders with unprofessional backgrounds will be rated less favorably; however, these perceptions will differ based on leader gender and stereotype conformity.   Participants will be recruited with MTurk, and randomly assigned to one of eight conditions. After reading a vignette and examining an accompanying picture, the participants will complete a survey regarding their perceptions of a team leader. Responses will be analyzed to investigate how perceptions of team leaders vary across the conditions. Expected sample size is 360, with data collection complete by April 2021.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65079 - Printed Poster

Study of Employee Stress in Remote-Work Contexts

Presenting Author: Serban, Diana

Additional Authors: Scott, Christina; Joy, Keith

Abstract: *The effects of leadership style on followers has been extensively studied, however, research in remote work settings has been limited to date (Kelloway et al., 2003). The proposed study aims to assess the effects that virtual transformational and transactional leadership styles have on followers' perceived stress levels and work performance. Kelloway (2020) proposed that leaders could use the recommendations from the C.I.B.E.R model of transformational leadership to effectively lead subordinates in remote settings. Other research has, however, suggested that transactional leadership may be preferred by remote workers (Madlock, 2018), which highlights the need to better understand leadership in a remote work context. An anticipated 160 participants will be recruited via Mechanical Turk. Perceived stress will be assessed before participants are placed in one of two conditions. Participants in condition one will receive virtual instructions from a transformational leader, whereas participants in condition two will receive virtual instructions from a transactional leader. All participants will then engage in a timed word-counting task and their performance will be assessed. A follow-up message written in either the transactional or transformational style will be administered to participants, based on their assigned condition. Post-task perceived stress will be assessed. Data collection and analysis will be completed by April 30th 2021. This research will be the first to test the C.I.B.E.R model of leadership and will provide practitioners with a better understanding of how to effectively communicate with employees remotely.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65110 - Printed Poster

Predisposing, Predictive, and Protective Factors Of Burnout Among COVID-19 Front-line Care Workers

Presenting Author: Etezad, Seyedehsan

Additional Author: Gilin, Debra

Abstract: *Background – COVID-19 pandemic has placed unprecedented pressure on health care workers (HCWs). This pressure is caused by the scarcity and prolonged use of PPE (Hu et al., 2020), being exposed to*

suffering from their patients (Brooks et al., 2020), making difficult moral decisions (Xiang et al., 2020), constant changes in policies and regulations (Chen et al., 2020), and the fear of death or spreading the infection to their loved ones (Shanafelt et al., 2020). Methods – About 350 HCWs in Nova Scotia participated in this study (June to September, 2020). Participants completed a survey asking about their demographics and pertinent occupational health constructs. The data will be analysed using path analysis in February 2021. Results – Based on the literature, we expect to see being female, older, less experienced, redeployed, having dependents, not having access to PPE, experiencing higher moral distress, and lower peer and organizational support is associated with a high level of burnout. Impact – This study will fill a research gap by exploring what are some characteristics that make some HCWs more susceptible to burnout than others? What are some key predictors of burnout? And what are key protective factors that can help HCWs build resilience in fighting against COVID-19 pandemic? Implications of these findings for HCWs, therapists, counsellors, and policymakers will be discussed.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65149 - Printed Poster

Resilience as a mediator of the relationship between passion at work and work-family interface

Presenting Author: Malchelosse, Katherine

Additional Author: Houlfort, Nathalie

Abstract: *As seen in the last year, work-family balance is a major issue for worker's psychological health. When professional and personal roles seem incompatible, work may interfere with family (work-family conflict; WFC) or family may interfere with work (family-work conflict; FWC). However, in many instances, our roles can enrich one another (work-family enrichment -WFE – and family-work enrichment - FWE). At first glance, passionate workers would experience both: conflicts because they are so invested in their job and enrichment because they thrive at work. However, research (Dualistic Model of Passion - DMP - Vallerand and Houlfort, 2019) suggests that it depends on the type of passion. Harmonious passion (HP) is negatively related to conflicts and positively related to enrichment whereas the opposite is true for obsessive passion (OP). Research hasn't however provided an explanation as to why HP and OP relate differently to these constructs. Hence, the present study investigated the role of resilience as a potential mediator in the relationship between passion at work and work-family conflict and enrichment. Workers (n = 422) completed online questionnaires. A path analysis using MPlus tested the mediation model. Results indicated adequate fit indices (RMSEA = .08, CFI = .92, SRMR = .05) and mediation analysis using bootstrapping method partially supported our mediation hypotheses, such that resilience only mediated the relationship between passion (HP and OP) and FWC. The theoretical and practical role of resiliency in workers' work-family interface is discussed as well as this studys contributions to the DMP.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65269 - Printed Poster

Investigating School Principal's Leadership Trajectory and associations with their own well-being

Presenting Author: Katz-Zeitlin, Ethan

Additional Authors: Toth-Kiraly, Istvan; Houle, Simon ; Morin, Alexandre; Fernet, Claude

Abstract: *School principals' leadership skills have a substantial effect on the functioning of their schools. Nevertheless, there is little information on how their leadership style evolves and changes over time. The present study examined longitudinal trajectories of school principals' self-reported transformational, transactional, and laissez-faire leadership behaviors over a 2-year period. By relying on the Job Demands-Resources Model, we*

investigated how perceived workload, job control and rewards may influence these leadership behaviors, and how these behaviors are related to principals' own well-being and turnover intentions. Analyzing data from 691 school principals using the random intercept cross-lagged panel model approach, our results showed that job resources positively, but job demands negatively predicted transformational and transactional leadership. Laissez-faire leadership was negatively predicted by rewards only. Transformational leadership was associated with the most desirable outcome levels (higher levels of job satisfaction, lower levels of turnover intentions and burnout), followed by transactional and laissez-faire leadership. These results provide insight on the factors that allow transformational leadership to be sustained over time which then help foster an engaging workplace where employees are happier and are more productive.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65275 - Printed Poster

Burnout prevalence in mental health professionals: A Meta-analysis considering moderating factors

Presenting Author: Irani, Jasmine

Additional Authors: Fisher, Reyna; Cordy, Charlotte; Sheppard, Michael; Sepehry, Amir A

Abstract: *We conducted a meta-analysis to determine the true burnout prevalence rate in mental health professionals (MHP) from the published literature as results of studies are heterogenous. We also examined the effect of select moderating factors. We used PRISMA guidelines and registered the study with PROSPERO. We assessed study quality using the Newcastle Ottawa Scale. We calculated event rates to obtain the true burnout prevalence rate. We used univariate meta-regressions to determine the effect of the _a priori _selected moderating variables, including mean age (in months), client caseload and hours worked during a week. 39 studies contributed to 45 burnout prevalence rates in MHP (n= 25,524). The aggregated true prevalence rate is 29% [95% CI: 24 to 34%; Q-statistics= 2569.86; I2= 98.29] with high statistical heterogeneity. There was no significant effect of the moderating factors on the prevalence estimate at the alpha cut off score of 0.05 using univariate meta-regressions [mean age (K: 27; Y: 0.39 -0.002X; p-value=0.348), client caseload (K: 11; Y: -0.77 + 0.01 X; p-value=0.630), and hours worked (K: 5; Y: 10.53 -0.28 X; p-value=0.231)]. Nearly one third (29%) of the MHP are suffering from a degree of burnout. Selected moderating variables do not seem to affect the burnout rate in MHP. Other variables need to be investigated in future studies.*

Section: *Health Psychology and Behavioural Medicine / Psychologie de la santé et médecine du comportement*
Session ID: 65284 - Printed Poster

Training Offered By Military Organizations Among NATO That Takes Emotions Into Account Aim Very Specific Objectives: A Literature Review.

Presenting Author: Légaré, Julie

Abstract: *Military organizations are regularly in the media on account of scandals relating to sexual misconduct, radicalization, or incidents related to soldiers mental health. Although many organizations have put in place measures to address these internal challenges and better reflect the values of the societies they defend, concrete change in mentalities is slow to take place. For their part, Special Forces and civilian organizations rely on emotional intelligence (EI) and soft skills to improve the organizational climate and optimize performance. Several studies indicate that EI positively correlates with physical and mental health, subjective well-being, harmonious interpersonal relationships, and work performance (Schutte et al., 2013). The objective of this project was to develop a portrait of EI training offered within the military organizations of NATO member countries. A literature review revealed 5 relevant training programs that take emotions into account. These programs focus on 3 objectives: resilience (stress management), recruit retention, and improving operational performance. There is no consistency between the training of NATO forces (Adler et al., 2013). No specific*

training appears to be aimed at military leaders, even though they play a leading role in mandate fulfillment and organizational leadership.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65391 - Printed Poster

Bigger and Better: Career Opportunities and the Mathew Effect

Presenting Author: Contini, Molly

Additional Author: Spence, Jeffrey

Abstract: *Previous findings suggest that immaterial benefits from receiving an award (e.g., status, reputation) can get converted into positive career outcomes, irrespective of recipients' positive endogenous characteristics (e.g., talent, ability; Kehoe et al., 2018; Frey, 2007). Drawing on the Mathew Effect, which posits winning an award results in more opportunities -- and from the increased opportunities, more productivity results (Merton, 1968), we find that those who win an award (i.e., the Stanley Cup) not only get more opportunities, but also receive _better_ opportunities. Using professional sports data, award winners were matched with non-winners (72 pairs, N = 144) who play the same position and had commensurate experience and skill level at the point in which the winner received the treatment (i.e., won an award). As hypothesized, winners received more opportunities (i.e., had longer careers) and better opportunities (i.e., played for better organizations) post-treatment. Contrary to our hypotheses, winners also received better opportunities prior to the treatment. This finding suggests that an element of randomness at the outset of one's career as to which organization acquires their rights can result in increased chances at winning an award, which in turn translates into tangible, individual benefits, irrespective of individual ability.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65531 - Printed Poster

L'influence De La Perception Sociale Du Vieillissement Dans Le Milieu Professionnel

Presenting Author: Magny, Ariane

Abstract: *Le vieillissement démographique a amené la publication de plusieurs recherches portant sur la perception du vieillissement dans les sociétés occidentales (p. ex. : Bennett and Gaines, 2010 ; Ng, Allore, Monin and Levy, 2016 ; Nelson, 2016). Elles soulignent une perception sociale négative du vieillissement. Ce constat semble aussi être remarqué à plus petite échelle, soit dans les organisations professionnelles. En effet, d'autres études montrent la présence de stéréotypes envers les travailleurs âgés (p. ex : Malinen and Johnston, 2013 ; Kulik, Perera and Cregan, 2016 ; Oliveira &Cabral-Cardoso, 2017). Il semble donc que les stéréotypes au niveau social et au travail ne soient pas complètement distincts. Pourtant, la littérature à ce jour reste pauvre quant à l'influence de la perception sociale de l'âge sur l'inclusion des travailleurs âgés en milieu professionnel. Il est pertinent que la recherche se penche sur le poids de cette influence, non seulement pour contrer les idées stéréotypées envers les travailleurs âgés mais également pour encadrer les organisations face aux impacts démographiques, telle que la pénurie de main d'œuvre. Cette revue systémique aura donc pour but de ressasser la littérature déjà existante dans le domaine du vieillissement professionnel. Un résumé sera proposé afin d'illustrer les principales manifestations d'âgisme en milieu professionnel ainsi que leurs conséquences sur les organisations et sur le travailleur âgé lui-même. On soulignera le rôle de la communication organisationnelle qui semble être un facteur important pouvant expliquer la persistance de la perception négative de l'âge. Finalement, les différentes attitudes favorisant l'inclusion et la satisfaction des travailleurs âgés seront soulignées. Plus d'une trentaine d'articles publiés depuis 2010 ont été analysé par le biais du logiciel PsycInfo. Par exemple, on remarque que la menace de stéréotype semble plus forte dans les milieux avec de faibles pratiques organisationnelles pour cette population. En effet, si les gestionnaires d'entreprises adhèrent aux stéréotypes véhiculés dans la société, il est plus plausible que les employés fassent de même. Ainsi, peut résulter*

un désengagement au travail et une mauvaise santé mentale des travailleurs âgés, de même qu'une baisse d'efficacité pour l'organisation. Finalement, les possibilités de transfert de connaissance, la valorisation de la contribution des travailleurs âgés, tout comme instaurer une communication organisationnelle inclusive semblent être des solutions efficaces afin de pallier au phénomène de l'âgisme.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65558 - Printed Poster

Quand le leadership perçu réduit l'impact psychologique des demandes au travail et favorise la performance

Presenting Author: Bilodeau, Geneviève

Additional Authors: Gagnon, Jean-François; Fernet, Claude; Austin, Stéphanie; Trépanier, Sarah-Geneviève

Abstract: *Confronté à des exigences de travail croissantes, le personnel infirmier rapporte des niveaux élevés d'épuisement émotionnel (Laschinger and Finegan, 2008). Les conséquences qui en découlent sont inquiétantes tant sur le plan individuel qu'organisationnel. La littérature suggère que les supérieurs immédiats ne sont pas suffisamment outillés pour intervenir et améliorer l'expérience professionnelle des infirmiers (ère)s. Pourtant, ils occupent une position de choix pour agir activement, par des pratiques de leadership transformationnel, sur les conditions psychologiques favorables au bien-être et à la performance des employés. S'appuyant sur le modèle demandes-ressources au travail (Bakker and Demerouti, 2017), cette étude examine le rôle modérateur du leadership transformationnel dans le _processus énergétique_ qui suggère que les demandes diminuent la performance par le biais de l'épuisement. Les données proviennent d'un échantillon de 617 infirmiers (ère)s (87% de femmes). Les analyses de médiation modérée (via _Process_ dans SPSS) révèlent que le leadership transformationnel perçu réduit l'impact des demandes au travail sur l'épuisement émotionnel qui, en retour, prédit la performance liée à la tâche. Ces résultats suggèrent que des formations axées sur le leadership transformationnel permettraient aux infirmiers (ère)s de mieux s'adapter et répondre aux exigences de leur travail.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65645 - Printed Poster

The Role of Emotional Intelligence in Offender Apology

Presenting Author: Ikoko, Tekena

Additional Author: Rizvi , Sana

Abstract: *After a transgression, offenders can offer an apology to mitigate the negative consequences of their actions (Vazeou-Nieuwenhuis and Schumann, 2017). Despite the fact that apologies yield positive outcomes, some offenders choose to withhold them (Okimoto, Wenzel, and Hedrick, 2013). One potential reason for this is that apologies initiate undesired emotional states (e.g., guilt, shame) that are difficult to regulate (Leys et al., 2012). Indeed, via better understanding, expression, and management of such emotions, apologies may be fostered. Accordingly, the present research examines the implications that emotional intelligence (EI) has on apologies. Eight one participants (27 females; M_age _= 36, s.d.= 10.29) completed the Wong and Law Emotional Intelligence Scale (Wong and Law, 2002). They were then asked to read a situation (adapted from Struthers et al., 2005) and imagine that the event happened to them. In the situation, the participant takes credit for a joint project. Individuals indicated the extent to which they would apologize to their victims. As expected, a significantly positive relation was found between EI and state apology, b = .48, β =.34, t (81) = 3.21, p=.002, 95% CI [.18, .77]. Our findings suggest that the more emotionally intelligent individuals are, the more likely they are to apologize for their transgressions. Albeit in its infancy, our research provides a novel integration of*

the literatures on EI and apologies. It also has direct implications for interpersonal relationships and conflict resolution strategies.

Section: Industrial and Organizational Psychology / *Psychologie industrielle et organisationnelle*
Session ID: 65663 - Printed Poster

Why Do I Trust My Colleagues? Applying the Integrative Model of Organizational Trust to Peers

Presenting Author: Westlake, Kennedy D

Additional Authors: Creasy-Buchner, Rebecca; Gibbard, Katherine; Vreeker-Williamson, Emma; Carroll , Taylor; Gill, Harjinder

Abstract: *Much of the research on workplace trust has focused on upward trust in one's supervisor. Researchers have less often examined horizontal trust between co-workers. We examined the generalizability of Mayer, Davis, and Schoorman's Integrative Model of Organizational Trust (1995) to peer trust. We conducted a 2 (ability: high/low) x 2 (benevolence: high/low) x 2 (integrity: high/low) within-subjects experiment. 96 participants read vignettes that described co-workers with different levels of the three trustworthiness factors and rated how much they would trust the co-worker described in the scenario. Paired-sample t-tests were used to test the hypotheses. As predicted, participants reported greater trust in co-workers high on all three trustworthiness factors (M = 9.03, SD = 1.38) than co-workers low on all three trustworthiness factors (M = 2.36, SD = 1.47), t(95) = 29.1, p < .000. Contrary to predictions, participants did not trust co-workers who were purely high on benevolence (M = 4.89, SD = 1.95) more than co-workers who were purely high on integrity (M = 4.51, SD = 1.78), t(95) = -1.59, p = .12 or ability (M = 5.31, SD = 1.91), t(95) = -1.87, p = .07. These findings indicate that Mayer et al.'s (1995) model applies to co-worker trustworthiness and that each of the three factors are important components of trustworthiness. Implications for theory and practice are discussed.*

Section: Industrial and Organizational Psychology / *Psychologie industrielle et organisationnelle*
Session ID: 67181 - Printed Poster

Section Featured Speaker

Work from Home during a Pandemic: Blurred Work-Life Boundaries and the Renewal of Organizational Control

Presenting Author: Ollier-Malaterre, Ariane

Abstract: *In this talk, I will analyze some key on-going transformations of workplaces and families that the COVID-19 pandemic and the rise of work from home (WFH) serve to reveal. I will draw on industrial/organizational and organizational behavior scholarship on boundaries between work and life, as well as on sociology and critical management scholarship on organizational control. I will make three arguments. First, I view COVID-19 and WFH as precipitating the erosion of the temporal, spatial and relational boundaries between work and life that had started to blur in the late 20th century. Second, I contend that managers' loss of control in the WFH setting is precipitating the shift of organizational control towards direct quantified and AI-driven algorithmic control, as opposed to the past decades' indirect control based on affiliation with an organization. These two dynamics are interrelated, as forced work-life integration serves organizational control objectives. Third, I will suggest paths to regain agency: at the individual level, people can strive to actively manage their technology to rebuild boundaries off and online, limit their connectivity, and protect their privacy; at the collective level, regulations can restrict employer surveillance and educational programs can reduce disparities in digital cultural capital.*

Section Invited Symposium

Snapshot

The Effects of Job Demands on Employee Well-Being: The Moderating Role of Psychological Detachment

Presenting Author: Dion-Cliche, Flavie

Additional Author: Trépanier, Sarah-Geneviève

Abstract: *Employee well-being is an important issue and can be represented by the absence of negative (burnout) and the presence of positive manifestations (job satisfaction). Given that employee well-being translates into organizational outcomes (performance, retention), it is crucial to better understand the contextual factors that can affect their well-being as well as the individual strategies can be intervene within these relationships. The aim of this cross-sectional study (n=120 workers) was to examine the relationship between job stressors (workload, role ambiguity) and employee well-being (burnout, job satisfaction) and the buffering effect of psychological detachment (PD: disengage oneself psychologically from work when being away from the workplace). Results reveal that job stressors positively predict burnout and that PD significantly buffers these relationships: workload predicts burnout more strongly when PD is low (b=.65, p*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61578 - Snapshot

Does Pro-Environmental Leadership Make a Difference? Examining Effects on Individual Well-Being, Commitment and Life Satisfaction

Presenting Author: McCutcheon, Renée

Additional Author: Dupré, E Kathryne

Abstract: *Awareness and consequences of climate change have increased over time, and as a result there is greater interest in adopting sustainability practices, especially in the workplace. One possible way to do so is through environmental transformational leadership (ETFL). Past research suggests that transformational leaders elicit positive individual outcomes (Middleton, Harvey, and Esaki, 2015); leaders who are high on ETFL, however, positively influence employees while simultaneously supporting and encouraging pro-environmental behaviours (Robertson and Barling, 2017). In this study we examined the relationship between ETFL and individual well-being, commitment and life satisfaction. From the 126 participants recruited, 78 undergraduate students passed the manipulation check and participated in the current study. Using a vignette study design, participants (53.8% (_n_ =42) employed) were randomly assigned to one of three conditions where they were asked to read and imagine themselves in an organizational scenario representing: (1) a strong environmental transformational leader, (2) a neutral environmental transformational leader, or (3) a weak environmental transformational leader. Participants then reported their perceived affective well-being, affective organizational commitment, and life satisfaction. In-line with previous findings, these results suggest that ETFL is associated with positive individual outcomes (i.e., increased affective well-being and affective commitment). Although these findings warrant replication, they suggest that when leaders behave in environmentally*

conscious ways, there are benefits for individuals that extend beyond the positive outcomes that have been empirically demonstrated to be strongly associated with transformational leadership.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 61664 - Snapshot

Learner-teacher targeted bullying in South African high schools

Presenting Author: Adewusi, Adeniran Gregory

Abstract: *Studies about workplace bullying recognise that teaching is becoming a high-risk profession. Despite the global concern about teacher-targeted bullying by learners, a dearth of studies remain regarding the bullying of teachers. This study aims at making a contribution to the limited corpus of knowledge on the preponderance of the phenomenon within the South African schooling contexts. A phenomenological research design qualitative method was employed. Eight teachers in grade 12 class completed semi-structured interviews about the bullying of teachers by learners. Findings evince that teachers are bullied in diverse ways. Findings further reveal that generational shift in learner behavioural pattern, learner drug addiction and school violence, too much learner-centred approach policy by the government, poor parental school involvement and inadequate resources in schools are contributory factors for teachers being bullied. The study exposes the resultant effect of bullying on teachers as severe; responsible for stress, emotional distress, isolation, teacher burnout and sometimes attrition from practice. The findings are discussed with reference to literature. It is concluded that bullying of teachers poses a serious challenge in South African schools, hence must be urgently addressed by whatever pragmatic policy to preempt domestic violence faced by teachers.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61744 - Snapshot

A Novel Approach to Understanding Career Development and Well-Being at Work

Presenting Author: Van Vliet, K. Jessica

Additional Authors: Domene, F. José; Haldane, Chayse M.; Warner, Lindsay S.

Abstract: *This presentation provides a snapshot of a multi-pronged study that applies social mentality theory, a key aspect of Compassion-Focused Therapy (CFT), to the novel context of career development and wellness in the workplace. In the first part of our study, we conducted qualitative interviews aimed at eliciting in-depth descriptions of how social mentalities were experienced and expressed in people's work lives. The ensuing descriptions then aided in our development of a new instrument designed to measure people's perceptions of their co-workers and themselves, in terms of Gilbert's social mentalities (1992). In the final stage of our study, we will be using our new instrument to help test hypotheses on how social mentalities may influence people's career development and well-being at work. Potential implications of our study for counselling psychology research and practice will be discussed.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64174 - Snapshot

Experiences of transgender people in the workplace: Implications for Canadian counselling psychology

Presenting Author: Llefebvre, Danielle C

Additional Author: Domene, José

Abstract: *A growing body of literature is emerging on the experiences of transgender individuals, including their experiences in the workplace. A scoping review of 36 publications in this area yielded several themes, including support, or lack thereof, for transgender employees, gender-related concerns (e.g., binary and gendered environments), cultural factors (e.g., societal attitudes and institutional discrimination), and resilience (e.g., coping). General considerations for counselling psychologists working transgender individuals, such as the influence of personal biases and importance of reflexivity and consultation, are identified. Career-specific counselling psychology practices with transgender people are also discussed, including: awareness of workplaces policies, provincial and federal laws and protections in Canada, legal supports if necessary, insurance, preparation (e.g., for co-worker reactions, aspects of transitioning), and advocacy. In addition, the counselling psychologist's own workplace is integral in creating safety and security for clients. Organizational mandate, attitudes of employees, and administrative factors (e.g., diverse gender identification on forms, non-gender specific bathrooms) are all important considerations for practitioners in a Canadian context.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64255 - Snapshot

Practical Steps to Address Workplace Incivility: A Daily Challenge

Presenting Author: Labelle-Deraspe, Rémi

Additional Author: Kabat-Farr, Dana

Abstract: *Researchers and practitioners are increasingly interested in the dynamic of interpersonal mistreatment at work (Hershcovis et al., 2020). Although several interventions exist to protect employees from severe forms, such as bullying (Zapf and Vartia, 2020), much remains to be done regarding ambiguous and discrete forms like incivility (Cortina et al., 2017). Incivility can move throughout an organization via contagion (Foulk et al., 2016), affecting organizational culture and undermining employees' performance and well-being (Pearson and Porath, 2005). The situation is alarming: up to 50% of the workforce experiences uncivil conduct weekly (Porath and Pearson, 2013). To date, very few interventions have been developed (e.g. Graham et al., 2013; Pearson and Porath, 2009; Walsh and Magley, 2013) and even fewer have been put to empirical test (e.g., Osatuke, et al., 2009). Most interventions address incivility by promoting positive relationships. However, they are often multi-component and complex, consuming both time and resources for organizations (Hodgins et al., 2014), and more efficient approaches should be considered. Leaders are asking for practical steps to address this daily challenge. Our presentation will reveal results from an interdisciplinary literature search, underlining and comparing best practices to erode patterns of incivility, providing a resource for leaders and managers.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64640 - Snapshot

Understanding the Impact of Virtual Work on Employees

Presenting Author: Brass, Justin

Abstract: *With the emergence of COVID-19, physical distancing requirements resulted in more employees working virtually. In turn, the social relationship between leaders and followers has changed (e.g., greater reliance on email, videoconferencing). This shift in communication creates the potential for new, and sometimes harmful, interpersonal dynamics. In particular, leaders may be perceived by their employees to violate unnamed social and communication norms that result in the employee's experience of harm (i.e., uncivil workplace behaviours). The objective of the current study is to understand the impact of civility and incivility in virtual work between leaders and followers, and its effects on employee outcomes (e.g., burnout, workplace anxiety). This study is in the process of data collection with individuals who have moved to virtual work during the pandemic. Data will be fully collected and analyzed in time for the conference. It is anticipated that the results*

from this study will be instrumental in helping to understand the leader-follower dynamics during COVID-19's work-from-home context. Additionally, the results may support the development of institutional and interpersonal recommendations that foster more supportive and respectful dynamics between leaders and their followers. In particular, this research will address the largely overlooked topic of communication and social norm violation that is ripe to occur within virtual work-from-home contexts, of which many leaders have not been sufficiently trained. As organizations make decisions about maintaining virtual work, learning more about these dynamics will be essential for fostering psychologically safe workplaces for employees and mutually respectful dynamics between leaders and their followers.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64692 - Snapshot

Sleepiness and bias against hiring women into leadership positions

Presenting Author: Ortynsky, Mikaila L

Additional Authors: Carleton, L Erica; Walsh, Megan M.

Abstract: *A critical driver of the underrepresentation of women in leadership is gender biased hiring decisions. Specifically, implicit gender biases that decision makers hold about leadership. Using role congruity theory, this thesis further investigates stereotypes and biases that decision makers hold and physiological factors that may increase biases. A good night's sleep has been shown to increase individual self-control, thus, decreasing implicit biases. This differential study examines undergraduate students (n=262) sleep and self-control and subsequent hiring decisions. Through a hiring simulation, participants reviewed hiring materials of a male and female candidate for a leadership role. Results indicated that participants who lacked sleep quality were more likely to hire the male candidate and participants rated the female candidate significantly warmer than the male candidate, even though the hiring materials were equal. This research highlights the importance of sleep, organizations should prioritize and use sleep promotion activities to support their employees such as sleep awareness. In addition, understanding that daytime sleepiness can lead to implicit gender bias could, for instance, encourage a decision-maker to get a good night's rest prior to a day of hiring, make hiring decisions in the morning, or take a short nap before hiring interviews.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64932 - Snapshot

Exploring Canadian-based workers' wellbeing during the COVID-19 crisis: A latent profile analysis

Presenting Author: Pacheco, Tyler

Additional Authors: Coulombe, Simon; Kocovski , Nancy

Abstract: *_BACKGROUND_: The COVID-19 crisis has greatly impacted Canadian-based workers as most have a) been temporarily/indefinitely laid off, or b) begun telecommuting from home. Previous research has focused on the effects of the crisis on workers' wellbeing, but from a variable-centered approach. This leaves a scarcity of research using person-centered analyses, such as latent profile analysis (LPA), to explore the many realities workers are experiencing. The primary objective of this study is to determine profiles of workers wellbeing across positive (e.g., meaning in life, flourishing) and negative (e.g., distress, stress, social isolation) wellbeing indicators. _METHODS_: Canadian-based workers (_N_=729) completed an online survey between April 3rd and 17th, 2020 regarding their experiences during COVID-19. The sample consists of Anglophones who worked a minimum of 20 hours prior to the COVID-19 crisis. _ANTICIPATED RESULTS__:_ LPA will illustrate multiple profiles of workers' wellbeing during the COVID-19 crisis. _IMPACTS_: Findings will offer a nuanced portrait of workers' experiences during COVID-19. Person-centered interventions can be developed to*

aid specific groups of workers who are struggling (low positive wellbeing and high negative wellbeing), while also supporting those who are found to be thriving (high positive wellbeing and low negative wellbeing).

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65169 - Snapshot

Female Leaders and Workplace Humor: A Qualitative Exploration

Presenting Author: Sharifi, Tina

Additional Author: Karakowsky, Eli Leonard

Abstract: *The extant research has indicated that the effective use of humor can be a powerful leadership tool. Unfortunately, insufficient attention has been directed at understanding how the effects of leader humor can be impacted by gender of the leader. Thus far, scholars have lauded the use of humor for male leaders, while suggesting that humor use for female leaders is potentially risky. This paper reports one of few efforts to unpack the black box that exists between female leaders' use of humor and its consequences. We conducted a qualitative study to investigate the experiences of 25 female leaders who have used humor within various workplace contexts. We employed semi-structured interviews and analyzed the data using thematic, sentiment, and frequency analysis. Our findings help contextualize the consequences of female leaders who employ humor. Among the themes identified, it was found that recipient responsiveness to leader humor was largely a function of the quality of the relationship that the leader had with her subordinates. In addition, while themes arising from our interviews included the challenges of leadership gender stereotypes, the enactment of humor was viewed as a powerful tool that can productively assist in confronting those perceptual biases and stereotypes.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65317 - Snapshot

Symposium

Shaping a Leader: How Gender Affects Different Stages of Leadership

Moderator: Engstrom, Holly R

Abstract: *Who becomes a leader, how do followers view their leaders, and how do leaders in turn treat their followers? This symposium answers these questions through the lens of gender. The first talk (J. He) explores who becomes a leader, finding that women are less likely than men to compete for promotions to leadership positions under a traditional opt-in (self-nomination) scheme, and that changing to an opt-out scheme can eliminate this disadvantage. The second talk (M. Briggs) explores how women are viewed once they do reach leadership positions. Specifically, this research investigates how people respond to a woman leader expressing sadness or anger, and how this differs based on her race. The third talk (H. R. Engstrom) explores how leaders behave differently depending on the gender of their followers, finding that both women and men leaders behave in a more assertive, harsh, controlling way towards groups of men than women. Together, these talks explore gender (and racial) inequities within a variety of leadership contexts, from status attainment to evaluation of leaders to behavior towards followers—an important topic given women's continued underrepresentation in leadership roles. This symposium aligns with SWAP's mission to promote information relevant to women in psychology by discussing issues women are likely to face as both leaders and followers.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 61670, Presenting Papers: 64309, 64310, 64311 - Symposium

Lean In or Don't Lean Out? Opt-out Framing Eliminates Gender Differences in Competition

Presenting Author: He, Joyce

Additional Authors: Kang, Sonia; Lacetera, Nicola

Abstract: *In most organizations, promotion into leadership typically requires self-nomination and competition via an application. However, past research on gender differences in self-promotion and preference for competition suggests that the default opt-in process might result in fewer women choosing to compete. Drawing from well-established findings on behavioural nudges, we hypothesized that changing promotion schemes from a default where applicants must opt-in (i.e., self-nominate) to a default where applicants must opt-out (i.e., those who pass a qualification threshold are automatically considered for promotion, but can choose not to be considered) will attenuate gender differences in participation in competition. We find that women are less likely to compete and put themselves forward under the traditional opt-in framing. However, when the choice is described using opt-out framing, gender differences are eliminated, and men and women choose to remain in the competition pool at equal rates. These results suggest that organizations could make use of "opt-out" promotion schemes as a behavioral intervention to reduce the gender gap in promotion rates and ascension to leadership positions.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64309 - Paper within a symposium (Symposium ID: 61670)

Diverging Perceptions of Emotional Black and White Female Leaders

Presenting Author: Briggs, Madasen

Abstract: *Stereotypical beliefs about emotion have been shown to influence perceptions of competence. While emotional White women are often presumed to be generally less competent, emotional Black women receive variable competence ratings due to the intersecting stereotypes concerning both their race and gender. However, it is unclear how perceptions of competence fluctuate in response to anger, a stereotypically male emotion, in comparison to sadness, a stereotypically female emotion. The project at hand will have participants respond to a vignette where a female leader's race (White or Black) and emotion (angry, sad, neutral) are randomized. Furthermore, the vignettes will depict an interaction between a female leader and (White) male subordinate who is speaking disrespectfully, which establishes both a differential gender and power dynamic not often addressed in research. Participants will respond to items measuring perceived competence of the leader. We hypothesize that both Black and White sad leaders will receive comparatively low competence ratings based on the stereotypical notion that sadness is associated with weakness. Finally, we hypothesize that, congruent with the Strong Black Woman stereotype, the angry Black leader will receive higher overall competence ratings than the angry White leader.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64310 - Paper within a symposium (Symposium ID: 61670)

How Group Gender Affects Leadership Strategy

Presenting Author: Engstrom, Holly R

Additional Authors: Laurin, Kristin; Zuroff, David C; Schmader, Toni

Abstract: *Leaders play a powerful role in shaping human enterprise. If leaders behave differently depending on their subordinates' gender, this could have important implications for culture within gender-segregated groups and for individual men's and women's experiences and success. A programmatic series of three pre-registered studies (total _N_=811; see https://osf.io/d5m4k/?view_only=5fbe5ca17d9149389c37d54ace6a9037 [1] for pre-registrations and data) find that both women and men lead groups of men in a more dominant manner than groups of women. These studies use experimentally controlled scenarios, leaders of real gender-segregated groups, and in-lab leadership behavior, and show the effect even among leaders of young children. Contrary to*

prior research portraying dominance as a stable personality trait, and leader gender as a determinant of that trait, these results suggest those in charge readily adjust their level of dominance to suit (the gender of) the group. Moreover, this adjustment may be reinforced by followers themselves: A fourth pre-registered study (_N_=844) found that men evaluate dominant leaders more positively than do women. Together, these findings suggest that male-dominated groups are more likely to foster dominant leadership, which may shape cultural norms in ways that harm group cohesion and leave women feeling they do not fit in.Links:------[1] https://osf.io/d5m4k/?view_only=5fbe5ca17d9149389c37d54ace6a9037

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64311 - Paper within a symposium (Symposium ID: 61670)

Occupational trauma and mental health: A focus on resilience and service utilization

Moderator: Mota, Natalie

Abstract: *Individuals with certain occupations, including members of the Armed Forces and public safety personnel, are at elevated risk of mental health conditions and exposure to potentially traumatic events due to the nature of their work. This year's Clinical Section Student Symposium offers a selection of innovative graduate student research that seeks to understand resiliency factors and service utilization among populations exposed to occupational trauma. Brais (University of Manitoba) will present on perceived social support as a protective factor among paramedics and firefighters. Next, McCall (University of Regina) will present on internet-delivered cognitive behavioural therapy among public safety personnel with posttraumatic stress symptoms. Finally, Pollard (University of Ottawa) will present on barriers and facilitators to help-seeking among Canadian Armed Forces Members who have experienced moral injury. Each presentation has clinically relevant implications that will contribute to our understanding of occupational trauma and mental health. Dr. Natalie Mota, 2020 recipient of the CPA Clinical Section Scientist Practitioner Early Career Award and expert in trauma exposure and resilience factors, will be the discussant for this symposium.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64251, Presenting Papers: 64915, 64916, 64917 - Symposium

Perceived Social Support: A Protective Factor against Workplace Violence and Psychopathologies in Paramedics and Firefighters

Presenting Author: Brais, Nicolas

Additional Authors: Setlack, Jennifer; Keough, Matthew; Johnson, Edward A

Abstract: *First responders are routinely exposed to potentially traumatic events, such as workplace violence, which has been associated with a higher risk of developing psychopathologies. Perceived social support is a protective factor that may enhance first-responders resilience in the face of violence. Specifically, the shared experiences of unique stressors among co-workers may lead to a sense of relatability that may help reduce workplace violences psychological impacts above support from loved ones. Accordingly, the current study created a measure of work social support. We assessed how perceived social support from co-workers and loved ones moderated the relationship of workplace violence to psychopathology in first responders. A sample of active-duty firefighters (n=117) and paramedics (n=129) from a large Canadian city completed online measures of emotional psychopathology. Overall, we found that workplace violence positively predicted emotional psychopathology, but only at low levels of work social support. Consistent with a buffering effect, workplace violence was not associated with emotional issues at high levels of work support. In contrast, level of social support from loved ones did not moderate workplace violences negative impacts. We will discuss the implications of our findings on the benefits of social support and support networks within the work environment.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64915 - Paper within a symposium (Symposium ID: 64251)

Internet-Delivered Cognitive Behavioural Therapy is Effective among Public Safety Personnel with Elevated PTSD Symptoms

Presenting Author: McCall, Hugh

Additional Authors: Beahm, Janine; Hadjistavropoulos, Heather

Abstract: *BACKGROUND: First responders and other public safety personnel (PSP) routinely experience occupational trauma and suffer high rates of posttraumatic stress disorder (PTSD). Our research unit (PSPNET) provides PSP in Saskatchewan and Quebec with internet-delivered cognitive behavioural therapy (ICBT), an accessible, effective treatment for PTSD. The objective of this study was to evaluate initial outcomes of ICBT tailored for PSP among PSPNET clients with elevated PTSD symptoms. METHODS: PSP reporting elevated symptoms of PTSD enrolled in an 8-week course of ICBT with therapist support. We examined symptom change using effect size and reliable change rates on the PTSD Checklist for DSM-5. We thematically analyzed clients' emails, weekly reflections, and post-treatment questionnaires to examine their experiences of ICBT. RESULTS: PSP experienced large reductions in PTSD symptoms, and most perceived ICBT to have a positive impact on their lives. For instance, most clients stated the course provided them with skills to improve their wellbeing and normalized their experiences with mental health issues. CONCLUSIONS: Most PSPNET clients with elevated symptoms of PTSD reported reduced PTSD symptoms and positive experiences with ICBT. IMPACT: PSPNET is helping PSP manage PTSD symptoms. Future research using follow-up data can explore the extent to which ICBT is helping PSP build resilience.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64916 - Paper within a symposium (Symposium ID: 64251)

Identifying Potential Barriers and Facilitators to Help-Seeking Among Canadian Armed Forces Members who have experienced a Moral Injury

Presenting Author: Pollard, Cavan G

Additional Authors: Houle, A Stephanie; Ashbaugh, Andrea A; Jetly, Rakesh

Abstract: *_BACKGROUND:_ Moral injury (MI), defined as distress resulting from the perpetration or witnessing of events that transgress one's moral values, may present unique challenges to seeking mental health services among Canadian Armed Forces (CAF) personnel, as it is characterized by feelings of shame, guilt, and a loss of trust in oneself and others (Griffin et al., 2019). _AIM:_ This study aims to identify potential barriers and facilitators to help-seeking among current and former CAF personnel who have experienced a potentially morally injurious event (PMIE). _METHOD:_ Thirteen active (n=6) and former (n=7) CAF members exposed to one or more PMIEs were recruited from specialized clinics in Ottawa. Participants completed a semi-structured interview about their mental health experiences. _RESULTS:_ A thematic analysis of the interviews revealed at least four main barriers (stigma, denial, lack of knowledge of MI, and negative perceptions of mental health system) and five main facilitators (shared experience, screening, encouragement from others, sense of purpose, and alternatives to formal health care) to treatment-seeking. _CONCLUSIONS:_ In addition to similar barriers and facilitators to help-seeking among CAF personnel previously identified, current results also indicate a lack of understanding of MI and a fear of others learning about their actions as barriers to treatment-seeking.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64917 - Paper within a symposium (Symposium ID: 64251)

Realistic expectations and military adjustment

Moderator: Otis, Nancy

Abstract: *It is widely recognized that realistic expectations facilitate adjustment to new situations. The aim of this symposium is to examine met expectations of Canadian Armed Forces (CAF) members at different stages of their military career. The first presentation examines how CAF members' expectations about basic training compared to their experiences and provides a qualitative analysis of themes contributing to unmet and exceeded expectations of this first stage of military training. The second presentation uses quantitative methods to examine the relationships between the accuracy of military training information, met expectations of military training, and career adjustment of CAF members at one year of service. The third presentation analyzes results of focus groups and telephone interviews conducted with CAF members and military spouses who were posted to the United States (US) to examine their expectations and experiences in their new work location with the aim of using the study's results to provide incoming CAF members and their families with a realistic preview of the benefits and challenges inherent in US postings. Information from this session will appeal to military practitioners as well as practitioners interested in developing realistic previews.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64661, Presenting Papers: 64667, 64671, 64673 - Symposium

Qualitative analysis of recruits' surpassed or unmet expectations about basic training

Presenting Author: Otis, Nancy

Additional Author: Connick-Keefer, A Sarah Jayne

Abstract: *Previous research has found that unmet expectations are among the most frequently mentioned reasons for releasing voluntarily from basic training (Michaud, 2010). The aim of this study is to conduct a qualitative analysis on responses to two open-ended questions to determine common reasons why basic training was better or worse than expected. The current study utilized data from the Project Horizon Phase 2 survey (n = 6,501) administered to Canadian Armed Forces recruits at the end of basic training. Results showed that the vast majority of recruits indicated that it was at least as rewarding/fulfilling as they expected it to be (49.5%) or more rewarding/fulfilling (38.2%). The top common themes for respondents with surpassed expectations were related to the experience of social cohesion, opportunities to overcome challenges and difficulties, as well as the training received and skills acquired. Relatively fewer respondents reported that their experience was less rewarding or fulfilling than expected (13.3%). The top common themes for respondents with unmet expectations were that basic training was not challenging enough, and that the quantity and quality of physical training was insufficient. The findings have implications for developing more accurate recruiting information that highlights both positive and potentially negative aspects of basic training.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64667 - Paper within a symposium (Symposium ID: 64661)

Met expectations and realistic preview of training among new Canadian Armed Forces members: Implications for early adjustment

Presenting Author: Laplante, Joelle

Additional Author: Otis, Nancy

Abstract: *Unmet expectations have been identified as one of the causes of early military turnover (Michaud, 2010). Recruits' expectations are influenced by the information conveyed during the recruitment and socialization process, including the accuracy of this information. The goals of this research are: 1) to examine*

recruit expectations and the extent to which various information sources offer a realistic preview of military training; 2) to examine satisfaction with various aspects of training, including aspects of Personnel Awaiting Training (PAT) platoons, as sources of unmet expectations; 3) to examine qualitative data pertaining to what recruits wish they had known prior to joining the military for indicators of (un)realistic previews of training; and 4) to determine the relative contributions of expectations and realistic previews in the prediction of early military adjustment. This study is based on Project Horizon Phase 4 survey data collected at the end of the members' first year of service (_n _= 751). Regression-based analyses highlighted the importance of met expectations and training information conveyed by instructors for adjustment to training. Recommendations highlight information to focus on to provide recruits with a realistic preview of their training and upcoming careers.

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64671 - Paper within a symposium (Symposium ID: 64661)

Canadian Armed Forces postings to the United States: Assessing the alignment between expectations and reality

Presenting Author: Ebel-Lam, Anna

Additional Authors: Urban, Samantha; Norris, LCol Marie; Franklyn, Sabina

Abstract: *The aim of this research is to inform the development of a realistic preview of Canadian military postings to the United States (US) – namely, a resource that Canadian Forces members and their families can access to better understand the realities of such postings, and to determine their level of suitability. Using a mixed-method design, focus groups and telephone interviews were conducted with 231 Canadian personnel and spouses affiliated with military establishments and bases throughout the US. Among other things, respondents were asked to indicate (a) whether their US postings were better or worse than they had anticipated, and (b) how their posting experience diverged from their expectations. The current paper provides an overview of the preliminary research findings derived from these items, focusing specifically on domains that were most likely to be listed as unexpected aspects of US postings, including financial and healthcare challenges, work demands, recreational opportunities, and professional opportunities. Next steps in the development of the realistic preview are also discussed.*

Section: *Psychology in the Military / Psychologie du milieu militaire*
Session ID: 64673 - Paper within a symposium (Symposium ID: 64661)

I/O Psychology - The Next Generation: Student Research on Stereotypes, Training, and Disabilities in the Workplace

Moderator: Jones-Chick, Rachael

Abstract: *The CSIOP student symposium brings together research being conducted by students in I/O Psychology and related programs across Canada. In this symposium, 4 students will discuss their work, providing insight into the up and coming research being conducted by the next generation of I/O Psychologists. The first paper explores how the stereotype that women are more emotional than men may lead managers to avoid sharing certain information when communicating bad news to female employees. The researchers found that when managers believe the bad news will cause distress, they are more interpersonally sensitive when the recipient is female but provide less information, which ultimately could harm women's ability to improve. The second paper examines how warmth stereotypes from non-organizational members undermine Asian employees. The authors found that stereotypes of Asians as competent but not warm undermined evaluations of Asian professors' communication skill and lowered intentions to work with them, with pronounced effects for female professors, where warmth information is especially consequential. The paper paper examines the relationship between employers' bipolar disorder (BD) knowledge, disability disclosure strategy, and hiring intentions.*

Employers who hold negative perceptions of applicants with BD but accurate knowledge of BD may buffer against stigma.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64925, Presenting Papers: 65159, 65160, 66445 - Section Invited Symposium

She can't handle the truth: Do gender stereotypes undermine managers' enactment of justice?

Presenting Author: Barron, Amy

Additional Author: Bobocel, Ramona

Abstract: *Managers often must communicate bad news to employees. Anticipating recipient distress, managers may be motivated to soften the blow. Specifically, managers may use words that convey concern (high interpersonal justice) but avoid sharing information regarding the reasons for the decision (low informational justice) for fear of threatening employees' self-worth, even if the information is relevant for employees' self-improvement. Given the salient stereotype that women are emotional and susceptible to feelings of distress (Brescoll, 2016), we reasoned that managers' tendency to soften bad news will be greater when the recipient is female, as compared to male. To test this, we conducted an experiment online in which working adults assumed the role of a manager who must demote an employee (either male or female). Participants selected one of two explanations to give the employee: one high in interpersonal justice (low informational justice); the other high in informational justice (low interpersonal justice). Participants also rated the degree to which they anticipated employee distress. As predicted, participants who anticipated low distress more often chose the high informational explanation regardless of recipient gender. However, among those who anticipated distress, recipient gender mattered: Participants more often chose the high interpersonal explanation, only when the recipient was female. This suggests that when managers attempt to mitigate recipient distress, they could simultaneously undermine women's self-improvement by withholding relevant information.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65159 - Paper within a symposium (Symposium ID: 64925)

When Competence is Not Enough: How Warmth Stereotypes from Non-Organizational Members Undermine Asian Employees

Presenting Author: Varty, Christianne T.

Additional Authors: Daniel, Victoria; Zhan, Yujie (Jessie); Hideg, Ivona

Abstract: *Although portrayed as no longer facing bias, Asians in North America are the least likely of all groups to be promoted as leaders (Gee and Pek, 2018). Anti-Asian bias has been overlooked in part because past work has mostly ignored that bias from non-organizational members (e.g., clients) influence employee outcomes (Vial et al., 2019). Yet unpacking such bias may be critical for understanding Asians' experiences because non-organizational members may be focused on interpersonal cues but Asians are stereotyped as competent and not warm (Lin et al., 2005). To provide insight on this bias, in the context of academia we examine reactions of non-organizational members (i.e., prospective graduate students) to Asian professors. Drawing on the stereotype content model (Fiske et al., 2002), we argue that prospective students perceive Asian (vs. White) professors as less warm. Since warmth is important for relationship quality, low warmth undermines perceptions of a professor's interpersonal skill, particularly communication, and reduces students' intentions to pursue an advisor-advisee relationship. Further, this serial mediation should be stronger for female professors since perceptions of low warmth violate gender role prescriptions. In two experiments, we found that stereotypes of Asians as competent but not warm undermined evaluations of Asian (vs. White) professors' communication and lowered intentions to work with them. Effects were pronounced for female professors, where warmth information is especially consequential. Implications include highlight non-organizational members as an overlooked source of bias.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65160 - Paper within a symposium (Symposium ID: 64925)

Bipolar disorder disclosure & hiring intentions: The role of knowledge in reducing stigma

Presenting Author: Kuan, Tian

Additional Authors: Nguyen, Anh T.P.; Samosh, Daniel; Lyons, Brent J.

Abstract: *Discriminatory attitudes and negative perceptions of performance contribute to low employment rates among people with psychiatric disorders. Applicants with mental disorders such as bipolar disorder (BD) often receive lower employability ratings and fewer job offers. Literature on mental health knowledge and employer attitudes demonstrates contradictory results: higher knowledge is associated with either positive or negative attitudes towards mental disabilities. This study examines the influence of employers' BD knowledge on their perception of BD applicant's disclosure strategies during a job interview. In an online survey, 268 participants rated their intentions of hiring, promoting, and accommodating a BD applicant based on disability disclosure strategies (integration, decategorization, simple disclosure). The BD knowledge measure was based on the Mental Health Literacy Scale and accuracy of identifying BD symptoms. Multiple regression analyses are underway. Knowledge is expected to moderate the relationship between applicant's disclosure strategy and employers' response, such that a more favorable reaction to disability disclosure will be conditional upon having more accurate knowledge about BD. This study aims to emphasize the importance of mental health education in reducing stigma to increase the presentation of people with psychiatric disability in the workforce.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 66445 - Paper within a symposium (Symposium ID: 64925)

Exploring the Unique Experiences of Canadian Women in Professional Psychology

Moderator: Bartel, Hannah L

Abstract: *With evident gender-disparities within the field of psychology and the recent influx of women entering professional psychology, it is important to understand the experiences of women in this field. Given that women are responsible for childbearing and often shoulder the larger share of family obligations, female professional psychologists face unique challenges. This symposium will present the results of a series of studies conducted to provide an in-depth analysis on Canadian female professional psychologists' experiences within the field of psychology and the impact of motherhood on this role. In paper 1, Yaholkoski examines Canadian female professional psychologists' experiences within the work environment. Using data from Canadian women in professional psychology, she will report predictors of job satisfaction, quality of life, and work-life balance. In paper 2, Ward will use data from Canadian mothers in professional psychology to examine whether certain family and work variables predict mothers' reports of quality of life. In paper 3, Wiens will share preliminary qualitative reports on the experiences of Canadian mothers in professional psychology. She will use these reports to examine the interrelationship between work-family balance, job satisfaction, and social support.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65258, Presenting Papers: 65306, 65312, 65314 - Symposium

Predictors of Job Satisfaction and Work-Family Balance for Canadian Female Professional Psychologists

Presenting Author: Yaholkoski, Amber M

Additional Authors: Bartel, L Hannah; Keates, Jean; Ward, Michelle A; Theule, Jen

Abstract: *Female psychologists are underrepresented in positions of high status within University settings, receive lower pay, and hold more part-time positions compared to male colleagues (APA, 2017, Witteman et al., 2019). A suggestion for this discrepancy is women emphasize family over work obligations and perceive academic positions as interfering with work-family balance (Lee et al., 2009), though there is an absence of research on this topic in the Canadian context. The present study addressed this gap by examining aspects of work environment that predict job satisfaction and work-family balance. A total of 158 women in professional psychology participated in a national online survey. Multiple regressions were used to determine work characteristics predictive of job satisfaction, work-family balance, and quality of life. Higher satisfaction with work hours was a significantly predictive variable across all three models. Work setting was also important, with women working in academia reporting higher levels of job satisfaction than those in applied settings. The results suggest the benefit of work-place policies for flexible hours. They can also help graduate students make informed career decisions; in contrast to popular perception, women in academia report higher job satisfaction and do not differ from their applied counterparts in ratings of work-family balance.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65306 - Paper within a symposium (Symposium ID: 65258)

Balancing Motherhood and Career Responsibilities: Predicting Quality of Life for Canadian Women in Professional Psychology

Presenting Author: Ward, Michelle A

Additional Authors: Bartel, L Hannah; Yaholkoski, Amber M; Keates, Jean; Theule, Jen

Abstract: *Women are entering professional psychology at increasing rates and are now more prominently represented in younger generations of psychologists than men (American Psychological Association [APA], 2017; Lee et al., 2009). Like many Canadian women—who continue to shoulder greater non-paid childcare and housework responsibilities in addition to paid employment (Moyser& Burlock, 2018)—women in professional psychology often face the challenge of balancing work and family demands. To better understand the implications of this fine balance, the present study seeks to explore whether key family and work variables are predictive of quality of life for Canadian mothers in professional psychology. A total of 92 Canadian mothers in professional psychology participated in a national online survey. Data analysis is underway, with regression analyses being conducted to determine whether job satisfaction, relationship satisfaction, and satisfaction with work-family balance were predictive of quality of life for participants. Preliminary results suggest that work-family balance, relationship satisfaction, and job satisfaction all contribute to quality of life for mothers in professional psychology. These findings have important implications for the field, as quality of life and overall wellbeing are viewed as essential to providing effective services to the populations that we serve.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65312 - Paper within a symposium (Symposium ID: 65258)

A Qualitative Analysis of Work-Family Balance and Job Satisfaction in Canadian Psychologist Mothers

Presenting Author: Wiens, Danika A

Additional Authors: Theule, Jen; Keates, Jean; Ward, Michelle A; Yaholkoski, Amber M

Abstract: *Working mothers face difficulty attaining job satisfaction and work-family balance, but social support can moderate these effects. Existing research has shown that work-family balance is a strong predictor of job satisfaction but has not yet explored the role social support can play in increasing these two domains. The current study will use deductive theoretical thematic analysis to examine qualitative responses provided by Canadian mothers who have careers in psychology. This study will explore the interrelationship between work-family balance, job satisfaction, and social support. Preliminary analysis detailed subthemes including new mothers desiring greater flexibility, experiences of both increased and decreased work-family balance, support*

from various people, workplace benefits, and childcare arrangements. Analysis is ongoing and will be complete in February. This research will be beneficial for mothers, employers, and policymakers as it will outline which social supports increase work-family balance and job satisfaction in employed mothers. As no other studies have provided qualitative data on Canadian mothers' experiences regarding work-family balance, job satisfaction, and social support, this study will add valuable information to the literature. Importantly, women are telling their own stories, and this could clarify where further research is required.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65314 - Paper within a symposium (Symposium ID: 65258)

The Critical Importance of Leadership During COVID-19: Mitigating Effects on Employees' Mental Health, Psychological Safety, and Burnout

Moderator: Gilin, Debra

Abstract: *SYMPOSIUM ABSTRACT: Health care workers responding to the COVID-19 outbreak have shown high prevalence of mental health distress in two cross-sectional studies: 64% showed mental health symptoms (n=994; Kang, et al., 2020), and there was a high prevalence of self-reported depression (50.4%), anxiety (44.6%), insomnia (34%), and distress (71.4%; n=1257; Lai, et al., 2020). Prioritizing the mental health and recovery of employees working through COVID-19 is critical given the long time span of the pandemic (Ayanian, 2020; Xiang, et al., 2020). In this symposium, we will present three Canadian studies that investigate the critical role of organizational leadership during the pandemic. The team from University of New Brunswick (Paper 1, Wilbiks, Law, Roach, and Best) investigates workplace COVID protection measures and information availability as protective factors for health care workers, focusing on valid measures of physical and mental health. Paper 2 by a cross-university team of scholars (Thibault, Kelloway, et al.) measures a broad sample of Canadian workers and shows that transformational leadership—a personally tailored and supportive approach—may foster worker psychological safety and reduce the impact of fear on well-being. Paper 3 (Gilin, Lee-Baggley, Fleming, and Francis) will report emerging longitudinal results of a leader-focused intervention to help make their workplaces more supportive and mitigate home care staff burnout during the second peak of COVID-19 in Canada (January-April 2020). Together our symposium provides a rare first look at the critical protective role that organizational leadership can have during the COVID-19 pandemic, when it effectively prioritizes the safeguarding of worker physical and psychological well-being. Implications for long-range maintenance of health worker well-being will be discussed.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65434, Presenting Papers: 65452, 65459, 65462 - Symposium

Effects of protective measures and information on mental and physical well-being of health care professionals

Presenting Author: Wilbiks, Jonathan

Additional Authors: Law, Moira; Roach, Sean; Best, Lisa

Abstract: *ABSTRACT: During the ongoing COVID-19 pandemic, healthcare systems are under extended periods of stress. In turn, the professionals working in healthcare are also experiencing chronic stressors. During the H1N1 pandemic, more than half of health-care workers reported elevated anxiety, which was related to psychological distress and absenteeism (Goulia et al., 2010). This study assessed the level of physical and mental health in healthcare workers by administering the PHQ-9 (Kroenke et al., 2001) and the GWB (Cox et al., 1983). We also asked healthcare workers about measures their workplace had taken to reduce risk of COVID-19 transmission, as well as their satisfaction with these measures and the amount of information they were being given. 87 Canadian residents completed the surveys, including 52 residents of New Brunswick. We found that the average level of depressive symptomatology given by the PHQ-9 was 7.94, which is in the mild depression range. Additionally, 34 participants were in the moderate to severe depression range. However,*

correlational analyses show that there is a significant negative relationship between general wellbeing issues and satisfaction with workplace protective measures (_r_ = -0.251, _p_ = .020), and with satisfaction with information (_r_ = -0.324, _p_ = .002). This suggests that by communicating honestly with their employees and by instituting appropriate protective measures, healthcare authorities can optimize overall wellness of workers and prevent absenteeism during a healthcare crisis. These findings can be used to improve policies for wellness of health-care workers, specifically in New Brunswick.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65452 - Paper within a symposium (Symposium ID: 65434)

Leading through the Pandemic

Presenting Author: Thibault, Tabatha

Additional Authors: Kelloway, Kevin; Jones-Chick, Rachael; Myers, Vanessa; Shaw, Jaqueline; Gilbert, Stephanie; Mullen, Jane; Dimoff, Jennifer

Abstract: *ABSTRACT: Fear during a pandemic is expected. Experiencing fear and anxiety can increase strain (Kelloway et al., 2011). Leadership is positively associated with employee well-being (Kuoppala et al., 2008; Tafvelin, 2011). Can leaders still have a positive impact on employees during the COVID-19 pandemic? A Canada-wide survey of 831 employees who were still working in their regular workplace during the pandemic was conducted between May and July, 2020. A larger portion of participants resided in Ontario (34%) and Quebec (25%). The sample also included those in BC (15.6%), the prairies (19.2%), and the Maritimes (6.3%). Participants varied in their occupation and industry. Transformational leadership, psychological safety, and mental well-being were assessed using validated scales. Fear (related to COVID-19) was measured using 5 items adapted from Champion and colleagues (2004). Using Andrew Hayes' PROCESS Macro in SPSS (Model 5): Transformational leadership significantly predicted psychological safety (_R_2 = .12, _F_(1,829) = 109.85, _p_ < .001, coeff = .21, _p_ < .001). Psychological safety (coeff = .13, _p_ < .001), fear (coeff = -.32, _p_ < .001), and the interaction between psychological safety and fear (coeff = .04, _p_ < .05) significantly predicted mental well-being but transformational leadership did not (coeff = .04, _p_ = .41; _R_2 = .21, _F_(4,826) = 55.14, _p_ < .001). The relationship between transformational leadership and mental well-being was partially mediated by psychological safety. The direct relationship between transformational leadership on mental well-being was moderated by fear such that the relationship was stronger as fear increased. In simpler terms, the more fearful the employees are the more their leader's transformational behaviours can help them. Transformational leadership interventions may therefore be a way to improve employee well-being and guard against fear as we continue to work during the COVID-19 pandemic.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65459 - Paper within a symposium (Symposium ID: 65434)

Burnout Recovery: Results of a longitudinal leadership and self-care intervention on front line workers during COVID-19.

Presenting Author: Gilin, Debra

Additional Authors: Lee-Baggley, Dayna; Fleming, Mark; Francis, Lori

Abstract: *ABSTRACT: Job burnout refers to a continuum of distress characterized by high emotional exhaustion, a sense of depersonalization, and low professional efficacy (Maslach, et al., 1996). Higher burnout develops when employees are exposed to high workload, insufficient resources, and emotional labour over weeks or months, such as the COVID-19 pandemic. Once employees reach elevated job burnout, they are less effective at their job and less engaged at home (Linden, et al., 2005), and are more likely to experience psychological ill-health and absenteeism (Ybema, et al., 2010). It is also reported that high levels of job burnout have negative effects on decision-making capacity which could results in increasing risk of patient safety errors (Hall, et al.,*

2016) and compromised patient safety (Dewa, 2014). We will report results from a large-scale longitudinal intervention study to reduce burnout during the second wave of COVID-19 through a parallel course of leader-focused organizational psychology interventions and staff-focused self-care interventions (Burnout Recovery). Eight home nursing and support organizations in Nova Scotia will offer a 6-week intervention course to their leadership team (n=40) and willing front-line staff (n=240) between January and April, 2020. We are employing a randomized waitlist-control design with a pretest and two post-tests, as well as weekly measures. We hypothesize that our intervention, focused on leadership, conflict, self-care modelling, and core values of the leadership team, will improve both leader and staff burnout, job-related affect, safety, and reduce their work withdrawal (turnover intentions and absenteeism). We will augment self-report measures with longitudinal FitBit physiological data (HR, sleep, steps) of the leaders. Our results are expected to shed light on short-term organizational learning strategies that support front-line health staff who are at highest risk of impending burnout during COVID-19 to maintain their mental and physical health.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65462 - Paper within a symposium (Symposium ID: 65434)

THEME: UNDERSTANDING SOCIETY AND THE WORLD AROUND US

Helping people understand the world and improve our interactions within society and the people in our lives.

12-Minute Talk

Promoting positive interactions on social media: Youth support for bystander interventions

Presenting Author: Leduc, Karissa

Abstract: *Prevention activities to increase peer support in cyberbullying may decrease online victimization. Thus, the current study examined youth support of bystander responses to cyberbullying as a function of parents' prevention approaches for their child's use of social media. Children and adolescents evaluated a series of hypothetical cyberbullying events from the perspective of a passive bystander who chose not to engage in cyberhelping. Their support was evaluated as a function of parenting approaches (restrictive or instructive) and the bystander's relationship to the cyberbully (friend or acquaintance). Regardless of the bystander's relationship to the cyberbully, results showed that when parents engaged in instructive approaches (i.e., with an emphasis on critical thinking and conversation around social media), youth were less supportive of a bystander's choice to abstain from cyberhelping. In addition, parents who engaged in restrictive approaches (i.e., with an emphasis on rules and regulations for social media use) had children who supported the bystander's lack of engagement. Restrictive approaches were successful in supporting cyberhelping behaviors only when parents used them in conjunction with instructive approaches. Implications for the promotion of cyberhelping behaviors in the face of victimization on social media will be discussed.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64359 - 12-Minute Talk

Recommendations for Researching the Existential among Vulnerable groups.

Presenting Author: Connolly- Panagopoulos, Maxinne

Abstract: *The area of the psychological study of religion represents a remarkable and often under-explored area. It also faces the methodological task of operationalisation and adequately researching sensitive existential concepts such as religious belief, god-concepts, and the afterlife. It is therefore vital that methodologies within this field balance the representation of the individual experiences with objective analysis. This talk will explore the methodological strategies of an immersive qualitative study among an Iranian Christian community in Glasgow. These strategies included 9 months of participant observation, a pilot study which was subject to triangulation within the community, and finally semi-structured interviews based on the impressions of the participant observation and pilot interview. These strategies enabled the researcher to collect rich data, but also acted as a strategy for gaining trust within the community, building rapport, and maintaining a high ethical standard. While not all research has the time afforded to this example, the talk will encourage those working with vulnerable groups to consider issues of power and positionality; it will also highlight the need for sensitivity among researchers as well as using research as a means of empowering vulnerable groups by prioritising representation of participants' voices.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65430 - 12-Minute Talk

"Mom always liked you best!": Social comparisons between siblings

Presenting Author: Lockwood, Penelope

Additional Authors: Midgley, Claire; Balasubramanian, Laksmiina; Daniel, Adira

Abstract: *Social comparisons to a more successful sibling may be distressing, in part because they can have implications for how parents see the self; individuals may worry that their lesser success will diminish their parents' regard. In three studies using adult samples, we examined whether upward sibling comparisons would have a negative impact on the self, particularly among individuals whose self-worth is contingent on parental approval. In Study 1, participants reported on a past comparison with a sibling and the impact on their self-evaluations; those recalling an upward comparison to a more successful sibling reported more negative self-evaluations than those recalling a downward comparison to a less successful sibling. In Study 2, participants described an upward sibling comparison and rated their subsequent self-evaluations; those who made spontaneous references to parents in their open-ended descriptions also reported more negative comparison outcomes. In Study 3, participants rated their parental-contingent self-worth and then described an upward or downward sibling comparison. Those with higher parental-contingent self-worth reported lower self-evaluations after recalling an upward comparison to a sibling, but not after recalling a downward comparison. In sum, comparisons to a more successful sibling have a negative impact on self-evaluations (Studies 1 and 3), and these negative effects are exacerbated by concern for parental regard (Studies 2 and 3). These studies extend the literature on social comparison, and have important practical applications for practitioners working with families.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65453 - 12-Minute Talk

Social perceptions of environmentalists

Presenting Author: Williams, Elizabeth

Abstract: *What are public perceptions of environmentalists? Stereotypes are widely understood within a culture, even amongst individuals who do not believe them to be representative of the group in question. Research suggests that stereotypes of environmentalists are primarily negative and may impede environmental participation. Yet few studies have assessed environmentalist perceptions of their own in-group stereotypes. The current study builds on previous research by including representation from the environmental community. Canadian participants (N = 489) completed a survey containing a free response task and established research scales, including the Stereotype Content Model. Irrespective of their own environmental attitudes or identity, participants listed highly similar and largely positive words in association with environmentalists. When asked to rate public perceptions of environmentalists, participants provided similar moderate ratings on warmth and competence, and low rating for status. Perceptions of competition between environmentalists and the public, in resources, decision-making, and power, were higher amongst non-environmentalists. Results suggest that Canadians identify a prevalent, ambivalent public stereotype of environmentalists, whereas many hold largely positive personal associations. A better understanding of environmentalist stereotypes may contribute to psychology research on inter-group relations and stereotypes, and may offer insight into resistance to environmental initiatives, thereby improving design for greater public engagement.*

Section: Environmental Psychology / Psychologie de l'environnement
Session ID: 65624 - 12-Minute Talk

Confronting Sexism on Dating Apps: Men Like Confronters Less and Perpetrators More Compared to Women

Presenting Author: Schiralli, Jordana E

Additional Authors: Schiralli, Jordana; Moore, Annabelle; Chasteen, Alison L

Abstract: *Background: In our increasingly virtual world, individuals are turning to online dating to pursue romantic and sexual connections. Unfortunately, sexism is pervasive in the online dating sphere.   Methods: Across four studies (_N_ = 1104), we investigated how women are perceived when confronting sexism on popular dating and social media apps including Tinder, Bumble, Match, and Instagram. Our goals were to examine whether sexism was perceived as acceptable 1) on dating apps more than social media apps, 2) on some dating apps more than others, and 3) by men more than women.   Results: When comparing dating vs. social media apps, the female confronter was perceived more negatively and the male perpetrator more positively on Tinder (but not Match) compared to Instagram. Few differences emerged between dating apps, suggesting a shared set of online dating norms. Across all studies, men viewed the confronter as a greater complainer than did women, an effect that was partially mediated by viewing the perpetrator's behaviour as more appropriate.   Conclusion: These findings demonstrate robust participant gender differences in perceptions of sexism and confrontation in online spaces.   Impact: Online exposure to sexism is associated with greater depressive symptoms and low self-esteem, highlighting the importance of challenging sexist norms on dating and social media apps through confrontation.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65631 - 12-Minute Talk

The Effects of Acculturation on Gender Ideology in South Asian-Canadians

Presenting Author: Kalher, Ramanjot

Additional Author: Noels, A Kimberly

Abstract: *A greater gender gap exists between South Asian cultures than western cultures. This research examines how South Asian-Canadian biculturals manage the contrasting gender ideologies of their cultures. A first correlational pilot study (n = 142; 70 males; 72 females) investigated the relationship between south Asian culture and gender ideologies whilst assessing the effectiveness of cultural primes (i.e. South Asian cultural icons, symbols, famous figures) to inform a second experimental study. The results indicated that heritage and mainstream culture were significantly correlated with male status, purity, caretaking, chastity, and gender stereotypes and varied in effect size by gender. In the second study, we randomly assigned participants to cultural prime groups (South Asian vs Canadian) and measured their acculturation and gender ideologies to determine whether a causal relationship exists between these variables. We hypothesized that Canadian cultural primes will induce a more egalitarian gender ideology in bicultural individuals than South Asian cultural primes. Anovas and post hoc tests were conducted to evaluate the difference across cultural prime groups and gender ideologies. This study suggests that our gender ideologies may not be static, thus informing methods to change gender ideologies to become more egalitarian.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65665 - 12-Minute Talk

Building Hope: Mental Health Impacts of COVID-19 on Diverse Youth and Families in Canada

Presenting Author: Raveendran, Lucksini

Abstract: *From the outset, the unique circumstances of COVID-19 have not only increased uncertainties related to the sudden adjustments in daily routines, but also caused disruptions in accessing essential community supports for diverse groups. This mixed methods study focused on the lived experiences of ethnocultural youth and families in Canada, identifying key barriers and opportunities to inform service programming and policy recommendations that can better meet their mental health needs during the pandemic and beyond. MHCC's*

Headstrong initiative administered the youth survey (April – June 2020) and family survey (June – August 2020) with a total sample size of 137 and 481 respondents, respectively. Thematic analysis was conducted to identify key challenges, coping strategies, and help-seeking behaviours used by diverse youth. A similar approach was applied to the family survey data, where a representative sample was collated to analyze geographically variable and ethnically diverse subgroups. Lastly, a synthesis of scientific and grey literature was conducted to identify emerging issues of COVID-19 on the unmet and anticipated mental health needs of youth and families in Canada. Multiple challenges have impacted youth and families during the pandemic, including increased feelings of isolation and loneliness, difficulties in remote learning with in-person school closures, and financial distress, to name a few. Also, marginalized groups were disproportionately affected from inequitable access to communication technologies to stay connected virtually, further deepening the digital divide. Some reported living in smaller homes with regular conflicts, thus leading to increased anxiety and potential exposure to violence. For many families, the pandemic meant parenting in with high levels of uncertainty and unpredictability while managing work commitments, navigating community resources, fulfilling care responsibilities, and homeschooling children of all ages. Despite these challenges, there was also evidence of post-traumatic growth, hope and the importance of fostering community resiliency when managing adversity. Systems-level transformation is urgently needed, including 'multi-sectoral capacity bridging' to better support people at-risk of and living with mental health challenges. Lastly, disaggregated sociodemographic data on marginalization must be collected, analyzed and disseminated to improve equitable access to evidence-based and recovery-oriented mental health supports among diverse populations in Canada.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 65692 - 12-Minute Talk

Conversation Session

Promoting Social Support in Communities Through Psychological First Aid Training

Presenting Author: Peak, Adriane

Abstract: *From an anthropological perspective, I wish to discuss the potential positive effect on the mental health of individuals and communities through the facilitation of Psychological First Aid (PFA) education. PFA is an "evidence-informed approach that is built on the concept of human resilience. PFA aims to reduce stress symptoms and assist in a healthy recovery following a traumatic event, natural disaster, public health emergency, or even a personal crisis" (https://www.health.state.mn.us/communities/ep/behavioral/pfa.html). By learning about the principles of PFA, and how to apply them in real-life situations both for others and themselves, individuals' confidence to approach mental health conversations can improve. Within PFA sessions, participants are also encouraged to discuss mental health concerns and are given resources to access more PFA training as well as learn how to connect with local mental health professionals. Learning PFA has the potential to increase mental health awareness and communication between individuals within their groups as well as outside communities. The participants can benefit not only by learning how to help others, but also themselves, within a socially supportive environment. This conversation is open to input from all areas and disciplines in order to gain the widest perspectives of how best to facilitate these sessions.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64321 - Conversation Session

Printed Poster

The role of maternal depression, social and community support in predicting child abuse potential

Presenting Author: Kern, Audrey

Additional Authors: Marshall, Carley; Langevin, Rachel

Abstract: *Parental history of abuse represents a risk factor for perpetrating child maltreatment (CM), thus continuing a cycle of abuse within families. Continued efforts to determine the mechanisms underlying this association are necessary. Research suggests that maternal depression, and lack of social and community support are risk factors for perpetrating CM, but their role in the continuity of CM across generations remain unclear. In the present study, we assessed the role of CM and these three risk factors in predicting child abuse potential in infancy using an at-risk sample of 682 expectant women. Mothers completed measures on CM, depression, social support, community support, and child abuse potential. Regression analysis was used and results revealed that maternal depression was a significant predictor that explained 3.1% of the variance in child abuse potential. Surprisingly, neither social nor community support were significant predictors above and beyond the effect of mothers' depression scores. These results highlight the significant role that prenatal depression has in predicting child abuse potential among mothers with a history of CM. Potential justifications for the absence of the effect of both social and community support will be provided. Knowledge in this area could lead to the development of prevention strategies to break the intergenerational cycles of violence.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 61323 - Printed Poster

The association between distress tolerance and anxiety and depression in couples seeking fertility treatment

Presenting Author: Jacmin-Park, Silke

Additional Authors: Jean, Mireille; Hébert, Elizabeth; Beaulieu, Noémie; Rossi, Meghan; Rosen, Natalie ; Brassard, Audrey; Bergeron, Sophie ; Péloquin, Katherine

Abstract: *Infertility and fertility treatment have been linked to many adverse psychological outcomes, including anxiety and depression. Few studies have assessed the role of emotion regulation processes - like distress tolerance, or the ability to withstand negative emotional states - to explain psychological adjustment in couples faced with a fertility problem. This study used a dyadic approach to examine the associations between distress tolerance and anxiety and depression symptoms in 182 couples undergoing fertility treatment. Using a cross-sectional online survey, participants completed questionnaires relating to distress tolerance, infertility-related quality of life and anxiety and depression. Path analyses based on the Actor–Partner Interdependence Model revealed that, controlling for the negative impact of infertility, low distress tolerance was associated with higher anxiety symptoms in both men (β = -.21, p = .006) and women (β = -.23, p = .002) and with higher depression symptoms in men only (β = -.32, p < .001). Men's high distress tolerance was also associated with their partners high anxiety (β = .14, p = .047). These findings suggest that fostering distress tolerance in individuals undergoing fertility treatment may help them adapt to this life stressor. The role of ones distress tolerance in their partner's anxiety and depression levels should be further investigated.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61412 - Printed Poster

Facteurs associés aux difficultés de résolution de conflits dans le quotidien des couples adolescents

Presenting Author: Deslauriers, Frédérique

Additional Authors: Fortin, Andréanne; Paradis, Alison

Abstract: *Les conflits sont souvent considérés comme ayant un effet néfaste sur la qualité d'une relation amoureuse. Pourtant, les conflits peuvent aussi être bénéfiques s'ils sont efficacement résolus. Plusieurs*

éléments ont été identifiés comme favorisant l'occurrence des conflits à l'adolescence, mais aucune étude n'a encore évalué les facteurs associés à leur résolution. Cette étude vise à examiner l'influence de facteurs individuels et relationnels sur la résolution des conflits au sein de couples adolescents. L'échantillon est composé de 216 adolescent.es en couple _(M=_17,03 ans_,_ _ET_=1,53). Ces derniers ont rempli un questionnaire initial mesurant diverses variables individuelles (ex. biais d'attribution) et relationnelles (ex. attachement amoureux). Les jeunes ont également rempli 14 journaux quotidiens mesurant l'occurrence et la résolution des conflits sur une période de deux semaines. Les résultats d'une régression logistique indiquent qu'une relation de plus courte durée et des scores élevés d'attributions hostiles et d'attachement évitant augmentent la probabilité d'avoir de la difficulté à résoudre ses conflits avec un partenaire amoureux au quotidien. Ces données préliminaires contribuent à la recherche sur la gestion des conflits et offrent un éclairage novateur sur les facteurs associés à leur résolution au sein des couples adolescents.

Section: Developmental Psychology / Psychologie du développement
Session ID: 61434 - Printed Poster

Mental and relationship health of parents of young children during the COVID-19 pandemic

Presenting Author: Lassance, Luciana

Additional Authors: Paradis, Alison; Bélanger, Claude; Godbout, Natacha; Baumann, Mathilde

Abstract: *The COVID-19 pandemic and the social distancing measures have led to an increase in anxiety among Quebecers. Newborns' parents can be particularly vulnerable to the stress generated by the pandemic, which can affect their well-being and the couple dynamics. No study has yet assessed the relationship between pandemic-related distress levels and these parents' mental and relationship health. To this end, 672 parents (361 women, 311 men) responded to questionnaires measuring their peritraumatic distress (PD) related to COVID-19, their marital satisfaction, as well as their symptoms of postpartum depression and psychological distress. An ANOVA was conducted to determine if parents mental and relationship health differ between three groups of parents with low, moderate and severe PD levels. Results reveal differences between the groups regarding their levels of psychological distress, postpartum depression and marital satisfaction. Post hoc analyses indicate that parents with moderate and severe levels of peritraumatic distress demonstrate a higher degree of postpartum depression and psychological distress as well as lower marital satisfaction (with distinct results for men and women). These results underline the importance of better understanding the influence of the PD felt during the COVID-19 pandemic on psychological and relationship health of young children's parents.*

Section: Students in Psychology / Étudiants en psychologie
Session ID: 61479 - Printed Poster

The association between infertility-related stress and intimacy: A dyadic approach.

Presenting Author: Hébert, Élizabeth

Additional Authors: Beaulieu, Noémie; Jacmin-Park, Silke; Jean, Mireille; Rossi, Meghan; Rosen, Nathalie; Brassard, Audrey; Bergeron, Sophie; Péloquin, Katherine

Abstract: *Infertility is a significant stressor for couples facing it. Research has shown that, in couples, stress is experienced as a dyadic phenomenon. Indeed, individuals' stress has been associated with negative outcomes for themselves, their partner and their overall relationship. As such, it is possible that intimacy, which is crucial for relationship satisfaction, might suffer from the stress of infertility. Yet, no study has examined the association between infertility-related stress and intimacy using a dyadic perspective. Therefore, our study aimed to investigate how an individual's infertility-related stress is associated with both their own and their partner's*

perception of intimacy. A sample of 182 mixed-sex couples undergoing fertility treatment completed online questionnaires assessing infertility-related stress and relational intimacy. Path analyses based on the Actor-Partner Interdependence Model showed that women's and men's greater infertility-related stress were associated with their own lower intimacy. Moreover, women's greater infertility-related stress was associated with their partners' lower intimacy. This association was not significant in men. These results underline the importance of assessing relational well-being in couples undergoing fertility treatment. Interventions targeting the stress of infertility might help these couples maintain their intimacy.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61481 - Printed Poster

Illusory Improvements: Retrospective Bias in Relationship Quality Appraisals

Presenting Author: Shimizu, Justin P. K.

Additional Author: Peetz, Johanna

Abstract: *Individuals tend to show illusory improvement from the past, when judging themselves over time. We examined whether relationship partners also see illusory improvement in their relationship when judging their relationship over time. We predicted that better perspective taking abilities would reduce such illusions, as accuracy requires taking the perspective of a past or future self. Participants in committed relationships (N = 313) rated their current, past, and future relationship quality at two time points six months apart. We found evidence for illusory improvement from the past. Retrospectively, participants rated their relationship quality six months ago as worse than they had done at time one. We did not find evidence of anticipatory illusions. Individual differences in perspective taking were not correlated with either the extent of illusory improvements from the past or anticipatory illusions. In exploratory analyses, however, we found that for those who reported current low relationship quality, perspective taking was linked to more illusory improvement bias, whereas the reverse was true for those who were currently high in relationship quality. Thus, perspective taking does not seem to benefit the accuracy of retrospective relationship appraisals but rather help people engage in a type of motivated reasoning that might help them feel better about their relationship.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61628 - Printed Poster

Development of Playful LEGO®-based Intervention on Family Engagement (LIFE) for Parents and Children in Hong Kong

Presenting Author: CHU, Man Chung

Abstract: *Objective: This study reports the effort in developing a LEGO®-based Intervention for Family Engagement (LIFE) program, as well as providing a process research on the therapeutic experience with the explorative integration of playfulness. Literature review: LEGO® Bricks could be used for the constructive and facilitated play that enabled children in learning and developing emotional, social, cognitive, and physical competencies under an accepting, understanding, and trustful environment engaged with parents. Participants: Six Hong Kong families consisted of primary caregiving parent and their children aged 3-12 years old were recruited to participate separately in four weekly 75-minutes LEGO® playful family sessions. Procedures: The interventional sessions were delicately designed with familial themes and organized virtually during COVID19 with the application of LEGO® DUPLO® Six Bricks. Analysis: Pre- and post-test analysis, the sequential pattern of the observed parent-child interactional behavior, the categorization of behavioral similarity in the workshop were analyzed. Subsequently, parent interviews were conducted upon the completion of every single session. Results: Quantitative results found that there was a significant difference in the parent-child communication ($t_{(5)}$ = 9.71, p = .036) between the first and the last session of the LIFE program; qualitative results indicated that numerous positive parent-child interactions were predominating the core cluster of the LIFE program. Thematic analysis exhibited four core themes, included the activation of playful*

parent-child interaction, emotional engagement enhancement, family communication improvement, and individual strengths recognition. Discussion: The findings demonstrate the development and implementation of the LIFE model will facilitate favorable parent-child communication, enrich the mutual understanding, and promote positive family engagement where a series of encouraging interactions will be predicted from specific parent-child transactions. The results suggest that the attainment of the LIFE program will advocate family engagement and promote positive parent-child emotional response through a playful communicative process. In conclusion, the study sparkles the light on the implementation of the LIFE program, in which it can be employed virtually, for enriching family positive dynamic and parent-child relationship without geographic boundaries.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 61629 - Printed Poster

L'estime de soi comme variable médiatrice de la relation entre l'identité incohérente et les symptômes de dépression chez une population non clinique.

Presenting Author: Trudel, Philippe

Additional Authors: Larochelle, Sébastien; La Haye, Dominique ; St-Pierre, Maggie ; Antille, Kassandra ; Vilatte, Aude

Abstract: _INTRODUCTION: _Kernberg et ses collègues (Caligor et al., 2018) suggèrent que l'estime de soi négative, ainsi que l'identité incohérente dans laquelle elle s'inscrit, occasionnent, chez les personnes qui en souffrent, des symptômes de dépression, c'est-à-dire des sentiments de vide, d'ennui et d'irritabilité. Bien que plusieurs études soutiennent empiriquement le lien entre l'estime de soi et la dépression (Battle, 1978; Brown et al., 1990; Orth et al., 2009; Sowislo and Orth, 2013) et la relation entre l'identité incohérente et la dépression (Claes et al., 2014; Lingiardi and McWilliams, 2017; Sica et al., 2014), aucune n'a, à notre connaissance, examiné si l'estime de soi est une variable médiatrice du lien entre l'identité incohérente et la sévérité des symptômes de dépression auprès d'une population non clinique. _OBJECTIFS: _L'objectif de la présente étude est d'éprouver l'hypothèse voulant que l'estime de soi est en mesure d'agir comme médiatrice du lien entre l'identité incohérente et la sévérité des symptômes de dépression chez une population non clinique. _MéTHODOLOGIE: _L'échantillon de cette étude est composé de 6216 participants âgés de 18 à 30 ans, qui fréquentent le Cégep (51%) et l'université (49%). L'estime de soi a été mesurée à l'aide du Rosenberg Self-Esteem Scale (Rosenberg, 1965), l'identité l'a été à l'aide du Erikson Psychosocial Stage Inventory (Rosenthal et al., 1981) et les symptômes de dépression l'ont été à l'aide de l'Inventaire de Dépression de Beck (Beck et al., 1996). _RéSULTATS: _Le test de Judd and Kenny (1986) indique que l'identité incohérente prédit l'estime de soi négative ($\beta = .64$, _p_ < .001). De plus, les résultats indiquent que le lien entre l'identité incohérente et la sévérité des symptômes de dépression ($\beta = .52$, _p_ < .001) devient plus faible ($\beta = .22$, _p_ < .001) après l'introduction de la variable médiatrice, laquelle fait une contribution unique et significative envers la sévérité des symptômes de dépression ($\beta = .62$, _p_ < .001). Le modèle explique 41% de la variance dans les scores de dépression. _CONCLUSIONS: _L'estime de soi négative agit comme médiateur partiel de la relation entre l'identité incohérente et les symptômes de dépression. De tels résultats pourraient permettre le développement de modalités de prévention et de psychothérapie plus efficaces pour la dépression en ayant pour objectif le développement d'une estime de soi plus positive et d'une identité plus cohérente.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61693 - Printed Poster

Perfectionism and susceptibility to engaging in infidelity-related behaviours

Presenting Author: Dionne, Alexandre M

Additional Author: Arpin-Cribbie, Chantal

Abstract: *Research suggests romantic relationships are important for individual well-being, highlighting the importance of investigating potential influences in relationship satisfaction. Findings suggest that higher levels of partner-oriented perfectionism (POP) may decrease relationship satisfaction, closeness, and commitment. Studies have also found infidelity to be associated with low relationship satisfaction. Although infidelity has historically been largely understood as an in-person interaction, recent findings have suggested that infidelity may occur online, providing anonymity, escapism, and convenience. To date, no research has looked at the specific influence of POP on one's susceptibility to engaging in infidelity. The current study examined whether individual's higher in POP were more likely to engage in physical, emotional, and online infidelity-related behaviours. Post-secondary students were recruited for an online study examining the role of personality and social media in intimate relationships and asked to complete a brief series of questionnaires. Results indicated that individuals who reported higher levels of POP were more likely to report engaging in infidelity-related behaviours. The results of this study help us better contextualize the role of perfectionism in intimate relationships. Potential therapeutic implications are also considered.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61718 - Printed Poster

Social media and romantic relationships

Presenting Author: Harrigan, Isabelle

Additional Author: Bouchard, Geneviève

Abstract: *The growing use of social media by young adults is drawing the attention of mental health professionals and researchers in understanding the role of this social phenomenon in interpersonal development (Subrahmanyam and Greenfield, 2008). However, motives that incite young adults to share information about their intimate relationships on Facebook, so-called relationship visibility, has yet to be explored thoroughly. One hundred and thirty-six couples, aged 17 to 30 years, participated in a study testing a model linking social status motivation and general activities on Facebook to declared relationship status and objective relationship visibility on Facebook. Respondents completed questionnaires and used the Friendship application on Facebook. Results of structural equation modeling confirmed that women's social status motivation was positively associated with their own and their partner's declared relationship status. Men's and women's general activities on Facebook were also positively associated with their own and their partner's declared relationship status. Moreover, women's general activities on Facebook were positively associated with their own and their partner's objective relationship visibility. Results of this study confirmed the model under study and the role of social status motivation and general activities on Facebook in relationship visibility. Confirming the need to belong and self-representation theories (Nadkarni and Hofmann, 2012), we concluded that young couples find it essential to associate with others to validate their coupledom and to project a positive self-image to others. This study contributes to society by documenting the role of social media in the experience of young adults' romantic relationships.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 61737 - Printed Poster

A Critical Review of Social Emotional Learning Measures

Presenting Author: Glouchkow, Amanda

Additional Authors: Leite, Tamara; Greene, Stephanie; Santor, Darcy

Abstract: *According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), hundreds of studies have been conducted examining the benefits of social-emotional learning and both academic and emotional outcomes. Demonstrating these benefits and assessing individual student, school and district needs depend on the quality of the measures that are used to assess social and emotional skills. The present study*

reports on the results of a scoping review and analysis of the various measures of social-emotional learning skills with respect to the specific qualities of those scales. More than 150 scales have been identified through this review. The analytic plan included a thematic review of existing measures and a quantitative analysis of the extent to which existing scales fully measure CASEL's five domains. The review results showed that not all scales evaluate all the distinct domains of social and emotional learning identified by CASEL, and not all scales evaluate these domains equally. Although social and emotional learning is identified as a life-long endeavour, the preponderance of scales developed to date favour the assessment of social and emotional learning in children. The results of this research have implications for how researchers, practitioners and policymakers conceptualize and evaluate social-emotional learning.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 61757 - Printed Poster

La honte comme variable médiatrice de la relation entre la personnalité narcissique et l'attachement insécurisant de type évitant.

Presenting Author: Trudel, Philippe

Additional Authors: La Haye, Dominique ; Larochelle, Sébastien; La Haye, Dominique; St-Pierre, Maggie ; Antille, Kassandra

Abstract: _INTRODUCTION_: Les problèmes dans les relations interpersonnelles représentent des problématiques majeures au sein de la société actuelle; 17% de la population générale affirme avoir subi de la violence au sein de leur relation conjugale (Institut National de Santé Publique, 2014). Plusieurs facteurs peuvent expliquer cet état des choses. Il existe un lien étroit entre l'attachement de type insécurisant et les difficultés relationnelles (Haggerty et al., 2009). La honte, un affect vécu lorsqu'un individu a le sentiment de ne pas rencontrer ses standards personnels, constitue une expérience affective impliquée dans les styles d'attachement insécurisant (Ayers, 2014). Cet affect fait d'ailleurs partie du tableau clinique du type de la personnalité narcissique (American Psychiatric Association [APA], 2013; Lingiardi and McWilliams, 2017). En effet, il s'agit d'une émotion centrale vécue chez les personnes présentant ce type de la personnalité, cette dernière contribuant fortement à générer des conflits dans les relations interpersonnelles de ces gens (APA, 2013). Bien que certaines études postulent l'existence d'associations entre la personnalité narcissique et l'attachement insécurisant de type évitant (Diamond et al., 2013), aucune n'a, à notre connaissance, tentée de mettre en lumière l'influence de la honte sur la relation entre la personnalité narcissique et l'attachement insécurisant de type évitant. _MéTHODOLOGIE_: 303 individus âgés de 18 ans et plus ont été recrutés par Facebook et par leur courriel de l'Université, afin de remplir le Internalized Shame Scale (Cook, 1987), le Pathological Narcissism Inventory (Pincus et al., 2009) et l'Experiences in Close Relationships (Lafontaine et al., 2015). Ces questionnaires, informatisés à partir de LimeSurvey, ont été remplis de façon virtuelle par les sujets. _RéSULTATS_: Le test de Judd and Kenny (1986) indique que la personnalité narcissique prédit la honte (β = .59, _p_ < .001). De plus, les résultats indiquent que le lien entre la personnalité narcissique et l'attachement insécurisant de type évitant (β = .25, _p_ < .001) devient non significatif après l'introduction de la variable médiatrice – la honte – laquelle fait une contribution unique et significative envers la sévérité de l'attachement insécurisant de type évitant (β = .26, _p_ < .001). Les modèles prédictifs expliquent 34% et 10% de la variance dans les scores de la honte et de l'attachement, respectivement. _CONCLUSIONS_: La honte agit comme médiateur complet de la relation entre la personnalité narcissique et la sévérité de l'attachement insécurisant de type évitant. Les résultats de cette recherche mettent en lumière la pertinence de développer des psychothérapies focalisant sur la régulation des affects de honte chez les personnes présentant une personnalité narcissique. En effet, les analyses statistiques révèlent que cet affect joue un rôle majeur dans l'attachement insécurisant de type évitant des personnes présentant un type de la personnalité.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 61815 - Printed Poster

Do Students' Attitudes Toward Sex Work Vary Based on How and Where it Takes Place?

Presenting Author: Balint, Storm

Additional Author: Senn, Y Charlene

Abstract: *Current research suggests that women students may be increasingly turning to sex work to help finance their education due to increased economic demands. However, for this to be considered a viable work option, increased acceptance of student engagement in sex work is also necessary. To date, no research has examined the influence of societal factors such as sexualization, objectification and digital technology in increasing positive attitudes toward sex work. This exploratory study examined whether young women's attitudes are influenced by their internalization of sexual objectification and the type of sex work. One-hundred fifty women students completed an online survey with an embedded within-subjects experiment. The experiment used the semantic differential to examine attitudes toward five types of sex work varying from online (indirect) to street-level (direct). The results demonstrated variations in attitudes between types of sex work and the role of women's internalized experiences of sexualization and objectification in those attitudes. Findings provide a first step toward understanding women students' attitudes toward sex work in Canada and how technological changes in how sex work is performed are related to those attitudes. Future research should include mixed methods to allow a more in-depth analysis of women's attitudes toward students' sex work.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 61844 - Printed Poster

Stress and Perceived Pressures to be Perfect During the COVID-19 Pandemic

Presenting Author: Mohammed, Shakira

Additional Author: Mushquash, Aislin

Abstract: *The COVID-19 pandemic is a source of significant stress for individuals worldwide. For those who obsessively aim to meet the standards they believe are imposed on them by others, the experiences of the public health crisis may be exacerbated. It is important to identify psychological resources that support individuals at risk for emotional distress during the pandemic. The current study aimed to better understand the vulnerability of perfectionistic individuals and the protective role of mattering during a global pandemic. Undergraduate students (N = 125) completed self-report measures of the study constructs. Conditional process analysis indicated a significant indirect effect, ab = 0.11, 95% CI [0.03, 0.20], suggesting that the effect of socially prescribed perfectionism on depressive symptoms was explained by COVID-19 related stress. Moreover, a significant conditional direct effect, $F_{(1, 120)}$ = 5.64, p = .019, $\Delta R2$ = .026, showed that the influence of socially prescribed perfectionism on depressive symptoms within the model was contingent on the level of mattering. The findings suggest that socially prescribed perfectionists are at greater risk for depressive symptoms because they experience more stress related to the COVID-19 pandemic and that there may be value in enhancing a sense of mattering to protect against emotional distress during these unprecedented times.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 62428 - Printed Poster

Subjective Cultural Fit: Daily Experiences of Bicultural Individuals and its Influence on Well-Being

Presenting Author: Tseu, Anne

Additional Author: Wirtz, Derrick

Abstract: *Person-culture match theory is an area of research which addresses that if an individual is like-minded to people from a certain cultural environment, they will experience more positive feelings. However, there have been no clear findings on how like-mindedness between individuals and people around them – subjective cultural fit (SCF) – is associated with bicultural individuals. The present study aims to explore the daily experience of SCF and its relation to their well-being. Participants were initially asked questions related to demographic and acculturation stress. To measure daily trajectories of SCF, interaction with other individuals from Canadian/own ethnic culture, and well-being (positive and negative affect, life satisfaction, and flourishing), participants (n = 93) completed 3 daily surveys for 10 days. Preliminary analyses showed that participants who carried out the study in their home country (n = 15) had less acculturation stress than did participants who took part in the survey while in Canada (n = 78). Multilevel modelling procedures yielded results which suggest that experiencing higher SCF toward Canadian and one's own ethnic culture predict their well-being. Results also indicate there was significant variation between participants. Future analyses will further explore how SCF mediates the relationship between acculturation stress and well-being.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 62448 - Printed Poster

Potential psychosocial impact of COVID-19 on children: A scoping review of pandemics & epidemics

Presenting Author: William, Trevyna N

Additional Authors: Protudjer , L Jennifer ; Roos , Leslie E; Joyce , Kayla M; Merrill, Kaitlyn A

Abstract: *BACKGROUND: Public health measures implemented to mitigate the transmission of COVID-19, such as school closures, will likely have a far-reaching impact on childrens psychosocial development and well-being. METHODS: We examined the literature on pandemics/epidemics to identify the expected impact of the COVID-19 pandemic on child psychosocial health and nutritional, financial, and child safety outcomes. Articles were searched within the Medline, Global Health, PsycINFO, and CINAHL databases. Gray literature was also examined via the World Health Organization (WHO) and the United Nations International Fund (UNICEF). Collectively, 8,332 articles were screened for eligibility by two independent reviewers. RESULTS: Of the 73 included articles, 12% indicated loneliness/depression, 19% anxiety, 7% grief, 10% stress-related disorders, 25% child abuse, 8% family conflict, and 12% stigma during pandemics/epidemics. Furthermore, 25% indicated economic challenges, 23% negative academic impacts, 33% improper nutrition, and 21% reduced opportunities for play/increased screen time. CONCLUSIONS: Past pandemics/epidemics have had diverse and widespread consequences for children, but the long-term impacts of the COVID-19 pandemic are unknown. IMPACT: Findings may inform the development and implementation of resources to protect child development and well-being during the COVID-19 pandemic.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 62740 - Printed Poster

COVID-19 and the Impact on Wellbeing

Presenting Author: Pasyk, Victoria S.

Additional Author: Domene, F José

Abstract: *In this poster, we present preliminary findings from a study exploring COVID-19's impact on wellbeing and meaning in work. A pandemic of this scale has not been observed since 1918, and has the potential to substantially alter one's work and life satisfaction. Participants (_N_ = 277) completed an online*

survey on their current wellbeing (e.g., satisfaction with health, community, safety) and how the pandemic has affected satisfaction in these various areas. Preliminary quantitative analyses reveal significant differences in current wellbeing in comparison to established norms, with the most pronounced disparities in satisfaction with community connectedness. To date, thematic analysis of participants qualitative responses suggest they have experienced decreased satisfaction in relationships (e.g., differences in socializing, lack of space during quarantine), mental/physical health decline (e.g., expedited trauma, isolation) and disconnection to community (e.g., decreased trust in others, divided opinions). However, participants also described several positive consequences of the pandemic, including increasing gratitude, clarity, and perspectives. Findings suggest several policy/practice recommendations, including government initiatives to promote community connectedness, which has clearly been one of the most impacted areas of wellbeing during this time.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64142 - Printed Poster

Differences in Perception of Depression, Attitudes Towards Mental Health, and Gender Roles as a Function of Language of Responses in English – Punjabi Bilinguals.

Presenting Author: Dhanoa, Tarleen

Additional Author: Pullin, Wendy

Abstract: *This study aimed to investigate whether there are differences in depressive symptoms, attitudes towards mental health, and perceptions of gender norms dependent on the language used by English-Punjabi bilinguals. The use of English and Punjabi questionnaires helped determine if the lack of words for target concepts in the Punjabi language affects how people can express themselves. We asked participants to report levels of depression, attitudes towards mental health, and perceptions of gender norms in both English and Punjabi. We gathered this data to determine whether language affects the levels of depressive symptoms, the attitudes towards mental health, and the perception of gender norms in the two language groups. Sixty participants were recruited via social media, from which ages of participants varied from 18 years to 51 years old, 39 of the participants being women and 21 men. We hypothesized English-Punjabi bilinguals would report higher depressive symptoms in English and more negative perceptions towards mental health and gender norms in Punjabi. In part one of the study, participants received either an English or Punjabi version of the study. After two weeks, participants received the opposite language. To evaluate the participants' reported depressive symptoms, attitudes towards mental health, and perception of gender norms, we used the following scales: Patient Health Questionnaire (PHQ-9), Warwick-Edinburgh Mental Well-being Scale (WEMWBS), Mental Health Knowledge Questionnaire (MHKQ), and Gender Role Attitudes Scale (GRAS). These questionnaires were translated into Punjabi and back-translated into English by the investigators. All participants signed an informed consent which allows them to know this study is voluntary and had full permission to exit or decline from participating at all times. Our findings for mental health attitudes and gender norms support previous studies and allow society to recognize how being Bilingual, language, and cultures influence our perceptions. These findings can benefit psychotherapists working with multi-lingual individuals, refugees, immigrants, and seniors of the Punjabi culture. By understanding cultural diversity and competency in treating individuals with different mental health attitudes and gender norms based on culture can allow treatment to be more effective. Our significant findings can also allow English-Punjabi individuals to know how the Punjabi language primes their views and how that may affect their perceptions of mental health topics. Recognizing how perceptions differ can enable individuals to decrease the stigma of mental health and gender norms in the Punjabi language by educating and speaking on such issues. (Ramakrishnanet al., 2014). Our findings for depression did not support previous studies. Our results showed there was not a significant difference when reporting depression in Punjabi and English. There may be various reasons for the insignificant results. One reason can be the Punjabi language does not have actual words to describe depression (Bhui, 1999). For example, item two on the PHQ-9, "feeling down, depressed, or hopeless"; in Punjabi, the item is described as "feeling sad and tired." The translation showed how the lack of words to describe depression can affect how individuals report depression. Introducing more words to express feelings of depression will help English-Punjabi bilinguals identify depression and*

physical illnesses (McClellandet al., 2014). Overall, we found that participants were more stereotypical and negative towards egalitarian, traditional, marriage, and male roles and mental health when reporting in Punjabi. There was no significant difference in reporting depressive symptoms between the two languages. Mental health and gender norms significance shows that language does prime aspects of our attitudes and perceptions.

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 64176 - Printed Poster

What makes someone seem moral? Facial cues of moral character

Presenting Author: Pringle, Victoria

Additional Author: Carlson, Erika

Abstract: *The impressions we form of other people are often influenced by idiosyncratic biases, or the way we tend to see people in general (e.g., overly positive or harsh; Rau et al., in press). Put another way, two people might come away with different impressions of someone because of their biases. What might explain these biases? One untested mechanism might be idiosyncratic stereotypes regarding physical appearance (Kenny, 2004). As such, in two samples (N = 150, N = 75), we examined the degree to which there are individual differences in how people process facial cues when forming impressions of others. Each participant rated up to 100 photos on evaluative and moral traits, and a team of coders independently coded the photos for various cues (e.g., youthful, masculine, religious symbols). This work is ongoing; however, we will use MLM to predict (a) which facial cues people tend to use in general, (b) which facial cues show the most (and least) between-participant variability, and (c) who tends to be particularly sensitive to certain cues. These results will provide important insights into the process of person perception, and they might also inform future interventions designed to reduce bias in contexts where first impressions are especially important (e.g., job interviews).*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64200 - Printed Poster

The Relationship Between Social Networking and Relationship Satisfaction

Presenting Author: Reid, Chelsea E

Additional Author: O'Neill, Melanie

Abstract: *There is a lack of literature on the impact of social networking sites (SNSs) and cell phone use on romantic relationships. One study found that the majority of female participants felt that cell phones inhibited their relationship, resulting in a feeling of detachment from their romantic partner (Roberts and David, 2016). Thus, relationship satisfaction is diminished as meaningful interactions are displaced (Valkenburg and Peter, 2007). The purpose of the current study is to uncover the degree to which SNSs and cell phone use impacts relationship satisfaction. It was hypothesized that greater SNS use would be associated with reduced relationship satisfaction. Participants (N = 100) completed several self-report measures used to assess SNS use (SONTUS; Olufadi, 2016) and relationship satisfaction (RSS; Burns, 1993). Bivariate correlation analysis revealed a negative relationship between social networking use and relationship satisfaction (r = -.25) which was nearly significant (p = .059). These results suggest that spending more time on SNSs is associated with lower satisfaction in ones intimate partner relationship. Exploring this relationship will assist in providing evidence of how SNSs and cell phone use impacts romantic relationships, and stipulate outcomes that motivate the exploration of future literature.*

Section: *Family Psychology / Psychologie de la famille*
Session ID: 64217 - Printed Poster

The nihilism scale: Theory, development, and psychometric evaluation

Presenting Author: Forsythe, Jeremy

Additional Author: Mongrain, Myriam

Abstract: *Mental health problems are on the rise in young adults (Twenge et al., 2019). Accompanying this crisis is a decrease in meaning in life reported within this cohort (Steger, Oishi, and Kashdan, 2009). Indeed, low life meaning is associated with depression (Lester and Badro, 1992), anxiety (Steger et al., 2009), and suicidality (Orbach et al., 2003). This is especially concerning given the global COVID-19 pandemic, which likely narrowed possible paths for cultivating life meaning while also increasing use of digital platforms, exposing young adults to the growing online presence of nihilism (i.e., a denial of both life's meaning and the utility in searching for it). For example, membership within the nihilism subreddit increased by over 50% in 2020. However, nihilism's impact on mental health and society remains unknown. To address this gap, a novel questionnaire has been carefully developed to reliably and validly measure nihilism. Two identical studies were conducted to test hypotheses (in progress) regarding the Nihilism Scale's item quality, reliability, internal validity, convergent validity, incremental validity, and divergent validity. The relationship between nihilism, mental health, and symptomatology is presented. This new measure promises to contribute to future research examining the adverse impact of digital nihilistic content on mental health and social outcomes.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64220 - Printed Poster

"I Would Never Lie About That!": HEXACO Personality Correlates of Lying Frequency & Motivations

Presenting Author: McArthur, Jennifer L

Additional Authors: Bourgeois, Catherine; Jarvis, Rayanda; Ternes, Marguerite

Abstract: *Lying is common and people lie, on average, 1-2 times a day for a variety of reasons. And while the link between dark personality traits – psychopathy, Machiavellianism, and narcissism – and lying has been established, the association between general personality traits and their relationship with deception have largely been overlooked in the academic literature. Accordingly, the current study examined relationships between several self-centered and other-centered lying motivations and HEXACO (honesty-humility, emotionality, extraversion, agreeableness, conscientiousness, openness) personality traits. Participants (N = 273 university students) completed questionnaires measuring lying frequency, lying motivations, and HEXACO traits. Overall, lying frequency was negatively associated with honesty-humility and conscientiousness. Common motivations for lying included to avoid punishment, for altruistic reasons, for secretive reasons, and to avoid negative evaluation. HEXACO factors were found to be associated with both self-centered and other-centered motivations for lying. These results demonstrate that individuals lie for various reasons and that personality traits may partially explain differences in lying behavior.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64234 - Printed Poster

Social Network and Multicultural Identity Configurations Among the Second Generation in North America

Presenting Authors: Comte, Sarah ; Duhaime, Florence

Additional Authors: Yampolsky , A Maya ; Taing, Jennifer ; Girard, Sarah

Abstract: _BACKGROUND: _Second generation individuals have the unique cultural experience of growing up in the mainstream culture of the country they live in while learning about their heritage culture from their parents and community. The complex structure of their social network can provide insight into how they negotiate, or configure, their heritage and mainstream cultural identities. This study examined how social network structure is related to and predicts cultural identity configurations in second-generation individuals. _METHOD:_ We assessed second generation individuals' (N = 87) social network's structure (interconnectivity, closeness and cultural diversity) and identity configurations (i.e., exclusively identifying with one culture, compartmentalization and integration). _RESULTS: _Social network analyses, correlations and regressions showed that greater relational closeness was linked to integration. In addition, when participants shared the same ethnicity as others in their social network, they tended to identify more with their heritage culture. _CONCLUSIONS: _These findings show that certain aspects of social network structure are important for second generation individuals' cultural identity negotiation. _IMPACT: _This study uses a more nuanced interpersonal examination of culture and social networks to understand the complexities of second generation identity experiences.

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 64239 - Printed Poster

Bullying victimization and problem video gaming: The mediating role of externalizing and internalizing problems

Presenting Author: Richard, Jeremie

Additional Authors: Marchica, Loredana; Ivoska, William; Derevensky, Jeffrey

Abstract: *Background: Child and adolescent victims of bullying are more likely to experience a range of mental health problems. Although research has investigated the relationship between bullying victimization and a number of addictive behaviors, the impact of bullying on problem video gaming (PVG) remains largely unexplored. The purpose of this study is to investigate the relationship between bullying victimization and PVG as mediated by the presence of internalizing and externalizing problems. Methods: Survey responses were collected from 6353 high-school students aged 12 to 18. Measures include frequency of bullying victimization (physical, verbal, cyber and indirect), internalizing and externalizing problems, and PVG (measured by the Internet Gaming Disorder Scale–Short-Form). Results: Mediation analyses indicated that the relationship between verbal and cyber bulling and PVG was completely mediated by the presence of internalizing and externalizing problems. The relationship between physical bullying and PVG was completely mediated by externalizing problems, but not internalizing problems, and the relationship between indirect bullying and PVG was partially mediated by externalizing and internalizing problems. Conclusions: Results suggest that various types of bullying victimization are differentially associated with PVG, with mental health symptoms significantly mediating this relationship. Impact: Intervention efforts related to youth PVG should be integrative and address both psychological and social risk factors.*

Section: *Addiction Psychology / Psychologie de la dépendance*
Session ID: 64252 - Printed Poster

"What is my identity?": A Systematic Review of the Challenges of Identifying Both as Autistic and LGBTQ+

Presenting Author: Lorentz, Brittany R

Additional Authors: McKiernan, M Keelin; McCrimmon, Adam

Abstract: *RATIONALE: Researchers are increasingly emphasising investigation of the intersectionality between LGBTQ+ and (neuro)disability, such as autism, as the autism community has been shown to over-*

represent individuals also identifying as LGBTQ+. With the increased frequency of individuals identifying as both autistic and LGBTQ+, researchers are focusing on decreasing barriers and better understanding the perspectives of autistic individuals who identify as LGBTQ+ to support them across various life settings. The current review sought to consolidate research on autism and LGBTQ+ identity, and the challenges experienced by these individuals. METHODS: A systematic review was conducted to include published studies that: (1) identified autism as a clear diagnosis; (2) investigated personal experiences of identifying as LGBTQ+ with a disability; and (3) were written in English.Relevant articles from 2010 to 2020 indexed by PubMed, Springer, Sagepub, Science Direct, and Wiley were searched. The searches were conducted using a combination of search expressions including "autism", "experiences", "LGBTQ+" and "identity". RESULTS: Many studies noted challenges including mental health concerns, the coming out process, seeking services, and relationships. Further, there has been a focus on the positives of having a dual identity, recommendations to promoteinclusion, and further future research. IMPACT: This review provides an in-depth understanding of the challenges faced by individuals who identity as autistic and LGBTQ+, and areas of further research required. Through the examination of this unique populations challenges, it ishoped to help promote discussion on how health professionals and schools can work together to decrease or improve the challenges faced by those who experience this double identity.

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64308 - Printed Poster

"Don't Txt": The Impact of the Texting on Student-Professor Relationships

Presenting Author: McArthur, Jennifer

Additional Authors: Debly, David; Gilin, Debra; Bruce, Alice

Abstract: *The increasing adoption of informal mediums (e.g., text messages) in virtual academic settings due to COVID has amplified the need to understand the impact of the medium used in student-professor communications on student's perceptions of inappropriateness, sexual harassment, and professor credibility. The present study aims to examine how students perceive text messages sent by a professor compared to formal means of communication, such as email. Data collection is currently underway and, using a scenario-based experimental design, undergraduate students (N ~ 216) are expected to rate randomly assigned, identical messages sent by a professor via text as more inappropriate than those sent via email. Using the Instructor Credibility scale, ratings of credibility are also expected to be lower in the texting condition compared to the email condition. Finally, the gender mix of the professor-student dyad is expected to interact with the communication medium, wherein female students who receive a text from a male professor are expected to perceive the message as less appropriate and the professor as less credible compared to student-professor dyads of other gender combinations. Our results may inform communication policies at institutions that serve to balance the dissemination of educational information with student interests (e.g., perceived safety). Results expected May 2021.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64339 - Printed Poster

Can prosocial attitudes and behaviors be positively influenced by aggression and subjective fatigue?

Presenting Author: Masson, Romane

Additional Authors: Thériault, Rémi; Dandeneau, Stéphane

Abstract: *BACKGROUND: The link between aggressivity, prosocial behavior, and subjective fatigue remains unclear. We believe that: (a) compassion, helping intentions and donating behavior should all be lower when*

aggressiveness (trait, explicit, and implicit variants) is higher; and (b) subjective fatigue should moderate the relationships between these variables. METHODS: 376 North American adults completed questionnaires on trait aggressiveness, explicit aggressiveness, and implicit aggressiveness. Participants also completed a questionnaire of subjective fatigue (after completing a cognitive fatigue task). Then, they completed measures of compassion, likelihood to help in hypothetical situations, and of how much money they would donate to charities. RESULTS: Correlation analyzes reveal that compassion negatively correlates with trait aggressiveness (_r_ = - .25, _p_ < .001) and explicit aggressiveness (_r_ = -.28,_ p_ < .001), and that helping intentions negatively correlate with trait aggressiveness (_r_ = -.1, _p_ = .046). Finally, subjective fatigue moderates the relationship between trait aggressiveness and compassion (_sr_2 = .03), helping intentions (_sr_2 = .02), and donating behavior (_sr_2 = .01). CONCLUSIONS:_ _This study suggests: (a) that aggression relates to lower compassion and helping intentions; and (b) that subjective fatigue moderates the link between trait aggressiveness and prosocial attitudes and behaviors. IMPACT: These findings have significant implications for improving community well-being in pointing to aggression and fatigue interventions that may be beneficial in increasing prosociality.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64376 - Printed Poster

People view stereotyping as acceptable in specific cases, despite endorsing moral norms against it

Presenting Author: Mustufa, Subha

Additional Authors: Vrantsidis, Thalia; Cunningham, William

Abstract: *If stereotyping is generally viewed as immoral by society, why do people continue to do it? Existing research often attributes this to an inconsistency between implicit and explicit stereotypes, where people who do not explicitly endorse a stereotype are unintentionally influenced by their implicit associations with a group. However, this does not explain why people often seem to intentionally use stereotypes, even when they report being morally opposed to stereotyping. Our research investigated a potential explanation for this: there may be inconsistencies between moral evaluations of stereotyping in general and in specific cases. To examine this, the current research asked participants to evaluate the immorality of stereotyping in general, as well as scenarios involving stereotype-based statements. Frequent inconsistencies were found, where stereotyping in general was viewed as immoral but specific cases were viewed as morally acceptable. The chance of these inconsistencies occuring depended on several aspects of the specific scenarios. These findings reveal that even people who endorse moral norms against stereotyping may often feel that it is acceptable to continue to use stereotypes in certain cases. This suggests that altering moral norms about the use of specific stereotypes may be an important way to reduce problematic cases of stereotyping.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64430 - Printed Poster

Generosity during COVID-19 pandemic: The role of autonomous vs. controlled motivation in the relationship between generosity and well-being

Presenting Author: Nasseri, Anisa

Additional Author: Grouzet, M. E. Frederick

Abstract: *Generous behaviour, although intended to benefit others, often has a profoundly positive impact on the giver themselves and has been shown to improve well-being in a variety of setting and diverse cultural contexts (Aknin et al., 2013; Chancellor et al., 2018). However, less is known about whether everyone can benefit to the same extent when engaging in generous behaviours. Self-determination theory (Deci and Ryan,*

2000) posits that when individuals shows autonomous (vs. controlled) motivation, they experience higher levels of well-being. Therefore, we hypothesized that the giver's motivation (controlled vs autonomous) moderate the relationship between generosity and the giver's well-being. University students (_N_=200) have reported in a survey the frequency of their generous acts within the past month, their relative autonomous motivation towards generosity, and well-being. Multiple regression analysis will be conducted to examine the moderation hypothesis. We expect that the relationship between generosity and well-being will be stronger when the motivation is autonomous (vs. controlled). This study should contribute to our understanding of how well-being can be improved amidst a global pandemic when wellness has been declining due to isolation, stress, and anxiety (Dozois and Mental Health Research Canada, 2020).

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64720 - Printed Poster

Stress Leads to Lower Needs Satisfaction and More Disconnect from Romantic Partners during COVID-19

Presenting Author: Kolbuszewska, Marta

Additional Authors: Lonn, Atara; Harasymchuk, Cheryl

Abstract: *Satisfying romantic relationships are significant predictors of people's happiness, physical health, and mortality. However, external factors like stress can undermine close relationships and lead to poor relationship outcomes. The objective of the present study was to examine the impact of the COVID-19 pandemic on people's intimate relationships. Across six weeks during the spring of 2020, coupled participants (n = 258) reported their stress, basic psychological needs satisfaction (i.e., relatedness, autonomy, and competence), and feelings of disconnect from their partner. Using structural equation modelling, we fit a random-intercept cross-lagged panel model to test prospective effects of stress on basic needs satisfaction and disconnect. Within-person analyses indicated that when people felt more stressed than usual (compared to their own average), they reported less relatedness and autonomy (compared to their own average) and more disconnect from their partner (compared to their own average) at the following time point. Interestingly, relatedness, competence, and autonomy were not associated with feelings of disconnect at the following time point. These findings extend our understanding of the effects of the COVID-19 pandemic on intimate relationships.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64736 - Printed Poster

Peer to Peer Mentoring: Evaluating the Effectiveness of LINKS Peer Support Program

Presenting Author: Owusu, Petra A

Abstract: *This research assessed a pilot implementation of a peer-to-peer support program (LINKS) in three elementary schools (_N _= 36 participants). The studys purpose was to teach social skills to students who have difficulty with social interactions and enhance their social participation in inclusive classrooms. Mentors involved in this study had problem behaviours, and mentees involved had experienced social exclusion. Questionnaires and semi-structured interviews determined the progress of students and the effectiveness of the overall program. Results revealed that both mentors and mentees across the three schools displayed increased positive social skills and decreased externalizing behaviours. The findings support implementing a social skills peer program to assist students who have social challenges. Given the strong relationship between social skills and future academic, social and occupational outcomes, this work can have a long-lasting influence on students, beginning in childhood leading to a potentially higher social ability level in adulthood.*

Expected Mindreading Predicts Relationship Quality at the Actor, Partner, and Dyadic Level

Presenting Author: MacLean Legge, Justine

Additional Author: Cameron, Jessica

Abstract: *Expected mindreading is the belief that romantic partners should know one another's needs and feelings without communication. Prior research demonstrates ties between this belief and relationship quality, but no study has examined the belief in a dyadic context. The goal of the present study was to use a dyadic approach to understand expected mindreading. We used the Actor-Partner Interdependence Model to examine the effect of one's expected mindreading beliefs on one's own and the partner's relationship quality, as well as interactions between partners' beliefs. We also assessed how expected mindreading might exert dyadic effects by examining the role of felt and actual transparency. Participants were 142 individuals recruited from MTurk and their partners who completed measures of expected mindreading and relationship quality. MTurk workers also reported on self-perceptions and felt transparency and partners reported their impressions of the MTurk worker. Results revealed actor and partner effects of expected mindreading, such that higher expected mindreading in one partner was tied to lower relationship quality for themselves and the other partner. Moreover, partners' beliefs combined to predict relationship quality, suggesting that expected mindreading acts as a shared vulnerability. Lastly, felt transparency moderated the link between expected mindreading and felt assurance. For those higher in expected mindreading, felt assurance was higher when felt transparency was high than when it was low. Findings have important implications for studying romantic relationships and for couples therapy.*

Parental sexual communication differ by gender and ethnicity: Data from Chinese-Canadian and Euro-Caucasian university samples

Presenting Author: Cai, Nicolle

Additional Authors: Hewitt, Paul; Dang, Silvain

Abstract: *CHINESE-CANADIANS OFTEN REPORT MINIMAL AND RESTRICTIVE SEXUAL COMMUNICATION FROM THEIR PARENTS, WITH OVERALL THEMES OF TAKING LITTLE OR NO SEXUAL RISKS AND HAVING SEX ONLY IN RELATIONAL OR MARITAL CONTEXTS. DIFFERENTIAL PARENTAL SEXUAL COMMUNICATION TOWARDS DAUGHTERS AND SONS HAVE ALSO BEEN PREVIOUSLY SHOWN IN WESTERN CONTEXTS. HOWEVER, PAST STUDIES HAVE NOT EXAMINED THE INTERACTION BETWEEN ETHNICITY AND GENDER IN PARENTAL SEXUAL COMMUNICATION. IN THIS STUDY, CHINESE-CANADIAN (212 WOMEN; 218 MEN) AND EURO-CAUCASIAN (184 WOMEN; 152 MEN) UNIVERSITY STUDENTS COMPLETED A SELF-REPORT SURVEY OF PARENTAL SEXUAL COMMUNICATION. PRELIMINARY ANALYSES SHOW THAT CHINESE-CANADIAN WOMEN RECEIVED MORE MESSAGES PROMOTING TRADITIONAL GENDER DIFFERENCES, ABSTINENCE, SEX WITHIN A RELATIONAL CONTEXT, AND SEX BEING TABOO THAN CHINESE-CANADIAN MEN. EURO-CAUCASIAN WOMEN REPORTED MORE MESSAGES PROMOTING TRADITIONAL GENDER DIFFERENCES AND SEX WITHIN A RELATIONAL CONTEXT THAN EURO-CAUCASIAN MEN. IN BOTH MEN AND WOMEN, CHINESE-CANADIANS REPORTED RECEIVING MORE RESTRICTIVE PARENTAL SEXUAL MESSAGES THAN THEIR EURO-CAUCASIAN PEERS. THESE RESULTS DEMONSTRATE THE IMPACT OF INTERSECTIONALITY IN GENDER AND ETHNICITY ON HOW VALUES AND ATTITUDES TOWARDS SEXUALITY ARE PASSED DOWN ACROSS GENERATIONS. THESE FINDINGS MAY INFORM PRACTICES*

IN SEX EDUCATION AND TREATMENT FOR SEXUAL DIFFICULTIES IN CHINESE-CANADIAN WOMEN AND MEN.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64777 - Printed Poster

Pronoun use predicts dyadic perfectionism and relationship satisfaction in marital couples

Presenting Author: Ge, Sabrina

Additional Authors: Chen, Chang; Hewitt, Paul; Flett, Gordon; Habke, Marie

Abstract: *Spouse-oriented perfectionism (spOP; the requirement of perfection for one's spouse) and spouse prescribed perfectionism (spPP; the perceived expectation of perfection from one's spouse) predict poor outcomes such as low relationship satisfaction. These results are based on self-report measures, which provide limited insight into how couples with perfectionism communicate. In couples, the use of _we _but not _you _and _I_ pronouns _,_ are associated with positive relationship outcomes (Lau et al., 2019). Thus, this study explores the link between perfectionism, pronoun use and relationship satisfaction. Ninety heterosexual couples had a 10-minute conflict resolution interaction, then completed the Dyadic Adjustment Scale (to assess relationship satisfaction) and spouse-specific Multidimensional Perfectionism Scale (to assess spOP and spPP)._ Nvivo_ was used to count _we_, _you_, _ I_ pronouns in both partners. Bivariate correlations showed that females' levels of _you_ were related to their spOP, males' spPP and relationship satisfaction in both sexes. Mediation results will also be reported. Female partners with greater spOP tend to use more _you _pronouns during conflict resolution discussions. Females' level of _you_ predict greater spOP in male partners and lower relationship satisfaction in both sexes. This study is the first to examine the perfectionism-language link in dyadic interactions.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64788 - Printed Poster

Manifestations of racism within intercultural couples.

Presenting Author: Rossini, Alessandra

Additional Authors: Pagé, Justine ; Yampolsky, Maya A.

Abstract: *This study seeks to shed light on the neglected topic of racism within intercultural couples. Indeed, in both scientific literature and popular discourse, intercultural couples are generally perceived as implicitly challenging racism. We argue that this representation of intercultural unions is limited in that it casts a veil on the racism that may exist within the couple itself. METHOD: The approach underlying this study is qualitative. It is consistent with the exploratory nature of the study and makes it possible to identify, using open-ended questions, how racism unfolds in a context of intimacy. RESULTS: First, the testimonies (responses to the open-ended questions) of the participants (127 minority partners) underwent a thematic analysis. Then, frequency and contingency analyses were conducted to investigate the relationships between the themes that emerged from the first analyses. Microinsults were the type of microaggressions that came up most often. We also found manifestations of racism that seem to be specific to a context of intimacy. CONCLUSION/IMPACT: These manifestations can have a significant impact on intercultural couples. Indeed, in 15 cases the reported event seemed to have led to the end of the relationship. At last, knowing that microaggressions have serious consequences on racialized people, it is all the more important to spread awareness on this issue.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 64872 - Printed Poster

In Search of the Silver Lining: Students' Experiences of Post-Traumatic Growth during COVID19

Presenting Author: Fillion, Samantha S

Additional Author: Keefer, V Kateryna

Abstract: *Most research on the psychological impacts of the COVID19 pandemic has focused on its negative outcomes, overlooking that it has also presented positive change for some. This mixed-methods study explored the phenomenon of post-traumatic growth, looking to balance the negative with the positive impacts of the pandemic. University students (_N_ = 732) completed Depression, Anxiety, and Stress Scales, Post-Traumatic Growth Inventory, as well as open ended questions about life impacts of the pandemic and what things have been helpful or unhelpful during these times. Thematic analysis identified both negative impacts (e.g., social isolation, loss of opportunities, academic difficulties) and positive impacts (e.g., more time with family, increased self-reflection and self-care). Virtually connecting with others, exercise, and a sense of shared experience were identified as helpful, while consumption of news and social media was reported to be less helpful. Despite elevated levels of stress, students reported personal growth across various life domains, especially in relating to others, finding new life possibilities, and perceived personal strength. Anxiety and stress were not correlated with post-traumatic growth in any domain and appear to co-exist. This study implicates the importance of social support for mental health and the capability for personal growth during times of stress.*

Section: Traumatic Stress / Stress traumatique
Session ID: 64927 - Printed Poster

Understanding employees' negative beliefs about accepting coworker help: A bifactor approach

Presenting Author: Law, Denise

Additional Authors: Nishioka, Midori; Brown, Douglas; Beck, James

Abstract: *Providing help to one's coworkers is common in many organizations. However, employees may have reservations or negative beliefs about accepting their coworker's help (NBACH). Thompson and Bolino (2018) found that employees may have five different negative beliefs and they introduced the NBACH scale, which they argue is a second-order reflective construct. They provide some support for this conceptualization but they also provide evidence suggesting that the subscales are independent. Therefore, the structure of NBACH is unclear. Clarifying the structure of a construct by testing alternative structures is crucial for establishing construct validity, assigning meaningful relationships in a structural model, and obtaining a thorough conceptual understanding of a construct. Answering their call to investigate alternative structures of their measure, we tested the presence of one general factor and five specific facets by adopting a bifactor approach. Using three independent samples of full-time employees, we found that a bifactor model fit the data better than a five-factor solution across all three samples. These results suggest that the relationships between the items can be explained by one general factor and five specific factors representing the five types of NBACH. This provides some clarity regarding the structure of NBACH.*

Section: Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle
Session ID: 64930 - Printed Poster

Impact of Inducing Self-Compassion on the use of Safety Behaviours in Social Situations

Presenting Author: Szczyglowski, Kamila

Additional Author: Kocovski, Nancy

Abstract: *Self-compassion is associated with greater well-being for many people, including those with elevated social anxiety. Inducing self-compassion has led to lower levels of anxiety and rumination, among other benefits, for those with high levels of social anxiety. However, the impact of inducing self-compassion on the use of safety behaviours in social situations has yet to be examined. Safety behaviours are commonly used in an attempt to decrease fear felt in social situations but typically have negative consequences. The primary aim of the present study is to evaluate the impact of inducing self-compassion on the use of safety behaviours in a stressful social situation. Undergraduate students with elevated social anxiety (_N_ = 300 to be recruited by March) are completing questionnaires assessing anxiety and behaviours within social settings. Participants are randomly assigned to one of three conditions in which they imagine a social interaction: high social stress with self-compassion induction, high social stress without self-compassion, or low social stress. It is hypothesized that those in the high social stress condition with self-compassion will report using fewer safety behaviours than those without self-compassion. Decreased safety behaviour use may lead to improved social interactions and greater social support seeking, which has significant benefits for one's health.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64943 - Printed Poster

On the impact of interpersonal mindfulness on social connectedness: emotion regulation as a mediator

Presenting Author: Manova, Viktoriya

Additional Author: Homer, Léa

Abstract: *Rationale: Interpersonal mindfulness is a recent topic in research defined as having an awareness of internal thoughts and emotions, as well as of external cues while interacting with others. Studies support the positive impact of trait mindfulness, an intrapersonal construct, on interpersonal outcomes and emotion regulation strategies. The present study investigated: (1) if interpersonal mindfulness is a significant predictor of social connectedness (i.e., feeling of closeness to a social network) when controlling for trait mindfulness, and (2) emotion regulation as a mediator of that relationship.   Methods: Canadian adults (_N_ = 438) completed measures of social connectedness, interpersonal and trait mindfulness, and emotion regulation.   Results: Interpersonal mindfulness significantly predicted social connectedness when controlling for trait mindfulness, and emotion regulation partially mediated the relationship. The emotion regulation facets acceptance of emotional responses, goal-directed behavior, impulse control, emotional awareness, and emotional clarity were significant partial mediators, and the standardized mediated effect of emotional awareness was the largest.   Conclusions/Impact: The results suggest that interpersonal mindfulness is a useful construct in research about mindfulness and interpersonal outcomes. It can also be concluded that the relationship between interpersonal mindfulness and social connectedness can be partially explained by emotion regulation. Implications for the mechanisms of mindfulness and the design of interventions for interpersonal issues will be discussed.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64945 - Printed Poster

Perceptions of Popularity on Social Media are Negative for Authenticity and Wellbeing

Presenting Author: Bissonnette, Emily C

Abstract: *BACKGROUND: PREVIOUS RESEARCH HAS FOUND THAT WHEN PARTICIPANTS RATED A FICTIONAL PLATFORM USER WITH MORE FOLLOWERS ON INSTAGRAM COMPARED TO LESS, THE*

USER WAS PERCEIVED AS BEING LESS AUTHENTIC AND HAPPY. THIS RESEARCH AIMED TO REPLICATE PREVIOUS RESULTS AND INVESTIGATE POSSIBLE MEDIATORS: ADDICTION TO SOCIAL MEDIA (SM) AND PERCEIVED SOCIAL ISOLATION. METHOD: A SAMPLE OF UNIVERSITY STUDENTS (N = 589) COMPLETED A SURVEY USING A WITHIN-SUBJECT DESIGN WITH TWO VIGNETTES DESCRIBING A SUBJECT'S LEVEL OF POPULARITY ON SM AND ANSWERED QUESTIONS PERTAINING TO PERCEIVED LEVELS OF AUTHENTICITY, WELLBEING, ADDICTION TO SM, AND SOCIAL ISOLATION. RESULTS: PAIRED SAMPLES T TESTS AND WILCOXON SIGNED RANK TESTS REVEALED THAT THE PERSON WITH ABOVE AVERAGE SM POPULARITY WAS EXPECTED TO EXPERIENCE MUCH MORE ADDICTION TO SM AND PERCEIVED SOCIAL ISOLATION, YET LESS AUTHENTICITY AND WELLBEING. IN THE REVERSE DIRECTION, THOSE WITH GREATER AUTHENTICITY WERE PERCEIVED AS LESS POPULAR. THOSE WHO WERE HAPPIER WERE THOUGHT OF AS LESS POPULAR ON SM. ADDICTION TO SM AND PERCEIVED SOCIAL ISOLATION EACH MEDIATED THE RELATIONSHIP BETWEEN SM POPULARITY AND EACH STUDY VARIABLE. ADDICTION TO SOCIAL MEDIA WAS A STRONGER MEDIATOR THAN PERCEIVED SOCIAL ISOLATION. CONCLUSION: THE STUDY WAS ABLE TO REPLICATE PREVIOUS FINDINGS, INDICATING LAY THEORIES HAVE DEVELOPED AROUND SM POPULARITY, AUTHENTICITY, AND WELLBEING. ACTION: FUTURE RESEARCH COULD MONITOR THE IMPACT OF SOCIAL MEDIA POPULARITY ON PLATFORM USERS' AUTHENTICITY AND WELLBEING CONSIDERING ADDICTIVE BEHAVIOURS.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65002 - Printed Poster

Relational Boredom, Relational Decline and the Role of Chronic Stress During the COVID-19 Pandemic

Presenting Author: Lonn, Atara

Additional Authors: Kolbuszewska, Marta; Harasymchuk, Cheryl

Abstract: *Relationship decline has been linked with many factors, such as stress and relational boredom (i.e., feeling unstimulated in a relationship). Chronic stress can amplify existing issues in relationships, especially when considering day-to-day irritations (e.g., financial concerns, performing chores, being unable to engage in enjoyable activities), but its impact on relational boredom has not been studied. During the COVID-19 lockdown, couples were limited in their ability to engage in exciting activities, potentially exacerbating daily hassles pertaining to relational boredom. In our study, 257 people in intimate relationships were followed for 6-weeks during the initial lockdown period. Each week participants reported their perceived stress, relational boredom, and indicators of relational decline (e.g., feeling disconnected from their partners, thoughts of separation). Using multi-level modeling, we tested whether the associations between relational boredom and relational decline would be stronger for participants that reported high average stress levels (vs. low) during the study. Although both stress and relational boredom significantly predicted relational decline, contrary to our hypothesis, stress was not found to be a moderating factor. The evidence suggests that relational boredom, and the associated relational decline, may not be influenced directly by chronic stress.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65047 - Printed Poster

Finding similar others online: Social support in online groups for people with a stigmatized identity

Presenting Author: Godard, Rebecca

Additional Author: Holtzman, Susan

Abstract: _Many people with stigmatized or minority identities seek support from similar others in online groups, yet limited research has evaluated the extent to which these groups benefit users. Drawing on self-categorization theory and the social identity model of de-individuation effects, this study examined factors that predict social support outcomes in Facebook groups for multiracial people. A cross-sectional survey of 461 users revealed that perceived similarity with other group members positively predicted perceived availability of support and a sense of belonging within the Facebook group. We also identified positive effects of identity importance on both outcome variables, as well as a negative effect of stigma consciousness on sense of belonging. Finally, active participation and self-disclosure partially mediated the relationship between perceived similarity and support outcomes. Results suggest that connections to similar others online are associated with positive social support outcomes. People who view an identity as important also experience greater benefits in online groups related to that identity, compared to people who do not view an identity as important. Findings suggest that online social support may be particularly effective for people who lack access to specific identity-related support offline. _

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65049 - Printed Poster

Traumatic Events from Parenting Children with Intellectual/Developmental Disorders – Development and Validation of a New Checklist

Presenting Author: Xiong, Ting

Additional Authors: McGrath, J Patrick; Yakovenko, Igor; Thomson, Donna; Kaltenbach, Elisa

Abstract: BACKGROUND Parents of children with life-threatening Intellectual/Developmental Disorders (IDD) are at a higher risk of developing posttraumatic stress disorder (PTSD). Little is known about the types of traumatic events they are exposed to in the care of their children. To address this, we developed the Parenting Trauma Checklist (PTC) to quantify parents' traumatic experiences and test its psychometric properties in the target population. METHODS PTC was developed with an extensive literature review and consultation with stakeholders, consisting of 17 dichotomous items. Data were collected online from 426 parents of children with IDD living in Canada. Scales assessing PTSD, global mental and physical health, lifetime traumatic events, and functional impairment were administrated to evaluate the construct validity of the PTC. RESULTS Approximately 95% of the participants reported experiencing parenting-related traumatic events (M = 5.79). Seeing their children undergo a medical procedure was the most commonly endorsed experience (68.60%). The PTC demonstrated an acceptable internal consistency (Kuder-Richardson 20 = .78). It showed a moderate correlation with lifetime trauma and PTSD symptoms and a low correlation with parents' general health and daily functioning. A multiple regression analysis revealed higher exposure to parenting trauma predicted higher PTSD severity. CONCLUSION The PTC is the first instrument detecting traumatic events in parents of children with IDD. It shows promising results and can be used as a screening tool to assess parents' risk of developing PTSD and in psychological treatment.

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65071 - Printed Poster

The Impact of Stress, Anxiety, and Depressive Symptomology on Eyewitness Recall and Recognition

Presenting Author: Edge-Partington, Moriah L.H

Additional Author: Boyce, Melissa

Abstract: *Inaccurate eyewitness testimony is one of the leading causes of wrongful convictions (National Registry of Exonerations, 2019). There are various psychological factors that may affect an eyewitness's*

account including their memory recall and level of stress and anxiety (Magnussen et al., 2010). Past research has identified that anxious, depressed, or stressed individuals experience alterations to their memory ability, but the direction of this relationship is still unclear, particularly in the context of eyewitness testimony (Hertel and Brozovich, 2010; Siegel and Loftus, 1978). The present study examined how eyewitness accuracy and recall vary as a function of symptoms of stress, anxiety, and depression. Participants completed the 42-item Depression Anxiety Stress Scale (DASS-42) and were randomly assigned to watch a video depicting either a threatening or non-threatening event. Following a filler task, participants freely recalled the event and made an identification decision from a photo lineup. Preliminary chi-square analyses indicate that higher levels of depression, anxiety, and stress were associated with more conservative identification decisions. There is also a positive relationship between higher levels of depression and identification accuracy. These findings can allow us to better understand the memory of individuals with stress, anxiety, and depression and how eyewitness identification decisions and accuracy may vary as a function of one's mental health. This has implications for the justice system as these findings will be important to consider in eyewitness testimony.

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65082 - Printed Poster

A bifactor approach to understanding employees' receipt of task-related help

Presenting Author: Law, Denise

Additional Authors: Nishioka, Midori; Brown, Douglas; Beck, James

Abstract: *Employees often help each other with their work, which benefits organizations. Research has focused on understanding help-giving, neglecting the recipient. To stimulate research on help-receiving, we created the receipt of task help (ROTH) scale, which consists of three dimensions: (1) Labour (doing a task for the recipient), (2) Knowledge (obtaining task-relevant information from an employee), and (3) Material (receiving task-relevant material that is used to do one's work or is turned into a finished product). Although the dimensions are distinct from one another, the experiences of receiving task help likely share many characteristics (e.g., sense of overall helpfulness, collaboration). Thus, we conceptualize ROTH's structure as a bifactor model by simultaneously testing the extent to which the three dimensions and a single general factor accounts for covariance among the scale indicators. That is, we adopted a bifactor approach to modelling ROTH using two independent samples of full-time employees. Across both samples, a bifactor model fit the data better than a three-factor and a one-factor solution. Thus, ROTH can be understood as a broad construct and three specific components that are independent of the general factor. Future research can examine the three components of ROTH or treat ROTH as one general construct by combining the three components into one global score.*

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 65174 - Printed Poster

Challenges for Interdependent People in the COVID-19 Context

Presenting Author: Hébert, Marcus

Additional Authors: Lonn, Atara; Harasymchuk, Cheryl

Abstract: *People differ in terms of how much their sense of self is tied to others (interdependence) or based on personal accomplishments (independence) and this can impact relational attitudes, perceptions, and behaviours. People high in interdependence tend to value their connection with others more and this might make them more resilient to COVID-19 lockdown restrictions. I hypothesized that, during the early stages of the pandemic, people high in interdependence (vs independence) would contact their friends more frequently and would experience more relationship satisfaction. To assess this hypothesis, 212 people from the community were recruited for a 6-week online study (weekly surveys) during the early stages of the COVID-19 pandemic.*

Although people high in interdependence (vs independence) contacted their friends more frequently, contrary to my hypothesis, they were not associated with more satisfying friendships. These results suggest that the lockdown measures (i.e., social distancing) could be particularly challenging for people that define themselves in terms of their connection with others (interdependent self-construal).

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65202 - Printed Poster

Can Negative Emotions Be Used as a Driving Force Towards Personal Growth?

Presenting Author: Farooqi, Iman

Abstract: *Effectively dealing with distressing situations requires the use of healthy coping strategies. In previous research, problem-focused and emotion-focused coping strategies both demonstrated merits. One method focuses on working through the issue, and the other aims to manage the emotions associated with the problem. While there is extensive research on different aspects of conflict resolution techniques, few studies have looked at its impact on growth motivation. Growth motivation reflects an individuals drive towards reaching their full potential. Prior research shows growth motivation corresponding to increased well-being. In this study, we compare differences in growth motive when using problem-focused or emotion-focused strategies. We predict problem-focused strategies to be linked with higher growth levels as it encourages individuals to use tangible actions to work through a problem. Undergraduate participants face a distressing manipulation and are randomly assigned to use a particular coping strategy. Growth motive is being measured by the Felt Uncertainty Scale (McGregor, 2001), the Growth Motivation Index (Bauer, 2005), the Self-efficacy scale (Schwarzer and Jerusalem, 1995), and the Personal Project Analysis (Little, 1998). The research is currently underway, and results will be presented at the conference. Understanding the effect on growth motive may be relevant to anyone dealing with negative emotions. Additionally, individuals may gain a long-term benefit by learning to incorporate more robust coping techniques to overcome future obstacles.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65223 - Printed Poster

More Followers on Instagram Compared to Less is Perceived as Having Less Authenticity and Wellbeing

Presenting Author: Bicknell, Chelsea

Additional Author: Bissonnette, C Emily

Abstract: BACKGROUND/RATIONALE: SOCIAL MEDIA (SM) PLATFORMS POSSESS METRICS SUCH AS 'FOLLOWERS' WHICH MAY BE INFLUENTIAL FACTORS WHEN PERCEIVING OTHERS' AUTHENTICITY AND WELLBEING. EVIDENCE IS MIXED REGARDING WHETHER OR NOT SM USE RESULTS IN POSITIVE OR NEGATIVE OUTCOMES. THIS RESEARCH AIMED TO INVESTIGATE PERCEPTIONS PERTAINING TO THE NUMBER OF INSTAGRAM FOLLOWERS, WELLBEING, AND AUTHENTICITY, AS A PRELIMINARY INVESTIGATIVE TOOL TO FURTHER ILLUMINATE THIS PHENOMENON. METHODS: UNIVERSITY STUDENTS(N = 278) PARTOOK IN A WITHIN-SUBJECT DESIGN, EMPLOYING TWO VIGNETTES IN WHICH 'TAYLOR' HAD EITHER 200 OR 200 000 FOLLOWERS ON INSTAGRAM. PARTICIPANTS JUDGED AUTHENTICITY, SUBJECTIVE WELL-BEING, FLOURISHING, AND LIFE SATISFACTION FOR EACH SCENARIO. RESULTS: THE PERSON WITH 200 FOLLOWERS WAS PERCEIVED TO BE MORE AUTHENTIC WHEN COMPARED TO THE PERSON WITH 200 000 FOLLOWERS. SPECIFICALLY, THEY WERE THOUGHT OF AS MUCH LESS ACCEPTING OF EXTERNAL INFLUENCE, MODERATELY HIGHER IN AUTHENTIC LIVING, AND MODERATELY LOWER IN SELF-ALIENATION. THE PERSON WITH 200 FOLLOWERS WAS ALSO PERCEIVED TO EXPERIENCE GREATER WELLBEING. THEY WERE EXPECTED TO EXPERIENCE SLIGHTLY MORE POSITIVE AFFECT AND FLOURISHING, WITH MODERATELY LESS NEGATIVE AFFECT. NEITHER SCENARIO WAS

PERCEIVED TO RESULT IN A PERSON EXPERIENCING GREATER LEVELS OF LIFE SATISFACTION. CONCLUSION: PEOPLE FROM THIS SAMPLE BELIEVED THAT HAVING FEWER FOLLOWERS WAS RELATED TO HIGHER LEVELS OF WELLBEING AND GREATER FLOURISHING. ACTION: FUTURE RESEARCH COULD INVESTIGATE WHICH FACTORS ARE BELIEVED TO CONTRIBUTE TO THE RELATIONSHIP BETWEEN POPULARITY ON SM AND NEGATIVE OUTCOMES.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65227 - Printed Poster

The Eighth Deadly Sin: Correlations and Predictions of Aggrieved and Sexual Entitlement

Presenting Author: Reynolds, Jaimie

Additional Authors: Karasavva, Vasileia; Stewart, Jayme; Forth, Adelle

Abstract: _BACKGROUND/RATIONAL: _Aggrieved and sexual entitlement both assume a need of power over people that seem to be out of line with their traditional roles. These concepts, especially aggrieved entitlement (AE) are relatively new and lack research in many domains, including their relation with the dark tetrad traits and demographic differences between attitudes. This study examines how these entitlement attitudes (aggrieved/ sexual) relate to the dark tetrad traits and different demographics, including gender and ethnicity. _METHODS: _816 undergraduate students enrolled in an introductory psychology course, majority of which identified as female (72.5%) and Caucasian (34.2%), completed an online survey assessing AE, sexual entitlement (SE), dark tetrad traits, and a demographic questionnaire. _RESULTS: _A significant correlation was found between AE and SE (_r_ = .462**) with both entitlements significantly positively correlated with all dark tetrad traits, psychopathy showing the highest correlation for both AE (_r_ = _.351**) and SE (_r_ = _.342**). A Hierarchical Regression Analysis conducted for each form of entitlement as the dependent variable showed psychopathy accounted for the most variance for both (11.7% for AE and 12.2% for SE), however when controlling for ethnicity and gender, machiavellism showed the highest variance for both (7.3% for AE and 6.6% for SE). Sadism appeared to account for the lowest variance for both entitlements of the dark tetrad traits when controlling for ethnicity and gender. _CONCLUSIONS: _These results show that the dark tetrad traits are significant in measuring both AE and SE, suggesting that both of these entitlement constructs are related but distinct and impacted by dark tetrad traits. _ACTION/IMPACT: _AE and SE are extremely timely topics that are demonstrated in the news headlines almost daily of late, and further research could bring greater understanding of world events. With more knowledge about these attitudes, we can potentially take more preventative measures towards people taking extreme acts in response to our changing world.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65249 - Printed Poster

Integrating Cultures: Self-Expansion and Relationship Quality in Intercultural Relationships

Presenting Author: Naeimi, Hanieh

Additional Authors: West, Alexandria; Di Bartolomeo, Alyssa A.; Muise, Amy

Abstract: *Intercultural romantic relationships, those in which partners have different cultural backgrounds, are increasingly common. However, intercultural marriages remain relatively rare—they make up only 5% of all unions in Canada. Intercultural couples may face additional barriers in maintaining their relationship over time, including reconciling their cultural and couple identities (_identity integration_) and communicating effectively about cultural differences (_cultural inclusion_). Despite challenges, intercultural relationships may also*

provide opportunities for novel perspectives and experiences. In two studies—a cross-sectional study of people in intercultural relationships (_N_=242) and a dyadic study of intercultural couples (_N_=312)—we found that _self-expansion_—novelty or growth as a result of the relationship or a partner's culture—is associated with higher relationship quality in intercultural relationships through greater integration and cultural inclusion. In our third study—a pre-registered experimental study—currently underway, we aim to confirm the causal direction of these effects. Our initial findings reveal that cultural differences between partners can provide opportunities for growth, and supportive communication about partners cultures is a unique pathway through which self-expansion leads to higher relationship quality.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65273 - Printed Poster

Self-Esteem Concealment Related to Greater Relationship Quality for those with Lower Self-Esteem

Presenting Author: Tongol, Nicole

Additional Author: Cameron, Jessica

Abstract: *Views that high self-esteem (HSE) is a desirable trait are common and encouraged in Western society – but low self-esteem (LSE) is viewed as a fault. Thus, we hypothesized that people with LSE would conceal their self-esteem to avoid rejection and boost their relational value with others, which may impact the quality of their interpersonal relationships (RQ). We distributed an online survey to 233 participants across North America and used correlations and mediation to analyze the data. Results revealed that people with lower self-esteem reported hiding their self-esteem more than those with higher self-esteem, and they did so because they anticipated both experiencing greater negative emotions and rejection from others. Also, self-esteem concealment moderated the relationship between self-esteem and RQ. Greater self-esteem concealment was associated with better relationship quality for all participants, but this relationship was much stronger for those with LSE. LSE participants reported being happier in their relationship the more they concealed their self-esteem. Future research should investigate causation between variables, in addition to determining the impacts of concealing LSE on participants' health and relationships.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65322 - Printed Poster

iBelieve I Can Spy: The Role of Attachment Style and Normative Beliefs as Predictors of Cyber Aggression Perpetration in the Romantic Relationships of Young Adults

Presenting Author: Charbel, Ramona

Additional Authors: Bonneville, Alyssa; Daniels, Tina

Abstract: *Technology, which plays an integral role in the lives of many, has exposed individuals to a boundless online world which facilitates communication and information gathering and has changed the dynamics of individuals' personal relationships (Reed, Tolman, and Ward, 2016). The current study examined the role insecure attachment (anxious and avoidant) and normative beliefs played in the perpetration of cyber aggressive behaviours, (both excessive cyber monitoring and direct cyber aggression), in the romantic relationships of University students (n=283) ages 17- to 20-years-old. The results of this study demonstrated that anxious attachment style and normative beliefs predicted a significant amount of the variance in cyber monitoring while only normative beliefs predicted the perpetration of direct cyber aggressive behaviour towards a romantic*

partner. The current study was able to fill some gaps in the literature regarding perpetrator normative beliefs and has laid the groundwork for future studies to follow in these footsteps.

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 65343 - Printed Poster

Into the Belly of the Beast: The Dark Tetrad and Website of Choice for Trolling

Presenting Authors: Swanek, Jessie ; Smodis, Audrey

Additional Authors: Karasavva, Vasileia; Stewart, Jayme; Mularczyk, Kimberly; Forth, Adelle

Abstract: *Over the past decade, the malevolence of online trolling behaviours has recevied significant media attention. However, despite researchers linking trolling behaviours to the Dark Tetrad (DT; Machiavellianism, narcissism, sadism, psychopathy; e.g., Buckels et al., 2014), this line of research is still within its infancy, with little known about how trolls choose which online spaces to habitate. As such, the present study sought to examine how the DT personality traits relate to website choice for trolling (forum-based, image-based, video-based, other). Undergraduate participants (_N_ = 911) were presented with self-report inventories and a pre-determined interactive chat. Two trolling aspects were analyzed to determine differences between subjective troll behaviour (self-report) and objective troll behaviour (chat-bot). Chi squares revealed significant differences in the website choice for the subjective troll measure but not the objective troll measure. Interestingly, narcissism and psychopathy were only positively correlated with trolling via forums but negatively correlated with trolling via images and videos, possibly because they use image and video-based websites to promote themselves. This study provides further insight into trolling behaviours, particularly in relation to the DT and online bullying, and what websites may be at risk for higher frequencies of trolling.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65396 - Printed Poster

Staying Connected: Consumer experience of the recovery journey and long-term engagement with a rural mental health clinic

Presenting Author: Krupin, Lyuda A

Additional Authors: Perry, Tara ; Todd, Nick; Howey, Eric

Abstract: *Background: There has been much interest in recent years about the potential impact short-term therapy can have on those needing mental health support, relatively little attention has been paid to the needs of those who require longer term support. Methods: In an ethnographic study that incorporates a participatory action research (PAR) design, exploring long-term clients' experiences of the recovery journey and the role of rural mental health support, a sample of 6 (n = 6) consumers who had a minimum of five years of continuous involvement with a community-based mental health clinic participated in a series of two focus groups. The first focus group examined consumers' experiences of the recovery journey and the role of the clinic in supporting their journey. The second focus group involved a member-check that allowed for participant feedback on the researchers' summary of themes that arose from the first session. In this way, participants were given voice in revising and shaping the thematic analysis, to share their lived experiences of illness, recovery and resilience. Results: Emerging findings demonstrate how the journeys shared highlight themes of contending with extreme violence, the importance of accessible ongoing support, and finding a reason to go on in the wake of devastating personal experiences. Interpretation: Themes of being too helpful as unhelpful, balancing relationship with being able to offer advice or a challenge and connection to people and places were all highlighted. Large part of what recovery meant and participants challenge and invitation to the practitioners of its meaning was voiced.*

Nurturing deviance: Exploring the association between attachment and criminal thinking

Presenting Author: Curran, Scottie Jean A

Additional Authors: Cahill, Hannah; Lindon, Emmilie; Scharfe, Elaine

Abstract: *Background:Researchers who study attachment and criminal thinking propose that perceptions of the self and others are associated with reports of illegal behaviour (Bowlby, 1944; Mitchell and Tafrate, 2012). To date, however, no one has simultaneously explored how these different views of the self and others (attachment and criminal thinking) contribute to deviance. Method: In the first study, undergraduate students reported their engagement in deviant behaviour and completed measures of attachment relationships (Scharfe, 2016) and criminal thinking (Walters, 2006; Walters et al., 2009; Mitchell and Tafrate, 2012). In a second study, we will replicate these findings in a community sample recruited using social media. Results: Using structural equation modelling we will test the model that attachment views of the self will be associated with the views of the self in criminal thinking patterns, but not views of others. Likewise, attachment views of others are expected to be associated with the views of others in criminal thinking patterns, but not views of self. This association is expected to be stronger for participants who reported that they have engaged in deviant behaviour. Impact: To date, this study would be the first to make this connection between attachment and criminal thinking. Broader insight into the origins and reasons for engaging in deviant behaviour will be gained.*

Acculturation, motivation, discrimination and well-being in two generations of South Asian Canadians

Presenting Author: Attlas, Gurprince

Abstract: *OBJECTIVE: Acculturation is the process by which an individual adopts a new cultural system, often occurring as individuals emigrate. This process, along with discrimination, can negatively impact psychological wellbeing. However, research has seldom identified the cumulative impacts of such processes, as well as protective factors like intrinsic motivation, in South Asian immigrant populations. This study aimed to identify changes in acculturation, motivation, discrimination, life satisfaction, and wellbeing in two-generations of South Asian Canadians. PARTICIPANTS: A sample of 59 participants (26 first-generation immigrants; 33 second-generation immigrants) was recruited from a Canadian university. METHODS: Participants completed questionnaires of study constructs. RESULTS: Results indicated a significant difference between higher-scoring first-generation Canadians and lower-scoring second-generation Canadians in intrinsic motivation, $t_{(54)} = 2.212$, $p < .05$, 95% CI [.22, 4.59]. In addition, there was a statistically significant correlation between wellbeing and mainstream identity, but not with heritage identity. CONCLUSION/IMPACT: Coupled with the importance of mainstream identity, results highlight a need to understand motivation loss in subsequent generations of immigrants. Such findings are useful in determining methods to promote wellbeing among immigrant populations.*

The Impact of Resilience on Academic Achievement in Queer-Identifying University Students

Presenting Author: Shinbine, Danielle

Additional Author: O'Neill, L Melanie

Abstract: *Resilience is a quality that enables individuals to thrive in difficult circumstances (Luthar, 2015). Resilience enables vulnerable youth to overcome adversity and succeed in academics (Kidd and Shahar, 2008). Queer identifying individuals experience amplified risk and resilience factors, providing more opportunities to overcome hardship than their peers (Asakura, 2016). Resilience in academia has been examined in queer-identifying youth, but research on queer university students and how resilience affects post-secondary academics is lacking. The current study hypothesized that resilience in queer-identifying university students is related to increased academic achievement. Undergraduate students (n = 115) were recruited to complete a series of questionnaires, including the Connor-Davidson resilience scale (CD-RISC), and a demographic questionnaire to assess GPA. Correlational analysis was employed to determine the relationship between the two variables. No significant correlations were identified between GPA and resilience in the queer population, suggesting that mechanisms enabling resilience in academics for queer youth are inconsistent in a post-secondary population. Further investigation on factors attributing to higher academic achievement in a queer university population will enable educators to provide the most academically beneficial resources for these individuals.*

Section: *Students in Psychology / Étudiants en psychologie*
Session ID: 65517 - Printed Poster

The perceptions of strengths and challenges in interethnic parenting

Presenting Author: Bains, Anmol

Additional Authors: Kil, Hali; Taing, Jennifer; Mageau, Genevieve

Abstract: *In interethnic parenting, each parent comes from different ethnocultural backgrounds to form a family, potentially resulting in culturally different beliefs on childrearing. Recently, there has been growing interest in interethnic parents' unique and diverse experiences of raising their mixed-ethnicity children. Thus, the present review synthesized the existing literature on the experience of interethnic parenting of mixed-ethnicity children to build a more comprehensive understanding of multiethnic families. Mostly qualitative journal articles and dissertations (n=19) were identified through a systematic search. Eight countries were represented across studies. Themes identified included both strengths and challenges of interethnic parenting. Strengths included a greater appreciation and celebration of both parents' cultures and the satisfaction of passing on one's heritage culture to the child. Challenges included difficulties in helping to form children's identity, connecting children to both parents' cultures, and explaining societal challenges that come with being mixed ethnicity. The results highlight the unique strengths and challenges in interethnic parenting. These findings may be useful in applied settings for developing a comprehensive awareness of intercultural parenting experiences and to better meet the specific needs of multiethnic families in prevention settings.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65533 - Printed Poster

Validation of New Scales Assessing Compassion and Prosocial Behaviour in a French-Canadian Sample

Presenting Author: Brophy, Kyla

Additional Authors: MacDonald, Ceilagh; Côté, Catherine; Maillé, Sarah; Körner, Annett

Abstract: *Compassion can be defined as a sensitivity to the suffering of self and others with a commitment to alleviate and prevent it. Compassion towards oneself and towards others has been associated well-being and resiliency. Current research is limited by the availability of valid psychometric measures assessing compassion, particularly in languages other than English. The purpose of this study is to 1) translate three new measures of compassion and one measure of prosocial behavioural intentions from English to French, and 2) validate the translated measures with a French-Canadian sample. The following measures have been independently forward and back translated following guidelines by Beaton et al. (2000): the Compassionate Engagement and Action Scales (CEAS), Sussex-Oxford Compassion Scales for Self (SOCS-S) and Others (SOCS-O), the Compassion Scale (CS), the Prosocial Behavioural Intentions Scale (PBIS). Final translations were prepared based on a consensus meeting between translators and scale authors. Participants for the online validation study are being recruited via social media platforms. Construct validity will be assessed through Confirmatory Factor Analysis using MPlus, and correlational analyses with measures assessing anxiety, depression, mindfulness, well-being, and attachment style. Results will contribute to providing valid and reliable psychometric tools for use in research and clinical practice with diverse cultural and linguistic groups.*

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 65544 - Printed Poster

Reconsidering predictors of religious belief: A cross-sectional study of theism and individual differences in the German cultural context

Presenting Author: Lang, Jacob

Additional Authors: Andersen, Nicole; Benchimol-Elkaim, Brandon; Frederickson, Alesha; M. Lannes, Émilie E.; Slattery, Jan; Körner, Annett

Abstract: *BACKGROUND: Leading up to the fall of the Berlin Wall in 1989, many in the GDR relinquished their public practice of religion in fear of political duress. Inquiry into the beliefs of people who lived through a period of enforced secularization offers insights into the role of religion in modern life. This study explored relationships between demographic, belief-related and personality variables, with a focus on predictors of theism in a community located in the former GDR. In light of prior studies, it was hypothesized that being a woman, endorsement of superstitions, lower trait neuroticism and openness (FFM) would predict stronger theism. METHOD: Survey responses were collected from 83 people born before German Reunification and 122 born after. Data included age, gender, theism-atheism, BFI-10, and UK Superstition Survey (German) scores. A hierarchical multiple regression was conducted to assess predictors of theism, and intercorrelations were examined. RESULTS: The model was nonsignificant. Females reported higher openness and endorsement of superstitions. Those reporting lower neuroticism tended to be older, male, and endorse fewer superstitions. CONCLUSIONS: Regression results did not support the hypothesis nor replicate prior studies. Findings prompt re-examination of how theism is understood in relation to personality and superstition. IMPACT: Findings are coherent with a related qualitative study. A proposed larger-scale inquiry will include a matched sample from former West Germany to determine whether age effects implicate the experience of having been raised in the GDR milieu.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65569 - Printed Poster

Black, East Asian, and White women's perceptions of how race affects their experiences as women.

Presenting Author: Daniel, Adira

Additional Authors: Schiralli, Jordana; Neel , Rebecca

Abstract: *Intersectional approaches suggest that women's experiences may differ depending on their race. Do women themselves perceive these race-based differences, and how do they think their own experiences differ from women of other races? We asked 560 monoracial Black, East Asian, and White women a series of open-ended questions about how their race influences their experience as a woman (if at all), and whether they perceive their experiences as being different from women of other racial groups. These open-ended data are currently being analyzed by a team of research assistants for common themes and patterns. Preliminary observations suggest that Black women often reported being expected by others to be strong, whereas Asian women reported having to fulfill the stereotypical role of "mother" and "wife." Additionally, White women perceived Asian and Black women as receiving greater negative treatment due to experiencing both racism and sexism. This research helps us understand the intricacies of how race impacts women's experiences as well as their perceptions of others' experiences.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65589 - Printed Poster

Inducing Self-Compassion Across Different Domains of Social Anxiety During the COVID-19 Pandemic

Presenting Author: Popovic, Mila

Additional Author: Kocovski, L Nancy

Abstract: *Inducing self-compassion can help reduce social anxiety, but most research has examined the effectiveness of self-compassion inductions for presentation-related anxiety. Social anxiety can also arise in social interactions and situations in which one is observed by others (e.g., walking down a street). The aim of this study was to investigate the effectiveness of a self-compassion induction for different domains of social anxiety in the context of the COVID-19 pandemic. Undergraduate students (N = 455) were randomly assigned to recall a time where they felt judged during the pandemic while either i) having a social interaction, ii) being observed by others, or iii) presenting. They were further randomized to write self-compassionately or to a control condition. Consistent with hypotheses, those who received the induction reported higher levels of self-compassion, and that they would approach similar future situations with less anxiety, bother, and worry, and more comfort, self-kindness, and acceptance. There were few differences regarding situation type. Participants who brought to mind a situation in which they felt judged while being observed by others reported that they would be more mindful in future similar situations, compared to the other two situations. The induction was also particularly helpful in inducing feelings of comfort in future situations for those who recalled a situation in which they were being observed by others. These results suggest that fostering self-compassion is helpful for various situations in which one may be judged by others during the pandemic.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65595 - Printed Poster

In the news: Associations between views of relationships and perceptions of the student experience in the media

Presenting Author: Scharfe, Elaine

Additional Authors: Navara, Geoff; Lauricella, Sharon

Abstract: *Background: Reports of rising mental health issues of postsecondary students has gained the attention of researchers and journalists but little research has examined how students perceive media about the mental health crisis. It is well established that attachment representations influence perceptions of events and, in these*

studies, we explored the influence of attachment on students' perceptions of the mental health crisis. Method: In a series of studies (n=131, n=390, and ongoing data collection), participants completed surveys to assess their attachment representations, current mood, distress, and perceptions of news stories about the mental health crisis on campus. Results: We found that students who reported higher levels of attachment anxiety were more strongly influenced by news about the student mental health crisis. Not surprisingly, students were more likely to be influenced by stories that portrayed typical students to be similar to their own self views. Conclusions: Our findings are consistent with our hypothesis that the mental health crisis on campus may be differentially perceived by students depending on their own attachment representations. Impact: Our findings that the mental health crisis may be perceived differently depending on our view of relationships may help to explain the ongoing ambivalence and stigma surrounding the mental health crisis on campus.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65653 - Printed Poster

Section Panel Discussion

Social and Personality Showcase

Moderator: Harasymchuk, Cheryl

Panelists: Wilson, Anne E. ; Muise, Amy ; Axt, Jordan R.; Fournier, Marc A.; de la Sablonnière, Roxane

Abstract: *The session is intended to showcase ongoing Canadian research in the area of Social and Personality psychology. Invited speakers with diverse research backgrounds including, self and other perceptions, attitudes, personality, applied interventions, and intimate relationships will discuss their current research. More specifically, Dr. Anne Wilson (Wilfrid Laurier University) will review a program of research considering how people make sense of past wrongdoings of self and others and their subjective implications for the present. Dr. Jordan Axt (McGill University) will describe his research on implicit transgender attitudes and associated outcomes. Dr. Marc Fournier (University of Toronto) will discuss his research on personality coherence (i.e., the extent to which a person's psychological characteristics are coordinated, unified, and integrated) in samples of emerging and midlife adults. Finally, recent research in the context of the pandemic will be described as it relates to community interventions to improve well-being in adolescents and young adults (Dr. Roxane de la Sablonnière, Université de Montréal) and relationship processes that help buffer the effects of COVID-19 on intimate relationships (Dr. Amy Muise, York University).*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 65441 - Section Panel Discussion

Snapshot

Image-Based Sexual Abuse and Moral Disengagement: A Working Conceptualization

Presenting Author: Karasavva, Vasileia

Additional Author: Forth, Adelle

Abstract: *Image-based sexual abuse (IBSA) is the non-consensual creation, distribution, or threat of distribution of someone else's sexually explicit image. Research on IBSA is still in its infancy and remains sparse and underdeveloped. In this review, we provide a conceptualization model for the cognitive mechanisms that may underlie IBSA. Rooted in social cognitive theory, moral disengagement mechanisms allow the perpetrator*

to self-exonerate by shifting the blame to the victim or by minimizing the harm caused by their actions. In this review, we present a conceptual framework that utilizes moral disengagement to provide a better understanding of the cognitive processes that facilitate IBSA perpetration. We synthesize and discuss work that provides support for the framework and make recommendations for future research avenues. MORAL DISENGAGEMENT MECHANISM IBSA APPLICATION Moral justification IBSA is a way to stand up for yourself when you are cheated on by your partner Euphemistic labeling IBSA is funny, a prank, a harmless joke Advantageous comparison IBSA is not as serious as face-to-face sexual abuse Responsibility displacement Others pressured me to engage in IBSA Responsibility diffusion A lot of people engage in IBSA Distortion of consequences IBSA is not a big deal Victim blaming The victim should have known better before they sent a sext Victim dehumanization IBSA victims are promiscuous sluts

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61257 - Snapshot

Psychological Distress, Emotion Dysregulation, and Intimate Partner Violence Perpetration among Men Seeking Help

Presenting Author: Audet, Ariane

Additional Authors: Brassard, Audrey; Dugal, Caroline; Claing, Aurélie; Daspe, Marie-Ève; Savard, Claudia; Lafontaine, Marie-France; Péloquin, Katherine; Godbout, Natacha

Abstract: *Despite an increase in research initiatives, intimate partner violence (IPV) remains a public health problem (World Health Organization, 2019). The negative consequences reported by victims support the importance of addressing risk factors associated with IPV perpetration in men seeking services (Spencer et al., 2019), such as psychological distress and emotion dysregulation (ED). To understand the underlying mechanisms of IPV perpetration, this study aims to examine whether the association between psychological distress symptoms (anger, depression, anxiety) and the perpetration of IPV (physical violence, psychological violence, coercive control) is mediated by ED and whether these associations are invariant across immigration status. Online questionnaires were completed by 335 adult men seeking services for IPV. A path analysis model revealed the mediating role of ED in the associations between psychological distress symptoms and IPV perpetration. Specifically, symptoms of anger were indirectly related to the three forms of IPV through higher ED; symptoms of depression were, directly and indirectly, related to the three forms of IPV through higher ED; and symptoms of anxiety were directly related to lower physical violence. The strength of the associations between variables did not differ according to the participants' immigration status, suggesting cultural invariance. These results highlight the necessity of assessing and treating symptoms of psychological distress and ED in men seeking help for IPV perpetration.*

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61333 - Snapshot

Jealousy mediates the link between women's appearance comparison and mate retention behaviour

Presenting Author: Locke, Ashley

Additional Authors: Denomme, Brittany ; Brennan, Hillary ; Phillips, Gryphon; Arnocky, Steven

Abstract: *Women's mate value (MV) is strongly influenced by their physical appearance. It has been argued that ancestral women would have benefited from cognitive and emotional programs that would have provided them with information regarding where they stood compared to other women on MV dimensions such as attractiveness, which would initiate compensatory behaviour when this information is unfavourable. Arnocky et al., (2012) suggested that upward appearance comparisons (UAC) serve as one source of information about*

attractiveness, which should positively predict romantic jealousy. The emotional response of jealousy would then motivate compensatory behavior, including indirect aggression toward same-sex peers and romantic partners as a form of mate retention. The present study extends this model to examine the roles of UAC and romantic jealousy upon mate retention inventory scores, as well as direct and indirect aggression toward a mate-poacher in a sample of 87 heterosexual women. Observed variable path analysis demonstrated a good fit for the mediation model. UAC predicted more romantic jealousy, which in turn predicted each form of mate retention while controlling for relationship length. Results support the evolutionary account of UAC and related emotions as evolved mechanisms that together promote action aimed at augmenting one's mating success in light of a reproductive threat.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 61753 - Snapshot

The stability of maternal mind-mindedness across close relationships

Presenting Author: Fobert, Sophie

Additional Author: Brosseau-Liard, Patricia

Abstract: *Mind-mindedness, or the orientation to others' mental lives, has an important impact on cognitive development, social relationships and parenting. However, the stability of mind-mindedness is debated in the literature; some argue that an individual's mind-mindedness is trait-like, whereas others argue that it is relationship-dependent. The current investigation explores the stability of individuals' mind-mindedness across descriptions of different relationships. One hundred and eight mothers of infants aged 9-18 months completed an online questionnaire, including three open-ended prompts asking them to describe their child, romantic partner, and self as a child. As predicted, the results support of the conceptualization of mind-mindedness as stable across descriptions of close relationships (Child/Partner r= .253, p= .009), but not beyond them (Child/Self r= .163, p= .096, ns; Partner/Self r= .122, p= .212, ns). Similar stability across close relationships held for valence measures (Child/Partner r= .253, p= .010), however, no significant relationship exists between mind-mindedness and valence scores within each measure. Additional analyses exploring the relationship between mind-mindedness and self-reported perspective-taking measures will be performed in order to further investigate the conceptualization of mind-mindedness as trait-like and stable across close relationships.*

Section: *Developmental Psychology / Psychologie du développement*
Session ID: 61790 - Snapshot

Is sexting good or bad for you and your relationship? Depends on your motivations

Presenting Author: Le, Lily

Abstract: *Although many studies have examined reasons for sexting among young people, few have taken into account the underlying motivations associated with different reasons and how that may be associated with divergent positive or negative outcomes. This study addresses this gap by employing Self-determination Theory to assess how autonomous and controlled motivations for sexting were related to subjective well-being and relationship quality among emerging adults. Online survey data from 267 emerging adults ages 18-25 who had sent sexually explicit images or videos of themselves through electronic means to a committed partner were analyzed using Structural Equation Modelling. Controlled motivations for sexting were significantly harmful to all indicators of subjective well-being operationalized as pleasant affect, negative affect, and life satisfaction. Autonomous motivations for sexting were related to increased pleasant and negative affect but had no statistically significant relationship with life satisfaction. Controlled motivations for sexting was related to decreased relationship quality, whereas autonomous motivations for sexting were related to enhanced relationship quality. These results demonstrate that the quality of motivations for sexting among emerging adults in committed relationships contributes to different outcomes. Counsellors, educators, and practitioners working*

with emerging adults should be aware of the impact of different motivations on individual and relationship well-being to be better equipped to have conversations around sexting and support those engaging in it.

Section: *Counselling Psychology / Psychologie du counseling*
Session ID: 64210 - Snapshot

You're on Mute! Imposed home learning and Family Dynamics during COVID-19

Presenting Authors: Lawrence , Breanna ; Paiva , Alex

Abstract: *Understanding the impact of imposed home learning on family dynamics and parental roles during the COVID-19 health pandemic is explored. Lessons learned will help families navigate our new reality. Based on a multi-informant, qualitative case study conducted during the initial COVID-19 lockdown, we describe the impact of widespread virtual learning and social distancing public health measures on family functioning and youth well-being in this brief presentation that is focused on the research findings. As schools shifted to virtual learning, parents experienced an insurgence of responsibility and pressure to support their child in their journey as online learners. Entering into new supportive roles as ill prepared educators led to feelings of distress and tension amongst family units as they grappled to adjust to this new way of life while balancing their previous commitments. Families experienced significant disruptions to their daily routines, rhythms, and roles due to profound changes to school and family practices. While parents (n=10) navigated these unusual circumstances, financial pressures, childcare implications, they experienced notable impacts to their well-being. Youth (n=9) described the impacts on their own mental-health and learning processes. The findings reflect how adaptability, flexibility, structure, and supportive family-school collaborations facilitated family resilience and well-being during the initial stages of the health pandemic.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 64387 - Snapshot

Under the Influence: How Social Media Influences Group Formation

Presenting Author: Davis, Joshua

Additional Author: Giguère , Benjamin

Abstract: *Social media is an important part of human interaction and the formation of groups. Research suggests social media content may have an extreme bias. The current study investigated whether exposure to extreme social media content (student partying/drinking videos) changed how participants perceive group prototypes and norms. A pre-registered three time-point experiment was conducted that measured participants partying/drinking prototypes along with their perceived normative support of alcohol consumption. At Time 2, participants were randomly assigned to one of four conditions, three video conditions and one non-video condition, with one video condition displaying extreme partying/drinking behaviour. A 4 (Condition) X 3 (Time) Mixed ANOVA revealed that within the Extreme condition, post manipulation at Times 2 and 3, participants used more party words to describe the typical ingroup member and perceived an increase in normative support of alcohol consumption. Additionally, for each dependent variable at Time 2 and 3, an Exploratory, between condition pairwise comparison was conducted and revealed a medium to large effect for only the Extreme condition compared to the other three conditions. Implications and future directions are discussed.* __

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64681 - Snapshot

Delving Deeper into Motivations: Minor-Attracted Persons and Use of Sexually Explicit Material

Presenting Author: Azam, Zainah A

Abstract: *existing literature suggests that non-offending individuals with enduring feelings of attraction to minors exist within the population-at-large. The present study sought to gain a deeper and a more comprehensive understanding of the thought processes of minor attracted persons (MAPs) who have refrained from engaging in maladaptive sexual behaviours. Understanding non-offending minor-attracted persons' motivations for using child sexual explicit material (CSEM) is worth exploring as such motivations influence their well-being. There is relatively little empirical work in this area, which further supports the importance of studying non-forensic populations like minor-attracted persons. Past research on the effects of sexually explicit material have focused on its negative outcomes and most studies have used correctional samples of sex offenders. Such findings are not generalizable to non-offending maps. The present study will add to the growing literature exploring this population and may have a supplementary role in prevention and treatment. Specifically, it will explore and closely examine the reasons maps report using child sexual exploitation material, their experience using it, and its influence on wellbeing. The data were collected over zoom and derived from Mundy's (2020) dissertation which explored resiliency among maps using a multi-method approach. A qualitative analysis of the overarching themes relating to minor attracted persons' use of child sexual exploitation material was conducted using the aforementioned dataset. Preliminary thematic analysis of the qualitative data was conducted using nvivo and it revealed that most participants have used csem historically, but feel negative emotions associated with their use. With the exception of two individuals, all others strongly opposed being sexually attracted to violence towards minors. A majority of the participants said that they do not use CSEM because they recognized that children may have been harmed in the process and its moral implication. In addition, the use of such materials has been helpful in managing their emotional distress and formulating their identity. Some participants reported that it helped them understand empathy. They also argued that fictitious materials or simulations would be a "lesser harm" if it helped them to not act on their attractions. It was also important to note that there were differences present even in the kind of materials that were accessed, and that most interviewees were exposed to CSEM at an early age. A more detailed analysis of the data will be provided prior to the convention. These preliminary findings suggest that maps report strong negative emotions, such as shame and guilt from watching CSEM, which ultimately shaped their conscious decision to refrain from its continued use. The use of such materials may help them acknowledge children who were harmed and cultivate empathy for them. Maps who have refrained from engaging in inappropriate behaviours vary in how they cope and almost all of the participants have reported poor mental health. Therefore, more research on maps' well-being is needed to develop formal assessment and appropriate treatment for this population. Nonetheless, CSEM use is ethically concerning and should be completely eliminated. This raises an important question to consider: is it problematic for these individuals to watch simulated CSEM to satisfy some of their basic urges in a way that is not related to the direct harm of a child? This type of research is starting to be conceptualized. Recently, Harper and Lievesley have asked similar questions in their research examining sex-doll ownership. Keywords: minor-attracted persons, child sexual exploitation material, well-being*

Section: *Sexual Orientation and Gender Identity / Orientation sexuelle et identité sexuelle*
Session ID: 64775 - Snapshot

The pursuit of intrinsic versus extrinsic goals within romantic couples: A look at personal and vicarious goals, interpersonal styles, and relationship quality

Presenting Author: Rochette, Samuel

Additional Authors: Austin, Stephanie; Carbonneau, Noémie

Abstract: *BACKGROUND/RATIONALE: According to Self-Determination Theory, the pursuit of intrinsic personal goals (e.g., affiliation) is associated with more adaptive outcomes than those that are more extrinsic (e.g., appearance). The purpose of this research was to examine whether individuals who personally pursue*

more intrinsic life goals also have such goals for their romantic partner, and, if so, how these goals relate to their interpersonal style toward their partner and to the quality of their relationship. METHOD: Participants were 171 heterosexual couples (mean age: 32.91). They completed scales assessing the degree to which their personal and vicarious goals for their romantic partner are intrinsic or extrinsic in nature. Participants' interpersonal style toward their partner (i.e., autonomy-supportive vs. controlling) was also assessed, along with their perception of the quality of their relationship. RESULTS: Path analysis results suggest that individuals who personally pursue intrinsic (relative to extrinsic) goals are also likely to have such goals for their romantic partner. In addition, having relatively intrinsic goals for one's partner is positively related to an autonomy-supportive style and negatively related to a controlling style toward the partner, styles that positively and negatively predict relationship quality respectively. CONCLUSION: The results suggest that goals that individuals have for their romantic partner are strongly rooted in their own personal goals. ACTION/IMPACT: Overall, these findings contribute to a better understanding of the associations between couples' goals, behaviours and relationship quality.

Section: *Social and Personality Psychology / Psychologie sociale et de la personnalité*
Session ID: 64847 - Snapshot

Attachement, Insatisfaction Conjugale et Violence Conjugale chez les Couples en Thérapie

Presenting Author: Lefebvre, Audrey-Ann

Additional Authors: Dugal, Caroline; Brassard , Audrey; Lussier, Yvan; Lafontaine, Marie-France; Godbout, Natacha; Péloquin, Katherine

Abstract: *Plusieurs chercheurs se sont intéressés aux facteurs de risque de la violence conjugale, notamment en raison de ses effets néfastes sur le bien-être des individus et des familles (p. ex., Hellemans et al., 2015). Or, peu détudes ont considéré le point de vue des deux partenaires dans lexamen de ces facteurs. Compte tenu des liens établis entre ces variables et la perpétration de violence au sein du couple, la présente étude a exploré le rôle explicatif de linsatisfaction conjugale dans les associations dyadiques entre les insécurités dattachement (anxiété d'abandon et évitement de l'intimité) et la perpétration de violence conjugale psychologique et physique auprès de 88 couples qui entament une thérapie pour des difficultés conjugales. Les résultats des analyses acheminatoires dyadiques révèlent que lévitement de l'intimité des deux partenaires est indirectement lié à leur perpétration plus élevée de violence conjugale psychologique et physique par le biais d'une plus forte insatisfaction conjugale (effet acteur). Lévitement de l'intimité des femmes et des hommes est également associé à une plus grande insatisfaction conjugale chez leur partenaire (effet partenaire). Les résultats suggèrent qu'un travail thérapeutique au niveau des insécurités dattachement et de linsatisfaction conjugale pourrait contribuer à prévenir l'usage de violence chez les couples en thérapie.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65089 - Snapshot

Quantifying the Efficacy of Stigma Reduction through Film

Presenting Author: Lynch , Kevin

Additional Authors: Sznajder, Kristin; Coppersmith, Glen

Abstract: *Personal opinions around the topic of mental illness are critical components directly impacting one's desire to seek support when in need. Despite efforts to eliminate the stigma around mental illness, it's challenging to evaluate the impact our educational and awareness programs have on shifting the public's negative perception of mental illness. Yet, stigma-reduction continues to be an integral part of our collective work in addressing this global mental health crisis. The quell foundation seeks to share methodology and results*

from a study measuring the efficacy of our educational film in reducing stigma. Conducted in partnership with pennsylvania state university and dr. Glen coppersmith phd, the film has been statistically proven to challenge deeply rooted, negative opinions, attitudes and beliefs around mental illness. The study used a pre and post-test design to capture the impact of a film designed to personalize mental illness by sharing stories of people affected by mental illness. The film ran from 2018 to 2020 and was screened among thousands. Paired t-tests were used to assess change in attitudes before and after the film screening. Individuals who matched on both the pre and post-surveys demonstrate that after viewing the film, mental health stigma was significantly reduced and the willingness to accept people with mental illness in their lives significantly increased. Therefore, films with personal stories of mental illness may have the power to reduce stigma.

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65163 - Snapshot

Am I different because I forgive you? An examination of forgiveness, unforgiveness, and attachment injuries in young adults

Presenting Author: Clement, Leah M.C.

Additional Authors: Lonergan, Michelle ; Lafontaine, Marie-France

Abstract: *Breaches in partner support during a critical moment of need can lead to _AN ATTACHMENT INJURY _(AI) in a couple relationship. AIs are discrete events that violate expectations of trust and security, thereby leading to feelings of betrayal or abandonment in the injured partner. They have been likened to relationship traumas, as they fundamentally alter the way the injured partner perceives themselves (e.g., as lovable), others (e.g., as trustworthy), and the world of relationships (e.g., as safe and predictable). Left unaddressed or unforgiven, these events can have important health consequences for the injured partner. While the developmental phase of young adulthood can increase both the need for support and the risk of experiencing an AI, little is known about the differences between injured partners who forgive their romantic partner for an AI and those who do not forgive among young adults. Understanding the sociodemographic differences between injured partners who forgive and those who do not will help to identify individuals who may be at greater risk of experiencing negative health consequences following an AI. Fifteen participants completed sociodemographic and self-report measures online through Qualtrics. Preliminary results suggest that important differences may exist between those who have forgiven and those who have not on several variables (e.g., gender, relationship duration). Findings will inform a larger ongoing study aimed at examining these differences through additional variables (e.g., attachment) in order to develop a comprehensive psychosocial model of forgiveness, unforgiveness and AIs.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65245 - Snapshot

Sense of community protective function in extremism and violence acceptance relationship

Presenting Author: Angele, Rebecca

Additional Author: Richard, Marie-Claude

Abstract: *Political extremist online activities have been renewed not only within a global context, but in Canada as well. Furthermore, literature has established a linked between extremism and violence. Sense of community (as a feeling that members have of belonging) is generally studied for its benefits. Therefore, multiple countries base their violent extremism prevention politics on this concept. However, studies have highlighted potential risks associated with strong sense of community within violent groups. Moreover, young adults are the most vulnerable to any type of extremism. The present study aims to evaluate sense of community function within*

political extremism and violence acceptance relationship. Participants ranging from 18 to 30 years old (_N_ = 161) are asked to complete an online survey collecting quantitative and qualitative data. Extremism, sense of community and violence acceptance for political means are measured. Results showed that individuals leaning towards the ends of a left- to right-wing continuum are more willing to accept violence use for political means. Sense of community act as a protective factor against extremism in this sample. The concept of violence is heavily included in participant's definitions and perceptions of extremism.

Section: *Extremism and Terrorism / Extrémisme et terrorisme*
Session ID: 65407 - Snapshot

Constructing the mental health crisis: Narrative sources and media consumption by PSE Senior Administrators.

Presenting Author: Navara, Geoffrey S

Additional Authors: Lauricella, Sharon; Scharfe, Elaine

Abstract: *Reports of rising mental health issues amongst postsecondary students have garnered the attention of both researchers and media outlets. Print and online media have used terms such as "epidemic" and "crisis" to describe the noted increase in concerns relative to student mental health. The research to be presented is part of a multi-site, multi-study, multidisciplinary team project considering the role of media in shaping and constructing narratives about mental health issues on campuses. The objectives of these studies are to: 1) examine the role that social and cultural narratives, specifically as represented by print and online media, have on the dominant narrative of student mental health issues; and 2) examine the narrative sources that postsecondary institutions draw upon, in particular via the media, as they formulate responses to student mental health issues. Current and past key senior administrative personnel were interviewed to ascertain their understanding of how media, in general, shapes their intuitional practices and policies. These interviews underwent qualitative analysis – specifically using a Grounded Theory approach. A complex picture emerged from the analysis, and one theme in particular will be discussed – the sense of ambivalence that senior administrators have toward media and the messaging within media depictions of mental health on campus. It is hoped that findings from this study will inform university practice going forward.*

Section: *Educational and School Psychology / Psychologie éducationnelle et scolaire*
Session ID: 65433 - Snapshot

Tell me about your media use, I'll tell you about your trauma.

Presenting Author: Rivest-Beauregard, Marjolaine

Additional Authors: Fortin, Justine; Sapkota, Ram Prasad; Guo, Connie; Cipolletta, Sabrina; Lonergan, Michelle; Brunet, Alain

Abstract: *BACKGROUND. Media use during COVID-19 can both lead to trauma- and stressor-related symptoms (TSRS) as a result of increased exposure to COVID-related information and act as a potential stress buffer when used for support. However, research has yet to examine how the effects of exposure to COVID stressors and information-seeking through media on TSRS is mediated by support-seeking through media and trauma variables such as peritraumatic distress. OBJECTIVE. To explore 1) the effect of exposure to COVID-related stressors and use of media to seek and share COVID-related information on TSRS and 2) the mediating roles of peritraumatic distress and use of media for social connectiveness and support. METHODS. A path model was tested in an international sample of 5 913 adults who completed an online survey on their experience with the COVID-19 pandemic and included measures of exposure, peritraumatic distress, and TSRS. RESULTS. COVID-19 stressors (B = .14, SE =.02, _p_*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 65585 - Snapshot

Does COVID-19 influence future contact intentions with outgroup members in Canada?

Presenting Author: Ray Yol, Elcin R

Additional Authors: Chahar Mahali, Saghar ; Safdar, Saba

Abstract: *As COVID-19 is transmitted through interpersonal interaction, individuals may avoid contact with outgroup members even in the future. This study sought to explore the COVID-19 related factors associated with intention to engage in future intergroup contact among European Canadians and people of Asian descent in Canada. Based on a cross-sectional online survey via Qualtrics, we collected data from a community sample (_N _European Canadians = 132; _N _Asian Individuals = 145). A multiple linear regression analysis indicated that, among European Canadians, in-person contact with others (e.g., friends) and contacting with an Asian outgroup member during the pandemic were positively linked to future contact intentions with Asian individuals. Outgroup contact meta-perception (the perception of whether outgroup members are willing to contact with ingroup) was positively associated with future contact intention with Asian individuals. Among Asian participants, outgroup contact meta-perceptions as well as the attribution of COVID-19 responsibility to ingroup were positively associated with future contact intention with European Canadians. The study highlights the importance of outgroup contact meta-perceptions in promoting positive intergroup relations in crisis situations. Hence, indirect contact-based interventions can be developed to promote intergroup harmony during crisis situations.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65640 - Snapshot

The COVID-19 Pandemic: European Canadians' Tolerance toward Outgroup Members

Presenting Author: Chahar Mahali, Saghar C

Additional Authors: Ray Yol, Elcin ; Safdar, Saba

Abstract: *SARS-CoV-2 was first identified in the city of Wuhan in China. This has led to the emergence of terms, such as the "Wuhan" or "Chinese virus" that link the virus to particular ethnic groups. Such an association can fuel hostility toward ethnic minorities. We examined whether perceived norms of multiculturalism (i.e., cultural norms associated with multiculturalism policy), religiosity, fear of COVID-19, and the attribution of COVID-19 responsibility to Asian people can impact Canadian's tolerance toward outgroup members. A total of 132 Canadian-born individuals who were of European descent (English and French) participated in an online survey via Qualtrics (_M _= 31.11, _SD_ = 5.32). A multiple linear regression analysis revealed that European Canadians' perceived norms of multiculturalism was positively associated with tolerance toward outgroup members. However, their high degree of religiosity, perception that Asian people are mainly responsible for the emergence and spread of COVID-19, and fear of this infectious virus were negatively associated with tolerance toward outgroups. The results of this study point to the importance of the public policy in place (i.e., multiculturalism) in promoting positive intergroup outcomes during the pandemic. Linking the COVID-19 outbreak to a particular ethnic group may give rise to intolerance and mistreatment of outgroup members.*

Section: *International and Cross-Cultural Psychology / Psychologie international et interculturelle*
Session ID: 65641 - Snapshot

Online Gain, Offline Strain: Perceived Stress and Social Media Use

Presenting Author: Pirraglia, Cassandra

Additional Authors: Keys, Kirsty; Khizer, Amna; Rinaldi, Christina

Abstract: *young adults' increased use of social media is a cause for concern given the deleterious effects on health and well-being (Mihaildis, 2014; Reinecke et al., 2017). Researchers recently found that individuals' levels of communication load (from emailing and social media messaging) are tied to increased levels in their perceived stress (Reinecke et al., 2017). To build on this research by exploring the relationship between perceived stress and additional factors of social media use, we asked: are perceived stress levels related to the frequency of use and overuse of social media? Participants included 193 undergraduate students in educational psychology courses at the university of Alberta. Participants completed the perceived stress scale (Cohen et al., 1983), the general social media usage subscale from the media and technology usage and attitudes scale (Rosen et al, 2013), and the multidimensional Facebook intensity scale (Oroz et al., 2015). Participants' total stress was significantly and positively related to their total social media usage (r = .16, p = .029) and Facebook overuse (r = .21, p = .004). These results will be important for better understanding and intervening in the relationship between social media use and psychosocial functioning, which is particularly important given the increased use of technology for connection during the COVID-19 pandemic (Drouin et al., 2020).*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65656 - Snapshot

Examination of Underlying Processes that Contribute to Gender Disparities in Commitment to STEM and non-STEM Academic Majors

Presenting Author: Bincik, Hanna

Additional Authors: Newman, Randy; Franz-Odendaal, Tamara; Hayes, Joseph

Abstract: *The degree to which women expect, perceive, and are influenced by negative stereotypes pertaining to their abilities or interests acts as a barrier to entry and persistence in science, technology, engineering, and math (i.e., STEM) fields. In this study, the impact of stereotype vulnerability on different aspects of university students' commitment to their academic major (i.e., personal identity versus obligation and perceived costs) was examined along with the potential mediating effects of belongingness, life satisfaction, and utility value. Canadian undergraduate students (_N_ = 496) enrolled in a range of academic majors (i.e., physical sciences [pSTEM], life sciences [lsSTEM] and non-STEM) were surveyed. Results of moderated mediation analyses indicate that women were more vulnerable to stereotypes than men, particularly in pSTEM. Moreover, women's vulnerability to stereotypes served as an antecedent to reduced belongingness, a devaluing of their major, and reduced life satisfaction, all of which predicted lower levels of identity-based academic commitment. Findings underscore the importance of dispelling negative cultural stereotypes about women's abilities, particularly within pSTEM fields, as a way of encouraging women to enter and persist in these fields.*

Section: Women and Psychology / Femmes et psychologie
Session ID: 65678 - Snapshot

Personality Traits Predict Problematic Gaming Behaviours Through Gaming Context

Presenting Author: Single, Alanna

Additional Authors: Rapinda, K Karli; Keough, Matt

Abstract: *Video gaming is a popular activity in North America, but excessive playing can lead to problems. Certain personality traits are well-established predictors of substance use; but, less is known about how and why these traits may relate to excessive gaming. Social learning theory posits that people with internalizing traits may use gaming to cope with negative emotions and may primarily game in solitary contexts. In contrast, people with externalizing behaviours may game excessively because they seek opportunities for positive reinforcement and may primarily game in social contexts. This longitudinal study tested an integrated personality risk model of excessive gaming and explored the extent to which internalizing or externalizing risk is mediated by gaming context. Emerging adults from North America (_N_ =289) completed online self-reports at three time points (baseline, two-, and four-weeks). Results revealed that anxiety sensitivity was indirectly related to gaming problems and time spent gaming via frequent solitary gaming. Sensation seeking and impulsivity were indirectly related to gaming problems and time spent gaming via frequent gaming with friends. Further, impulsivity was related to less solitary gaming, which in turn predicted less gaming problems. Our findings support the unique role of context in personality pathways to problem gaming.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65682 - Snapshot

Symposium

Supporting Healthy Adolescent Communication within Digital Era Relationships

Moderators: Cameron, Catherine Ann; Yaghoubirad , Mahsa

Abstract: *Adolescent boys report feeling inadequate, while girls report more confidence in their communications. Youth also spend significant time on social media, impacting effective communication development. Our first two papers report Grounded Theory analyses respectively of adolescent girls' and boys' focused discussions of relationships. The third reports an Emergent Fit analysis of adolescents' discussions of the influence of social media on relationships. Qualitative methods were chosen to better document the complexities of youths' psychosocial development. The results showed that girls' relationships involved _Wrestling with Gender Expectations _and _Communicating Effectively_;_ _boys' were based on _Getting Experience in Dating _and _Masculine Gender Norms_; the third identified _Negotiating Gender Expectations,_ with _Social Media_ and _Communication Challenges_ as significant influences on teen relationships. These data reveal the expectations adolescents bring to relationships, highlight gender differences and consequential misunderstandings, and elaborates on the impacts of social media. From these data, a digital dissemination platform is under construction to share information from these youth, with other youth to enhance communication skills, and facilitate engagement with ideas of empathy, trust, diversity, and respect. Two youth platform creators will join the symposium discussion.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 64269, Presenting Papers: 65286, 65287, 65289 - Symposium

Girls Supporting Communication in Romantic Relationships

Presenting Author: Gerhardt, Elizabeth L

Abstract: *Few studies of adolescent romantic relationships have asked teenage girls themselves within a qualitative feminist framework how they negotiate intimate relationships. Canadian teen girls from a uni-cultural rural community (_n_ = 28) and a multicultural urban community (_n_ = 27) participated in hour-long, focus-group discussions. We used Grounded Theoretical methodology (Strauss and Corbin, 1998) and an Emergent Fit analysis (Charmaz, 2008) with the rural and urban teens, respectively. Follow-up sessions helped refine our conclusions. _Wrestling with Gender Expectations_ emerged as the core category, with four subcategories: _Communicating Effectively, Keeping It In/Letting It Out_, _Building Trust, _and_ Standing up for Oneself,_ referring to their decisions to value open communication, to consider what they believe should be communicated (or not), to communicate to build trust, and to address concerns in their relationships. Overall,*

the girls desired to understand and communicate well with their friends and partners and used communication as a tool to develop trust and assert themselves in relationships. These findings can guide educational interventions to support questioning gender expectations and facilitate effective communications within and across genders, both face-to-face, and through digital and social media, especially in the context of current pandemic constraints.

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65286 - Paper within a symposium (Symposium ID: 64269)

Social Expectations of Masculinity Challenge Adolescent Boys' Navigations of Dating

Presenting Author: Richard, Morgan E

Abstract: *Masculine gender norms prescribe that boys appear confident in social relationships. Such pressure can be associated with negative outcomes in romantic relationships, as aversive early romantic experience relates to negative subsequent psychosocial outcomes, such as dating violence perpetration and/or victimization (Connolly and Josephson, 2007; Giordano et al., 2010). Grounded Theory methodology (Corbin and Strauss, 2008) was used to analyze focus-group discussions about navigating dating with adolescent boys (_N_ = 23) from an urban multicultural Canadian city. Focus-groups comprised high-school boys of diverse ages and levels of dating experience. A majority of the boys self-identified as having Asian cultural backgrounds. _Getting Experience in Dating_ emerged as the Central Category of the grounded theory, with _Miscommunication_ as a Sub-Category, and _Masculine Gender Norms_ emerging as a Core Contextual Factor influencing all navigational processes. The boys struggled with the fairness and expectation of the prescribed gender norms. Although challenging these norms, the boys felt pressured to conform to cultural masculine expectations, while also struggling to feel accepted and confident in their romantic communications. We are collaborating with teenagers and community partners to create and evaluate online workshops designed to enhance boys' confidence in communications.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65287 - Paper within a symposium (Symposium ID: 64269)

Digital and Social Media Impacts on the Formation of Teens' Virtual Romantic Relationships

Presenting Author: Mascarenas, Arantxa C

Abstract: *Adolescents spend more hours each day communicating with peers electronically than they do sleeping, attending school, or interacting with adults. These interactions affect how teenage boys and girls socially interact and create meaningful relationships both on- and offline. An emergent fit analysis was conducted on rural and urban multicultural teens' discussions of how adolescents use media to negotiate romantic relationships. _Negotiating Gender Expectations_ emerged as the primary category for both rural and urban youth while _Communication Challenges _within_ Digital/Social Media Interactions,_ emerged as the predominating sub-categories for the teens, in the context of developing romantic relationships.   Teens rely substantially on digital/social media to create and maintain romantic relationships, with positive and negative outcomes. Youth call for guidance navigating online platforms as well as face-to-face communications while cultivating their social relationships.   Teens persist in spending a significant amount of time engaged in and relying heavily on digital media within their relationships. The pervasiveness of this phenomenon has increased amidst the COVID-19 pandemic. Facilitating these interactions can provide the support necessary for healthy navigation of adolescents' virtual romantic relationships.*

Section: *Women and Psychology / Femmes et psychologie*
Session ID: 65289 - Paper within a symposium (Symposium ID: 64269)

THEME: UNDERSTANDING THE MIND AND THE BRAIN

Understanding what contributes to how the mind and brain works - or doesn't work

12-Minute Talk

How to Turn Consciousness Into an Easy Problem

Presenting Author: Hovhannisyan, Garri

Abstract: *Philosophers of mind tend to treat _qualia_ as fundamental to consciousness. But in so doing, they run up against the so-called "hard problem of consciousness," which threatens the possibility of a comprehensive science of mind and nature. In this presentation, I seek to show that qualia are _not_ fundamental to consciousness and I build my argument on clinical and phenomenological grounds. The clinical portion of my argument aims to show that qualia do not constitute a kind of "hermeneutic bedrock" whereby it is impossible to know what it is like to be someone else; but rather, that the posing of the very question "what is that like for you?" is a condition of possibility for genuine empathic engagement with our patients. Accordingly, the phenomenological portion of my argument aims to show that qualia are not perceptual primitives that undergird and are formative of our everyday perceptual experiences, but rather a perceptual _achievement_ that requires a special kind of know-how in order to obtain. Taken together, these two arguments suggest that qualia are not in fact fundamental to consciousness and that consciousness, accordingly, might actually be an easy problem. I conclude by offering some broad remarks as to how the problem of consciousness, thusly formulated, might best be tackled and I claim that the most plausible remedy lies in an approach known as neurophenomenology.*

Section: *History and Philosophy of Psychology / Histoire et philosophie de la psychologie*
Session ID: 61259 - 12-Minute Talk

Verbal and non-verbal measures of audiovisual integration are not correlated

Presenting Author: Wilbiks, Jonathan

Additional Authors: Brown, Violet; Strand, Julia

Abstract: *Research into audiovisual integration has revealed a great deal of individual differences between participants (e.g. Spence, 2001). This is true of experiments conducted using simple, non-verbal stimuli such as dots and beeps (Zmigrod and Zmigrod, 2016) as well as those using verbal stimuli (Brown et al., 2018). The current pre-registered study (https://osf.io/9rhbs) involves the comparison of four separate measures of audiovisual integration, including two measures using non-speech stimuli (the sound-induced-flash illusion and audiovisual integration capacity test), and two using speech stimuli (a McGurk task and a measure of audiovisual enhancement). Analyses were conducted by means of correlations calculated between the verbal and non-verbal measures. We expected relatively weak correlations among the tasks, as we hypothesized verbal and non-verbal integration to be distinct processes. We presented 150 participants (mean age = 21.7) with versions of the four tasks presented above. After calculating the scores for each task, we submitted them to a correlational analysis. As predicted, we observed no significant correlations between any of the measures. We conducted a supplemental analysis by means of a Bayesian correlation, which suggested moderate support for the null hypothesis. That is: there is support for the fact that these four measures of audiovisual integration are not correlated with one another in an individual. This provides evidence that just because phenomena have similar names in the literature does not necessarily mean they are measuring the same underlying construct. Future research should focus on directly testing which tests of integration are (or are not) measuring the same construct, and what underlying structural overlaps may lead to these similarities.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 65486 - 12-Minute Talk

Advanced White Matter Tractography in Bipolar Disorder

Presenting Author: Kusi, Mavis

Additional Authors: Goghari, Vina; Shakeel, Mohammed K; Beasley, Clare; Leemans, Alexander; De Luca, Alberto; David, Szabolcs; Emsell, Louise

Abstract: *White matter (WM) pathology is thought to contribute to the pathogenesis of bipolar disorder (BD). However, most studies of WM in BD have used the simple diffusion tensor imaging (DTI) model, which has several limitations. DTI studies have also reported heterogenous results, leading to a lack of consensus about the extent and location of WM alterations. Here, we applied an advanced diffusion MRI techniques to investigate WM microstructure in BD. Twenty-five patients with BD and 24 community controls matched for age and sex were included. A network-based connectivity approach using constrained spherical deconvolution (CSD)-tractography were used to assess group differences in diffusion kurtosis imaging (DKI) metrics based on 3T multi-shell diffusion MRI data (b=0, 300, 700, 2000 mm2/s, 98 diffusion-weighted gradient directions). Regional differences in connectivity were indicated by lower mean MK and kurtosis anisotropy (KA) in streamlines traversing the temporal and occipital lobes, and lower mean axial kurtosis (AK) in the right cerebellar, thalamo-subcortical pathways in BD. Altered connectivity was seen across cortical, subcortical and cerebellar areas in bipolar individuals. DKI is useful for investigating WM in BD, and better understanding the biological correlates of the phenomenology.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 65793 - 12-Minute Talk

Printed Poster

How is stepping in place without vision influenced by a continuous concurrent cognitive task?

Presenting Author: Paquet, Nicole

Additional Authors: Michaud, Lucas; Polskaia, Nadia; Lajoie, Yves

Abstract: *Inadvertent turning and forward moving is known to occur during stepping in place without vision (e.g. Fukuda, 1959; Bonanni and Newton, 1988). Our question was whether a concurrent cognitive task (CT) could modify these displacements and stepping parameters, since cognitive functions are known to be involved in the ability to navigate in the absence of vision (Trullier et al., 1997). Fourteen blindfolded young adults stepped in place for 50 steps at a preferred pace (Step), and while performing a CT (Step+CT). The CT consisted in identifying the total number of times that one pre-determined target digit occurred during a sequence of three-digit numbers presented every two seconds. 3D kinematic data was recorded from markers placed on the shoulders (acromion), heels (calcaneus) and big toes (distal phalanx). Findings revealed that forward displacement after 50 steps was shorter at Step+CT than at Step (57.1 cm vs. 61.7 cm, p < 0.05), but shoulder rotation, which represents body rotation, was not stastically different (19° and 23°, p > 0.05). Stepping frequency was similar in Step+CT and Step (1.79 and 1.76 step/s, p > 0.05), but step height was significantly lower at Step+CT than at Step (24.8 cm vs. 26.6 cm, p < 0.05), which probably explains that the inadvertent forward moving was shorter in Step+CT. A decrease in step height may also indicate that a motor strategy for reducing balance perturbations was adopted when the attention was divided between the two tasks (i.e. CT and stepping in place).*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 61293 - Printed Poster

Effects of Trauma in Childhood and Adulthood on Disordered Eating in Women: A Systematic Review

Presenting Author: Nieborowska, Victoria

Additional Author: Russell-Mayhew, Shelly

Abstract: *BACKGROUND/RATIONALE: Childhood maltreatment is an area of trauma that has received significant interest in the eating disorder literature, wherein the link between childhood traumatic events and increased risk for eating disorders is well documented. Less research has studied the association between disordered eating and histories of trauma experienced in childhood and adulthood. The overarching aim of the present study is to examine the existing literature on childhood and adult trauma in association with disordered eating in adult women utilizing a systematic review to determine a) the operationalization of childhood and adult trauma, b) the prevalence of childhood and adult trauma, and the c) mediators and moderators as potential underlying mechanisms. METHODS: Five scientific online databases (MEDLINE, Scopus, PsycINFO, EMBASE, and CINAHL) were searched using keywords for childhood trauma, adult trauma, and disordered eating. RESULTS: The results of this study are on-going, and the findings will be presented. ACTION/IMPACT: Addressing the research goals will help clinicians better understand the importance of childhood and adult trauma and its pathways of association related to trauma for treatment efficacy of disordered eating and relapse prevention in adult women. This review will provide greater direction of the literature for more integrated, empirically based treatment for women with disordered eating and the presence of trauma history. Further research on trauma across the lifespan and trauma-related symptoms and its link to disordered eating is warranted.*

Section: *Traumatic Stress / Stress traumatique*
Session ID: 64144 - Printed Poster

Attention, Executive Functioning and Adaptive Functioning in Children with Prenatal Alcohol Exposure

Presenting Author: Cheung, Kristene

Additional Authors: Johns, Erin; Willoughby, David; Slayen, Cari

Abstract: *Individuals with prenatal alcohol exposure may be diagnosed with fetal alcohol spectrum disorder (FASD) if they have significant impairments in at least three different areas of functioning. The areas of functioning are viewed as separate entities for diagnostic consideration; however, some areas, including attention, executive functioning (EF), and adaptive functioning (AF) may overlap. Therefore, examining the association between these areas is warranted. Charts of 257 children seen for an FASD diagnostic assessment were reviewed (39.7% females; Mage = 10.0 years). Measures included diagnosis of ADHD; informant ratings of attention, EF, and AF and tests of EF. Correlation and moderator analyses were conducted to examine the association between the variables. Significant associations were found between informant ratings of AF and informant ratings (_r_ = –.17 to –.54) and tests scores (_r_ = .20 to .36) of EF. Correlations between measures assessed by the same informant were stronger than those assessed by different informants. The influence of age, gender, and ADHD diagnostic status on the strength of the relationships was also explored. Although none of the correlations were indicative of convergent validity, our results suggest a lack of discriminant validity across the measures. The findings propose that our assessment tools are measuring distinct but overlapping constructs and this overlap should be considered in clinical decision-making regarding diagnosis. Interventions that target one area of functioning may also demonstrate improvements in the other areas.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64146 - Printed Poster

Depression and Cognitive Slowing in Smile Judgment in Substance Use Disorders

Presenting Author: Pelot, Annalie

Additional Author: Roy-Charland, Annie

Abstract: *Depression entails various cognitive deficits, including cognitive slowing, which can be simply observed in attentional processes such as response rates. Differences in response rates have been found in substance use disorders (SUDs) in a recent study of masking smile judgment. However, could the slowed response rates observed in SUDs in masking smile judgment be better explained by depression, since both often co-occur? The current study explored the relationship between depression and response rates in masking smile judgment in SUDs. We hypothesized that differences in depression scores and response rates would be observed between SUDs and controls, that a positive correlation would exist between depression and response rates, and that when controlling for depression, no differences in response rates would be observed between SUDs and controls. 20 individuals with SUDs and 20 individuals matched on gender and age participated in the study. Between-subjects ANOVAs indicated that the SUDs group had significantly greater levels of depression than the control group, and that they were significantly slower in response rates in smile judgments. An ANCOVA that examined response rates across groups found no significant differences between SUDs and controls when depression was controlled for. The findings suggest that depression could explain the effects of cognitive slowing observed in the judgment of masing smile expressions in SUDs. Such findings highlight the importance of treating comorbid disorders in SUDs, as many of the difficulties noted in SUDs may be explained by symptoms of co-occurring disorders.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 64259 - Printed Poster

Sexual Revictimization, Event Centrality, and Posttraumatic Stress: An Examination of Event Centrality as Mediator

Presenting Author: Willcott-Benoit, Whitney

Additional Authors: Palermo, Alisia; Cummings, Jorden

Abstract: *BACKGROUND/RATIONAL: Individuals who experience sexual revictimization (i.e., repeated exposure to sexual trauma) are among the most at-risk populations for developing posttraumatic stress disorder (PTSD). However, the reason for this is unclear. The current study examines whether event centrality (i.e., how central the trauma is to one's identity, life-story, and everyday inferences) helps explain the relationship between sexual revictimization and PTSD symptoms. METHODS: Self-report measures of sexual victimization, event centrality, and PTSD symptoms were administered to a non-clinical university sample (_N_ = 197). A linear regression examined the relationship between the number of sexual victimizations experienced and event centrality. A mediation analysis was used to determine if event centrality mediated the relationship between the number of victimizations and PTSD symptoms.   RESULTS: There was a significant positive relationship between number of sexual victimizations and event centrality (_r_ = .581, _p_ < .001). The effect of the number of sexual victimizations on PTSD symptoms was significantly mediated by the level of event centrality. The indirect effect was .3511. CONCLUSIONS: This study demonstrates that the more times a person is sexually victimized, the more likely they are to centralize the trauma. This centralization, in turn, leads to a higher likelihood of experiencing PTSD symptoms. ACTION/IMPACT: While sexual revictimization was known to be related to PTSD, its relation to event centrality was unknown. These results imply that event centrality may be an important target in the treatment of PTSD. Future research should investigate similar relationships in clinical samples and with other trauma types.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64395 - Printed Poster

An investigation of sex differences in symptom reporting following mild head injury

Presenting Author: Uruski, Natalie

Additional Authors: Appiah-Kubi, Keisha; Gallant, Caitlyn; Good, Dawn

Abstract: *It has been demonstrated that mild head injuries (MHIs) are associated with a broad range of symptoms that significantly impact daily life (Cole and Bailie, 2016). Research shows that sex differences (e.g., hormones, anatomy) can affect post-MHI symptomatology (Mollayeva and Colantonio, 2019). Indeed, men have been found to report fewer symptoms post-MHI, which has been linked to decreases in awareness, masculinity concerns, and hormonal levels (Moser, Olek, and Schatz, 2018). To investigate sex-related differences in symptom reporting post-injury, 318 university students (77% women; 32% with a history of MHI) were recruited to complete a series of questionnaires assessing their MHI status/severity, as well as their self-reported physical, affective, and cognitive symptoms. Specifically, the effect of MHI status on symptom reporting was examined separately in men and women. Women with a prior MHI were found to report more physical, $t_{(230)} = -3.07$, $p = .002$, and affective, $t_{(230)} = -2.97$, $p = .003$, symptoms relative to women without a prior MHI, and there was a trend-level effect for cognitive symptoms, $p = .06$. Among men, however, no differences were found in self-reported symptoms between the MHI groups. Further, although MHI severity was associated with physiological dysregulation among both sexes, it was only correlated with symptom reporting among women and no such relationship emerged among men. Thus, men may be less sensitive to injury-related symptoms which may explain reported sex differences in the literature.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64405 - Printed Poster

Uncal Apex Movement and Positioning in Alzheimer's Disease

Presenting Author: Patel, Rahul D

Additional Author: Poppenk, Jordan

Abstract: *Alzheimer's Disease (AD) patients have consistently shown declines in declarative memory, consolidation, and in many other cognitive areas. These changes are associated with atrophy and volumetric declines in medial temporal lobe structures, such as the hippocampus. Hippocampal atrophy has been associated with AD. Emerging research has quantified the position of the hippocampus via locating the uncal apex, a structure that divides the hippocampus into its anterior and posterior segments. Moreover, this research suggests that around the same time that symptoms develop in Alzheimers Disease, the uncal apex undergoes a retraction toward the anterior extent of the hippocampus. However, Alzheimers influence on the position of the uncal apex has not been longitudinally examined. The current study's objective is to investigate changes in the position of the uncal apex of AD patients over the course of two years. The current study draws upon the Alzheimer's Disease Neuroimaging Initiative (ADNI) data set, where I segmented a total of 438 hippocampi to subsequently determine uncal apex positions on the FreeSurfer software. From uncal apex y-positions transformed in MNI space, I conducted a mixed model ANOVA and found that the uncal apex fell in a more posterior position in AD patients relative to control and that over time, the uncal apex migrates towards a more anterior position. These results suggest that there is a link between uncal apex movement and positioning with Alzheimers early on. Finally, part of the neuroimaging examinations that are done on AD patients should examine uncal apex positions as a biomarker of early AD progression.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64646 - Printed Poster

Effects of constituent concreteness and transparency on properties activated by noun-noun compounds

Presenting Author: Archibald, Katherine J

Additional Authors: Gagne, L Christina; Spalding, Thomas L

Abstract: *A key feature of the human conceptual system is productivity: the ability to generate and combine concepts. Combined concepts often are expressed as noun-noun compounds, i.e., words consisting of a modifier noun (e.g., _snow _in _snowball_) and a head noun (e.g., _ball _in _snowball_). Research using compounds to study productivity has not focused on properties (i.e., attributes) of compounds. Properties are activated as a result of processing compounds, and compounds vary in terms of the number and type of properties that become available. We propose that the concreteness and transparency of head nouns will influence the diversity of properties activated by a compound. Participants (n=61) generated properties for 50 separate compounds. We found that the number of unique properties per compound increased as compounds' head noun concreteness decreased. We also found an inverse relationship between property diversity and transparency of both modifier and head nouns. The results demonstrate that the concreteness and transparency of constituents influences our understanding of them, which in turn contributes to our understanding of combined concepts. This insight into how individuals comprehend combined concepts can be used in various clinical applications, such as in understanding schizophrenia, maladaptive thought patterns, and traumatic memories.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 64881 - Printed Poster

Validation of the Paced Auditory Serial Addition Test (PASAT) discrete normative data for performance and cognitive fatigability in multiple sclerosis

Presenting Author: Walker, Caitlin S.

Additional Authors: Berard, A. Jason; Walker, Lisa A. S.

Abstract: *Cognitive fatigability (CF) is an objective performance decrement that occurs over time during a task requiring sustained cognitive effort. Although CF is a common and debilitating symptom in MS, there is currently no standard for its quantification. The objective of this study is to validate the Paced Auditory Serial Addition Test (PASAT) discrete normative data for quantifying CF in multiple sclerosis (MS). Healthy controls (HCs) and persons with MS (PwMS) completed the PASAT (3" and 2"). PASAT performance was measured with total correct, dyad, and percent dyad scores. CF scores were calculated by comparing performance on the first half (or third) of the task to the last half (or third). Chi-square tests compared group differences of the number of persons impaired on each measure. All performance measures of the 3" PASAT classified more PwMS as impaired than HCs. Only percent dyad scores of the 3" PASAT were sensitive to CF in PwMS. A series of ANCOVAs also showed that PwMS performed worse than HCs across all performance measures, while PwMS only performed worse than HCs on CF measures of the 3" PASAT. The sensitivity of percent dyad scoring to CF suggests that the proportion of time PwMS are able to meet the working memory demands of the task is less at the end of the task compared to the beginning. Results indicate that although findings vary with inter-stimulus intervals and scoring methods, the PASAT is a valid tool to detect impairments in both performance and CF in MS. This provides a new tool for clinicians to document statistically significant CF in their patients.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64893 - Printed Poster

A Longitudinal Approach to Understanding Risk Factors for Heavy Alcohol Use During the COVID-19 Pandemic

Presenting Author: Keough, Matthew

Additional Authors: Baptist-Mohseni, Natasha; Wardell, Jeffrey; Kempe, Tyler; Rapinda, Karli K.; Single, Alanna

Abstract: *Multiple studies have documented COVID-19 pandemic-related increases in alcohol use. However, more longitudinal research is needed to shed light on the demographic and individual difference risk factors for increased drinking during the COVID-19 pandemic. Accordingly, this was the goal of the current multi-wave study. Participants from across Canada (_N_ =364; _M_age= 32 years) completed three waves of surveys (April, July, and November 2020) on Prolific. Latent trajectory analysis was used to identify subgroups of "high-risk" and "low-risk" drinkers based on patterns of frequency and quantity of alcohol use over the first six-months of the pandemic. We then examined how demographic and individual risk factors differentiated high from low-risk drinkers. We found support for two subgroups. The first class (_low-risk normative drinkers_) had a low frequency of alcohol use at the beginning of the pandemic, which declined at subsequent time points. Their quantity of alcohol use per drinking episode remained unchanged. The second class (_high-risk drinkers_) had comparable frequency of use as the first class, which remained unchanged over time. However, this class increased in the quantity of alcohol consumed per episode across time. Follow-up multinomial logistic regressions showed that being older, being male, having higher impulsivity, and having higher pre-pandemic drinking problems were all associated with being a high-risk (versus a low-risk) drinker. Our findings contribute to our understanding of who is vulnerable to problem drinking during the COVID-19 pandemic, which has implications for current interventions.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64904 - Printed Poster

Sleep optimizes a cognitive strategy via strengthened activity in the caudate

Presenting Author: van den Berg, Nicholas H

Additional Authors: Pozzobon, Alyssa; Toor, Balmeet; Sarginson, Catherine; Stewart, Maddie; Louati, Khaoula; Fogel, Stuart

Abstract: *BACKGROUND: Sleep consolidates procedural memory. The hippocampus, striatum, and motor cortical areas support this process. However, procedural memory consists of both strategies and motor skills. Sleep recruits the putamen to optimize motor skills, but less is known about sleep's neural correlates for strategy learning. We have recently shown that sleep preferentially enhances strategy-learning independently from its accompanying motor skills. Here we used functional neuroimaging to investigate how these strategies are preferentially consolidated. METHODS: Participants (n=60) performed a strategy-based motor task in a 3T MRI before and after either a night of sleep (n=20), a 90-minute daytime nap (n=20), or a day of wake (n=20). Participants also performed a motor control task which, importantly, did not contain a strategy. In this way, we isolated activations related to strategy consolidation by subtracting motor-related activations. RESULTS: Sleep and nap groups outperformed the wake group on speed and accuracy of the strategy-based task. When compared to the wake group, these behavioural improvements in both the sleep and nap groups were linked with changes in the hippocampus, cerebellum, and cerebral cortex. Importantly, changes in the caudate were observed only in the sleep group. CONCLUSIONS: Sleep preferentially consolidates cognitive strategies via changes in the caudate. IMPACT: Sleep facilitates insight into novel strategies. By isolating the cognitive strategy from its accompanying motor skills, this study demonstrates that sleep is a privileged time to consolidate procedural strategies.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 65006 - Printed Poster

TUNNEL VISION: A NOVEL INVESTIGATION OF THE EFFECT OF DEPRESSION ON FIELD OF VIEW

Presenting Author: Bolshin, Lisa

Additional Authors: Khatri , Nasreen; Ryan, Jennifer D

Abstract: *This study examined the effects of depression on field of view and memory as it relates to cognitive remittance of depression. Depressed individuals possess a negativity bias producing a narrowed field of view, attentional bias, and enhanced memory for negative emotional information. The central conceptual question investigated whether formerly depressed (remitted) individuals are truly cognitively remitted and display the same emotional and attention inhibitions and memory as depressed individuals, specifically under a negatively mood induced state. None of these concepts have yet to be addressed together using eye tracking to study cognitive remittance. Female participants aged 39-85 were grouped into non-depressed (healthy) and previously depressed (remitted) categories via diagnostic interview and subjective questionnaires. The study followed a 3-day testing procedure which included the diagnostic verification on the first day, and eye-tracking methods on the second and third day. On the second day of testing participants saw a series of scenes and were asked to rate their emotional valence, and later recognize the scenes after a delay. After one week, participants returned for a third testing session which followed the same procedure with new stimuli. Neutral and negative mood inductions were randomized to either the second or third testing session. The study employed a 2 x 3 x 2 mixed model ANOVA with three dependent variables (field of view, encoding, and recognition) and two independent variables (participant group and day/mood induction). Results supported the first hypothesis that suggested that formerly depressed individuals possess a narrower field of view, especially when subjected to a negative mood induction. The second hypothesis was also supported suggesting that a negative mood induction would result in greater visual exploration (attention) to negatively valenced information for formerly depressed individuals. Results failed to support the third hypothesis regarding recognition accuracy, yet formerly depressed individuals continued to demonstrate significantly different viewing patterns (i.e., saccade amplitudes and number of fixations) to emotionally valenced information under a negative mood induction. Results from the current research illustrated that individuals who are remitted from depression do in fact process information in the environment differently than someone who has never been depressed. More specifically, they focus more on a narrow aspect of the environment, typically negative information, which negatively impacts their ability to efficiently encode information. Taken together, the results of the study support the idea that formerly depressed individuals experience a perceptual and cognitive tunnel vision that elaborates on their inhibited negative cognitive schemas and puts them at risk for relapse into further episodes of depression.*

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 65024 - Printed Poster

Impact of a social stressor on neuropsychological performance in women with Myocardial Infarction

Presenting Author: Oueis, Jeremy J

Additional Authors: Narvaez Linares, F Nicolas; Nagaratnam, Kalki; Diemert, Joanne; Verret-Borsos, Zachary; Burr, Zoey; Dongnang, Kathel; Hmidani, Yassine; Plamondon, Hélène

Abstract: *Background: The scientific information regarding heart disease in women populations remains limited. In the past decade, evidence has suggested that women enduring a myocardial infarction (MI) incur a higher risk of cognitive sequelae. This project examines performance level on neuropsychological tests following a stressful task. We hypothesized that women with a history of MI would obtain lower scores on a series of computerized tests compared to a control group. Methods: Participants (N = 29) aged 45-74, 52% of whom had experienced an MI, were stressed using the Trier Social Stress Test. Four physiological measures were collected throughout the experiment. Participants then completed a series of neuropsychological tests, including the*

thirteen Cambridge Brain Science subtests that measured verbal, reasoning, and memory abilities. Independent t-tests and Cohen's d were performed. Results: No significant (p = 0.05) group differences were found between the scores in any of the verbal, memory, and reasoning domains. Cohen's d for the summed scores of these domains were small for verbal (-0.10) and memory (-0.095), while it was medium for reasoning (-0.63). Conclusions and Impact: This study was interrupted by situations related to COVID-19. Although no significant results were observed using a reduced sample size than planned, the MI group tended to obtain lower scores on all subtests. The MI group had lower levels of education, which may explain their lower scores. This is the first study attempting to link the cognitive effects of an MI in women after being stressed.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 65036 - Printed Poster

Olfactory dysfunction tracks Alzheimer's disease progression and is related to cognitive impairment and regional neurodegeneration

Presenting Author: Papadatos, Zoe

Additional Authors: Phillips, A Natalie; Al-Yawer, Faisal; Rehan, Sana

Abstract: *Olfactory decline often precedes the emergence of Alzheimer's disease (AD) symptoms. Yet, it is unclear how early these deficits occur, and whether they are associated with decline of cognitive function and regional brain volume. Using data from the Comprehensive Assessment of Neurodegeneration in Aging (COMPASS-ND) study, we compared older adults at increasing risk for AD, subjective cognitive decline (SCD; N= 55) and mild cognitive impairment (MCI; N=100), and with AD (N=45) on measures of olfaction (Brief Smell Identification Test; B-SIT), cognition (general cognition, MoCA; episodic memory, RAVLT, BVMT-R, and envelope test; working memory, Digit Span and N-Back task; and semantic memory, WAIS-IV Vocabulary, DKEFS semantic and phonemic fluency, and NACC semantic associates test), and regional brain integrity (hippocampus, entorhinal cortex, amygdala, thalamus, insular gyrus, parahippocampal gyrus, and orbitofrontal cortex). All analyses controlled for age, sex, and education. MRI data analyses also controlled for total intracranial volume. All diagnostic groups differed significantly in terms of olfactory identification (AD, M=6.00, SD=2.78; MCI, M=8.81, SD=2.97; SCD, M=10.33, SD=1.69). In MCI and SCD groups, olfactory dysfunction significantly correlated with measures of episodic memory (BVMT-R and RAVLT, total and delayed recall), and with several medial temporal lobe structures (hippocampus, amygdala, and entorhinal cortex). This data demonstrates that olfactory dysfunction has potential as a predictive biomarker, and that it reflects the integrity of episodic memory and the MTL.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 65064 - Printed Poster

Inhibitory control mediates the association between emotion dysregulation and symptoms of ADHD and ODD in children with disruptive behaviour

Presenting Author: Singh, Anneesa D

Additional Authors: Bedard, V Anne-Claude; Andrade, Brendan F

Abstract: _*Children with externalizing behaviour disorders, including those with Attention-Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiant Disorder (ODD), often show challenges with managing their emotions. Emotion dysregulation is associated with considerable impairment in social, academic, and family domains. Inhibitory control is a cognitive mechanism that influences emotion regulation and is also often impaired in children with ADHD and/or ODD. Whether deficient inhibitory control may account for the observed association between emotion regulation and symptoms of ADHD and ODD remains unknown. The present study investigates the role of inhibitory control as a possible mediator in the association*

between emotion dysregulation and symptoms of ADHD and ODD. Standardized questionnaires and clinician-facilitated structured interviews were used to collect parent and teacher ratings of difficulties in a clinical sample of 297 children (M age = 8.24 (1.7); 79.3% male) with disruptive behaviour. Findings suggest that inhibitory control is a key cognitive mechanism that mediates the relationship between emotional and behavioural difficulties in children with disruptive behaviour. Consequently, emotion dysregulation and inhibitory control may be important targets in psychosocial interventions for children with ADHD and/or ODD symptoms. _

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 65167 - Printed Poster

Discrepancies in performance-based measures and teacher ratings of executive function in the assessment of FASD

Presenting Author: Cheung, Kristene

Additional Authors: Clayton, Kylee; Doyle, Susan

Abstract: *The Canadian guidelines for diagnosing fetal alcohol spectrum disorder (FASD) recommends that both direct (e.g., standardized neuropsychological tests) and indirect measures (e.g., informant rating scales) be used in the assessment of executive functioning skills (Cook et al., 2016). The research to date has found discrepancies between the two types of measures and has only used parental ratings (e.g., Gross et al., 2015; Rai et al., 2017). With children spending half their time at school this is neglecting a significant source of information. The purpose of the present study was to examine the correspondence between tests of executive function and teacher ratings of executive function in children and adolescents with prenatal alcohol exposure (PAE), with and without the diagnosis of FASD. A retrospective chart review was completed, that included 303 children and adolescents with PAE (141 with FASD and 162 without FASD). Teacher ratings of executive function were measured using the BRIEF and executive function scale on the BASC-3. The direct measures of executive function included select subtests from the D-KEFS, WISC-IV, WISC-V, WAIS-IV, and NEPSY-II. This research found significant group differences across all teacher ratings of executive function. Many of the zero-order correlations between tests and teacher ratings of executive function that we expected to be related were not significantly associated. The results of this study suggest that tests and teacher ratings of executive function may not measure the same construct or that other factors may be impacting this relationship.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 65240 - Printed Poster

What type of inhibition underpins performance on Luria's Fist-Edge-Palm task?

Presenting Author: Varkovetski, Michael

Additional Author: Wagner, Richelle

Abstract: *OBJECTIVE: The Fist-Edge-Palm task is a motor sequencing task believed to be sensitive to frontal lobe impairment. The present study aimed to investigate the inhibitory processes underlying successful execution of this task. METHOD: Seventy-two healthy participants were asked to perform the Fist-Edge-Palm task paced at 120 bpms, 60 bpms and self-paced. They also completed assessments sensitive to recently dissociated forms of inhibition (the Hayling Sentence Completion Test and the Stroop Color-Word Test) that have recently been shown to be differentially lateralized (the right and left Prefrontal Cortex, respectively), and Cattell's Culture Fair Intelligence test. RESULTS: Analysis revealed that performance on the Hayling Sentence Completion Test predicted the amount of crude errors and the overall score on the Fist-Edge-Palm task, and that pacing condition had no effect on this outcome. Neither the Stroop Color-Word Test nor Cattell's Culture Fair Intelligence Test predicted performance on the Fist-Edge-Palm task. CONCLUSIONS: Consistent with some*

previous neuroimaging findings, the present findings suggest that Fist-Edge-Palm task performance relies on right lateralized inhibitory processes. ACTION/IMPACT: This study provides evidence indicating that right, but not left, prefrontal cortex inhibition functions underpin successful performance on Luria's task. These findings increase the clinical utility of this much-used task.

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 65359 - Printed Poster

Emojis act as proxies for emotional state and social cues conveyed by faces

Presenting Author: Chouinard, Maud

Additional Authors: Leblanc, Megan ; Chamberland, Justin A.; Boutet, Isabelle; Collin, Charles C.

Abstract: *Faces convey socially relevant information regarding emotional states and social traits, which helps predict how others are likely to behave during personal interactions. This online study examined whether emojis play a similar role in digital interactions. Participants (_n_=108) were shown text message-emoji pairings according to a fully crossed 3x4 design with _Text Message Valence_ (positive, negative, neutral) and _Emoji Valence_ (positive, negative, neutral, none) as repeated-measures variables. For each pairing, participants rated the emotional tone of the text and the perceived dominance of the sender using Likert scales. With respect to emotional tone, results were consistent with past research (Boutet et al., 2021) showing that the interpretation of emotional tone was driven by the valence of the emoji when text messages were positive or neutral, but not when they were negative. With respect to perceived dominance, ratings were significantly higher when a negative emoji was shown, except when paired with positive sentences. Interestingly, the presence of a neutral emoji was consistently associated with the lowest dominance ratings. This suggests that neutral emojis signal submission and hence might be used to diffuse conflicts in digital interactions. As a whole, our results suggest that emojis play similar roles to faces in conveying emotional state and social trait information.*

Section: *Brain and Cognitive Science / Cerveau et sciences cognitive*
Session ID: 65404 - Printed Poster

Risk Taking as a Function of Cognitive Fatigue Post Mild Head Injury: A Mediation Model

Presenting Author: Amodio, Francesco

Additional Authors: Campanella, Cassandra; Walton, Jenicka; Robb, Sean; Good, Dawn

Abstract: *The underlying mechanism associated with risk-taking (RT) following mild head injury (MHI) is not well understood. Persons with MHI have repeatedly demonstrated autonomic underarousal (AU), display greater RT in conditions of uncertainty (e.g., on the Iowa Gambling Task), and report greater symptoms of cognitive fatigue (CF). Consistent with the _Somatic Marker_ hypothesis, AU provides individuals with somatic markers which guide decision-making; and CF may reflect the dampening of somatic states. The aim of this research is to understand the relationship between AU, CF and RT in those with and without a MHI. 72 participants completed measures of electrodermal activity and self-report measures for CF (e.g. POMS), MHI status, and RT behaviours. Those with MHI displayed AU and greater CF, and both positively correlated with their injury severity. Further, CF was correlated with greater use of cannabis, as well as the amount of alcoholic drinks per outing, and drinking to intoxication (statistical trend). Moreover, CF was found to fully mediate the relationship between AU and the amount of alcohol consumed per outing, Overall, this data provides preliminary evidence that CF is an important symptom, commonly reported by those with MHI, which may be a proxy indicator of AU and indicative of propensity to engage in RT behaviours postinjury.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 65457 - Printed Poster

Posttraumatic Cognitions, Avoidance, and Peritraumatic Dissociation as Predictors of PTSD Symptoms

Presenting Author: Mössler, Marcia F

Additional Author: O'Neill, L Melanie

Abstract: *Posttraumatic stress disorder (PTSD) resulting from motor vehicle accidents (MVAs) may be associated with stress-related reactions during the event, such as peritraumatic dissociation (PD), and with post-MVA responses, such as posttraumatic cognitions and avoidance of accident reminders. This study investigated a model predicting PTSD symptoms (PDS; Foa, 1995) using peritraumatic dissociation (PDEQ; Marmar et al., 1978), accident-related avoidance (AFQ; Asmundson et al., 1999), and posttraumatic cognitions (PTCI; Foa et al., 1999) in a sample of 136 MVA survivors. It was hypothesized that PD and avoidance predict PTSD symptoms and that posttraumatic cognitions moderate these relationships. Moderated multiple regression models revealed that the strongest independent predictor of PTSD symptoms were posttraumatic cognitions (_ β _ = .44, _p_*

Section: Traumatic Stress / Stress traumatique
Session ID: 65521 - Printed Poster

Mild Head Injury Impairs Memory, Cognitive Flexibility, and Response to Stress

Presenting Author: Patel, Smit

Additional Authors: Qureshi, Sunny; Steeves, Kaitlyn; Power, Sarah; Robb, Sean; Good, Dawn

Abstract: *BACKGROUND/RATIONALE: Individuals who have suffered a Mild Head Injury (MHI) often show lifelong memory deficits – both in terms of episodic, and working, memory performance. A key factor involved in both memory and MHI is physiological arousal; increased arousal during encoding is associated with more vivid memories, and persons with MHI demonstrate dampened physiological arousal. Indeed, persons with MHI have been shown to be less responsive to psychosocial stress manipulations compared to their non-MHI counterparts. METHODS: This quasi-experimental study aimed to investigate the influence of dampened arousal on these factors in concert. 46 University students (35% MHI; 65% female) participated. RESULTS: MHI individuals, and their associated physiological underarousal, had a tendency to be associated with challenges on task-switching during a working memory task (i.e., Trails Making Test; $t_{(43)}$ = 1.95, p = 0.058), and successful completion on an episodic memory task (i.e., Rey Complex Figure Task; $r_{(45)}$ = -0.28, p = 0.061); while also demonstrating an increased tolerance to stressors, $r_{(45)}$ = -0.30, p < 0.05. CONCLUSIONS: Memory (working and episodic) capacity is negatively impacted by MHI status, and dampened autonomic arousal, and is observed in the context of low levels of responding to stressors. ACTION/IMPACT: These findings may implicate a common underlying mechanism responsible for the interruption of these cognitive functions and overall response to stressors; namely, lowered physiological and, thereby, neural activation.*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 65549 - Printed Poster

Investigating the Interoception Capacity of Individuals with a Mild Head Injury

Presenting Author: Luczon, Rachel

Additional Authors: Appiah-Kubi, Keisha; Good, Dawn

Abstract: *BACKGROUND/RATIONALE: Interoception is the perception of one's internal physiological state such as heart rate, respiration and autonomic nervous system activity. Recently, studies have shown a positive relationship between one's interoceptive awareness and empathetic capacities. However, few studies have explored this idea in those who exhibit atypical physiological arousal, such as those with a history of mild head injury (MHI) who consistently exhibit dampened baseline physiological arousal. METHODS: This quasi-experimental study investigated the differences in self-reported arousal levels and physiological arousal measures (EDA) in those (_n_ = 325) with and without a history of MHI (31% MHI; 22% male) and the impacts it may have on aspects of empathy using the interpersonal reactivity index. RESULTS: Independent sample t-tests revealed that those with a history of MHI had lower baseline physiological arousal in comparison to their non-injured cohort (_t_(322)=5.11, p*

Section: Clinical Neuropsychology / Neuropsychologie clinique
Session ID: 65627 - Printed Poster

Vision influences gustation: Evidence for a psychophysical pathogen-avoidance mechanism.

Presenting Author: Lorentz, Brittany

Additional Author: Fitzgerald, Carey

Abstract: *Individuals often avoid pathogens by refraining from ingesting things that are associated with pathogen-prevalent stimuli. The present study examined whether individuals would be less likely to ingest water that is associated with pathogen-prevalent environments and whether individuals' perceptions of water quality would decrease when they believed the water originated from a pathogen-prevalent environment, (even though the water actually did not originate from the indicated source). Across two experiments, undergraduates were asked to taste-test water they believed came from a variety of sources on their college campus. For each cup of water presented to participants, an image of its supposed water source (e.g., kitchen sink, drinking fountain, or bathroom sink) was also presented. Participants drank significantly less water when they believed it came from pathogen- prevalent environments (e.g., restrooms) and rated the water from pathogen-prevalent environments as lower in cleanliness, crispness, quality, and other characteristics when compared to water from environments not associated with pathogens (study 1). Similar results were also found after controlling for perceived cleanliness of the images of water sources (study 2). Ultimately, the results from both studies provide evidence that individuals' beliefs can influence perception and behavior in a manner consistent with pathogen avoidance.*

Section: Social and Personality Psychology / Psychologie sociale et de la personnalité
Session ID: 65852 - Printed Poster

Working Memory Moderates the Use of Lips and Context During Speech Perception in Noise in Bilinguals

Presenting Author: Chauvin, Alexandre

Additional Authors: Pellerin, Sophie; Boatswain Jacques, Anna-Francesca; René, Jean-Louis ; Phillips, Natalie

Abstract: *Lip movements and sentence context typically improve speech perception in noise for native listeners. However, little is known for non-native listeners and especially for older bilinguals who may be particularly susceptible to background noise. We examined the extent to which French-English/English-French bilinguals in Montreal benefit from lip movements and sentence context in their first (L1) and second language (L2). Participants (n = 65 to date) were divided between young adults (YA; 18-35 years), older adults (OA; 60+). All were presented with audio-video recorded sentences in noise; they had to repeat the terminal word of each*

sentence. Half of the sentences offered moderate levels of context (e.g., "In the mail, he received a letter."; MC), while 50% offered little context (LC). The sentences were presented in three modalities: visual, auditory, and audiovisual. Preliminary results show greater accuracy in L1 vs. L2, and MC vs. LC. OAs outperformed YAs in the auditory condition. All participants benefited from the combination of lip movements and sentence context. However, this was differentially associated with visual working memory capacity (VWM) in YAs compared to OAs. This suggests that VWM plays a role in the extent to which bilinguals benefit from the combination of lip movements and sentence context, and that this relationship changes across the lifespan.

Section: *Adult Development and Aging / Développement adulte et vieillissement*
Session ID: 66358 - Printed Poster

Snapshot

Longitudinal Change in Serial Position Scores in Older Adults with Hippocampal Neuropathologies

Presenting Author: Gicas, Kristina

Additional Author: Honer, William

Abstract: *In older adults, poorer primacy scores on verbal list learning tasks are associated with conversion to Alzheimers dementia and with greater hippocampal neuropathology. The current study aims to examine whether primacy scores decline in cognitively intact older adults who show hippocampal changes consistent with early stage pathologic Alzheimers disease at death. We used data from a study of community-dwelling older adults who were followed for up to 20 years (Rush Memory and Aging Study). Participants (N = 229) were included if they completed >1 annual neuropsychological evaluation, were cognitively intact at each visit, died and underwent autopsy, and met neuropathological criteria for Braak Stage I or II. The CERAD Word List Memory test was used to compute primacy and recency scores. Cognitive impairment at death was determined by a neurologist using all clinical data. Mixed effects models were used to examine change in serial position scores. Mean time to death was 10.4 years. Primacy scores declined (b = -.018, p = .016) and recency scores improved (b = .025, p = .003) over time. There was no change in CERAD total or delayed recall scores. Persons who were cognitively impaired at death showed steeper decline on primacy scores and less improvement on recency scores. Selective decline in primacy scores may be a sign of incipient Alzheimers disease that precedes clinical impairment. Improvements in recency scores may reflect a compensatory effect. Monitoring for change in primacy scores could help identify persons in early preclinical disease stages, with implications for interventions and drug trials.*

Section: *Clinical Neuropsychology / Neuropsychologie clinique*
Session ID: 64184 - Snapshot

Mindful parents, mindful children? Testing the mediating role of mindful parenting in mothers and fathers

Presenting Author: Kil, Hali

Additional Authors: Lee, Elizabeth; Antonacci, Rebecca; Grusec, Joan

Abstract: *Mindfulness in parents has been associated with a number of positive family characteristics, including positive parenting behaviors, fewer externalizing or internalizing difficulties in children, and positive parent-child relationships. However, little is known about whether parents' mindfulness, through more mindful parenting, may be linked to children's mindfulness. The present study sought to test these indirect associations in mothers and fathers and their preadolescent children. One hundred and twelve triads consisting of mothers, fathers, and their 9- to 12-year-old children participated. Mothers and fathers rated their mindfulness and*

mindful parenting, while children rated their own mindfulness. Path modeling demonstrated that mothers and fathers who were more mindful used more mindful parenting. Further, mothers who reported more mindful parenting had children with higher levels of mindfulness. Mothers mindfulness and childrens mindfulness were found to be indirectly linked through mothers' mindful parenting. These associations were not significant for fathers. The results provide initial evidence that mindful parents may socialize mindfulness in their children via their parenting behaviors, at least for mothers. Implications are discussed with regard to the socialization of mindfulness within the family.

Section: *Family Psychology / Psychologie de la famille*
Session ID: 64333 - Snapshot

The anxiety cascade: A serial mediation analysis of post-event and anticipatory processing in between two speech tasks

Presenting Author: Kane, Leanne

Additional Author: Ashbaugh, R. Andrea

Abstract: *BACKGROUND. Post-event and anticipatory processing (PEP and AP) are key factors in the maintenance of social anxiety. The goal of this 4-day study was to explore how PEP and AP about similar social events relate to anxiety and performance appraisals during those events. METHODS. On Day 1, 83 undergraduates gave a speech and rated their performance and peak anxiety. On Day 2 they rated frequency of PEP for the speech and on Day 3 their frequency of AP for a subsequent speech. On Day 4, participants rated their levels of anticipatory anxiety before giving a second speech. RESULTS. A serial mediation analysis showed that greater anxiety levels during Speech 1 were related to poorer performance appraisals. Both anxiety and poor performance appraisals predicted more PEP the following day. Moreover, greater levels of PEP were associated with more AP about Speech 2, which was then linked to increased anticipatory anxiety. CONCLUSIONS. The degree to which a person engages in PEP may depend on how anxious they were during the event and their appraisals about their performance. Conversely, degree of AP may also depend on how much PEP a person previously engaged in for similar situations. IMPACT. Interventions focused on reducing PEP may have downstream effects on AP and anxiety in anticipation of similar events.*

Section: *Clinical Psychology / Psychologie clinique*
Session ID: 64808 - Snapshot

Coping with Stressful Situations Through Meaning: Clarifying the Construct of Meaning Making

Presenting Author: Gilbert, Christina

Additional Author: Hausdorf, Peter

Abstract: *When coping with a stressful event, individuals try to understand and make sense of the event by searching for meaning within it. This phenomenon of applying meaning to cope is known as meaning making and it involves attempting to change or re-evaluate the way in which a stressful situation is understood or appraised. Meaning making has been referenced repeatedly in coping research literature, however, there is an alarming amount of ambiguity surrounding the construct, including its antecedents and theoretical foundations, in addition to how it is operationally defined and measured. This is problematic as it hinders researchers' ability to interpret, understand, and apply the phenomenon. To address this gap, the current study will use semi-structured interviews of 10 participants to examine individual accounts of coping through a stressful event. An interpretive phenomenological analysis will be conducted to gain a deep understanding of how individuals use meaning to cope, without constraints of prior theory. Identifying consistencies and differences across individuals' meaning making processes will begin to clarify the meaning making construct and provide guidance*

for recommending definitions, theories, and measures. Additionally, by understanding the meaning making process, professionals can help facilitate meaning making to help individuals adapt and overcome adverse events.

Section: *Industrial and Organizational Psychology / Psychologie industrielle et organisationnelle*
Session ID: 64981 - Snapshot

Emotional Arousal and Eyewitness Memory

Presenting Author: Snow, Mark D

Additional Author: Eastwood, Joseph

Abstract: *Background: Decades of empirical research has shown that emotional arousal can enhance, impair, or have little effect on eyewitness memory. The lack of consensus on this issue may be due to weaknesses in research methodologies as they relate to real-world settings (e.g., delay; see Sauerland et al., 2016). Understanding the impact of emotional arousal on eyewitness memory is crucial given the stressful experiences of many victims/witnesses of crime and the established role of emotion in memory formation and retrieval. Methods: The current study consists of an online Qualtrics survey. Undergraduate participants (N = 201) viewed either a negative or neutral video and their memory of the video was assessed either immediately or after a 1-week delay. Participants completed both a recall (either a written modified cognitive interview or free recall) and recognition (either a target-present or target-absent lineup) task in randomized order. Results: Analyses will determine whether and to what extent emotional arousal and retention interval affect eyewitness recall and lineup identification performance. Conclusions: Results will shed light on an existing point of contention in the eyewitness memory literature. Impact: Although eyewitness studies often examine memory for neutral audiovisual stimuli within a single study session, this situation bears limited resemblance to eyewitness experiences in the real world. By manipulating emotional arousal and delay, we hope to clarify the role of emotion in eyewitness memory processes and call attention to important considerations for both researchers and legal practitioners.*

Section: *Criminal Justice Psychology / Psychologie et justice pénale*
Session ID: 65168 - Snapshot

Standard Workshop

Introduction to Neurotherapy

Presenting Author: Swingle, Mari K.

Abstract: *INTRODUCTION TO NEUROTHERAPY. As the popularity of Neurotherapy increases so too does the confusion surrounding it: This workshop will go beyond the flash and jargon to the foundation of Neurotherapy; the science and empirically supported practice of electroencephalographic (EEG) brain training. Attendees will leave with a comprehensive understanding of what Neurotherapy is, how it works, who is qualified to practice, on what populations (and at what level of intervention). Dr. Mari Swingle will present her three-tiered classification system which is now the basis of the APA proficiency standards (2019-2026). If you are interested in adding Neurotherapy to your practice or wish to be better informed to counsel or refer clients to other practices, this workshop is an ideal introduction. Being an unregulated branch of applied (psycho)neurophysiology the practice of Neurotherapy is reliant upon complementary competency (e.g., Tier One: medicine, psychology, neurology, and psychiatry and Tier Two: specified skills e.g., speech pathology, educational/LD specialists, occupational therapy, etc.) as well as specified training in (q)EEG interpretation, assessment and/or protocol administration. In proper hands it is arguably one of the most powerful intervention modalities. In unqualified hands it is ineffective, imprecise, and potentially harmful. This workshop/presentation will explore: * What Neurotherapy is and what it is not * Practice qualifications (3 levels) * Equipment standards and choices (3 levels)* Brief History through current state of practice including: * Assessment(s):*

*using and choosing clinical and normative data bases, * Data: raw (EEG) data and numerical conversions * Bandwidth precision and brainwave morphology * Methods: Selection (single electrodes through comprehensive capping) * Training and Entraining: classical vs operant conditioning * Issues and concerns plaguing the practice: Where, why, and what can go wrong * Research: reliability/validity, appropriate and inappropriate paradigm comparison * Examples of clinical power and precision * Exploration of possible clinical outcomes*

Section: *Quantitative Electrophysiology / Électrophysiologie quantitative*
Session ID: 65507 - Standard Workshop